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CONTENTS

2 Contacts
4 BBC Books
9 Del Rey
13 Ebury Press
37 Ebury Press Fiction
44 Rider Books
52 Vermilion
63 Virgin Books
70 WH Allen
**Doctor Who: The Pirate Planet**

The hugely powerful Key to Time has been split into six segments, all of which have been disguised and hidden throughout time and space. Now the even more powerful White Guardian wants the Doctor to find the pieces.

With the first segment successfully retrieved, the Doctor, Romana and K-9 trace the second segment of the Key to the planet Calufrax. But when they arrive at exactly the right point in space, they find themselves on exactly the wrong planet – Zanak.

Ruled by the mysterious ‘Captain’, Zanak is a happy and prosperous planet. Mostly. If the mines run out of valuable minerals and gems then the Captain merely announces a New Golden Age and they fill up again. It’s an economic miracle – so obviously something’s very wrong...

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**Doctor Who: In the Blood**

All over the world, people are venting their fury at one another on social media. Dropping their friends, giving vent to their hatred, and everywhere behaving with incredible cruelty. Even Donna has found that her friend Hettie, with her seemingly perfect life and fancy house, has unfriended her. And now, all over the world, internet trolls are dying...

As more and more people give in to this wave of bitterness and aggression, it's clear this is no simple case of modern living. This is unkindness as a plague.

From the streets of London to the web cafes of South Korea and the deepest darkest forests of Rio, can the Doctor and Donna find the cause of this unhappiness before it's too late?

An original novel featuring the Tenth Doctor and Donna, as played by David Tennant and Catherine Tate.
Like Farmer, Like Son

‘People say "Like father, like son", and the story of my life has mirrored my father’s to a quite uncanny degree. Right from when I was a little boy, he was my rock; my mentor; my hero. It is no exaggeration to say that he taught me virtually everything I know about both country life and television. Without him, I certainly would not be doing what I am today ...’

Like Farmer, Like Son is a truly remarkable account of Adam’s life that explores a hidden family history and the unbreakable bond between Adam and his life-long hero: his father Joe. In the 1940s and ‘50s, Joe, the son of stage and film star Leslie Henson, chose a completely different path, alien to his thespian parents and decided to pursue a career as a farmer. In addition, Joe overcame a serious stammer to become a regular broadcaster on Country Matters and also became the saviour of

MARCH 2017

BBC Proms 2017: The Official Guide

Author Information:

Image coming soon

APRIL 2017
The Time Lords are an immensely civilised, and immensely powerful, race. Yet we know very little about them, save that they can live forever (barring accidents) and possess the secrets of space and time travel. Their history has been shrouded in myth and mystery. Until now.

A Brief History of Time Lords unlocks the secrets of this ancient, legendary alien race - a civilisation that inflicted some of its most notorious renegades and criminals on the universe, but was also the benevolent power that rid the cosmos of its most fearsome enemies. Drawn from the ancient records of Gallifrey, and handed down from generation to generation, this remarkable book reveals the Time Lords in all of their guises: pioneers and power-mad conspirators, time-travellers and tyrants, creators and destroyers.
As modern football legends, the Class of 92 need no introduction. *Class of 92: Out of Their League*, however, opens a dramatic new chapter in the story of former Manchester United greats Gary and Phil Neville, Paul Scholes, Ryan Giggs and Nicky Butt, as they take on a new role in each of their lives: owners of semi-professional club Salford City FC.

An enthralling, in-depth account of Salford’s first two years under new ownership, *Class of 92: Out of Their League* combines first-hand accounts from Gary, Phil, Paul, Ryan and Nicky as they try to turn round the club’s fortunes, along with a wider story of tremendous athletic and human drama. Featuring colourful characters like managers Anthony Johnson and Bernard Morley, star players, club chairman Karen Baird, lifelong fans, and more, this is a story told with real authenticity and grit. Accompanying the second series of the hugely popular BBC
The Bear and The Nightingale

'Frost-demons have no interest in mortal girls wed to mortal men. In the stories, they only come for the wild maiden.'

In a village at the edge of the wilderness of northern Russia, where the winds blow cold and the snow falls many months of the year, an elderly servant tells stories of sorcery, folklore and the Winter King to the children of the family, tales of old magic frowned upon by the church.

But for the young, wild Vasya these are far more than just stories. She alone can see the house spirits that guard her home, and sense the growing forces of dark magic in the woods...

Atmospheric and enchanting, with an engrossing adventure at its core, The Bear and the Nightingale is

JANUARY 2017

Arden, Katherine $0.00
9781785031045 336 pages Del Rey

The Master of Time

Part Three of The Roads to Moscow

The war for time is reaching its end

As the German and Russian forces seek to destroy a third, seemingly-unstoppable faction, Otto Behr reluctantly finds himself at the centre of all timelines, his very existence the catalyst by which reality itself will be reset or destroyed.

But for Otto, the battle to become the Master of Time has become a fight for family, love and reality itself...

Author Information:
David Wingrove is the celebrated author of the Chung Kuo series; co-author of Trillion Year Spree with Brian Aldiss; and the Myst novels with

APRIL 2017

Wingrove, David $0.00
9780091956202 400 pages Del Rey
The One

How far would you go to find THE ONE?

One simple mouth swab is all it takes.

One tiny DNA test to find your perfect partner - the one you’re genetically made for.

A decade after scientists discover everyone has a gene they share with just one person, millions have taken the test, desperate to find true love.

Now, five more people take the test. But even soul mates have secrets. And some are more shocking - and deadlier - than others...

A psychological thriller with a difference, this is a truly unique novel which is guaranteed to keep you on the edge.

MAY 2017

Defiant

Lt. Peter Cochrane and his new wife, Karina, are under attack.

When Peter and Karina escape an assault by a hostile government on his new command, Defiant, he travels with his wife to fend off an Empire attack on Skondar – which just so happens to be where his ex-lover, Dorbina, is stationed.

Worse still, the attack is led by Prince Arin, the Butcher of Carinthia. As dark secrets that could change everything are revealed, Peter must face the battle of his life – one that could save the human race, or doom it...

Book three in The Lightship Chronicles, a groundbreaking new-action adventure space opera from Dave Bara.

JANUARY 2017
Infernal

NO MEMORIES. NO MERCY.

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 world blighted by dark magic.

Hunted by relentless enemies, Stratus must learn who – and what – he truly is, or risk plunging the world into ruin...

Author Information:

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.
Lucca the War Dog

Lucca K458 is a decorated and highly skilled military working dog who belonged to an elite group trained to work off-leash to sniff out deadly explosives. Her extraordinary skill and bond with dog handlers Chris Willingham and Juan Rodriguez resulted in a legendary 400-mission career. During this time, she served alongside both Special Forces and regular infantry, and became so sought-after that platoons frequently requested her by name.

*Lucca the War Dog* is the gritty and gripping account of Lucca's adventures on and off the battlefields, including tense, lifesaving explosives finds and rooftop firefights, as well as the bravery of fellow handlers and dogs she served with. But it's also the tale of a bond between Lucca and her handlers and how together they overcame the endless brutalities of war, including her own loss of a limb, and the traumas such violence

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Rock My Wedding

Just like you, your wedding day will be personal, one-of-a-kind, and completely unique. We're not here to tell you what you *should* do to make your day perfect, only that you *can* do it.

With advice and guidance on the individual aspects to consider when planning your wedding day - from where to begin and recommended questions to ask your supplier, to plenty of alternative decor ideas - we hope that you'll find inspiration, reassurance and a little bit of escapism in these pages as you embark on planning one of the most special and joyful days of your lives.

**Author Information:**
Charlotte O'Shea founded rockmywedding.co.uk in 2009. Since then the brand has evolved into one of the most influential in the wedding industry.
On 15 April 1989, the world witnessed one of the worst football disasters in history occur at the Hillsborough Stadium in Sheffield. 96 people were crushed to death and another 766 injured in a tragedy that was later admitted to have been exacerbated by police failures.

*Hillsborough Voices* does justice to the memory of all those who died and for all those left behind. From the tragic events of the day to what unfolded in the hours, days and eventually years that followed, the book will interweave the voices of those who were there with the families and friends of those who died, and all those who have played key roles in the long search for the truth.

The author, Kevin Sampson, has a long history with Hillsborough. Not only was he there as a fan to witness the...
Narconomics

Everything drug cartels do to survive and prosper they’ve learnt from big business – brand value and franchising from McDonald’s, supply chain management from Walmart, diversification from Coca-Cola. Whether it’s human resourcing, R&D, corporate social responsibility, off-shoring, problems with e-commerce or troublesome changes in legislation, the drug lords face the same strategic concerns companies like Ryanair or Apple. So when the drug cartels start to think like big business, the only way to understand them is using economics.

In Narconomics, Tom Wainwright meets everyone from coca farmers in secret Andean locations, deluded heads of state in presidential palaces, journalists with a price on their head, gang leaders who run their empires from dangerous prisons and teenage hitmen on city streets - all in search of the economic truth.

FEBRUARY 2017

The Kennel Club's Illustrated Breed

The Kennel Club's Breed Standards form the basis for judging dogs at all licensed breed shows. This fully revised edition of the authoritative guide outlines the descriptive 'standards' for each of the 201 pure breeds of dog now recognised by the Kennel Club.

The book has been completely updated by a panel of experts to incorporate the latest standards for all breeds in each of the principal categories - Hound, Gundog, Terrier, Utility, Working, Pastoral and Toy. As well as providing a beautiful colour photograph of each dog, each entry contains a history of the breed, including its origins and function, as well as a full description outlining its essential features. There is also useful advice on the nature of each breed and practical information to help guide anyone who is buying a dog, as well as a glossary of canine terms.

FEBRUARY 2017
Lethal Force

Tony Long was the best ‘shot’ the Met ever had. Under the codename ‘Echo 7’, he was ‘licenced to kill’ bringing down scores of targets, sometimes with deadly force. In 1985 he opened fire on a suspect to save a four-year-old girl whose mother had been stabbed to death by her assailant. Two years later he was involved in another high profile shooting while confronting three armed criminals. On both occasions Tony was commended by the Metropolitan Police Commissioner. But in the spring of 2005, coming face to face with suspected drug dealer and armed robber Azelle Rodney, a volley of point blank shots would bring his career crashing to an end, tarnish his reputation and leave him fighting a murder charge and possible life sentence.

From life or death cases and botched operations to political fallouts, this book charts the controversial career from rookie
Allow yourself to be transported back to beauty’s golden age with An Atlas of Beauty. First established as a Parisian trendsetter in the 19th century, the beauty emporium has been reincarnated as Buly 1803 on Rue Bonaparte in Paris.

Invention and natural beauty are at the heart of Buly and this exquisitely designed book allows you to sample their unique aesthetic heritage as a French apothecary as well as discover the modern uses, properties and home beauty recipes for over 80 seeds, flowers, oils, trees, fruits and herbs.

Including an exotic and diverse range of botanicals – from apricot and avocado to argan oil and aloe vera – there are explanations for where the ingredient came from, its history, how it has been used in the past and recipes for how to use it as a beauty solution now.

How to Grow Stuff

The essential guide to the simple art of growing stuff.

Feeling green-fingered but not sure where to start? This book is for you. Growing stuff - herbs, veg, salad, flowers and plants - is fun and pretty easy. You just need some practical knowledge - all in this book - and a bit of space - a window ledge, pot or plot of soil.

Then, have fun growing: basil, mint, parsley, rosemary, chillies, courgettes, rocket, tomatoes, geraniums, pansies, lavender, osteospermum, daffodils, hyacinths, muscari, tulips, succulents, aloe vera, money plants, maidenhair ferns and oxalis.

If you have no outside space at all, you can grow everything here inside too...
Few can say they’ve seen some of the most significant moments of the twentieth century unravel before their eyes. Marita Lorenz is one of them.

Born in Germany at the outbreak of WWII, Marita was incarcerated in a Nazi concentration camp as a child. In 1959, she travelled to Cuba where she met and fell in love with Fidel Castro. Yet upon fleeing to America, she was recruited by the CIA to assassinate the Fidel. Torn by love and loyalty, she failed to slip him the lethal pills.

Her life would take many more twists and turns — including having a child with ex-dictator of Venezuela, Marcos Pérez Jiménez; testifying about the John G Kennedy assassination; and becoming a party girl for the New York Mafia, as well as a police informant.

What happens when you want to take a holiday, or even just pop out for a drink, and your dog looks up at you with those expectant eyes? Do you know which pubs welcome muddy paws with a bowl of water and a dog biscuit? Or where you and your dog can both enjoy a comfortable overnight stay?

From the editors of the UK’s No 1 travel guide, the much loved Good Pub Guide, comes the latest edition of the Good Guide to Dog Friendly Pubs, Hotels and B&Bs. Featuring fully updated information, the guide provides you with hundreds of wonderful places in the UK to drink, eat and stay with your pet.

With this book to hand, there’s no need to leave your dog at home. Faithful friends deserve a break too!
‘Rain pelted down on the back of my neck and saltwater rushed down my throat as I tried to breathe into a wave. A foghorn started booming from a lighthouse in the distance. For a moment I thought it was a rescue siren for me. Imagine if I got rescued on day two. That would be embarrassing.’

In June 2013 Sean Conway set out from Land’s End in his bid to be the first person to swim the length of Britain. It was a challenge so extreme that not only had it never been attempted before, but most of the sponsors Sean approached turned him down as they were worried that he would die trying.

Landlocked Cheltenham – Sean’s hometown – isn’t really the ideal place to train for a long sea swim, and he only managed three miles in a local pool before setting off from Land’s End. Once in the water Sean had to develop incredible mental

‘I’ve lived through ten iOS upgrades on my Mac – and that’s just something I use to muck about on Twitter. Surely capitalism is due an upgrade or two?’

When Caitlin Moran sat down to choose her favourite pieces for her new book she realised that they all seemed to join up. Turns out, it’s the same old problems and the same old arse-hats.

Then she thought of the word ‘Moranifesto’, and she knew what she had to do...

This is Caitlin’s engaging and amusing rallying call for our times. Combining the best of her recent columns with lots of new writing unique to this book, Caitlin deals with topics as pressing and diverse as 1980s swearing, benefits, boarding schools, and why the internet is like a drunken toddler.
Miracle

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...

Good Cop, Bad War

‘Undercover, you’re never just acting; you’re only ever a different version of yourself.’

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. But Neil was never your stereotypical gung-ho, tough-guy copper. This is the story of how a thoughtful, idealistic character learned to use his empathetic nature to master some of the roughest, most dangerous work in law enforcement.

There was no training, no manual and no plan for when things went wrong; he was just dropped at a corner and told to make connections. But, inevitably, having swords thrust against his jugular, witnessing beatings, stabbings, and gangsters burning suspected rats with acid took its toll.
London For Dogs

London for Dogs features over 120 ideas for things to do with your dog in the city.

Organised around each borough from North to South, East to West, there’s something to discover whether you want to be surprised by a gem just round the corner or fancy exploring somewhere further afield.

Including pubs, cafes and restaurants that welcome dogs with enthusiasm; find the best places to enjoy a quiet hour or meet up with friends, and maybe even discover your new local.

As well as London’s more obvious green spaces, this guide will also highlight unsung parks, such as the lovely Hilly Fields in South East London. There’ll also be suggestions of weekend activities such as the Lee Valley dog agility course, which includes jumps, hoops and a high walk.

Fingers in the Sparkle Jar

Every minute was magical, every single thing it did was fascinating and everything it didn’t do was equally wondrous, and to be sat there, with a Kestrel, a real live Kestrel, my own real live Kestrel on my wrist! I felt like I’d climbed through a hole in heaven’s fence.

An introverted, unusual young boy, isolated by his obsessions and a loner at school, Chris Packham only felt at ease in the fields and woods around his suburban home. But when he stole a young Kestrel from its nest, he was about to embark on a friendship that would teach him what it meant to love, and that would change him forever. In his rich, lyrical and emotionally exposing memoir, Chris brings to life his childhood in the 70s, from his bedroom bursting with fox skulls, birds' eggs and sweaty jam jars, to his feral adventures. But pervading his story is the search for freedom, meaning and acceptance in a world
Choosing the Perfect Puppy

Somewhere out there is the dog of your dreams! With over 200 breeds to choose from, how do you know which would be right for you? In this book you will discover:

- How to compare pedigree with mixed breeds;
- At-a-glance information on the most popular dog breeds in the world;
- How to choose the best place to start searching;
- How to choose the right puppy from a litter.

Written by industry expert and best-selling author, Pippa Mattinson, this book tells you everything you need to know before you welcome a puppy into your life.

Author Information:

Pippa Mattinson is the founder of the UK’s national gundog graded training scheme, and a director of the Gundog Trust. She has an honours degree in zoology.

Insects

Ever been tempted by the thought of trying juicy deep fried mealworms, protein-rich cricket flower, or swapping your Walkers for salt and vinegar flavoured grasshoppers? If so then you are not alone! Over 2 billion people regularly eat insects as part of their diet, and the world is home to around 1,900 edible insect species.

For adventurous foodies and daring dieters comes the newest way to save the planet, eat more protein, and tickle taste buds. But this isn’t an insect cookbook. Instead it’s an informative field guide: exploring the origins of insect eating, offering tips on finding edible bugs and serving up a few delicious ideas of how to eat them once you’ve tracked them down!

It includes a comprehensive list on edible insects and where to find them.
The Aldi Lover's Cookbook

The Aldi Lover's Cookbook is packed full of affordable, creative and delicious meals for the whole family.

Amy Sheppard, a busy mum of two boys, has always loved cooking imaginative, tasty and healthy food for her family, but as her family grew and life got more expensive, she had to find a new way to cook and shop. Searching for a solution without compromising on flavour or quality, she discovered Aldi to be the perfect fit. And so The Aldi Lovers’ Guide to Cooking was born, inspiring and encouraging not just Aldi super fans, but everyone looking for creative, cheap and healthy recipe ideas, to have the confidence to do the same.

With delicious recipes, from Crispy Fish Bites and Caramelised Onion and Goat’s Cheese Tart, to Pork and Cider Stew, and Mint Chocolate Pots, you’ll never be stuck for recipe ideas with

How to Murder Your Life

'I was twenty-six years old and an associate beauty editor at Lucky, one of the top fashion magazines in America. That’s all that most people knew about me. But beneath the surface, I was full of secrets: I was a drug addict, for one. A pillhead. I was also an alcoholic-in-training who guzzled warm Veuve Clicquot after work alone in my boss’s office with the door closed; a conniving and manipulative uptown doctor-shopper; a salami-and-provolone-puking bulimic who spent a hundred dollars a day on binge foods when things got bad (and they got bad often); a weepy, wobbly, wildly hallucination-prone insomniac; a tweaky self-mutilator; a slutty and self-loathing downtown party girl; and – perhaps most of all – a lonely weirdo. But, you know, I had access to some really fantastic self-tanner.’

By the age of 15, Cat Marnell longed to work in the glamorous
Amber's Donkey

'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.

Man Tests

Author Information:

GRAHAM LITTLE has been a TV sports reporter and presenter for 13 years, appearing on all the main UK broadcasters and also working as a freelance features and travel writer contributing to national newspapers and magazines. He is best known as a Sky Sports football and cycling anchor and recently featured as presenter of ITV’s The Cycle Show. An accomplished sportsman and keen adventurer, he has finished a series of tough endurance challenges but also competed internationally in sports as diverse as elephant polo, camel racing, body-building, and sumo wrestling.

He lives in Bangor, Northern Ireland with his very understanding wife Claire and their two sons.
The Grilled Cheese Sandwich

Ready to eat in just minutes and devoured in seconds, the grilled cheese sandwich is the perfect quick and cheap meal.

Combining quality breads and cheeses, create fun and quirky recipes from ideas for breakfast, such as Greece is the Word (Labneh, Fresh Fig and Honey) or California Dreaming (Goats Cheese, Bacon and Avocado), to posh dinners including Wanna Date? (Hallomi, Dates, Harissa and Mint) and the Camembert Reynolds (Camembert, Turkey and Cranberry). And if that’s not enough, why not have the Return of the Mac (Mac and Grilled Cheese) or the Sloppy Joe (Fontina and Meatballs) as a midnight snack?

It's not all about savoury varieties though, there are also sweet treats such as the Please Sir, Can I have Some S’more (Mascarpone and Chocolate) or a Banoffee toastie (Banana,

Modern Baker: A New Way to Bake Cakes,

Restore your gut health with delicious baked treats made from the simple building blocks of water, unrefined flour and air.

In this beautiful book, the Modern Baker brings their passion for nutritious, refined sugar-free, unprocessed, ethically sourced food to life with 120 recipes providing the platform for creating natural fermentation in your own kitchen, and giving you the confidence to experiment and create. Using sourdough starters instead of yeast, recipes help to heal your gut and improve your overall wellbeing, including those with gluten, wheat and dairy intolerances.

Including recipes for breads, pizzas, layered cakes, raw cakes, bars and bites, scones, granola, biscuits and crackers, there are recipes for every appetite and occasion.

This is a cookbook for the ethically awakened foodie who wants
Teacher's Pet

‘He manipulated me by making me feel special … then duped me into thinking I was to blame.’

Hayley was just 12 when she met Mr Willson, the new drama teacher at her school. Good looking and charismatic, he was classic schoolgirl-crush material. Hayley was flattered by the attention he gave her, and he soon befriended her parents. Little did they know they were all being groomed. Hayley allowed Mr Willson to do unspeakable things to her, and after the relationship ended it took almost 20 years of guilt and crippling self-esteem issues before a complete breakdown prompted her to tell her parents, and they went with her to the police.

This is the shocking true story of a schoolgirl groomed by her teacher, and her courageous journey to heal the wrongs of her

The Talent Lab

At the London Olympics, Team GB won 65 medals. At the London Paralympics, they won 120. The medal count defied public expectation: Great Britain had over-delivered, and London 2012 was viewed as the absolute peak of British Olympic success. Once the dust had settled, the question was asked: what next?

The Talent Lab, written in collaboration with the Team GB’s directors, reveals the secrets behind their medal factory. It looks at how success can be discovered or created, shaped and sustained, with teachings that apply far beyond sport. Using lessons from organisations as far afield as the Yehudi Menuhin School of Music, the NFL Draft, the Royal College of Surgeons and The European Space Agency, it answers whether a winning personality needs to be innate or can be taught, whether nurturing parents are important or detrimental to creating a
The helicopter is hanging above our heads. A woman with a child waves up to the family watching at home. Motorcycles tear past, sirens wailing. And here they come, the riders. Like a vast chameleon the peloton continually changes shape and colour. Four hundred tyres sing to us. Music for a Sunday afternoon.

Here they come. Here they are. There they go. It’s all over, consigned to the past once more.

We can still see the mud-spattered backside of a straggler, sitting crooked on his bike after a fall. The skin of his elbow has been grazed raw, the dirt of the Tour ground into the wound. But he must go on. The Tour waits for no man...

Wilfried de Jong is a star of Dutch sports writing and broadcasting. In this award-winning collection of cycling tales,

Good As You

In 1984 the pulsing electronics and soft vocals of Smalltown Boy would become an anthem uniting gay men. A month later, an aggressive virus, HIV, would be identified and a climate of panic and fear would spread across the nation, marginalising an already ostracised community. Yet, out of this terror would come tenderness and 30 years later, the long road to gay equality would climax with the passing of same sex marriage.

Paul Flynn charts this astonishing pop cultural and societal U-turn via the cultural milestones that effected change—from Manchester’s self-selection as Britain’s gay capital to the real-time romance of Elton John and David Furnish’s eventual marriage. Including candid interviews from major protagonists, such as Kylie, Russell T Davies, Will Young, Holly Johnson and Lord Chris Smith, as well as the relative unknowns crucial to the gay community, we see how an unlikely group of bedfellows
The Talent Lab

At the London Olympics, Team GB won 65 medals. At the London Paralympics, they won 120. The medal count defied public expectation: Great Britain had over-delivered, and London 2012 was viewed as the absolute peak of British Olympic success. Once the dust had settled, the question was asked: what next?

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Built for Speed

'Then I was there: the smells, the noise and the speed were all there for me to take in. It was like a massive injection in my head. I knew I was going to be a TT rider. I didn’t know how or what I was going to have to do to achieve this, and I knew my dad wasn’t going to be keen. Everyone around me knew the dangers, but I knew I had to do it.'

John McGuinness is one of the all-time giants of road racing. With 23 TT titles under his belt, he is a hero in the sport, but has also been billed as the most versatile rider in the world.

His autobiography tells the whole story, from his humble beginnings in Morecambe and getting his first bike at the age of 3, to working as a bricklayer and cockle fisherman before deciding to follow his dream, and finally to his many victories in the most dangerous sporting event on the planet. He tells of
An ordinary lad from Sheffield, Jamie Vardy has become known as an against-the-odds footballing hero the world over. Yet a few years ago, things couldn’t have been any more different. Rejected as a teenager by his boyhood club, Jamie thought his chance was gone. But from playing pub football and earning £30 a week at Stocksbridge Park Steels, while still working in a factory, his off-the-cuff performances saw him rise.

Jamie had a wild and turbulent youth, but football became his saving grace and, once he filled his boots with goals at FC Halifax Town and Fleetwood Town, he moved to Leicester City. After the miracle of surviving relegation, the team of unlikely

‘The next stage meant that there was no going back. An Irish prisoner stepped forward and slipped a blade into my hand. I felt the ice cold metal and pressed it against the governor’s cheek. I thought to myself: would they ever release me after this?’

Bobby Cummines was only 28 when he passed through the grim gates of Parkhurst, Britain’s Alcatraz, as a category-A prisoner with a host of crimes to his name. Joining the most notorious gangsters and criminals of the day – from the Krays, the Yorkshire Ripper and Charles Bronson, to high ranking members of the IRA – nothing could have prepared him for the brutal regime, violent convicts, vindictive screws and riots on the inside. It’s the story of Britain’s most hellish prison, from one of its hardest inmates.
It Ain't Hard To Tell

The long-awaited memoir from legendary rapper Nas, one of the most famous - and enigmatic - stars of the hip-hop generation.

With the release of his 1994 debut album, *Illmatic*, Nas was immediately lauded as rap royalty. After over two decades he remains one of the most admired, successful, and misunderstood figures in the business.

In *It Ain't Hard to Tell*, Nas tells his life story for the first time - including his early days growing up in Queens as the son of a jazz musician and his immersion in street culture to his emergence on the scene in the early 1990s. He recounts his private and public struggles, including the media-hyped feud with Jay-Z, finally resolved in 2005, and his battle to assert himself as King of East Coast rap.

Over the course of eleven solo albums Nas has accrued millions
Shut up Legs!

Even by the standards of a sport that requires enormous stamina and capacity for suffering, Jens Voigt is in a class on his own. Beloved by cycling fans for his madcap one-man breakaways as much as his sense of humour and quotable catchphrases, Jens is one of the most popular personalities in cycling.

Jens was born near Hamburg, and came up through the East German system before the Wall came down. He got into the national team through the German army, before signing for his first big team. In many ways he is cycling’s anti-star; despite arguably spending more time at the front of the Tour de France than any other rider he has only worn the yellow jersey twice as his efforts have always been in the service of others.

Jens embodies the best of cycling’s qualities – loyalty to his

Chaos Monkeys

An adrenaline-fuelled exposé of life inside the tech bubble, Chaos Monkeys lays bare the secrets, power plays and lifestyle excesses of the visionaries, grunts, sociopaths, opportunists and money cowboys who are revolutionising our world. Written by startup CEO and industry provocateur Antonio García Martínez, this is Liar’s Poker meets The Social Network.

Computer engineers use ‘chaos monkey’ software to wreak havoc and test system robustness. Similarly, tech entrepreneurs like Antonio García Martínez are society’s chaos monkeys – their innovations disrupt every aspect of our lives, from transportation (Uber) and holidays (Airbnb) to television (Netflix) and dating (Tinder) – all in search of the perfect business miracle.

Describing himself as ‘high-strung, fast-talking, and wired on a
The Captain Class

*The Captain Class* draws on a lifetime of sports spectatorship and two decades of sports reporting to tell the surprising story of what makes teams exceptional. Sam Walker had been searching for the sporting holy grail, a unifying theory of what makes teams win when he discovered certain similarities in cases of sustained greatness in teams across a number of sports. They were all lead by a certain type of captain, but not one with the characteristics you might expect. They were unorthodox outliers – disagreeable, marginally skilled, hot-headed, occasionally unhinged, athletically sub-par, poor verbal communicators, while off the field they were private loners who avoided the limelight.

Among the captains Sam Walker identifies in the book are the likes of Roy Keane at Manchester United, Carles Puyol at Barcelona, West Indies cricket captain Clive Lloyd, Buck...

Triumphs and Turbulence

‘The true inspiration was that Olympic gold won by Chris Boardman in Barcelona... I was so in awe of Chris Boardman’ Sir Bradley Wiggins

You may know him as the much-loved co-presenter of ITV’s Tour de France coverage or enjoyed his BBC Olympic coverage, but beyond the easy charm Chris Boardman is one of our greatest, most inspiring cyclists.

Boardman’s lone achievements in the 80s and 90s – Olympic track gold, the world hour record, repeatedly claiming the yellow jersey in the Tour de France – were the spark that started the modern era for British cycling. His endeavours both on and off the bike have made him the founding father of current golden generation – without him there would simply be no Hoy, Wiggins or Cavendish.
Running is not just a sport. It reconnects us to our bodies and the places in which we live, breaking down our increasingly structured and demanding lives. It allows us to feel the world beneath our feet, lifts the spirit, allows our minds out to play and helps us to slip away from the demands of the modern world.

When Vybarr Cregan-Reid set out to discover why running meant so much to so many, he began a journey which would take him out to tread London’s cobbled streets, climbing to sites that have seen a millennium of hangings, and down the crumbling alleyways of Ruskin's Venice. Footnotes transports you to the cliff tops of Hardy's Dorset, the deserted shorelines of Seattle, the giant redwood forests of California, and to the world's most advanced running laboratories and research centres, using debates in literature, philosophy and biology to

SuperSlaw

SuperSlaw contains highly nutritious, convenient recipes for busy people wishing to increase their vegetable intake. The book contains 60 main recipes, with two additional variations for each, which show how to combine different combinations of micro-chopped vegetables to add a rainbow-coloured nutritional boost to your day and deliver specific benefits, whether you’re looking to improve your immunity, boost your energy, fortify yourself before a run or simply eat more healthily. Chapters are structured by benefit: Hydrolize (Hydrate + Alkalize), Energy, Revitalise, Immunity, Metabolic Warmers, Recover.

All of the recipes can be whizzed up in an ordinary food processor (or with a knife and chopping board) making it simple and fun to prepare even for those with the busiest of lifestyles.

Recipes include Red Cabbage Purple Power Slaw which can be
Indurain

Miguel Indurain is Spain’s greatest cyclist of all time and one of the best Tour racers in history. He is the only bike rider to have won five successive Tours de France, as well as holding the title for the youngest ever race leader in the Tour of Spain. This is his story.

As the all-conquering hero of the 90s, Indurain steadfastly refused to be overwhelmed by fame; remaining humble, shy and true to his country roots. Along with his inhuman calmness, iron will-power and superb bike handling skills, he was often described as a machine. Yet 1996 saw Indurain, the Tour’s greatest ever champion, spectacularly plummet, bringing his career and supremacy to an abrupt end.

In Indurain, Alasdair Fotheringham gets to the heart of this enigmatic character, reliving his historic accomplishments in

JUNE 2017

It Shouldn’t Happen to a Manager

Author Information:
Harry Redknapp was born in 1947 in Poplar, East London. After starting out as a trainee at Tottenham, he signed for West Ham and played for them between 1965 and 1972. He also played for Bournemouth and the Seattle Sounders before injury took him into management and coaching. He has managed at Bournemouth, West Ham, Portsmouth (twice), Southampton, Tottenham Hotspur and QPR. He won the FA Cup with Portsmouth in 2008 and took Spurs into the Champions League in 2010. He has written two bestselling books – his autobiography Always Managing, which was number one in the Sunday Times – and his history of the game in A Man Walks On To a Pitch. He is married to Sandra and has two sons, Mark and Jamie (who played for Liverpool, Tottenham and England). He is also uncle to Frank Lampard. He has two bulldogs called Rosie and Buster.
The Spice Tree

The aim of this cookbook is to become your spice Sherpa. To navigate you through the simple, ancient formulas of the Indian kitchen that are second nature to billions.

Everything begins with a three-spice formula and two of those spices never change. The third spice, the 'headnote spice' depends on the main ingredient (vegetable, pulse, fish or meat). The 'finishing flavours' are added for salt, sweet, sour, bitter, astringency and pungency and also the 'seasoning' - not salt and pepper but salt and sugar.

Nisha's Spice Tree is the beautiful, clever infographic at the heart of this cookbook that illustrates the traditional flavour formulas. Nisha's 80 authentic, delicious recipes bring the wisdom of the Spice Tree to life: Potato with Nigella, Onion and Poppyseed, Steamed Trout with Mustard, Chicken with Spinach
An East End Girl

Will she ever be anything more than an East End girl?

Cissy Farmer longs to escape her life in London's Docklands where times are hard and money is tight. And when she meets the debonair Langley Makepeace, her dream seems within reach.

But the price of belonging in Langley's brittle, sophisticated world could be much higher than Cissy ever imagined. And torn between Langley and her gentle childhood sweetheart, Eddie Bennet, she is forced to gamble on her future chance of happiness, a decision that will change her life forever...

From the author of A Girl in Wartime and A Soldier's Girl

Looking for Captain Poldark

Four strangers, united by their shared love of POLDARK, come together on a trip to Cornwall in search of their hero...

Lisa has sworn off love and relationships after a really bad experience, but lately she’s been tempted to take a chance on a more exciting life. First she meets other fans of the TV show Poldark online. Then she proposes a very special road trip to Cornwall, in search of where their favourite show is being filmed.

But can four strangers find friendship, as well as a certain sexy hunk on their trip south?

Author Information:
Nina is Not OK

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.

Ambulance Girls

On duty during London’s Blitz...

As death and destruction fall from the skies day after day in the London Blitz, Australian ambulance driver, Lily Brennan, confronts the horror with bravery, intelligence, common sense and humour.

Although she must rely upon her colleagues to carry out her dangerous duties, Lily begins to suspect that someone at her Ambulance Station may be giving assistance to the enemy by disclosing secret information. Then her Jewish ambulance attendant and best friend, David Levy, disappears in suspicious circumstances. Aided, and sometimes hindered, by David’s school friend, a mysterious and attractive RAF pilot, Lily has to draw on all of her resources to find David but also negotiate the dangers that come from falling in love in a country far from
A Wartime Friend

Leah escapes from a train bound for a death camp -- along with a surprising friend, a kind-natured German Shepherd dog. Discovered in France by an RAF pilot, the traumatised Leah wakes to find she’s lost her memory. Fostered by the pilot and Meg, his wife, Leah becomes Lily. However, war and tragedy shatter their lives and force them to flee to the country.

In the Somerset countryside, Lily is reunited with Rudy, the German Shepherd, while Meg finds herself subject to the attentions of a local criminal – and the village policeman. With Lily’s adopted father missing in action and Meg alone, Lily and Rudy’s struggles aren’t behind them just yet, and their unlikely friendship could be the only thing that saves them...

Author Information:

Lane, Lizzie
9781785034701
$0.00
400 pages
Ebury Press (Fiction)

Mersey Girl

Happiness always comes at a cost...

Having grown up in a convent after the death of her mother, Lizzie Knight has never known what it’s like to have a real family. So when a strange woman turns up with promises of a new life in Liverpool, she is thrilled.

Warm-hearted and kind, Phyl is everything she wants in a stepmother. But then Lizzie falls in love with the one man who should have been out of bounds. Should she follow her heart and risk losing it all?

From the author of A Sister’s Duty and Lily’s War

(Note: previously published as Going Home to Liverpool)

Francis, June
9780091956356
$0.00
432 pages
Ebury Press (Fiction)
The Coal Miner's Daughter

A wealthy landlord’s son, and a coal miner’s daughter...

Growing up in poverty, one of six siblings, Hannah Armstrong never thought she’d know anything other than her little mining town. But then she falls for Timothy Durkin, a wealthy Oxford student...

Following her heart, Hannah sacrifices everything she holds dear and follows her new husband to Oxford. But will her new life of luxury be everything she expected - or will she find that once a coal miner’s daughter, always a coal miner’s daughter..?

Author Information:
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.

A Dog Like Lloyd

Happiness can be found in the most unexpected places...

Roxanne Pellegrino's world collapses when her husband dies unexpectedly, and overwhelmed by her all-consuming grief, she runs away for a new start on Peaks Island.

But her new life of solitude is interrupted when she meets Lloyd – a stray black Labrador with an equally unhappy past. As both slowly begin to heal, a remarkable friendship blossoms, and Roxanne will soon discover she's not so alone after all...

'I love the story so much ... it spoke to me’
Katherine Heigl

Author Information:

APRIL 2017

Hope, Maggie
9780091956233
$0.00
400 pages
Ebury Press (Fiction)

Sheehan, Jacqueline
9781785034510
$0.00
304 pages
Ebury Press (Fiction)
If you could change the past, would you?

Thirty years ago, something terrible happened to Luna’s mother. Something she’s only prepared to reveal after her death.

Now Luna and her sister have a chance to go back to their mother’s birthplace and settle her affairs. But in Brooklyn they find more questions than answers, until something impossible - magical – happens to Luna, and she meets her mother as a young woman back in the summer of 1977.

At first Luna’s thinks she’s going crazy, but if she can truly travel back in time, she can change things. But in doing anything – everything – to save her mother’s life, will she have to sacrifice her own?

Dare she risk her reputation?

When the orphaned Flora MacDonald escapes from a harsh reform school she falls - literally - into the arms of Andrew Stewart, a handsome sailor on shore leave. But their blossoming love is interrupted by the outbreak of the Second World War.

With Andrew away fighting, Flora finds herself in an impossible situation: alone and pregnant. Out of desperation, she travels to Andrew's country estate, but she doesn't know how kindly his well-to-do family will welcome her in. Will she find a home where she can raise a child?

Author Information:

MAY 2017

Reimann, Audrey
9781785034879
$0.00
320 pages
Ebury Press (Fiction)
The Vets at Hope Green

Sam has always dreamed of working with animals...
But her receptionist job in a London vets is not hitting the spot. Unsure of whether a busy city life is for her, she flees to her Nana Peggy’s idyllic country village.
But despite the rolling hills and its charming feel, life in Hope Green is far from peaceful. On first meeting Joe, the abrupt and bad-tempered local vet, Sam knows she must get him on side, but that is easier said than done...
With her dream close enough to touch, will she get there, or will events conspire against her?...

A heart-warming and inspiring story about living the simple life, perfect for fans of Cathy Bramley.

A Home for Alice

All she wants is a roof over her head...
After her plans to elope with her married lover fall through, Rachel Kivell is broken-hearted, and saddened that she must remain in her small Cornish mining town, with all of its dark secrets.
But her brooding is put to an end when the loving but childlike Alice Bowden turns up on her doorstep. Poor orphaned Alice has nowhere to go, but Rachel cannot see herself taking on the responsibilities of a child. Can she put her worries aside, or will Alice never find a place to call home?

A Cornish saga perfect for fans of Poldark, Dilly Court and Val Wood
The Power of Meaning

There is a myth in our culture that to find meaning you have to travel to a distant monastery or wade through dusty volumes to figure out life’s great secret. The truth is, there are untapped sources of meaning all around us: right here, right now. Drawing on the latest research in positive psychology; on insights from George Eliot, Viktor Frankl, Aristotle, the Buddha and other great minds, Emily Esfahani Smith identifies four pillars upon which meaning rests: Belonging, Purpose, Storytelling and Transcendence.

She also explores how we can begin to build a culture of meaning into our families, our workplaces and our communities. Inspiring and full of contemporary examples, The Power of Meaning will strike a profound chord in anyone seeking a richer, more satisfying life.

JANUARY 2017

No Wall Too High

It was one of the greatest prison breaks of all time, during one of the worst totalitarian tragedies of the 20th Century.

Xu Hongci was an ordinary medical student when he was incarcerated under Mao’s regime and forced to spend years of his youth in some of China’s most brutal labour camps. Three times he tried to escape. And three times he failed. But, determined, he eventually broke free, travelling the length of China, across the Gobi desert, and into Mongolia.

This is the extraordinary memoir of his unrelenting struggle to retain dignity, integrity and freedom; but also the untold story of what life was like for ordinary people trapped in the chaos of the Cultural Revolution.

FEBRUARY 2017
The New Koreans

In the course of a couple of generations, South Koreans took themselves out of the paddy fields and into Silicon Valley, establishing themselves as a democracy alongside the advanced countries of the world. Yet for all their ambition and achievement, the new Koreans are a curiously self-deprecating people. Theirs is a land with a rich and complex past, certain aspects of which they would prefer to forget as they focus on the future.

Having lived and worked in South Korea for many years, Michael Breen considers what drives the nation today, and where it is heading. Through insightful anecdotes and observations, he provides a compelling portrait of Asia’s most contradictory and polarized country. South Koreans are motivated by defiance, Breen argues: defiance of their antagonistic neighbour, North Korea, of their own history and of international opinion. Here is

You Are The Universe

In this book, that combines cutting edge science with real world applications, Chopra and Kafatos redefine our nature of reality and what is possible.

Here they ask 9 questions:

What Came Before the Big Bang?
Why Does the Universe Fit Together So Perfectly?
Where Did Time Come From?
What Is the Universe Made Of?
Is There Design in the Universe?
Is the Quantum World Linked to Everyday Life?
Do We Live in a Conscious Universe?
How Did Life First Begin?
Does the brain create the mind?

You Are The Universe offers answers that open up new
The Tibetan Book Of Living And Dying

Written by the Buddhist meditation master and popular international speaker Sogyal Rinpoche, this highly acclaimed book clarifies the majestic vision of life and death that underlies the Tibetan Buddhist tradition. It includes not only a lucid, inspiring and complete introduction to the practice of meditation, but also advice on how to care for the dying with love and compassion, and how to bring them help of a spiritual kind. But there is much more besides in this classic work, which was written to inspire all who read it to begin the journey to enlightenment and so become 'servants of peace'.

Author Information:
Sogyal Rinpoche was born in Tibet and entered a monastery when he was four months old. He fled the country with the Dalai Lama in 1959 and was educated in India and Cambridge University. Since then, he has taught throughout the world. He is the spiritual director of Rigpa, an organisation devoted to introducing the teachings of the Buddha and to offering advice on spiritual care for the dying. Rigpa now has 100 centres in 23 countries.

Old Age

The New York Times bestseller

'Wickedly funny, especially poignant' Washington Post

The notorious baby boomers are approaching the end and starting to plan their final moves in the game of life. 'What was that all about?' they’re asking. 'Was it about acquiring things or changing the world? Was it about keeping all your marbles? Or is the only thing that counts after you’re gone the reputation you leave behind?' In Old Age: a beginner’s guide, Michael Kinsley answers the questions we are all forced to confront sooner or later.

'Idreverent, wise and laugh-out-loud funny about living long enough for your organs to start to betray you' Atul Gawande, author of Being Mortal
Inhale. Exhale. Repeat

We’re all living faster, working harder, and often so busy we forget to take a moment to sit back, close our eyes and just, breathe. Yet this hectic lifestyle can get us down, making us lethargic, stressed and burnt out. So how to break the cycle?

Inspired by traditional eastern lessons of meditation and mindfulness, neuroscience and insights from literature, Emma Mills offers fresh and simple tools to keep our minds healthy, from that early morning coffee through to the moment you climb into bed, without having to invest in expensive detox courses or far-flung retreats. She guides the reader through a course of a single day, with easy tips, meditations, recipes, literary recommendations and practical takeaways that can be completed in a matter of minutes.

So just inhale, exhale, and repeat – and let a sense of calm and

Field Notes from the Edge

‘A profoundly satisfying read’ Financial Times

In Field Notes from the Edge, the acclaimed writer of the Guardian’s ‘Country Diary’, Paul Evans, takes us on a journey through the in-between spaces of Nature – such as strandlines, mudflats, cliff tops and caves – where one wilderness is on the verge of becoming another and all things are possible.

Here, Evans searches out wildlife and plants to reveal a Nature that is inspiring yet intimidating; miraculous yet mundane; part sacred space, part wasteland. It is here that we tread the edge between a fear of Nature’s dangers and a love of Nature’s beauty.

Combining a naturalist’s eye for observation with a poet’s ear for the lyrical, Field Notes from the Edge confirms Paul Evans’s place among our leading nature writers today.
In 1944, sixteen-year-old Edith Eger was sent to Auschwitz. There she endured unimaginable experiences, including being made to dance for the infamous Josef Mengele. Over the coming months, Edith’s bravery helped her sister to survive, and led to her bunkmates rescuing her during a death march. When their camp was finally liberated, Edith was pulled from a pile of bodies, barely alive.

In *The Choice*, Dr Edith Eger shares her experience of the Holocaust and the remarkable stories of those she has helped ever since. Today, she is an internationally acclaimed psychologist whose patients include survivors of abuse and soldiers suffering from PTSD. She explains how many of us live within a mind that has become a prison, and shows how freedom becomes possible once we confront our suffering.

'Powerful and sometimes shocking...' *Sunday Times*

In this powerful book, Dr Shirin Ebadi, Iranian human rights lawyer and activist, tells of her fight for reform inside Iran, and the devastating backlash she faced after winning the Nobel Peace Prize.

Having fought tirelessly for democracy, equality before the law and freedom of speech, Ebadi became a global voice of inspiration. Yet, inside her own country, her life has been plagued by surveillance, intimidation and violence.

*Until We Are Free* tells shocking stories of how the Iranian authorities eventually forced her into exile. Her sister and daughter were detained, her husband was enmeshed in an espionage plot with another woman, her Nobel medal was stolen from her safety deposit box, and her offices in Tehran were

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**The Choice**

Eger, Edith  
9781846045103  
192 pages  
Rider

**Until We Are Free**

Ebadi, Shirin  
9781846045028  
304 pages  
Rider
The Art of Living

Thich Nhat Hanh, the most well-known Zen master in the world, turns his attention to the most important subject of all - the art of living.

Stimulating and inspiring, this book teaches us the importance of looking inside ourselves and developing compassion, before we can turn to our relationships at home and in the wider world. Full of remarkable stories and mindful practices for engaging with life, this will be a book to treasure and act upon throughout our lives.

Author Information:
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.

Rivers Run

'Kevin Parr knows how to fish, how to read a river and how to write. A book that flows like a river' Chris Yates, author of Out of the Blue

Rivers Run is a love letter to Britain’s rivers and waterways by well-known angler and naturalist Kevin Parr. On a journey around his favourite watery hideaways – such as the River Stour in Dorset, the Exe in Devon, the Avon in the Midlands and Parrs Pool in Shropshire – the author shares the thoughts and insights that bubble up while sitting peacefully by the riverside, watching the world go by and waiting for the fish to bite.

Each river that he visits has played a central part in his own development as both an angler and a person, and reflects the ways in which landscape, wildlife and plants mirror the themes that flow through all our lives. Rivers Run is a delightful yet
The Lady and the Generals

Nobel Peace Prize winner, Aung San Suu Kyi, is a symbol of supreme courage in the face of tyranny. Released from house arrest in 2010, she led her party to a dramatic victory in Burma’s first free general election in a generation.

Acclaimed biographer, Peter Popham, describes how, inspired by her leadership, Burma has found its voice and transformed its destiny. However greater freedom has brought with it other troubles.

The Lady and the Generals offers a compelling portrait of this fascinating country and asks where Burma and Suu Kyi – with her bravery, her charisma and her limitations – are heading next.

Praise for The Lady and the Peacock, also by Peter Popham

A Sky Full of Birds

‘Prose from a poet and a personal take on the spectacles’
Chris Packham, author of Fingers in the Sparkle Jar

Britain is a nation of bird-lovers. However, few of us fully appreciate the sheer scale, variety and drama of our avian life. From city-centre hunters to vast flocks straight out of the Arctic wilderness, much-loved dawn songsters to the exotic invaders of supermarket car parks, a host of remarkable wildlife spectacles are waiting to be discovered right outside our front doors.

In A Sky Full of Birds, poet and nature writer Matt Merritt shares his passion for birdwatching by taking us to some of the great avian gatherings that occur around the British isles – from
V E R M I L I O N
Take Control of your IBS

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.

Spark Joy

*Spark Joy* is an in-depth, line illustrated, room-by-room guide to decluttering and organising your home, from bedrooms and kitchens to bathrooms and living rooms as well as a wide range of items in different categories, including clothes, photographs, paperwork, books, cutlery, cosmetics, shoes, bags, wallets and valuables. Charming line drawings explain how to properly organise drawers, wardrobes, cupboards and cabinets. The illustrations also show Ms Kondo’s unique folding method, clearly showing how to fold anything from shirts, trousers and jackets to skirts, socks and bras.

The secret to Marie Kondo’s unique and simple KonMari tidying method is to focus on what you want to keep, not what you want to get rid of. Ask yourself if something ‘sparks joy’ and suddenly it becomes so much easier to understand if you really need it in your home and your life. When you surround yourself
Soupologie

This is much more than a book of delicious plant-based soup recipes. Get to know the ingredients first with all the nutritional information clearly explained, so you can find out which ingredients will have the most impact for you. Low on energy? get those B-vitamins packed into your soup. Need to drop a few pounds? focus on the metabolism-boosting recipes. Constantly getting colds? Get going with the immune-boosting soups. All recipes are LED (low-energy density) food, filling you up with volume without too many calories. Each recipe has icons to show which common ailments are targeted such as stress, fatigue, weakened immunity and more.

- Recipes are plant-based and gluten-free, so can be enjoyed by everyone, but serving suggestions will add in other delicious 'soupologie-twists' so you can adapt things to your own taste.
- Soup is the natural follow-on from juicing and is so much more achievable: soup can be served as a meal, unlike a juice.

Leaner, Fitter, Stronger

Ditch the fads, ditch the fat and get lean for life - let Max, Lloyd, James and Tom show you how.

This book is not a quick fix – it's a new way of life. Leaner, Fitter, Stronger is about how to make a fit and healthy lifestyle work hard for you; how to have a career, see your friends, go out, have a family, drink, eat burgers and get in the best shape of your life (and stay that way!). With Max, Lloyd, James and Tom as your guides you’ll never feel tied down by a regime, like you can’t accept a drinks invitation or like you have to force down that poached chicken fillet that you’d rather swap for fries.

Featuring:

- Over 60 easy-to-do recipes from PB & J French Toast and cookie dough protein bars to hearty salads, stir fries and...
The Happiness Equation

What’s the formula for a happy life?

Neil Pasricha is a Harvard MBA, a Walmart executive, a New York Times–bestselling author, and a husband and dad. After selling more than a million copies of his Book of Awesome series, he now shifts his focus from observation to application.

In The Happiness Equation, Pasricha illustrates how to want nothing, do anything, and have everything. If that sounds like a contradiction, you simply haven’t unlocked the 9 Secrets to Happiness.

Each secret takes a common ideal, flips it on its head, and casts it in a completely new light. Pasricha then goes a step further by providing step-by-step guidelines and hand-drawn scribbles that illustrate exactly how to apply each secret to live a happier life today.

The One Minute Workout

We all know we should exercise more – but many of us just don’t have time. The current NHS guidelines advise 150 minutes of moderate exercise a week, and for people with busy lives that can feel like an impossible challenge. But what if you could get all the health and fitness benefits of that 150 minutes in far less time?

Martin Gibala is one of the world’s leading researchers into High Intensity Interval Training (HIIT), the training protocol which has helped Joe Wicks sell 795k copies of Lean in 15. Gibala has spent decades studying the effect of this approach on everyone from college athletes to middle-aged couch potatoes, and his work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available.

In The One Minute Workout he explains the science behind this
We Need to Talk

Author Information:
Ian Williamson trained as a child and adolescent analyst at the Society of Analytical Psychology. He then worked at a variety of NHS centres as a specialist in mental health problems before switching to private practice 15 years ago. He lectures part-time in Jungian child analysis at Essex University and is the co-director of the Queen Anne Practice, as well as the Young People’s Counseling and Therapy Centre.

How to Grow a Baby and Push It Out

Everything you wanted to know but were too embarrassed to ask – a guide to pregnancy and birth straight from the midwife’s mouth.
Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren’t so widely talked about – straight from the midwife’s mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

Author Information:
Clemmie gained her qualifications at the University of the West of England.
Fertile

Emma Cannon brings a holistic approach to fertility, fusing Eastern and Western traditions with great success in her London clinic. This beautifully illustrated book brings together her wealth of experience to give readers practical ways to improve their health and wellbeing ready for conception and pregnancy.

* Over 50 recipes with key nutrients to nourish your body
* Cleansing plans to optimise your health
* Targeted advice for those undertaking IVF
* Holistic approach to specific fertility problems such as PCOS and endometriosis
* Advice on how to rebalance after miscarriage

Author Information:
Emma Cannon is a fertility and pregnancy expert, registered acupuncturist

The One-week Insomnia Cure

With over a decade of pioneering research and clinical practice in sleep disorder management, *The Insomnia Cure* provides a fast and long-lasting approach to identifying and managing insomnia and other sleep disorders. To maximise treatment success and prevent relapse, only the most effective elements of Cognitive Behavioural Therapy for Insomnia and Interpersonal Therapy and Mindfulness are used to cure sleep problems in just one week. Find out how to:

Understand and assess your sleep problem
Cure insomnia in one week
Manage sleep apnea, snoring, restless legs and much more

Author Information:
Jason is the only Professor of Sleep Science in the world and is the
The One-Week Baby Sleep Solution

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!

Author Information:
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

SEPTEMBER

Ford, Gina
9781785040764
$0.00
192 pages
Vermilion

Mind Body Cleanse

Feeling sluggish, bloated and in desperate need of rejuvenation?

Enter Chris James's unique plan to restore energy, acuity and cleanse your whole body, starting with the seat of all health - the gut.

By targeting three key areas and showing you the impacts they can have on your body and mind, Chris's holistic method will show you exactly what your body needs and how to nourish it, using:

- **Diet**: menu plans, delicious cleansing recipes, juices, suggestions and tips for eating vegan;
- **Mindfulness**: how to use mindfulness to help you focus on what exactly your body needs;
- **Yoga**: simple and specific twists to stimulate peristalsis and digestion, inversions to stimulate the lymphatic system,

JUNE 2017

James, Chris
9781785040801
$0.00
288 pages
Vermilion
Popular

When did you last count how many followers you have on Instagram or Twitter? Have you noticed how obsessed politicians are with opinion polls? How many ‘likes’ did that post get you thought was so funny? What’s happening with that friend who keeps cancelling on you last minute? What does that little voice in your head say to you when you present to a room full of people? And are you aware just how much your behaviour today is driven by your experiences of popularity as a teenager?

We live in an era that is completely obsessed with popularity, both in the real and, increasingly, in the virtual world where hard data from our social media channels show us just how popular and visible we really are. Parents and teachers are becoming increasingly concerned about the high anxiety (especially amongst young girls) surrounding young people and

You are Your Own Gym Cookbook

Just as you don’t need a fancy gym membership to get the best workout of your life, you don’t need fancy kitchen skills or a personal chef to keep your body optimally fuelled. You Are Your Own Gym: The Cookbook capitalizes on ingredients that are fresh and affordable, and simple preparations you’ll want to make again and again. Categorizing meals as either fast-fuelling or slow-fuelling (depending on the carbohydrate content), Lauren’s recipes cover your needs for breakfast, lunch, dinner, snacks, smoothies, and even dessert! Filled with tempting photos of delicious meals, handy shopping lists, and sample menus to help you fulfil all your fitness goals, You Are Your Own Gym: The Cookbook is your best bet for building a stronger, leaner, healthier you with each satisfying bite.

Author Information:
Mark Lauren trained US Special Forces operatives for over a decade and revolutionised the US army’s training regimes. During that time he
The Hungry Brain

Author Information:

APRIL 2017

Stephan J. Guyenet, PhD

THE HUNGRY BRAIN
Outsmarting the Instincts that Make us Overeat

Illuminating, entertaining, and empowering

Gary Grill, M.D., Director of the Metabolism Research Unit at U.C.L.A.

Guyenet, Stephan
9781785041280
$0.00
304 pages
Vermilion

Not In Your Genes

Professor Robert Plomin, the world’s leading geneticist, said in 2014 of his search for genes that explain differences in our psychology: ‘I have been looking for these genes for fifteen years. I don’t have any’.

Using a mixture of famous and ordinary people, Oliver James drills deep down into the childhood causes of our individuality, revealing why our upbringing, not our genes, plays such an important role in our wellbeing and success. The implications are huge: as adults we can change, we can clutch our fates from predetermined destiny, as parents we can radically alter the trajectory of our childrens’ lives, and as a society we could largely eradicate criminality and poverty.

Not in Your Genes will not only change the way you think about yourself and the people around you, but give you the fuel to

MAY 2017

James, Oliver
9780091947682
$0.00
320 pages
Vermilion
Grit

Why do naturally talented people frequently fail to reach their potential while other far less gifted individuals go on to achieve amazing things? The secret to outstanding achievement is not talent, but a passionate persistence. In other words, grit.

MacArthur Genius Award-winning psychologist Angela Duckworth shares fascinating new revelations about who succeeds in life and why. Based on her cutting-edge research, Duckworth shows how many people achieve remarkable things not just by relying on innate natural talent, but by practising what she calls grit. She then offers a Grit Formula to help anyone to become more gritty, focusing on six key factors: hope, effort, precision, passion, ritual and prioritisation. She reveals:

- Why people who test high for talent often fail to achieve their

The Baby-led Weaning Quick and Easy

In bestselling Baby-led Weaning, leading health visitor Gill Rapley and journalist and mum Tracey Murkett introduced parents to a common sense, easy and enjoyable approach to feeding your child, allowing your baby to join in with family meals right from the start of the weaning process. Now The quick and Easy Baby-led Weaning Cookbook offers fast, simple yet delicious recipes so the entire family can take part in making your baby a happy and confident eater, no matter what the pressures are on your time.

Full of healthy, delicious meals the whole family will enjoy, with full-colour photos, The Quick and Easy Baby-led Weaning Cookbook has recipes that you can get on the table with minimum fuss but maximum taste. Fully tested and nutritionally sound, this is a cookery book no busy parent should be without.
The Tools Whole Life Programme

Author Information:
Barry Michels has a BA from Harvard, a law degree from University of California, Berkeley and an MSW from the University of Southern California. He has been in private practice as a psychotherapist since 1980.

Phil Stutz graduated from City College in New York and received his MD from New York University. He worked as a prison psychiatrist on Rikers Island and then in private practice in New York before moving his practice to Los Angeles in 1982.

Author Information:
Strange Fascination

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

Elon Musk Young Readers’ Edition

Elon Musk is an inspirational role model for young entrepreneurs, breaking boundaries and revolutionising the tech-world. He is also the real-life inspiration for the Iron Man series of films, starring Robert Downey Junior. From his humble beginnings in apartheid South Africa, he showed himself to be an exceptionally bright child, and overcame brutal bullying to become the world’s most exciting entrepreneur, founding PayPal, SpaceX, Tesla and Solar City.

He has emerged as something of a superhero-like figure for today’s generation of children. He’s not only seen as an entrepreneur in the spirit of a Steve Jobs but as an inventor and bold thinker. He’s the guy offering children the possibility of a brighter, more exciting future and has come to symbolize innovation and optimism.
The Curated Closet

Get the wardrobe you’ve always wanted, filled with only those pieces that you love to put on and that make you look and feel amazing.

Berlin-based style blogger Anuschka Rees will change your attitude and approach to clothes and shopping with her new minimal method. She rejects the clichéd fashion rules and instead encourages you to look in your wardrobe and at your life, as well as in the mirror. Using interactive prompts, infographic-style questionnaires and helpful check lists, all beautifully illustrated with photography and mood boards, create you own individual style guidelines that truly speak to you.

A must-have guide that will help you discover and develop a strong sense of personal style.

FEBRUARY 2017

Make It Now!

’If you’re stuck for an idea, have a big decision to handle or need a new perspective on a problem, here are some approaches for thinking, communicating and creativity. An upbeat guide that anyone can use to help with the big and small challenges we face every day.’ Anthony Burrill

A life-affirming guide to new thinking, creative problem-solving and getting things done from graphic artist Anthony Burrill. Full of inspiration and ideas, his best-loved prints as well as new work, this book will get you thinking bigger and better and recharge your creativity.

Author Information:

Graphic artist, print-maker and designer Anthony Burrill is known for his
Alphabet Cities

Travel the globe with 32 typographic prints inspired by the world’s greatest cities, all the way from Amsterdam to Zurich, with stops in Paris, Rio and Tokyo along the way. Perfect to pull out and frame. Also features quirky trivia on each city and a large double-sided poster.

Author Information:

David Doran is an award-winning illustrator based in the UK. Alphabet Cities is David’s first authored book, born from a love of travel and exploring. It has given him, and readers, a chance to learn a little more about quirky and beautiful cities around the world. David’s favourite city is New York for its architecture, hustle and bustle ... and pizza.


Feel

Feel is the story of how a small-time boy from humble beginnings in Louisiana rose to the pantheon of greats, to win the 500cc and 250cc GP Championship in the same year – an historic achievement over three decades ago which has never been repeated.

Growing up at the time of the assassination of Malcolm X and Martin Luther King, Freddie judged by feel, not by colour. Blind to prejudice and discrimination, he formed dynamic connections with people and events, but only years later during his racing afterlife could Freddie come to understand the true power of the things he learned.

Spencer is an articulate and compassionate guide as he describes the thrill and horror of racing in an era when death was a perennial threat. He recalls in pin-sharp detail the
Let's Make Lots of Money

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

Hacking Growth

Growth is now the first thing that investors, shareholders and market analysts look for in assessing and valuing companies.

HACKING GROWTH is a highly accessible, practical, method for growth that involves cross-functional teams and continuous testing and iteration. Hacking Growth does for marketshare growth what THE LEAN STARTUP does for product development and BUSINESS MODEL GENERATION does for strategy. HACKING GROWTH focuses on customers - how to attain them, retain them, engage them, and monetize them - rather than product.

Written by the method's pioneers, this book is a comprehensive toolkit or "bible" that any company in any industry can use to implement their own Growth Hacking strategy, from how to set up and run growth teams, to how to identify and test growth levers, and how to evaluate and act on the results. It is
Spellbound

A professional magician and illusionist—the head magic consultant to the hit film Now You See Me—reveals how to bridge the gap between perception and reality to increase your powers of persuasion and influence.

David Kwong has astounded large crowds -- from CEOs to TED talk audiences to the general public -- making them see, believe, and even remember what he wants them to. Illusion is an ancient art that centres on control: commanding a room, building anticipation, and appearing to work wonders. Illusion works because the human brain is wired to fill the gap between seeing and believing. These are the tools used by top leaders – people like Steve Jobs – to wow crowds and create wonder.

In his years of research and practice, David has discovered seven fundamental principles of illusion—with these rules

Guy Martin: Worms to Catch

‘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.
Spon

‘The word for spoon is derived from the old Norse for chip of wood – spon. Wooden spoons then need no further qualifier, they are spoons in their purest form.’ Barn The Spoon

The simple, ordinary spoon is part of our everyday lives, intimately entwined with the acts of eating and socialising, from stirring our first cup of coffee to scraping the last bit of pudding from the bowl. And who doesn't like to spoon in bed?

Barn The Spoon, as he’s affectionately known, can be found on permanent exhibition in the shop window of his workshop on the Hackney Road, East London, where he makes his life’s work, designing and carving beautiful spoons that are both a joy to use and hold.

Delve into the history, culture and folklore of spoons, into native American tribes and Celtic mythology, to the lakes of

MAY 2017

Streamunks

The rules of entertainment have changed. Last year, the vlogger PewDiePie made more money from his YouTube videos than high profile movie stars such as Meryl Streep, Cameron Diaz and Anne Hathaway. And no one knows more about how it works than Robert Kyncl, Chief Business Officer at YouTube.

YouTube is the first truly global media platform, reaching 87% of all online adults in the UK. Streamunks not only tells the inside story about who and what we watch on our screens, but also the new ways that students are taught; how minorities are thought of, depicted and treated; how small businesses advertise; the way Hollywood scouts talent and formats its shows; the ways brands advertise; the way music is discovered and consumed; and the way stories are told.

This book is for the legions of creative people who want to

JUNE 2017
• WHALLEN •
#1 New York Times Bestseller!

‘Extraordinary’ JJ Abrams
‘Fascinating’ Arianna Huffington
‘Inspire creativity and change’ Richard Branson
‘One of my favourite thinkers’ Malcolm Gladwell
‘Masterful’ Peter Thiel
‘One of the great social scientists of our time’ Susan Cain, bestselling author of Quiet
‘Fresh research, counter-intuitive insights, lively writing, practical calls to action’ The Financial Times

The New York Times bestselling author examines how people can drive creative, moral, and organisational progress—and how leaders can encourage originality in their organisations.

**FEBRUARY 2017**

**A Mother’s Reckoning**

On April 20, 1999, Eric Harris and Dylan Klebold walked into Columbine High School in Littleton, Colorado. Over the course of minutes, they would kill twelve students and a teacher and wound twenty-four others before taking their own lives.

For the last sixteen years, Sue Klebold, Dylan’s mother, has lived with the indescribable grief and shame of that day. How could her child, the promising young man she had loved and raised, be responsible for such horror? And how, as his mother, had she not known something was wrong? Were there subtle signs she had missed? What, if anything, could she have done differently?

These are questions that Klebold has grappled with every day since the Columbine tragedy. In A Mother’s Reckoning, she chronicles with unflinching honesty her journey as a mother.
The Sleep Revolution

We are in the midst of a sleep deprivation crisis, and this has profound consequences – on our health, our job performance, our relationships and our happiness. In this book, Arianna Huffington boldly asserts that what is needed is nothing short of a sleep revolution. Only by renewing our relationship with sleep can we take back control of our lives.

Through a sweeping, scientifically rigorous and deeply personal exploration of sleep from all angles, Arianna delves into the new golden age of sleep science that reveals the vital role sleep plays in our every waking moment and every aspect of our health – from weight gain, diabetes, and heart disease to cancer and Alzheimer’s.

In The Sleep Revolution, Arianna shows how our cultural dismissal of sleep as time wasted not only compromises our

The Spider Network

In 2006, an oddball group of bankers, traders and brokers from some of the largest financial institutions made a startling realization: Libor—the London interbank offered rate, which determines the interest rates on trillions in loans worldwide—was set daily by a small group of easily manipulated administrators, and that they could reap huge profits by nudging it fractions of a percent to suit their trading portfolios. Tom Hayes, a brilliant but troubled mathematician, became the lynchpin of a wild alliance that included a prickly French trader nicknamed “Gollum”; the broker “Abbo,” who liked to publicly strip naked when drinking; a nervous Kazakh chicken farmer known as “Derka Derka”; a broker known as “Village” (short for “Village Idiot”) who racked up huge expense account bills; an executive called “Clumpy” because of his patchwork hair loss; and a broker uncreatively nicknamed “Big Nose” who had once been a semi-professional boxer. This group generated incredible

MARCH 2017

Huffington, Arianna
9780753557211
$0.00
416 pages
WH Allen

MARCH 2017

Enrich, David
9780753557495
$0.00
352 pages
WH Allen
Why should you serve red wine with classical music and white wine with pop music?
What is it about a heavier bowl that makes your pudding taste better?
And how can you make your food taste saltier without adding more salt?

If any of these questions has sparked your appetite you need to read *Flavour*.

*New Scientist* correspondent Bob Holmes has tasted a lot of things in the name of flavour. He’s travelled all over the world, delved into cutting-edge scientific research, enlisted chefs, psychologists, molecular gastronomists, flavourists and farmers, attended the weirdest conventions, and even received very rare access to one of the world’s few highly secretive flavour laboratories. To find out how all this has come together, you need to read *Flavour*.

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The first day of the Somme has had more of a widespread emotional impact on the psyche of the British public than any other battle in history. Now, 100 years later, Robert Kershaw attempts to understand the carnage, using the voices of the British and German soldiers who lived through that awful day. In the early hours of 1 July 1916, the British General staff placed its faith in patriotism and guts, believing that one ‘Big Push’ would bring on the end of the Great War. By sunset, there were 57,470 men – more than half the size of the present-day British Army – who lay dead, missing or wounded. On that day hope died.

Juxtaposing the British trench view against that from the German parapet, Kershaw draws on eyewitness accounts, memories and letters to expose the true horror of that day. Amongst the mud, gore and stench of death, there are also stories of humanity and resilience, of all-embracing comradeship.
User Friendly

Image coming soon

SEPTEMBER

Kuang, Cliff
9780753556641
$0.00
320 pages
WH Allen