



OCTOPUS PUBLISHING GROUP

**NEW TITLES**

JANUARY – JUNE 2016



# Welcome to the Octopus Spring / Summer 2016 New Titles Catalogue

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# K Food

Korean Home Cooking and Street Food Da-Hae and Gareth West



There's a great buzz around Korean food right now, as more and more people experience the fantastic, robust flavours of both classic Korean cooking and the Ameri-Korean strand that has developed from it. As owners of the increasingly popular Korean street food company Busan BBQ, **Gareth and Da-Hae West** are the perfect authors to introduce this flavoursome cuisine. Da-Hae uses her Korean background to explain the details of traditional recipes, and Gareth shows how Korean and Western flavours can be fused together to create really delicious combinations.

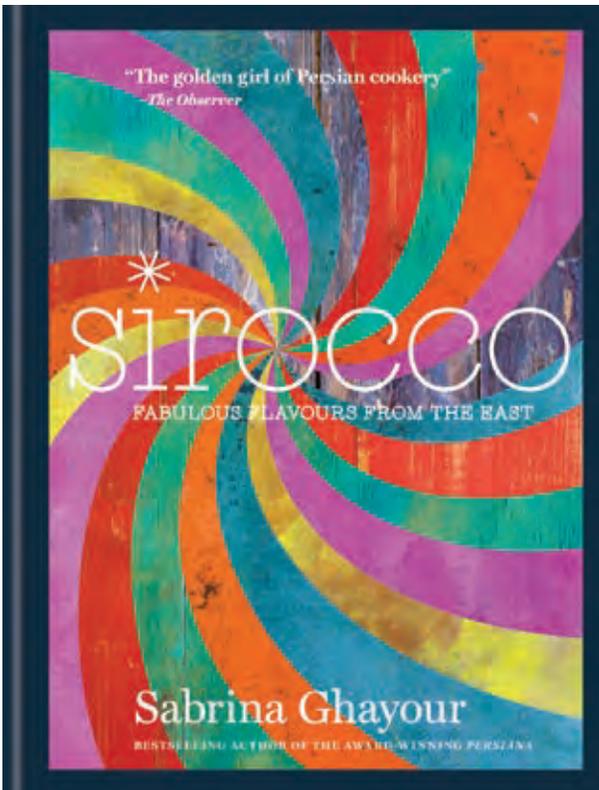
From a run-down on the basics of Korean cooking, including now readily available sauces, pastes and other ingredients, through chapters on kimchi and the etiquette of the famous Korean BBQ, to recipes for everything from the irresistible Bulgogi Burger and spicy, sticky spare ribs to Panjeon (seafood pancakes) and corn on the cob with kimchi butter, this book is packed with inventive, delicious recipes that will open your eyes to the delights of modern Korean food.



May 2016  
 Mitchell Beazley  
 £20.00 hb  
 978 1 78472 100 8  
 240 pages  
 246 x 189 mm  
 50,000 words  
 More than 120 colour  
 photographs  
 Rights available: World

# Sirocco

Fabulous flavours from the East Sabrina Ghayour



**sirocco** (sɪˈrɒkəʊ) *noun*: a hot, dry wind blowing across the Mediterranean to Europe – sometimes described as warm, spicy and sultry.

From the golden girl of Middle Eastern cookery comes *Sirocco*, a collection of over 100 Eastern-inspired recipes that are bursting with flavour. The follow-up to the bestselling *Persiana*, *Sirocco* combines the strong flavours and spices of the East with a Western approach to cooking. With ideas for every occasion, this collection of 100 recipes covers breakfast & brunch, snacks, light bites, spectacular salads, fabulous mains, plus drinks and sweet treats. Recipes include Chickpea & potato latkes, Sticky lamb buns with pickled cucumber relish, Grilled peach & gem lettuce salad, Souk-spiced roots, 6-hour Eastern spiced pork belly, Dark chocolate, cardamom & espresso mousse cake and Quince tatin with cinnamon cream.

Selected by the *Observer* as their rising star in food for 2014, **Sabrina Ghayour** is one of the strongest voices in Middle Eastern food today. Her debut cookbook *Persiana* was voted the *Observer Food Monthly Cookbook of the Year 2014*.

Praise for *Persiana*:

‘Loving *Persiana*’  
– Nigella Lawson

‘An instant classic’  
– *Observer Food Monthly*

‘Sumptuous, thrilling,  
learned and downright  
brilliant’ – *Mail on Sunday*

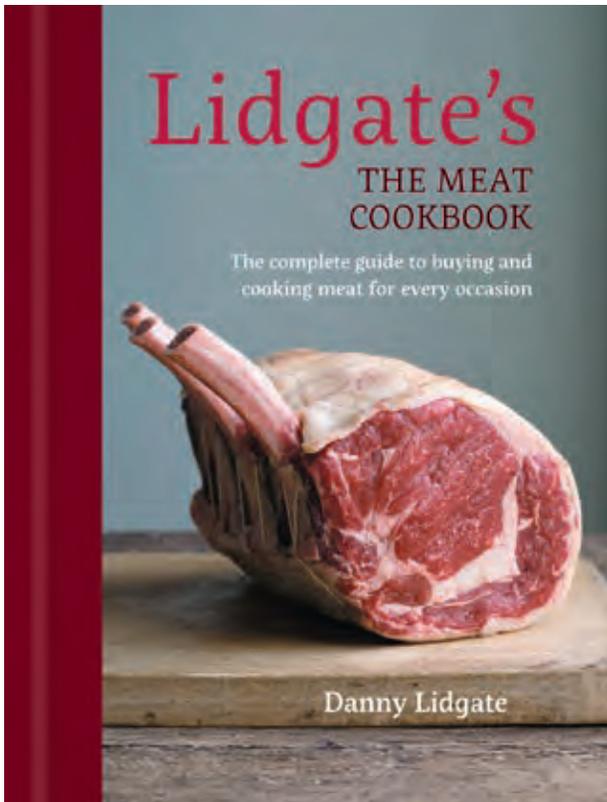
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130 colour photographs  
Rights sold: Dut



[www.octopusbooks.co.uk](http://www.octopusbooks.co.uk)

# Lidgate's: The Meat Cookbook

The complete guide to buying and cooking meat for every occasion Danny Lidgate



A good butcher shop is part of a community – a place of knowledge and trust. Founded in 1870, Lidgate's is a 160-year-old family business that has become a treasured landmark in London's Holland Park.

Bring their knowledge into your own kitchen with a cookbook that focuses on helping you achieve the best-tasting meat at home. These recipes highlight everything you need to know in order to cook any cut to its optimum flavour. Rather than a lengthy farm manual, or a nose-to-tail guide to eating, you'll find simple ingredient pairings, creative ideas for every occasion and secrets of the trade.

*'They put their customers first and are proof that natural produce, service and knowledge are a formidable combination.'* – Sir Richard Branson

*'Lidgate's... the best bird you can buy; a good turkey reared well is what makes all the difference.'*

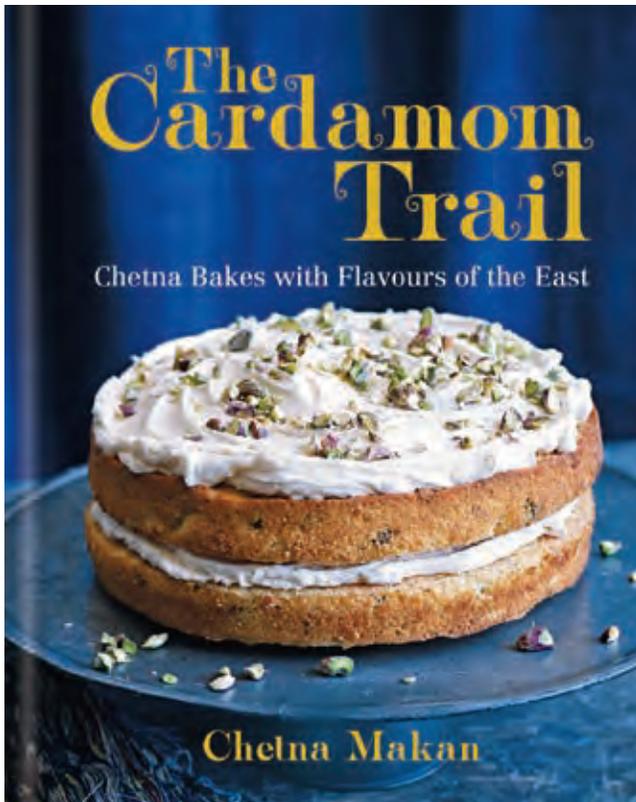
– Nigella Lawson



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304 pages  
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More than 100 colour  
photographs  
Rights available: World

# The Cardamom Trail

Chetna Bakes with Flavours of the East Chetna Makan



Chetna Makan is known for her unique recipes, which introduce colourful spices, aromatic herbs and other Indian ingredients into traditional Western baked favourites.

Whether it's a sponge cake with a cardamom and coffee filling; puff pastry bites filled with fenugreek paneer; a swirly bread rolled with citrusy coriander, mint and green mango chutney; or a steamed strawberry pudding flavoured with cinnamon, Chetna's Indian influences will transform your baking from the familiar to the exotic, from the ordinary to the extraordinary.

Discover rare but precious traditional bakes from India, as well as new spice-infused recipes. Delve into the history of Indian herbs and spices and learn how to match foods and flavours.

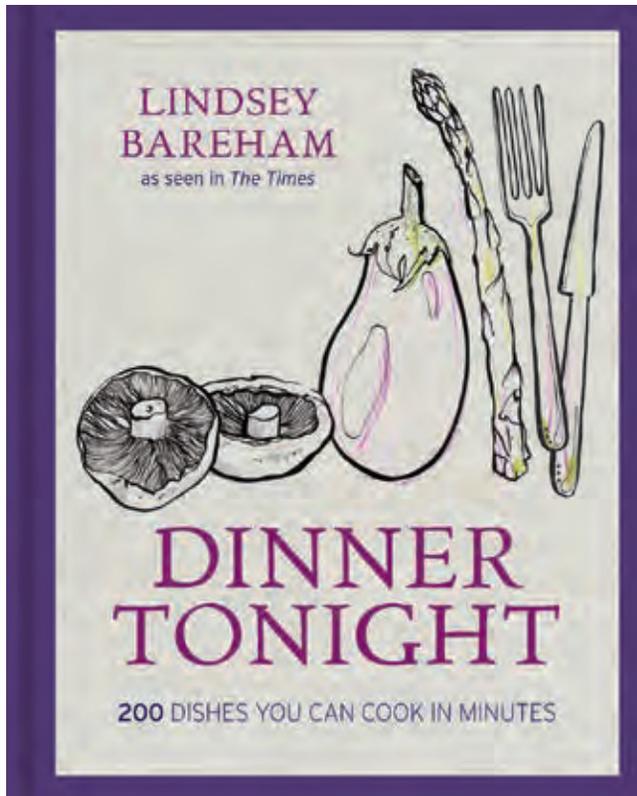
**Chetna Makan** was born in Jabalpur, an ancient city in central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003. Chetna reached the semi-final in The Great British Bake Off 2014.

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Mitchell Beazley  
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235 x 190 mm  
40,000 words  
More than 100 colour photographs  
Rights available: World



# Dinner Tonight

200 dishes you can cook in minutes Lindsey Bareham

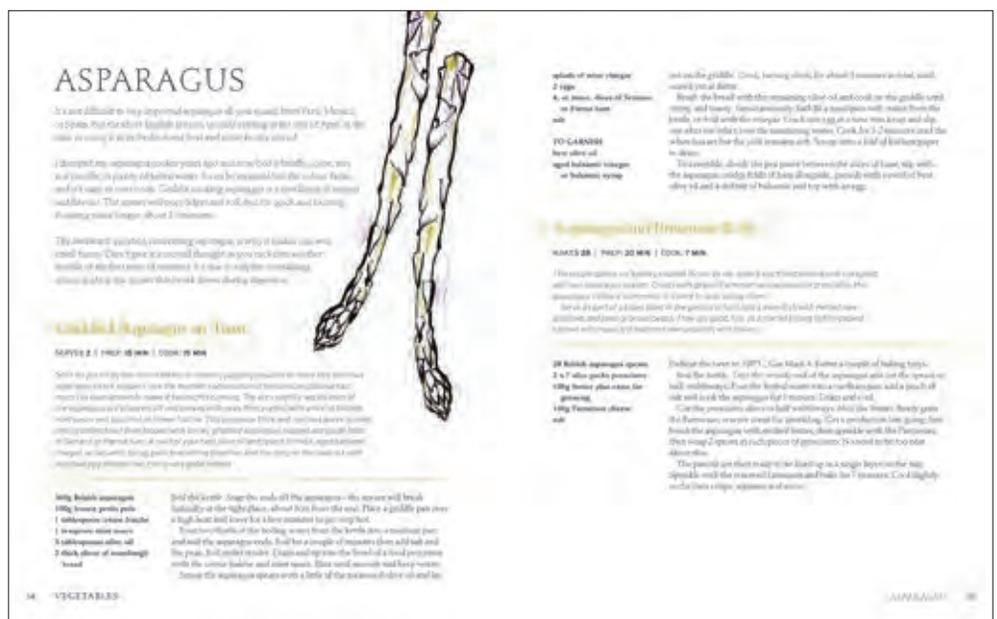


“What shall we have for dinner?”

In this collection of simple, accessible and mouth-watering recipes, Lindsey Bareham helps solve this never-ending question.

Packed full of ideas from Lindsey’s weekly column for *The Times*, this book will become your go-to source for a quick fix after a long day. Recipes range from Roast tomato tarte tatin and Chorizo beef sliders to Homemade fish fingers with cheat’s tartare sauce; from Miso cod with crunchy vegetable salad and Pulled chicken, ham & leek pie to Strawberry almond crumble and Chocolate puddle pudding.

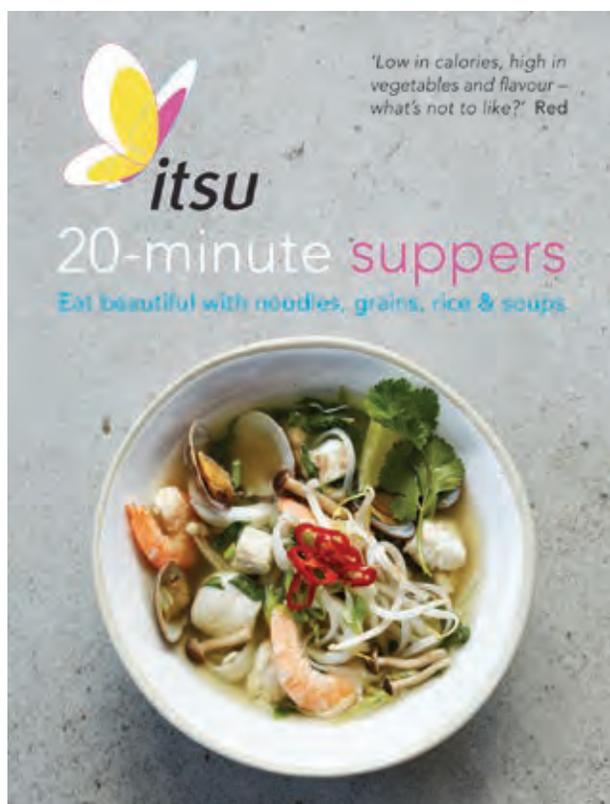
**Lindsey Bareham** is a writer admired by home and professional cooks alike. Her books have been shortlisted for the André Simon Award, the Good Food Book of the Year, the Glenfiddich food Book of the Year and the Guild of Food Writers’ Cookery Book of the Year. For many years she wrote a daily recipe for the *Evening Standard* and now writes weekly columns for *The Times*. She is also a regular contributor to Radio 4.



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# Itsu 20-minute Suppers

Eat beautiful with noodles, grains, rice & soups Julian Metcalfe and Blanche Vaughan



In this exceptional cookbook the authors of the bestselling *itsu: the cookbook* return with a promise: supper after work within 20 minutes. Using ingredients readily available at supermarkets, they have created 100 deliciously healthy Asian-inspired recipes with noodles, rice, grains and soups. Each recipe includes counts for saturated fat and calories per person. Why resort to ready meals when you can cook itsu-style meals at home in minutes?

**itsu**, a revolutionary and refreshing take on affordable, healthy food, is dedicated to skinny but delicious food: light, green and good for you. They call it 'eat beautiful.' High-protein, low-carb salads, brown rice dishes, soups and noodles - fresh food that tastes as good as it looks. It's no surprise that itsu's delicious menu and confident flavours are attracting millions of loyal fans. With 55 itsu shops in the UK, two award-winning restaurants and a growing range of Asian-inspired healthy food products, itsu is proving to be a culinary phenomenon.

February 2016  
 Mitchell Beazley  
 £18.99 HB  
 978 1 78472 130 5  
 192 pages  
 246 x 189 mm  
 30,000 words  
 150 colour photographs  
 Rights available: World



## Miso salmon & rice with peas & ginger sauce

The miso glaze caramelises on the fish under the grill, giving it extra savouriness and flavour. Serve with sticky rice, supplemented by the peas and ginger sauce. It makes a sophisticated yet speedy dinner.

Serves 2

- 275g salmon
- 5.6g saturated fat

- 100g short grain sticky rice
- 150g frozen peas or frozen edamame (or a mixture of both)
- 2 tsp salt
- 400g salmon, cut into two fillets
- 1 tbsp groundnut or vegetable oil

### Sauce

- 2 tbsp mirin
- 1 tbsp sake or dry white wine
- 1½ tsp white miso paste
- 1 tsp honey or sugar

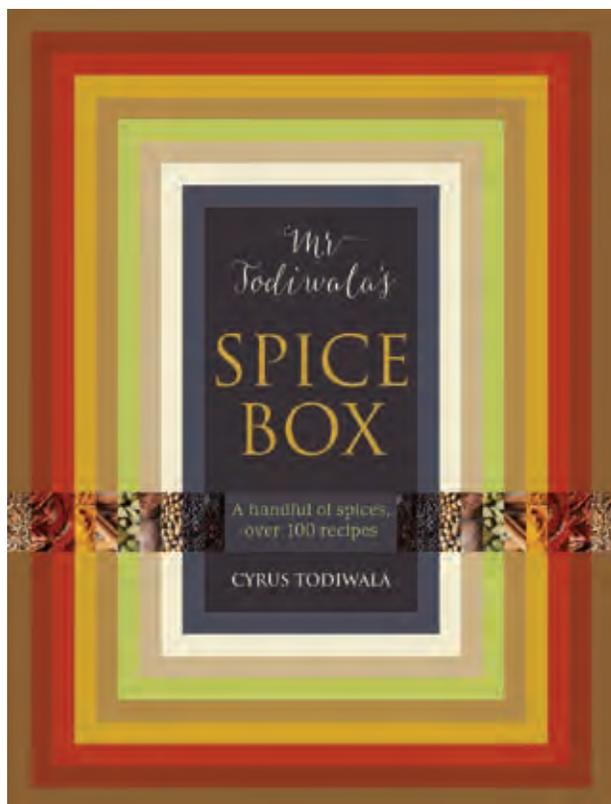
### Ginger sauce

- 2½g or 1cm fresh root ginger, peeled and roughly chopped
- 4 spring onions, roughly chopped
- 1 tbsp fish sauce
- 1 tbsp soy sauce
- 1 tbsp mirin
- 1 tbsp toasted sesame oil, used to serve

- 1 Heat the grill to medium-high.
- 2 Rinse the rice and cook it in a rice cooker with 400ml boiling water. Preheat and oil a large pan or grill. Place over a high heat and when the water starts to bubble, stir the rice and reduce the heat to low, but a simmer for 15 minutes while you prepare the other ingredients.
- 3 To make the glaze for the salmon, mix the mirin, sake, miso, honey and/or sugar in a small saucepan. Warm it up over the medium heat, cooking them completely in the glaze.
- 4 Heat an ovenproof frying pan over a high heat and add the groundnut oil. When it is shimmering, place the salmon fillets on the hot, skin-side down, and brush any remaining glaze over the salmon. Fry for 7 minutes, then put the frying pan under the grill and cook for 6-10 minutes, depending on the thickness of the fish. The fish should appear browned and glistening and the flesh just cooked through.
- 5 While the fish is cooking, mix the ginger, garlic, salt and the sauce ingredients into a jar with 1 tablespoon water and use an immersion blender to blend into a sauce.
- 6 When the fish has been cooking for 10 minutes, remove from the heat and add seeds to steam for a couple of minutes.
- 7 To serve, remove the salmon from the frying pan, leaving a small space between the fish and the skin, taking the skin off the pan. Put a salmon fillet on each plate. Spoon a mound of the rice and peas next to it and serve with the ginger sauce and sticky rice.

# Mr Todiwala's Spice Box

120 recipes from just 10 spices Cyrus Todiwala



**Cyrus Todiwala**, OBE, DL, is known for combining flavours, spices and ingredients in ways no other Indian chef has ever done before. He loves mixing Western dishes with Indian flavourings to create recipes that make innovative and delicious use of spices.

Offering an entirely fresh look at spices, Cyrus takes just 10 of his favourites and bases 120 recipes around them. Using his special spice box and a selection of fresh ingredients, he conjures up an astonishing range of dishes that will spice up any mealtime, such as Prawn Masala Omelette, Venison Burgers, Spiced Roast Chicken with Rum, Pork Belly in Chilli, or Ginger, Garlic & Saffron Crème Brûlée.

Born in Bombay, Cyrus Todiwala rose to become Executive Chef of the Taj Group of hotels in India, before moving to Britain twenty years ago. He now runs three successful restaurants in London and has written a number of cookery books. In 2013 he co-presented *The Incredible Spice Men* on BBC TV and makes frequent appearances on BBC's *Saturday Kitchen*.



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# As the Romans Do

Authentic and reinvented recipes from the Eternal City Eleonora Galasso



Rome is steeped in history and tradition, and this is reflected in the sheer vibrancy and variety of its food. In *As the Romans Do*, Instagram star and Roman native Eleonora Galasso will take you on a journey amongst the houses, the sanpietrini, the tiny side streets, the palazzos, the traditions, the community and the hidden gems of this never ending, always eternal city. From quick and earthy breakfasts and vivacious al fresco meals to brilliant off-the-cuff dinner parties, you will find a recipe to suit every occasion.

*As The Romans Do* leads you through a typical day in the life of Roman eating, from *Maritozzi* at breakfast, midday *merende* snacks of *Ciambellone di polenta alla zuca* (Polenta ring cake with pumpkin), to a lunch on the run on of *Carpaccio di spigola con la pesche* (Sea bass carpaccio with peaches and rocket salad) and luscious family meals such as *Polpette della Nonna con scalogni glassati e prugne secche* (Grandma's meatballs with glazed shallots and dried prunes).

Discover food hapiness with *Seppioline piselli, avocado e pomodoro* (Baby squids with peas, avocado and tomatoes), try a romantic dinner of Roman-style *ossobuco* or treat yourself to riotto rolls, amaretti cakes and lemon tiramisu.

Today **Eleonora Galasso** is zigzagging between Rome and Paris, and has opened the door to a secret location in the historical centres of both cities, where she organizes cooking workshops as well as collaborates with thematic events by providing her culinary touch; she also runs a clandestine pop-up restaurant in the least expected places and adores visiting local producers and reporting about it on her blog. Her Instagram formula is a unique mix of food and lifestyle in motion, which has conquered her the heart of over 30K disconcertingly loyal followers.



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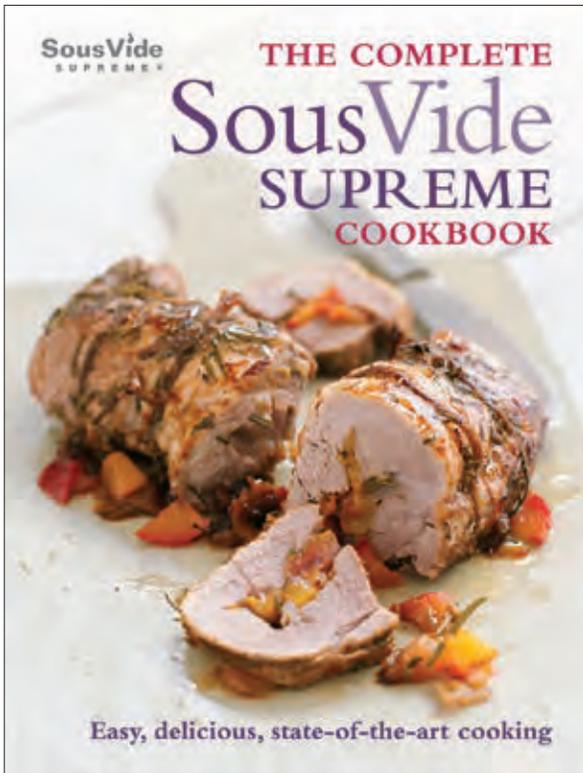
100 colour photographs

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# The Complete SousVide Supreme Cookbook

Easy, delicious, state-of-the-art cooking Jo McAuley



The sous vide technique has been the secret of great chefs around the world for decades. Providing foolproof results, the method involves cooking vacuum-sealed pouches in a water bath at a precisely-controlled temperature. This retains the juices and aromas lost by traditional cooking as well as retaining all the nutrients.

Now sous vide machines are affordable for all and this cookbook contains 80 day-to-day delicious recipes you can cook at home. Covering a full range of cuisines and courses, this cookbook showcases the full range of benefits the machine has to offer.

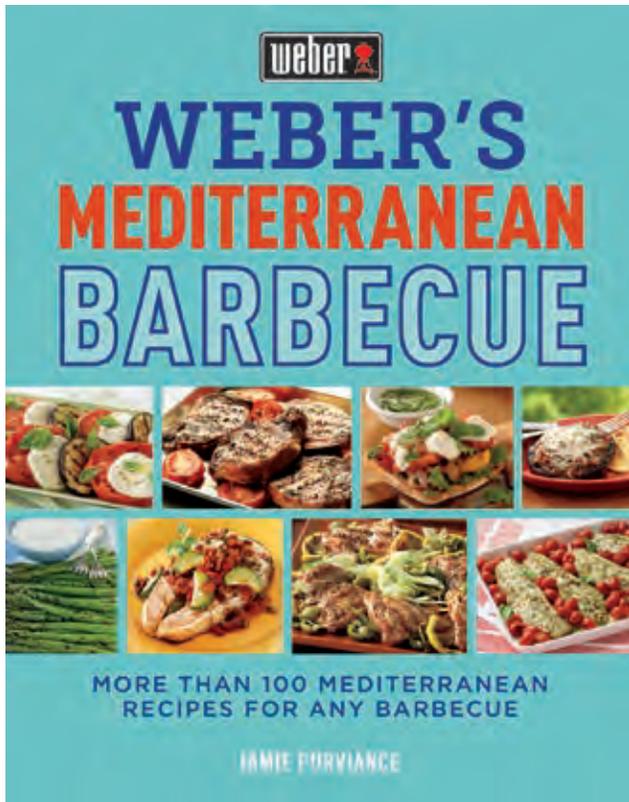
SousVide Supreme is the leading affordable water oven around the world, but whatever home model you've bought, this cookbook will be indispensable.



January 2016  
 Hamlyn  
 £14.99 pb  
 978 0 60063 271 9  
 160 pages  
 246 x 189 mm  
 25,000 words  
 60 colour photographs  
 Rights available: World

# Weber's Mediterranean Barbecue

More than 100 Mediterranean recipes for any barbecue Jamie Purviance



This summer, bring home the rich and varied flavours of the Mediterranean. With tips and tricks from Weber – the world’s leading authority on barbecues – these 100+ recipes use a range of ingredients to create fresh and flavoursome meals. From aubergine steaks with tomato salsa and stuffed mushrooms to chargrilled pork chops and frutti de mare seafood salad, your barbecue will help you to ditch the holiday blues and enjoy your very own fiesta at home.

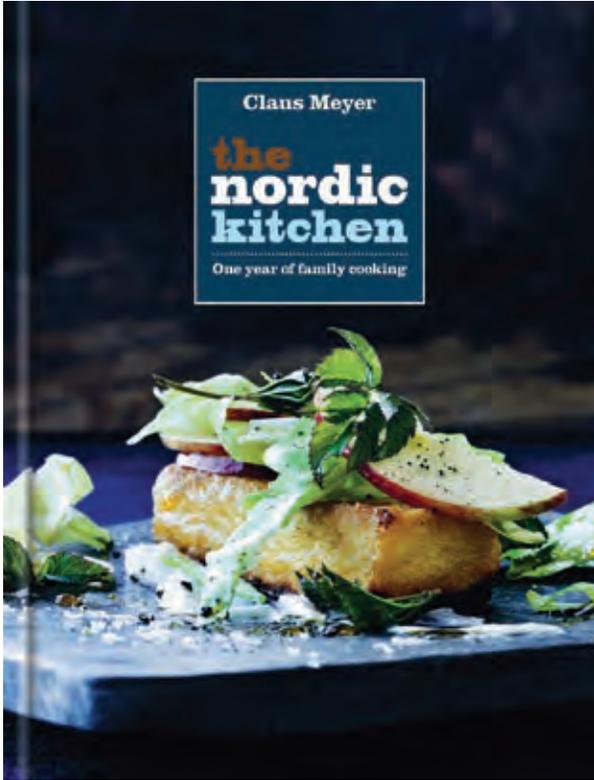


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 192 pages  
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 photographs  
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www.octopusbooks.co.uk

# The Nordic Family Kitchen

One year of family cooking Claus Meyer



With its focus on good, seasonal ingredients and lightness of touch, Scandinavian cooking is perfect family food. And who better to show you how to cook delicious Nordic cuisine than the co-founder of Noma?

Regularly selected as the world's best restaurant, Noma has shown the world the excellence of Scandinavian cuisine. In this book, Claus Meyer brings that ethos into the home with easy-going, accessible dishes that will fit seamlessly into family life. The book is divided into four seasonal chapters so that you can get the most from the food and flavours in season. There are also features on food from the wild, including chanterelles, dandelions and blackberries.

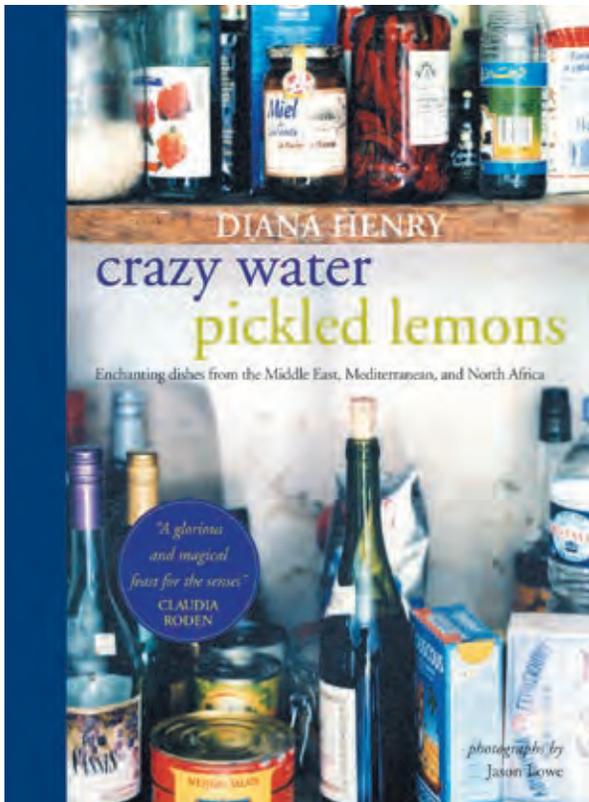
**Claus Meyer** has published 14 cookbooks in Denmark and has hosted his own TV series, *New Scandinavian Cooking*, in Denmark and the US. Among his other business ventures, Meyer owns catering, fruit and chocolate supply companies. He runs a cookery school and is an affiliated professor in the Department of Food Science at the University of Copenhagen. Meyer is currently in the process of opening a Nordic food hall and restaurant in New York's Grand Central Station.

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 ex. Danish)



# Crazy Water, Pickled Lemons

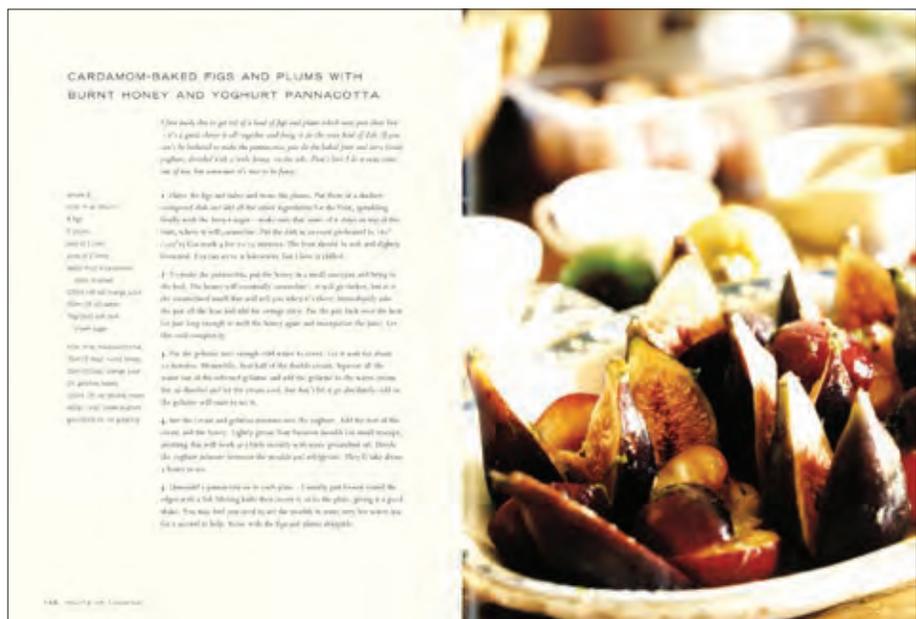
Enchanting dishes from the Middle East, Mediterranean and North Africa Diana Henry



In this culinary exploration of the Mediterranean, Middle East and North Africa, Diana Henry has gathered together dishes that combine exotic flavours in ways long forgotten – or never discovered – in many Western kitchens. Colourful, aromatic and perfumed ingredients, from leathery pomegranates, with their insides bursting with ruby seeds, to flower-waters that allow you to drink in the scent of a garden, combine to bring an intoxicating whiff of the exotic to your table and pleasure to your kitchen. The core ingredients of these cuisines are increasingly available so dishes such as Chermoula-marinated Tuna, Fennel, Pomegranate and Feta Salad and Lavender, Orange and Almond Cake are both delicious and accessible to cook.

The bestselling author of *A Bird in the Hand*, *A Change of Appetite*, *Salt Sugar Smoke*, *Cook Simple* and *Roast Figs*, *Sugar Snow*, **Diana Henry** also writes regularly for *The Telegraph*. She has won many awards for her work, most recently the 2015 Guild of Food Writers Cookery Book of the Year and Cookery Journalist of the Year, and the Fortnum & Mason Cookery Writer of the Year (2015).

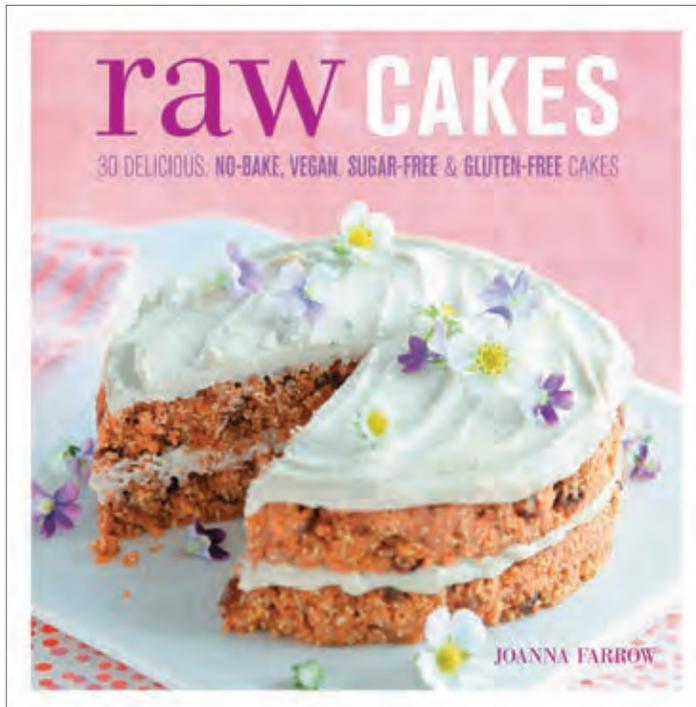
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# Raw Cakes

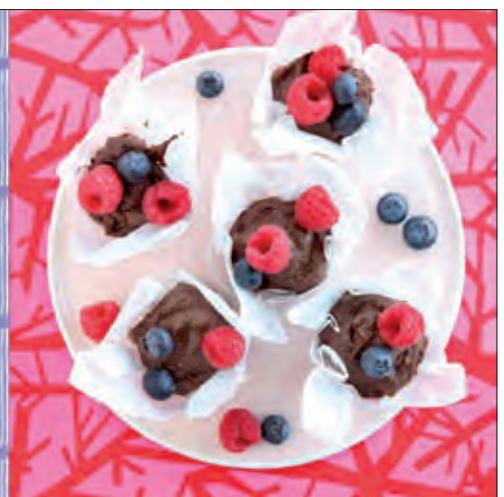
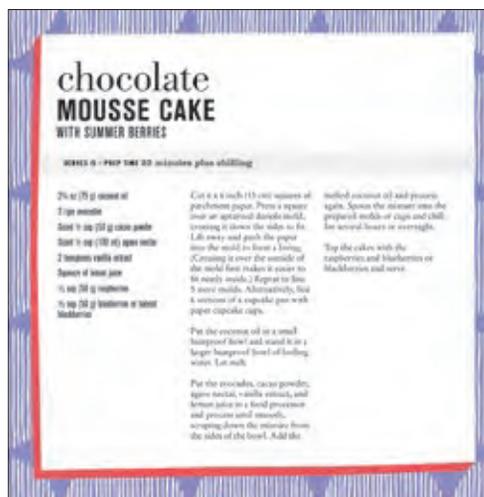
30 Delicious, No-Bake, Vegan, Sugar-Free & Gluten-Free Cakes Joanna Farrow



Mouthwatering cakes made with natural ingredients and no baking! Free from dairy, sugar and gluten, these cakes are not only good for you, they're delicious too.

With recipes for a whole host of cakes, desserts and sweet treats including Carrot Cake with Macadamia Frosting, Salted Caramel Brownies, Raspberry, Rose and Pistachio Semifreddo and Raw Banana Banoffi Pie, this book is perfect for anyone on a special diet – even if you're gluten or lactose intolerant, vegan or diabetic you don't need to miss out on the good things in life.

All recipes come with a taste guarantee and are easy to make from readily accessible ingredients, making for truly heavenly, healthy cakes.



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 Spruce  
 £8.99 hb  
 978 1 84601 526 7  
 64 pages  
 200 x 200 mm  
 10,000 words  
 Approx. 40 illustrations  
 Rights available: World

# Eric Lanlard's Afternoon Tea

Eric Lanlard



*"Eric Lanlard makes the yummiest cakes on the planet"*

- Elizabeth Hurley

June 2016

Mitchell Beazley

£18.99 hb

978 1 78472 146 6

176 pages

241 x 229 mm

35,000 words

120 colour photographs

Rights available: World

[www.octopusbooks.co.uk](http://www.octopusbooks.co.uk)

Master pâtissier Eric Lanlard returns with a gorgeous new book crammed with deliciously achievable recipes - this time teaching you the skills for making the perfect afternoon tea.

With 90 recipes for sweet and savoury afternoon tea treats, this book contains all the cakes, pastries, tarts and biscuits you could wish for, from Porcini and Maple Bacon Éclairs to Pistachio and Rose Water Scones. In addition there are six themed menus, made from key recipes in the book, so that you can offer the perfect combination of flavours for your afternoon tea.

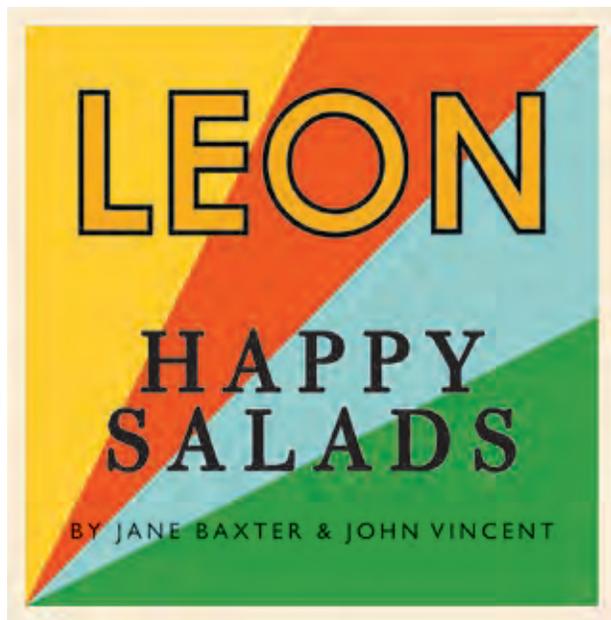
Whether you're throwing a lavish tea party for friends or are simply looking for that perfect scone recipe, this is the must-have afternoon tea recipe book.

Master pâtissier and twice winner of the prestigious Continental Pâtissier of the Year at the British Baking Awards, **Eric Lanlard** has earned himself an international reputation for superlative baked creations for an impressive A-list clientele, including Madonna and Sir Elton John. Having trained in France, Eric moved to London where he ran the patisserie business for Albert and Michel Roux. He stayed there for five years before launching his own business, Cake Boy: a destination cafe, cake emporium and cookery school based in London.



# Leon Happy Salads

Jane Baxter and John Vincent



Leon was founded on the twin principles that food can both taste good and do you good. And it is hugely popular: Leon now has 24 restaurants (with more to come), serving over 84,000 people a week. In this book, authors John Vincent, co-founder of Leon, and Jane Baxter, author of the bestselling *Leon Fast Vegetarian*, bring together 100 recipes for fresh, vibrant salads that will have you feeling healthy and happy. Divided into chapters that include Classics, Naturally Fast, Salads for Friends, Family Salads and Lunchbox, this book contains salads for all occasions.

**June 2016**

Conran Octopus

£15.99 hb

978 1 84091 718 5

224 pages

200 x 200 mm

30,000 words

120 colour photographs

Rights available: World

# Leon: Family & Friends

**The Cookbook** Kay Plunkett-Hogge and John Vincent

At the heart of happy family life are meals spent together – sharing flavourful, nutritious food and swapping stories of the day. This book, re-issued with a fabulous new cover, celebrates the power of food to bring people together. There are 200 recipes divided into three sections: Today, including great breakfasts, brunch ideas and post-school teas, Tomorrow, for those occasions where some planning is involved – picnics, weekend lunches and parties – and Yesterday, a culinary celebration of nostalgic family food memories. This is not a book for the coffee table. It is a book that should be used, made messy and dog-eared with love.

**October 2015**

Conran Octopus

£25.00 hb

978 1 84091 609 6

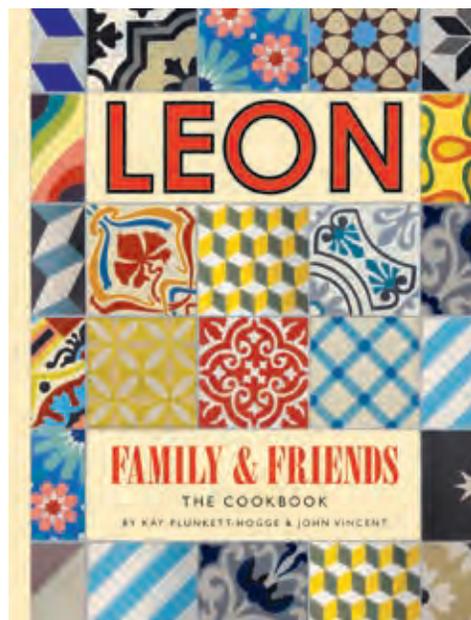
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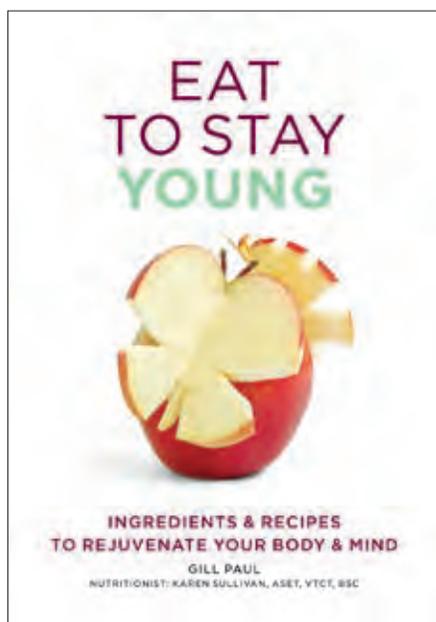
200 colour photographs

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# Eat To Stay Young

Ingredients and recipes to rejuvenate your body and mind Gill Paul



Growing older is natural, but eating the right foods can slow the process down and keep your body's stores of age-fighting nutrients topped up.

Featured in this book are the key foods that have been proven to increase the feeling of youthfulness in our minds and bodies. A clever problem-solver helps you choose the ingredients that address your symptoms, whether thinning hair, dry skin, poor circulation, joint pain or forgetfulness. With over 60 easy-to-follow, quick-to-prepare, delicious recipes and weekly meal planners, *Eat To Stay Young* is the perfect way to turn back the clock and achieve optimum health.

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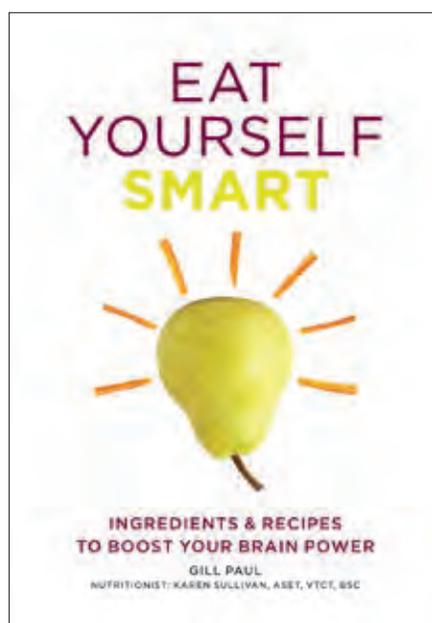
# Eat Yourself Smart

Ingredients and recipes to boost your brain power Gill Paul

If you have trouble concentrating, coming up with ideas or thinking clearly, eating more of the foods in this book can help. Featured in this book are the key foods that have been proven to benefit brain functions, such as beetroot, brown rice, kidney beans and pecans. A clever problem-solver helps you choose the ingredients that bring benefits ranging from mental alertness, longer attention span and restful sleep to prevention of dementia.

With over 60 easy-to-follow, quick-to-prepare, completely delicious recipes, and weekly meal planners, *Eat Yourself Smart* is the perfect way to cook yourself clever and achieve optimum health.

**March 2016**  
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# Sensationally Sugar Free

Delicious sugar-free recipes for healthier eating every day Susanna Booth



With more than 100 recipes, *Sensationally Sugar Free* offers sweet and simple dishes using healthier alternatives to refined sugar. Featuring tips and tricks to help you wipe out the white stuff, the recipes range from everyday snacks and treats to more indulgent dishes for entertaining guests, and you can even satisfy your sweet tooth with a range of desserts. From Roquefort & pear muffins, Strawberry scones and Banana bread to Chocolate chip ice cream, Pineapple meringue pie and Red velvet cake, each recipe uses a sweet alternative to refined sugar – without compromising on taste.

**Susanna Booth** writes recipes that are free from gluten, dairy, eggs, nuts and soya. She has written features for publications such as the *Guardian Weekend* magazine, Eurostar's *Metropolitan* onboard title and the health magazine *Kindred Spirit*. Susanna is also the author of *Gloriously Gluten Free*, which was published by Hamlyn in August 2015.

For the natural/sugar-free cake I've used the rustic Mediterranean flavours of apricots, almonds and lemon. It uses more cupboard staples and its gentle fragrance and moist, chunky almonds help to make it a tempting (or healthy) at any time of the year. Try it at breakfast or as part of a dinner with a little pomegranate.

## Apricot & Lemon Cake

### MAKES ABOUT 12 SLICES

200g (7oz) soft unsalted butter  
200g (7oz) white granulated sugar  
300ml (10.5 fl oz) full-fat cream  
2 large eggs  
120g (4.2 oz) almond flour  
100g (3.5 oz) apricot jam  
100g (3.5 oz) lemon juice  
100g (3.5 oz) almonds, finely chopped

Set oven to 180°C (350°F). Place the remaining ingredients in a bowl. Mix in the butter and sugar until well combined. Add the eggs and almond flour and mix until well combined. Add the apricot jam and lemon juice and mix until well combined. Add the almonds and mix until well combined.

Divide the mixture into two equal parts. Press each part into a 20cm (8in) round tin lined with parchment paper. Bake for 15 minutes. Remove the tins and allow to cool. Slice and serve.

For the natural/sugar-free cake I've used the rustic Mediterranean flavours of apricots, almonds and lemon. It uses more cupboard staples and its gentle fragrance and moist, chunky almonds help to make it a tempting (or healthy) at any time of the year. Try it at breakfast or as part of a dinner with a little pomegranate.

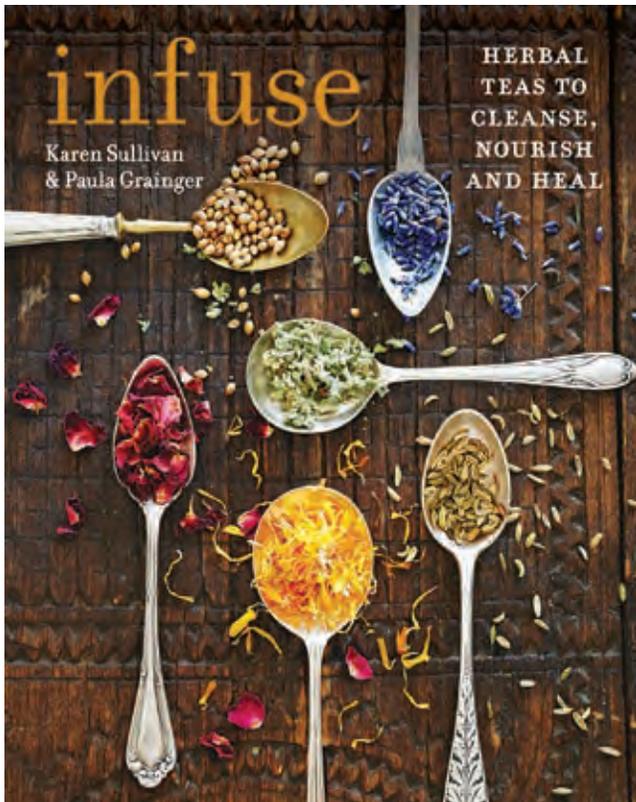
Use the cake to top the 100g (3.5 oz) butter and almond flour cake. Bake for 15 minutes. Remove the tin and allow to cool. Slice and serve.



January 2016  
Hamlyn  
£20.00 hb  
978 0 60063 239 9  
192 pages  
246 x 189 mm  
40,000 words  
Approx. 100 colour  
photographs/illustrations  
Rights available: World

# Infuse

Herbal teas to cleanse, nourish and heal Karen Sullivan and Paula Grainger



**Lost your zest for life? Feeling tired and sluggish? Need a health boost?**

Reach for a soothing cup of herbal tea and harness the extraordinary power of nature's most potent healing ingredients. With more than 70 expertly formulated recipes for tasty, soothing, caffeine-free infusions, tea tips to help you get the most from your brew, and a comprehensive directory of herbal ingredients and their active properties and benefits, you can blend, brew and sip your way to wellbeing.

**Karen Sullivan** is an acclaimed journalist, qualified nutritionist and bestselling author of health and nutrition books. She is a nutritional consultant to many high-profile authors and lectures widely on women's health issues.

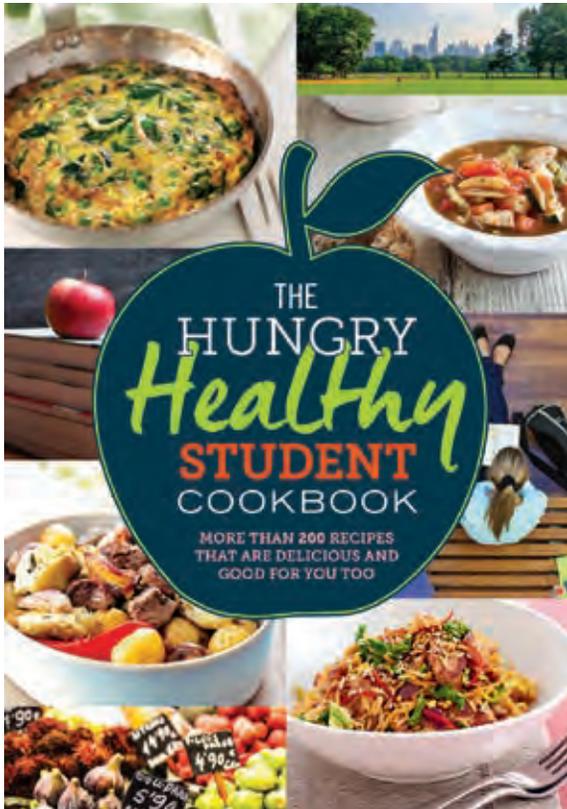
**Paula Grainger** is a qualified herbalist who ran a busy and successful practice in central London and set up the Lemon Balm Apothecary and Clinic. In 2011 she moved to Santa Cruz, California, where she provides wellness consultations and shares her experience and love of herbs.

April 2016  
Hamlyn  
£12.99 pb  
978 0 600 63283 2  
144 pages  
235 x 190 mm  
30,000 words  
more than 40 colour  
photographs  
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# The Hungry Healthy Student Cookbook

200+ Quick and Easy Recipes

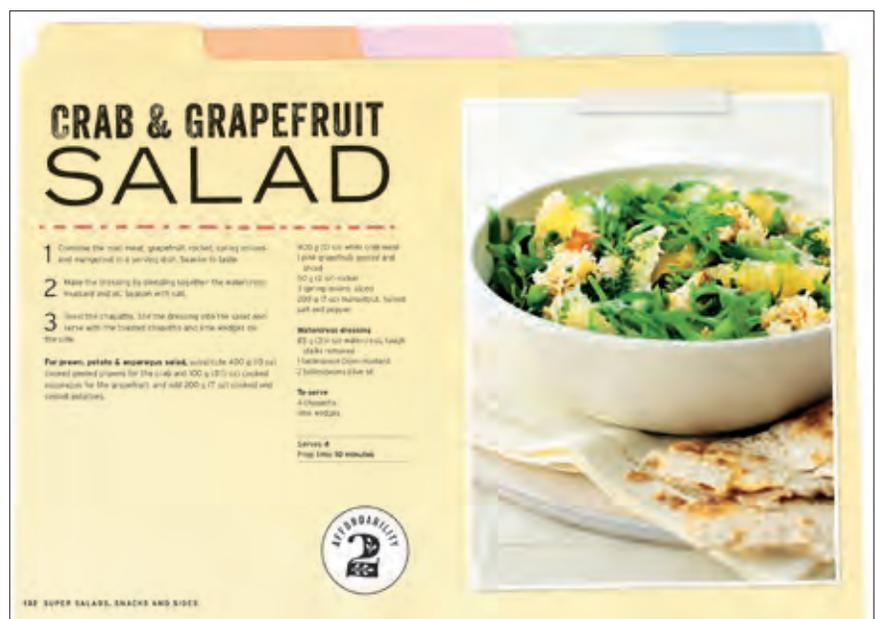


Eat well and feel good with over 200 nutritionally balanced recipes for healthy student living.

A student cookbook with a difference, *The Hungry Healthy Student* offers a choice of more than 200 quick, cheap and easy recipes, meaning more money in your pocket and more time to play! All the recipes have a healthy focus which means increased brain power and more energy to enjoy student life to the full. There are also indispensable tips on healthy habits, mood boosters, free ways to get fit and takeaway alternatives.

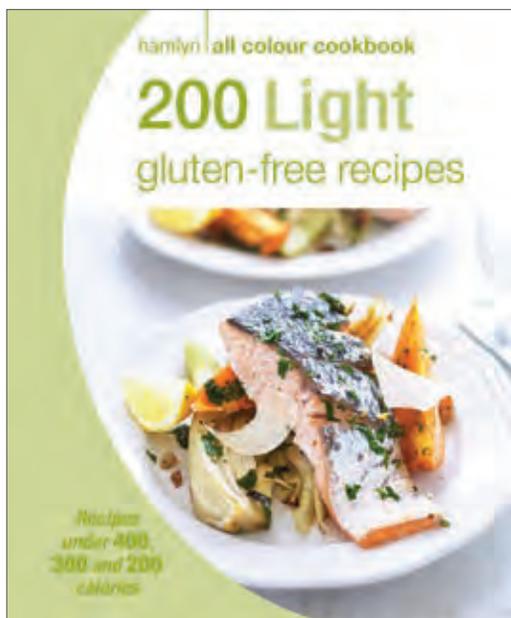
With chapters dedicated to Breakfast and Lunchbox; Healthy and Hearty; Good Grains, Beans and Pulses; Super Salads, Snacks and Sides; Make it Light and Sweet Alternatives, there are recipes whether you want food on the go, for impromptu parties, or just comfort food and delicious treats for a night in.

All the recipes in this book are balanced for a healthy diet, and they each have an affordability stamp to help with budgeting, as well as detailed instructions to make them accessible to even the most novice cook.



June 2016  
 Spruce  
 £7.99 flexiback  
 978 1 84601 513 7  
 256 pages  
 210 x 149 mm  
 50,000 words  
 Over 100 colour photographs  
 Rights sold: Dut

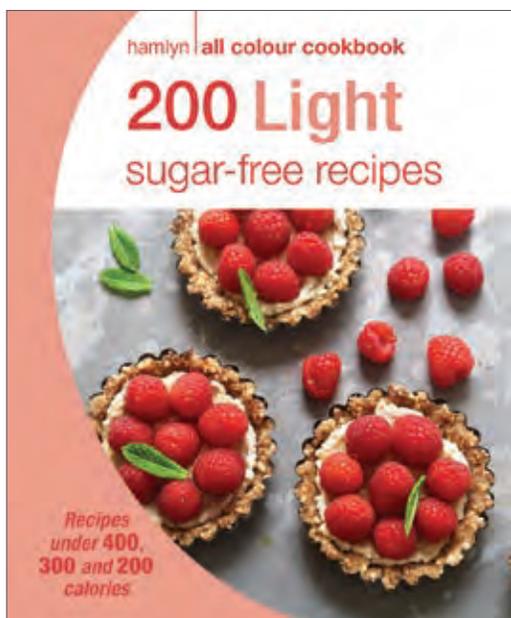
# Hamlyn All Colour Cookbooks: Light



## 200 Light Gluten-free Recipes

Millions of people either suffer from gluten intolerance or choose to reduce their intake of gluten as part of a healthy lifestyle. With stunning photographs and clear step-by-step instructions, *Hamlyn All Colour Cookbook: 200 Light Gluten-Free Recipes* offers a range of tasty, low-calorie dishes that are free from gluten and simple to make.

978 0 60063 213 9



## 200 Light Sugar-free Recipes

*Hamlyn All Colour Cookbook: 200 Light Sugar-free Recipes* is a great choice if you want to lower your sugar intake yet still enjoy the sweeter things in life. Recipes range from Scallops wrapped in Parma ham, Potato pizza margerita and Roast pork loin with creamy cabbage & leeks to Poppy seed & lemon cupcakes, Banana & buttermilk pancakes and Rosemary panna cottas – and each one has fewer than 500 calories.

978 0 60063 214 6

January 2016

Hamlyn

£4.99 pb

240 pages

167 x 140 mm

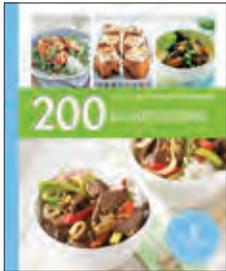
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# Hamlyn All Colour Cookbooks: Jacket Relaunch

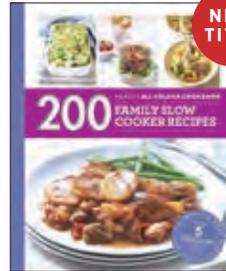
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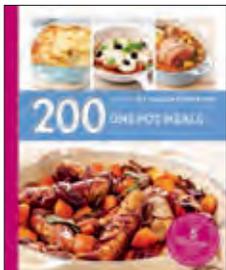
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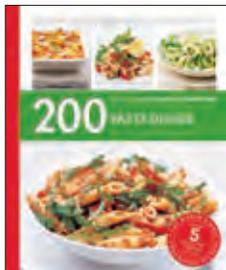
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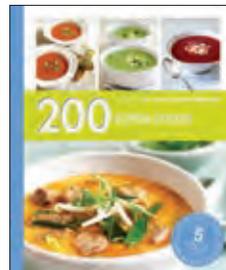
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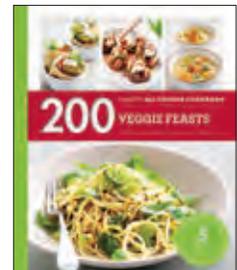
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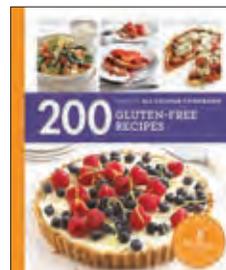
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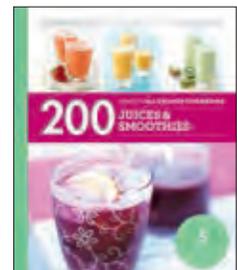
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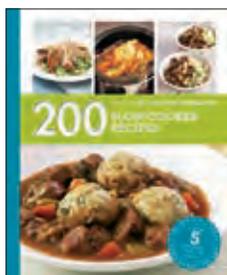
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200 Juices & Smoothies  
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The Hamlyn All Colour 200 series has sold over 5 million copies worldwide and to celebrate, we have made the design more colourful than ever before. With brand new jackets that showcase an assortment of the mouth-watering recipes inside, these compact cookbooks are bursting with ideas for everything from easy cakes to one-pot meals.

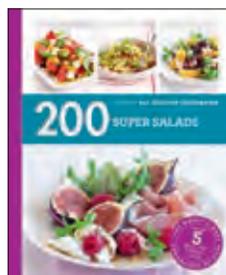
Hamlyn  
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 35,000 words  
 100 colour photographs



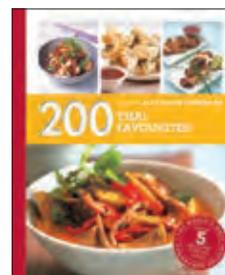
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September 2016



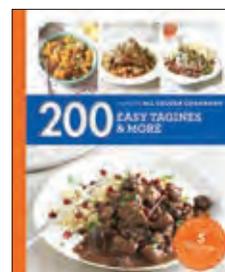
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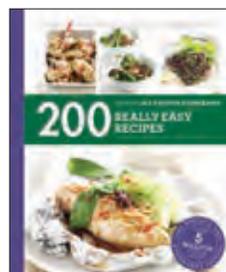
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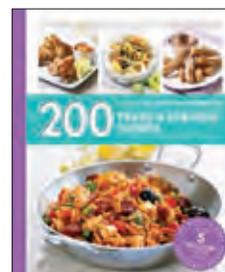
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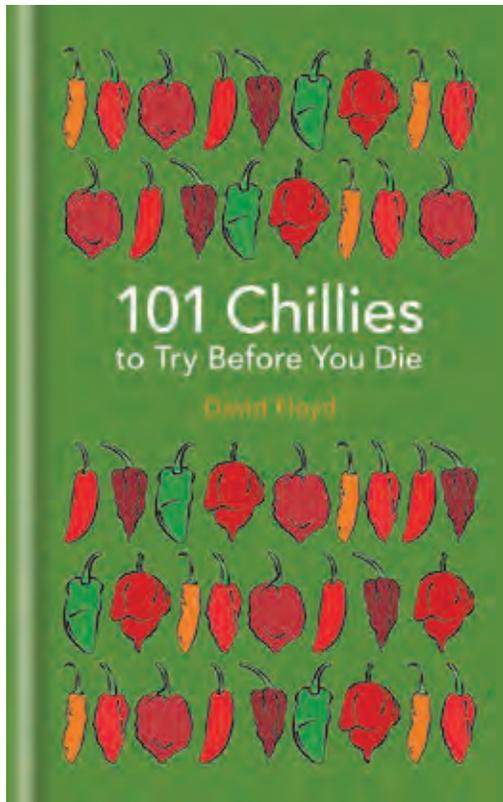
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# 101 Chillies to Try Before You Die

David Floyd



Work your way up the Scoville scale and dare to take on some serious spice – if you think you can handle it. With fun facts, stats and much more, this is the ultimate challenge for those who love to test their taste buds.

Expertly chosen chillies to blow your mind.

Extreme stats and facts for heat fanatics.

Not suitable for the faint-hearted or weak-tongued.

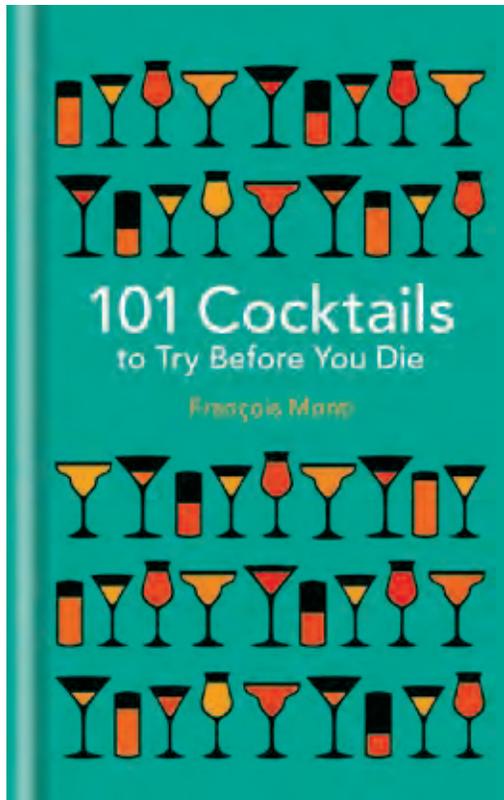
**David Floyd** has focused an interest in chilli sauces and spicy food into his website, the Chile Foundry ([www.chilefoundry.co.uk](http://www.chilefoundry.co.uk)), which he set up with two friends and which now supplies thousands of people in the UK and Europe with chillies and chilli-related products. He has grown, eaten, cooked and sold a wide range of chillies, created and commissioned chilli products and enjoyed developing people's interest in chillies. His range of chilli products began with a dry spice marinade and now includes the UK's hottest crisps. He has appeared on the BBC's Good Food Live TV programme as a chilli expert. David Floyd lives in Yeovil, Somerset with his wife and two children.

June 2016  
Cassell  
£10.00 hb  
978 1 84403 844 2  
224 pages  
178 x 111 mm  
33,000 words  
More than 100 photographs  
Rights available: World



# 101 Cocktails to Try Before You Die

François Monti



Brought together in one delightful and informative guide are the top 101 cocktails to try before you die, from the classics (Old-Fashioned, Manhattan, Vesper) to the less well-known (Scofflaw, Irish Mermaid, Bramble).

With fascinating insight, François Monti takes the reader on a captivating tour through history's most famous (and infamous) cocktails. Each entry comes with a detailed history, entertaining anecdotes and of course a list of ingredients, as well as retellings of cocktail myths and legends. Whether you are a spirits aficionado or simply enjoy a good drink, this is the must-have cocktail handbook.

**François Monti** is a journalist specialising in drinks and cocktails, based in Madrid. He is the author of a number of books, including *Prohibitions*, and writes a highly regarded blog, *Bottoms Up*.

April 2016  
Cassell  
£10.00 hb  
978 1 84403 877 0  
224 pages  
178 x 111 mm  
45,000 words  
More than 100 photographs  
Rights available: World  
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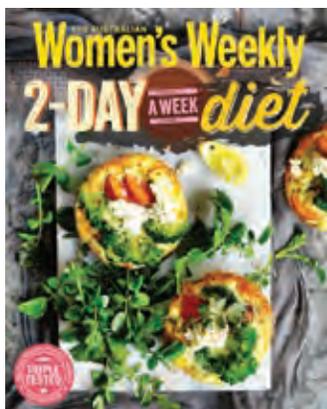


# The Australian Women's Weekly

The Australian Women's Weekly is an extraordinarily successful cookery brand, built over 30 years and having sold over 70 million books in over 100 countries. The range of recipes is vast with something for every occasion, every taste, every meal and every cuisine – where there's food, there's an Australian Women's Weekly cookbook. And their world-famous Test Kitchen triple-tests each recipe three times so you know that it works – every time.



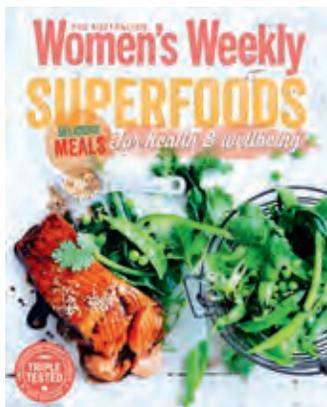
## New Essentials series



### 2-day a week Diet

This is the UK's most popular diet plan: it gets real results without denying your favourite treats. The premise is simple – eat less for just two days a week while eating normally on the other days. Many people have found it the most effective and realistic way to lose weight and keep it off because it doesn't require long-term denial. *2-day a week Diet* is packed with creative, satisfying and nutritious ideas to keep you on the straight and narrow during your fast days. With ideas for every meal, meal planners and snacks to keep your energy levels up, *2-day a week Diet* makes joining this food revolution easy and fun.

January 2016  
978 1 74245 722 2



### Superfoods

Superfoods are densely packed with rich nutrients, which promote well-being and reduce the risk of heart disease, diabetes, stroke and certain cancers. This book includes a huge range of quick, easy and accessible recipe ideas using grains, pulses, nuts, fruit, vegetables, herbs and spices to help you reap the benefits of nature's gems. There are hot and cold salads, comforting risottos, spicy curries, zingy stir-fries and warming bakes as well as pizzas, pies and soups, all designed to give an extra lift to your health and happiness.

February 2016  
978 1 74245 723 9

**All titles:**

£5.99 pb with flaps

120 pages

259 x 210 mm

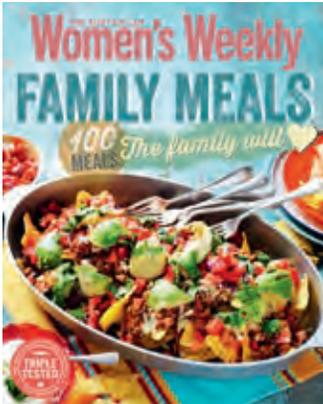
25,000 words

More than 70 colour photographs

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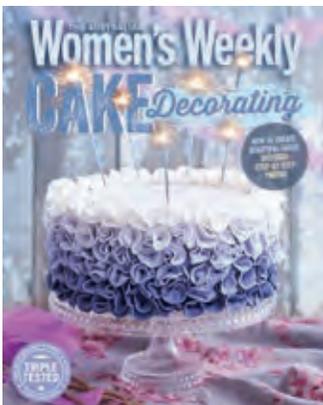


## Family Meals

The one question the Test Kitchen is asked over and over again is 'What can I cook tonight?' With *Family Meals* you'll never get into a weeknight rut again. Eighty per cent of families now eat together most nights so it's become more important than ever to find quick and healthy recipes that both kids and adults will love. With ideas for beef, pork, chicken, lamb, seafood and vegetarian dinners, *Family Meals* will provide endless inspiration away from your usual dinner rotation. With quick and easy options, and weekend prep-ahead meals, this book will ensure the family seal of approval every night of the week.

March 2016

978 1 74245 724 6



## Cake Decorating

Sugar craft is more popular than ever and whether you want to add a dusting of magic to a birthday cake or a flourish of flowers to a wedding cake, *Cake Decorating* has all the recipes you need, alongside the perfect finishing touches. Teaching you a variety of techniques, from piping to stacking tiers and working with icing, we show you how to make fantastic creations that will rival anything from a professional baker. There are spectacular three-tiered triumphs for those special celebrations, adorable handcrafted gifts and impressive mini fancies to whip up at a moment's notice, all with easy-to-follow, step-by-step guidance.

April 2016

978 1 74245 725 3



## Best of Slow Cooking

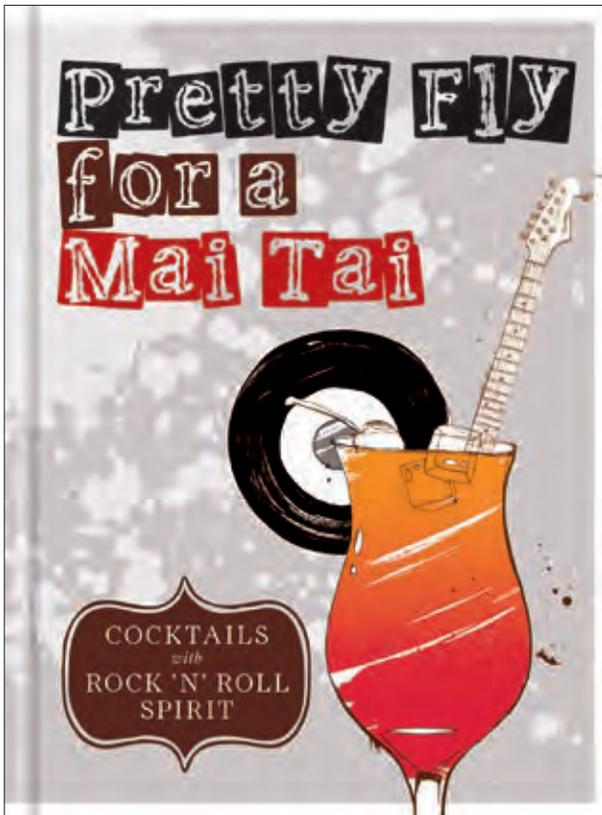
Slow cookers are the ultimate appliances for time-pressed cooks who still want to each well. Once you get one you'll wonder how you ever managed without and this book ensures you make the most out of this fantastic invention. Whether it's cooking ahead for the freezer, planning a warming waiting stew for your homecoming, or preparing puddings for pleasure, we make slow cooking simple. From soups, stews and casseroles to curries, pot roasts and puddings, all the dishes in this book benefit from long, slow cooking. This is fuss-free cooking at its most aromatic and comforting.

May 2016

978 1 74245 726 0

# Pretty Fly for a Mai Tai

Cocktails with Rock 'n' Roll Spirit



It's an undisputed truth that music and booze go hand-in-hand. So what better way to improve your favourite songs than by pairing them with a tailor-made cocktail?

A perfect gift for any music fan, *Pretty Fly For A Mai Tai* offers 75 delicious drinks recipes accompanied by humorous illustrations which are sure to please the audiophile in your life.

### Cocktails include:

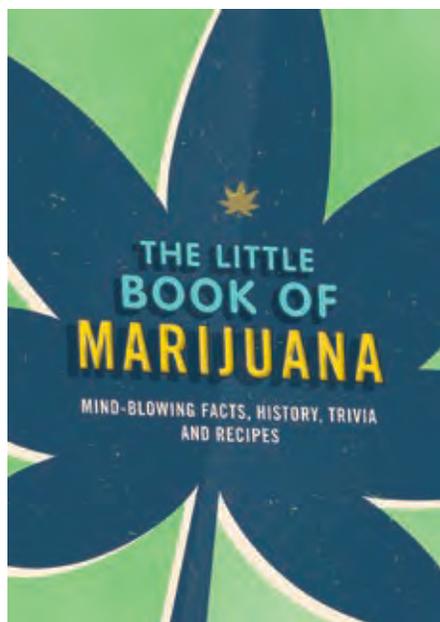
- The Gin Genie
- Smells Like Martini Spirit
- This Charming Manhattan
- Negroni Rock 'n' Roll (But I Like It)
- Born to Rum
- Hey Ho, Pisco
- Eggnoggin' on Heaven's Door
- Hotel Caipirinha



February 2016  
Mitchell Beazley  
£10.00 hb  
978 1 78472 136 7  
160 pages  
174 x 131 mm  
10,000 words  
40 illustrations  
Rights available: World

# The Little Book of Marijuana

History, Trivia, Recipes and More



A great gift for the stoner in your life, this bite-sized book is full of recipes, history, trivia, fun and facts to enjoy, all on the world's most cultivated leaf.

Including anything and everything from 'Weird Science: the five stages of a herbal high', 'The Herb in History: High achievers – famous smokers from around the globe', to 'Mind-bending facts: The a-z of crazy weed names', 'Ganja Games: Blindfolded joint building' and 'Marijuana Munchies' recipes.

Full of fun stuff to keep you amused, it's an enlightening read on weed!

**April 2016**  
Spruce  
£5.99 fb  
978 1 84601 525 0  
96 pages  
147 x 105 mm  
11,000 words  
30 images  
Rights available: World

# The Little Book of Crystals

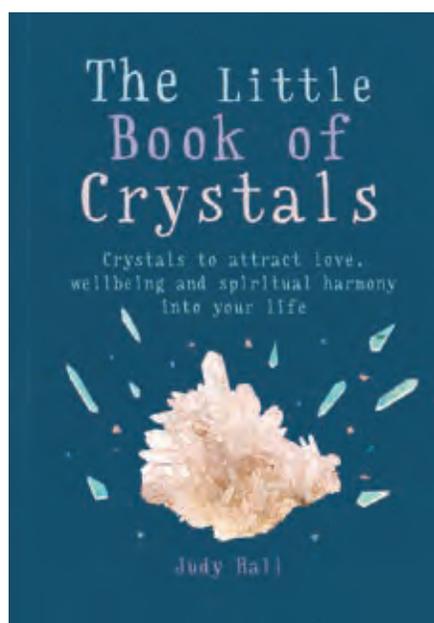
Judy Hall

Crystals to attract love, wellbeing and spiritual harmony into your life

This enchanting little guide contains everything you need to enhance your life using crystals. Focusing on 15 key crystals, each recommended to complement a particular area of your life, Judy Hall shows how to choose, use, cleanse and programme your chosen stone. Whether it's Rose Quartz to improve your relationships, Goldstone to bring you wealth or Selenite to strengthen your spiritual practice, this crystal toolbox contains all you need to harness the power of crystals.

Judy Hall is a crystals expert and bestselling author of more than 40 books, including *The Crystal Bible*, which has sold more than 1 million copies worldwide and been translated into over 15 languages.

**April 2016**  
Gaia  
£5.99 flexiback  
978 1 85675 361 6  
96 pages  
147 x 105 mm  
11,000 words  
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# Mother & Baby

*Mother & Baby* is the UK's number one Pregnancy, Baby and Toddler magazine – and the home of all the latest expert advice covering every aspect of becoming a mum.

February 2016

Hamlyn

£12.99 pb

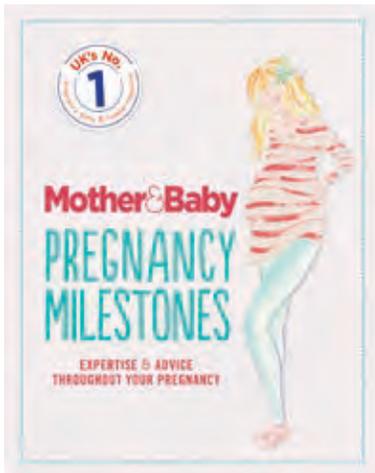
160 pages

235 x 190 mm

50,000 words

100 colour photographs/  
illustrations

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978 0 60063 215 3

## Mother & Baby: Pregnancy Milestones

Expertise & advice throughout your pregnancy

Overflowing with up-to-the-minute medical advice, helpful hints and invaluable tips, *Pregnancy Milestones* is the only resource you need to navigate your pregnancy with confidence. Now you can feel at ease knowing you have the expertise of *Mother & Baby* magazine behind you, plus contributions from a wide range of specialists – including a GP, a midwife, a fertility specialist, a nutrition consultant and a clinical psychologist, amongst others.



978 0 60063 254 2

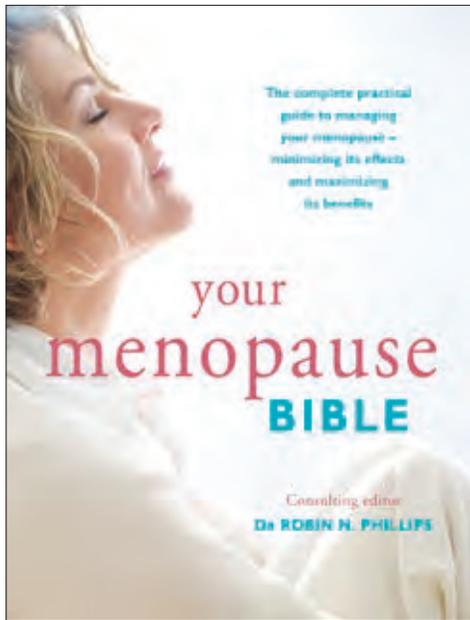
## Mother & Baby: Baby Milestones

Expertise & advice throughout your baby's first year

Bringing your baby home for the first time is such a wonderful feeling, especially after months of preparation for this special new arrival. This first year is so important for your baby's development – from learning to crawl and teething to developing their own personality. Now you can feel at ease knowing you have the expertise of *Mother & Baby* magazine behind you, plus contributions from a wide range of experts – including a GP, a nutritionist, a baby sleep expert and a child development and parenting expert.

# Your Menopause Bible

Contributing editor: Dr Robin N. Phillips



Under the guidance of a leading gynaecologist, a team of experts in gynaecology, psychology, sexuality, nutrition and exercise has contributed to this comprehensive guide. Everything women need to know to formulate and follow their own plans for ensuring they remain healthy, emotionally balanced and in full charge of their mental faculties during this critical period is detailed in a readily graspable way in this handsomely illustrated guide. Subjects include guidelines on hormone therapy and natural alternatives, recommended dietary changes, exercise routines and strategies for safeguarding sexuality, intellectual ability and physical prowess.

**February 2016**  
Hamlyn  
£19.99 fb  
978 0 600 63256 6  
256 pages  
246 x 189 mm  
100,000 words  
350 colour photographs  
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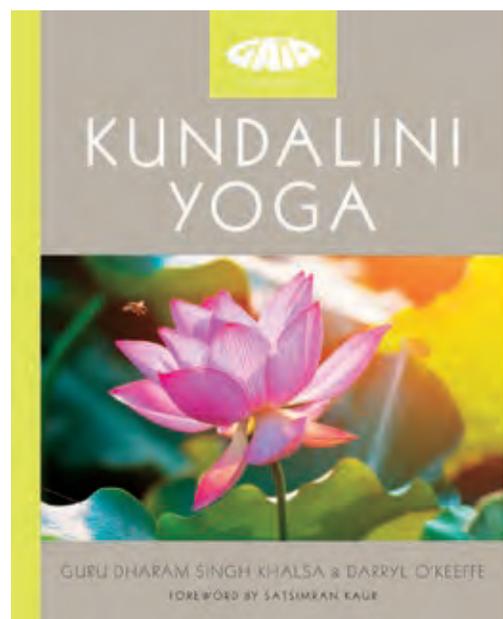
# Kundalini Yoga

Guru Dharam Singh Khalsa and Darryl O’Keeffe

Kundalini Yoga is a powerful, transformative spiritual process that works with your body’s subtle energy centres and allows you to access your spiritual inner self. Drawing on ancient yogic systems and techniques, Kundalini Yoga helps you to channel your Kundalini energy and empower you on your path to fulfilment.

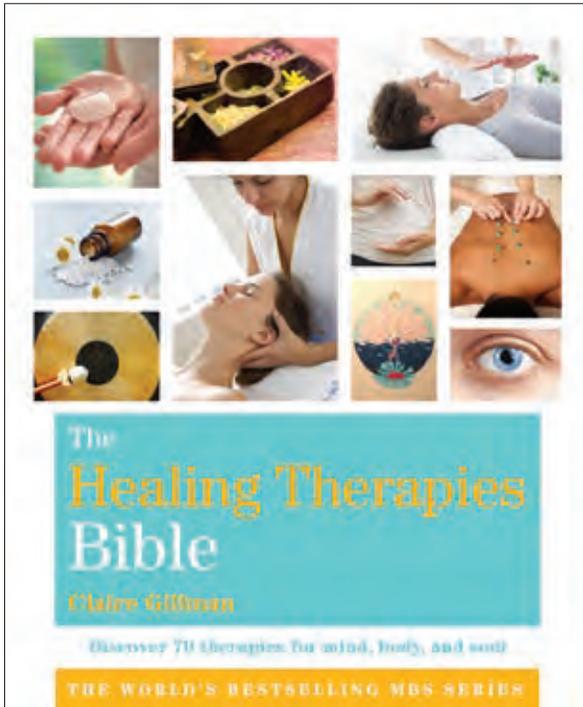
*Kundalini Yoga* reveals the significance of your birth date and provides exercises and meditations to work on your yogic bodies and your seven chakras, which will help you to unlock the Kundalini energy within.

**January 2016**  
Gaia  
£14.99 pb  
978 1 85675 359 3  
144 pages  
235 x 190 mm  
32,000 words  
More than 250 colour photographs/  
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# The Healing Therapies Bible

Claire Gillman



*The Healing Therapies Bible* profiles 70 alternative healing therapies, explaining the principles on which they are based, their history in practice, and their healing outcomes. Wherever possible, the therapies are also shown in action.

New healing techniques are now being taught all over the world. Some are associated with a particular healer, such as Brandon Bays' The Journey and Vianna Stibal's Theta Healing™. Others respond to our spiritual ascension, such as crystal healing with new-generation, high-vibration crystals and flower remedies. Some have longer histories, and have evolved from a wealth of traditions – such as mindfulness meditation, with its roots in Buddhism and western stress-reduction techniques, and regression therapy, more recently popularized by Harvard Psychiatry Professor Dr Brian Weiss. Also included are the classic techniques of complementary therapists, such as massage, reiki, reflexology, and aromatherapy.

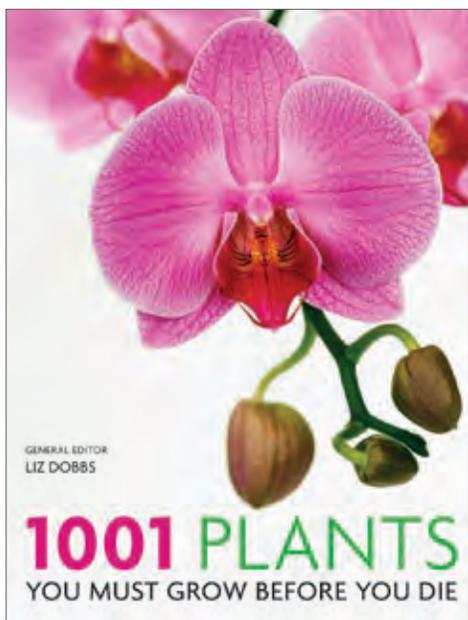
**Claire Gillman** is a journalist and writer. She is the Editor of *Kindred Spirit* magazine, for which she has written for nearly 10 years. During this time, she has explored countless complementary therapies. She contributes to many leading women's magazines and has written on alternative health, parenting, and spirituality for *The Times* and other national newspapers. She was the Editor of a number of consumer and specialist women's magazines, including *Health & Fitness* magazine.



January 2016  
 Godsfield Press  
 £14.99 pb  
 978 1 84181 453 7  
 400 pages  
 167 x 140 mm  
 65,000 words  
 More than 200 colour photographs  
 Rights sold: Cze, Fra, US

# 1001 Plants: You must grow before you die

General editor: Liz Dobbs



With a myriad of plant choices at garden centres, this book is a guide to what to look for when choosing varieties. The plants here are featured for being particularly delightful – edible fruits and vegetables, fresh herbs, ornamental flowers, eye-catching foliage and plants with evocative scents or other curious qualities.

The book has been written with the home gardener in mind and full-colour photographs, authoritative text, and at-a-glance growing information is provided for each plant. Expert contributors have chosen plants based on plant awards, impartial trials and records, and feedback from gardeners.

**May 2016**

Cassell

£20.00 pb with flaps

978 1 84403 792 6

960 pages

210 x 160 mm

300,000 words

800 full-colour illustrations

Rights available: WEL ex. US, Can, ANZ

## Garden Design Bible

40 great off-the-peg designs Tim Newbury

Do you dream of transforming your back garden? Whatever your desire, the *Garden Design Bible* has a plan that you can adapt to your own space. Choose from 40 designs, or mix and match elements from several to create your ideal garden. Each of the designs is fully illustrated and has a comprehensive plant list and planting diagram. Reissued with a smart new cover, this book has sold 60,000 copies.

**Tim Newbury** runs his own landscape design and construction business. He has won four gold medals at the RHS Chelsea Flower Show and has written several very successful books.

**March 2016**

Hamlyn

£16.99 pb

978 0 60063 244 3

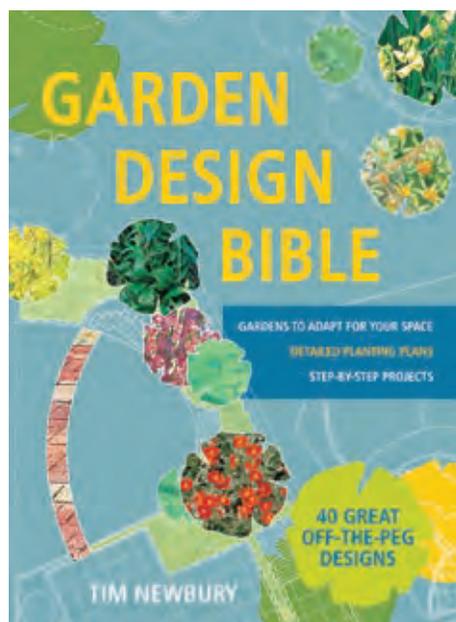
256 pages

260 x 194 mm

35,000 words

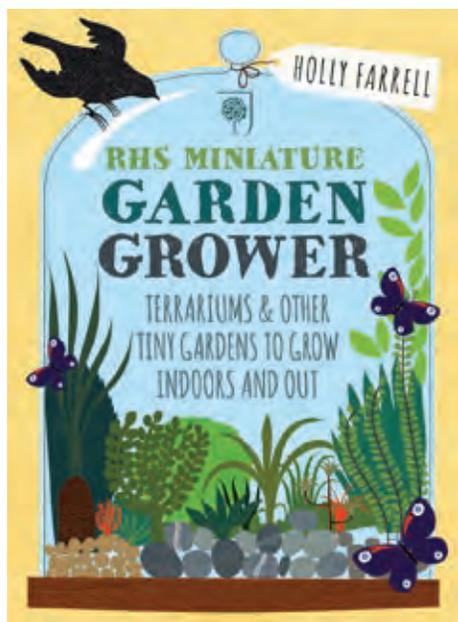
200 colour photographs and 200 illustrations

Rights sold: US & Can



# RHS Miniature Garden Grower

Terrariums & other tiny gardens to grow indoors and out Holly Farrell



For the miniature garden grower, lack of space is not a problem. Who needs a large garden when a landscape can be created in a single pot? This book from garden designer and writer **Holly Farrell** shows how to grow a variety of miniature gardens from scratch, using inexpensive, everyday equipment and materials. Projects include: one-pot gardens, terrariums, wildlife gardens, water gardens, herb gardens and vertical gardens. Heavily illustrated with diagrams and photographs, and packed with charts and tables, *RHS Miniature Garden Grower* is a gardening book the whole family can enjoy.

June 2016  
Mitchell Beazley  
£10.00 hb  
978 1 78472 172 5  
144 pages  
208 x 155 mm  
20,000 words  
200 photographs and illustrations  
Rights available: World (English language only) ex. Aus & NZ

# RHS Bonsai Bonanza

Master the art of growing miniature trees Jon Ardle

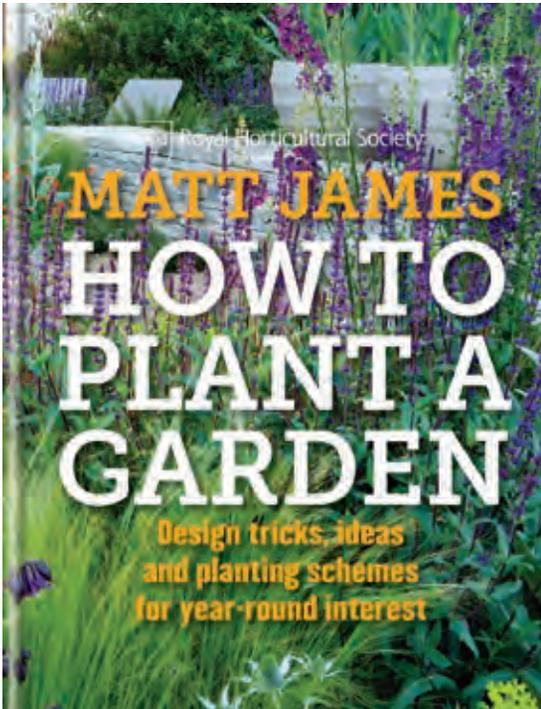
*RHS Bonsai Bonanza* will make you an instant expert in the art of growing miniature trees. It is packed with myth-busting surprises, the first of which is that growing bonsai really isn't as hard as most people think. This book, from RHS bonsai enthusiast **Jon Ardle**, makes the job even easier, breaking down the subject into three clear sections: Getting Started, Ongoing Care and Species Profiles. Jargon-free text and a plethora of photographs and diagrams make this the ideal book for complete novices, as well as a handy companion for more experienced growers.

June 2016  
Mitchell Beazley  
£10.00 hb  
978 1 78472 167 1  
144 pages  
208 x 155 mm  
20,000 words  
200 photographs and illustrations  
Rights available: World (English language only) ex. Aus & NZ



# How to Plant a Garden

Design tricks, ideas and planting schemes for year-round interest Matt James



Confused by the bewildering range of plants on offer at your local garden centre? How do you choose, use and create beautiful planting schemes like the professionals?

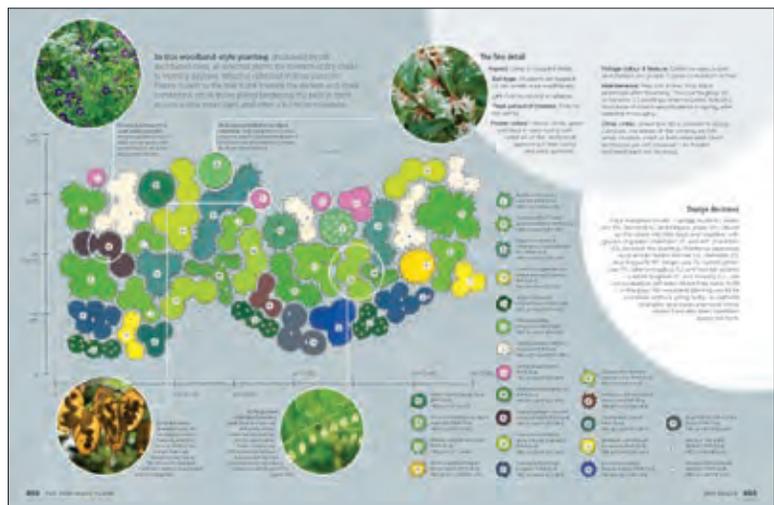
This book takes you on a structured journey through the design process, from the initial assessment of your existing space, through choosing a theme or style, to putting it all together. Learn what various plant groups can provide and how to problem-solve by selecting the right species. Understand the role that form, colour, scent and texture play in the garden, and how to use focal points and accent plants for added interest. Take inspiration from the large section of themed planting plans.

Tiny courtyard gardeners and suburban gardeners alike will learn how to mix plants in pleasing combinations that will provide interest through the seasons and last for years. *RHS How to Plant a Garden* proves that a good planting scheme can transform your garden from the ordinary to the truly inspirational.

**Matt James** is a garden designer, broadcaster and senior lecturer teaching on horticulture degree programmes at the Eden Project, Cornwall. Matt has won awards for his design work and continues to run a design practice, working in the UK and abroad. He is the author of the *RHS Urban Gardener*.

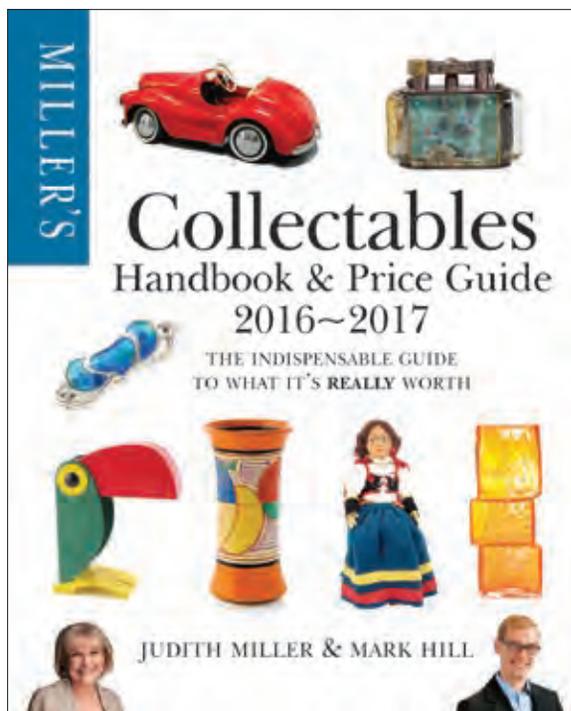
**The Royal Horticultural Society (RHS)**, with 440,000 members, is the UK's largest gardening charity, dedicated to advancing horticulture and promoting good gardening.

March 2016  
Mitchell Beazley  
£25.00 hb  
978 1 84533 984 5  
288 pages  
280 x 216 mm  
60,000 words  
425 photographs and artworks  
Rights sold: Dut, Ger



# Miller's Collectables Handbook & Price Guide 2016-2017

Judith Miller and Mark Hill



*Miller's Collectables Handbook & Price Guide 2016-2017* is the up-to-date guide to the collectables market no dealer, collector or auctioneer should be without.

Featuring more than 4,000 objects in full colour, each with a detailed description and current price range, the book also offers what those in the know look for - how to spot that rare example that may be worth twenty times more than another piece. Meanwhile, in-depth Closer Look features explain what to look for when appraising everything from 20th-century glass to costume jewellery.

Every image is changed for every edition to keep the book up-to-date with collecting and buying trends.

*Miller's Collectables Handbook & Price Guide 2016-2017* is the only full-colour, fully-illustrated collectables price guide in the world.

Comprehensive sections cover advertising, books, ceramics, glass, metalware, pens and writing equipment, plastics and Bakelite, posters, rock and pop, sporting memorabilia, teddy bears, toys and games and vintage fashion. This year, special sections focus on Goss & Crested china, affordable jewellery, Hornsea ceramics and Szeiler figurines.

In-depth features explain why one piece is worth more than another, show how to value an item and teach you to be your own expert - this book is the essential eBay companion! Biographies of designers and factories give the background information you need to help date and value objects.



March 2016

Mitchell Beazley

£19.99 pb

978 1 78472 077 3

432 pages

235 x 190 mm

120,000 words

Approx. 4,000 colour photographs

Rights available: World

# Miller's Encyclopedia of World Silver Marks

General Editor: Judith Miller



Designed as the essential reference tool for appraisers, collectors and dealers of silverware, the *Miller's Encyclopedia of World Silver Marks* is an indispensable guide for anyone researching silver hallmarks, offering clear and wide-ranging reproductions of thousands of hallmarks from more than 60 countries and regions, past and present, on every continent. It is also clearly and logically organized into two volumes for ease of reference: in the first volume are hallmarks listed by visual type and category, fully cross-referenced to information in the second volume on country of origin, centre of assaying or making, date and silver standard marks, special marks such as import/export marks, and selected maker's marks.

Created with an international team of experts, the *Encyclopedia* helps you to identify silver hallmarks quickly, easily and reliably. It also includes brief historical overviews of hallmarking in each country, a description of the hallmarking process, and a guide to identifying fake and forged marks.

Practical, comprehensive and up-to-date, *Miller's Encyclopedia of World Silver Marks* is an invaluable aid to identifying silverware from around the world.

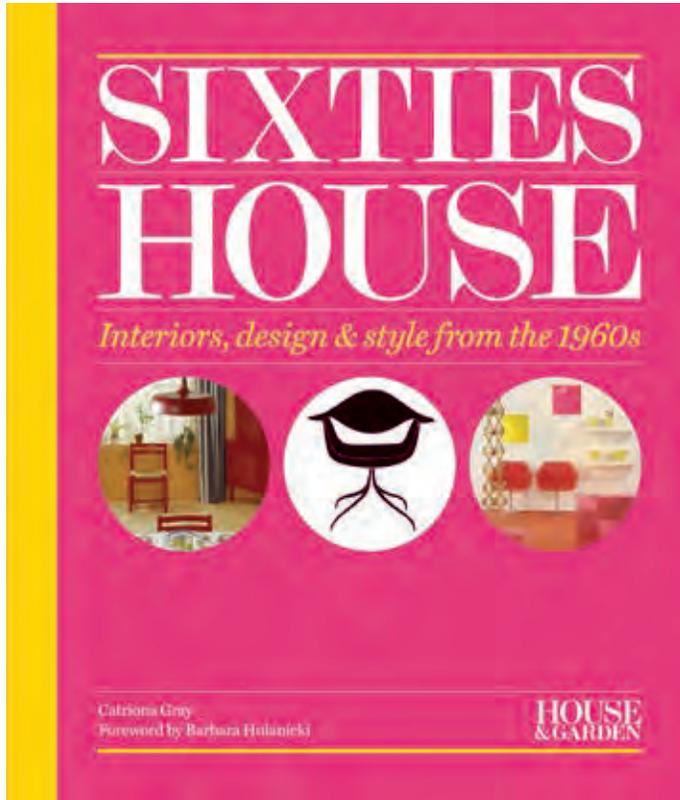


May 2016  
 Mitchell Beazley  
 £125.00 hb  
 978 1 78472 132 9  
 1032 pages over two volumes  
 260 x 191 mm  
 75,000 words  
 25,000 artworks and 1,000 colour photographs  
 Rights available: World

www.octopusbooks.co.uk

# House & Garden Sixties House

Interiors, design & style from the 1960s    Catriona Gray, Foreword by Barbara Hulanicki



From Pop art to Op art, plastic furniture to bubble-gum paint colours, the sixties saw a new wave of interior design that was closely linked to popular culture and fashion, and that was becoming increasingly youth-oriented and playful to appeal to the new generation of baby-boomers.

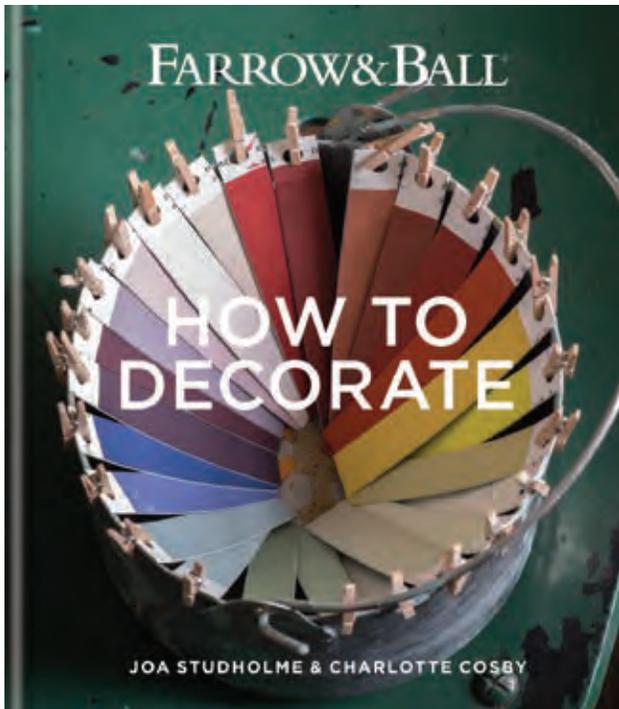
Since its inception, the pages of *House & Garden* have acted as an authoritative 'Who's Who' of interior design, and for almost 75 years it has set the gold standard in design and decoration for the home. In *Sixties House*, mid-century modern enthusiast **Catriona Gray** has drawn on the magazine's peerless archive, curating the best illustrations and photographs to show how the use of colour, pattern, homewares and furniture evolved through the decade. The homes of key tastemakers are featured including Mary Quant, David Mlinaric and Barbara Hulanicki, who has also written the foreword.

March 2016  
 Conran Octopus  
 £30.00 hb  
 978 1 84091 664 5  
 224 pages  
 279 x 240 mm  
 40,000 words  
 250 colour photographs  
 and illustrations  
 Rights available: World



# Farrow & Ball How to Decorate

Joa Studholme and Charlotte Cosby



Set to become the bible of home decoration, *Farrow & Ball How to Decorate* provides a highly practical and inspirational guide to the successful use of paint and paper in any home, large or small, urban or country.

Published on the 70th anniversary of the founding of the world-leading, iconic brand, this book brings together the expertise of Joa Studholme and Farrow & Ball's creative team to demystify the nitty-gritty of transforming a home – from deciding which colours work best in a north-facing room to creating accents with paint and making the most of a feature wall.

Having joined Farrow & Ball over 19 years ago, self-confessed 'colour-geek' **Joa Studholme** has amassed a vast wealth of experience. From developing new colours to consulting on design projects, Joa has worked with the paints and papers every day on both residential and commercial projects. Head of creative, **Charlotte Cosby**, has been working with Farrow & Ball for the past eight years. She has full responsibility for creative direction, including product development, brand identity, photography, showroom design and much more.

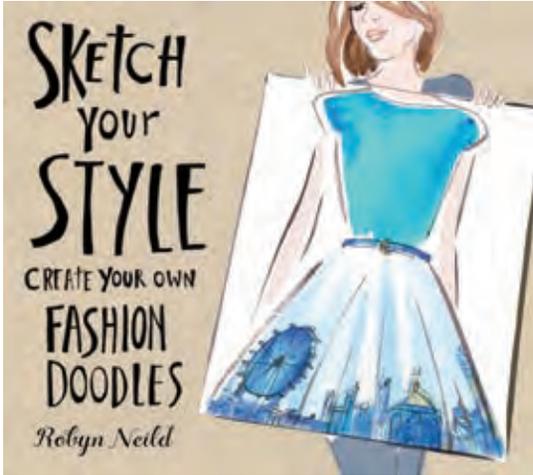
May 2016  
Mitchell Beazley  
£30.00 hb  
978 1 78472 087 2  
256 pages plus 3 x 4-page  
inserts on craft paper  
260 x 230 mm  
40,000 words  
300 colour photographs  
Rights available: World



[www.octopusbooks.co.uk](http://www.octopusbooks.co.uk)

# Sketch Your Style

Create your own fashion doodles Robyn Neild



Inside this book from fashion and lifestyle illustrator Robyn Neild you will find practical fashion sketching tips and over 50 fun exercises to help you generate ideas and experiment with your style. Follow the creative prompts, check out the style inspiration section and use the sketching pages to plan outfits. Each exercise includes three pages for readers to try out their own ideas. Some pages are blank, others have printed templates, such as figure outlines (croquis) and fabric swatches, to provide guidance. Be inspired, become your own fashion designer and create your dream wardrobe.

**March 2016**

Mitchell Beazley

£12.99 pb

978 1 78472 122 0

224 pages

220 x 250 mm

10,000 words

200 illustrations

Rights available: World (English language only) ex. North America, Aus & NZ

# Sketching Type

Create your own hand-drawn type Lee Suttey

Inside this book you'll find a series of inspirational exercises to help you start creating your own hand-drawn lettering styles. Follow the pointers, check out the expert examples and use the sketching pages to design your personal one-off typeface for a t-shirt or a tattoo, a poster or a postcard, or just for fun.

This book from graphic designer Lee Suttey will give you some insights into the characteristics and anatomy of type, while giving you the space to play by your own rules.

**March 2016**

Mitchell Beazley

£12.99 pb

978 1 78472 123 7

224 pages

220 x 250 mm

10,000 words

200 illustrations and 50 photographs

Rights available: World (English language only) ex. North America, Aus & NZ



# Outside the Lines Matteo Torcinovich and Sebastiano Girardi

Lost photographs of punk and new wave's most iconic albums



Everyone recognises the iconic photo from the cover of the Ramones' self-titled album of 1976. But how many have seen the image, taken with the same roll of film, of Dee Dee excitedly chasing his bandmates out of shot with a stick? This compilation of stunning images from punk and new wave's most iconic albums uncovers these lost photographs, along with the stories behind them.

This stylish book gives access to hundreds of photographs and first-hand accounts of punk and new-wave's most famous creations.

**April 2016**  
Mitchell Beazley  
£15.00 hb  
978 1 78472 149 7  
224 pages  
200 x 200 mm  
30,000 words  
Approx.300 photographs  
Rights available: World (English language only)

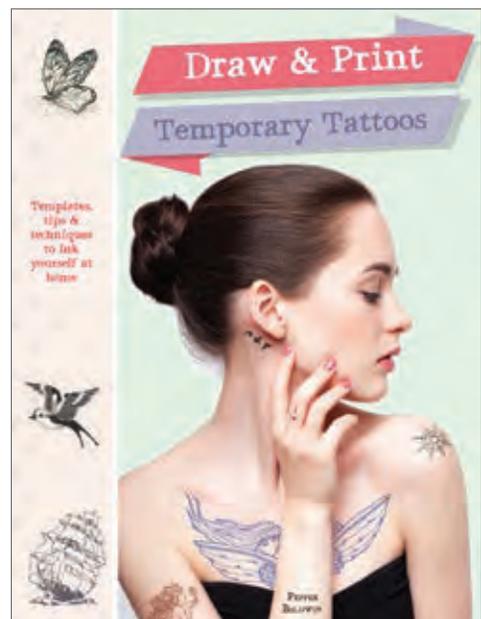
# Draw & Print Temporary Tattoos

Templates, tips & techniques to ink yourself at home Pepper Baldwin

Temporary tattoos are being embraced by fashionistas and design enthusiasts as a great way to adapt their personal street style. This book, from owner of tattoo company Pepper Ink, equips you with all the knowledge you need to design and create your very own temporary tattoos at home.

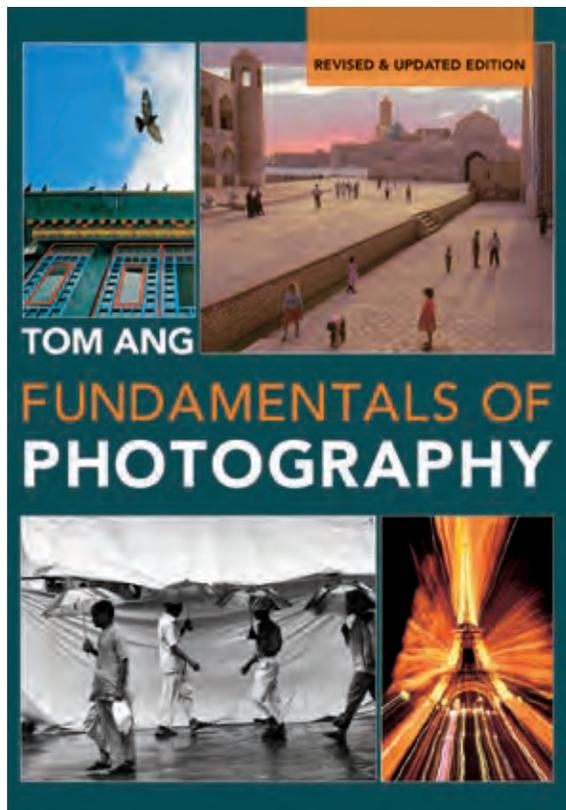
Also included are inspirational galleries with information on tattoo meanings, as well as delicate illustrations which you can trace and adapt straight from the page, or download online. Covering a range of designs, including animals, flowers, nautical and vintage, you are sure to find something to tickle your skin!

**March 2016**  
Mitchell Beazley  
£10.00 pb  
978 1 78472 153 4  
128 pages  
220 x 170 mm  
20,000 words  
325 illustrations and photographs  
Rights available: World (English language only) ex. North America, Asia, Aus & NZ



# Fundamentals of Photography

Tom Ang



The definitive handbook for both digital and film cameras, now revised and updated. With chapters including Fundamentals of Light, The Camera, Capturing Light, Working with Colour and Processing the Image, this book contains comprehensive, readily accessible information on the key aspects of taking and processing photographs.

Written by acclaimed photographer and authority on digital photography Tom Ang, and featuring a selection of his most inspiring images, this comprehensive handbook covers the most fundamental photographic topics. This book also deals with important subjects often overlooked in manuals, including critical theory, how to present images, ethical issues, and copyright.

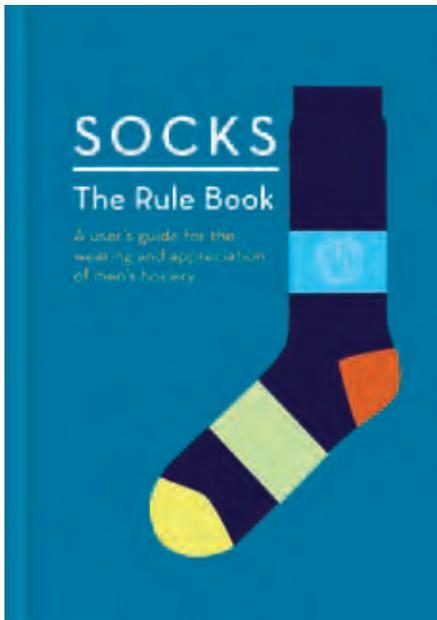
**Tom Ang** is a leading authority on digital photography, a photographer, author, TV broadcaster and traveller. He won the Thomas Cook award for Best Illustrated Travel Book for his photographic coverage of the Marco Polo Expedition, which pioneered the modern Silk Road crossing from Europe to China. He has worked as a magazine editor, picture editor and technical journalist. He has exhibited internationally and was Senior Lecturer in Photographic Practice at the University of Westminster, London, for over 12 years. Among his many books on photography and video is the bestselling *Digital Photographer's Handbook*. Tom has also presented the successful TV series *A Digital Picture of Britain* for BBC4 and BBC2.

April 2016  
 Mitchell Beazley  
 £20.00 fb  
 978 1 78472 135 0  
 352 pages  
 230 x 160 mm  
 150,000 words  
 Approx. 1,000 colour photographs and illustrations  
 Rights sold: Fra, US & Can



# Socks: The Rule Book

A user's guide for the wearing and appreciation of men's hosiery



Socks. They're a serious business, the glue that binds an outfit together. But they are also a minefield of potential fashion disasters and style pitfalls.

What style of socks should you wear with a brogue?  
Are patterned socks permissible with sneakers?  
Are socks and sandals ever acceptable? (No.)

But fear no more – *Socks: The Rule Book* will solve your hosiery dilemmas. Laying out the ten fundamental rules of sock wearing with fashion-conscious advice and a knowing sense of humour, this book establishes clear guidelines for every aspect of the sock world.

**March 2016**  
Mitchell Beazley  
£10.00 hb  
978 1 78472 133 6  
112 pages  
210 x 149 mm  
15,000 words  
150 colour photographs  
Rights available: World

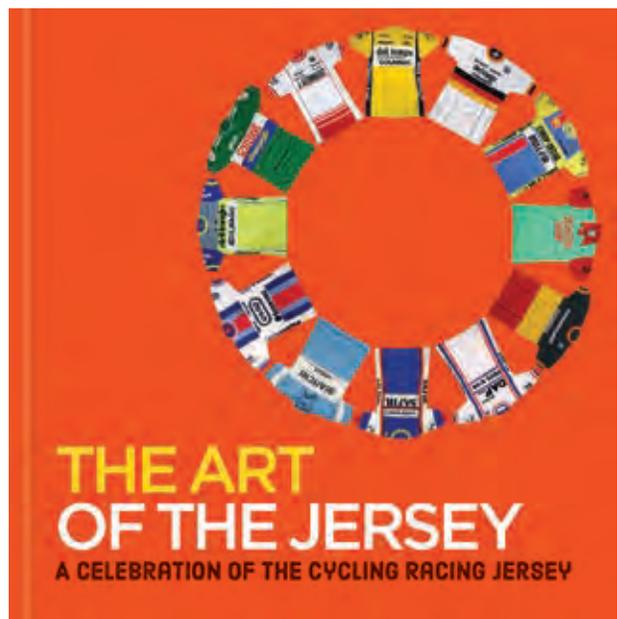
# The Art of the Jersey

A Celebration of the Cycling Racing Jersey Andy Storey

A collection of over 200 cycling racing jerseys from the past 45 years, from iconic retro designs worn by Tour de France winners to stunning specialist items and hard-to-find collectors' pieces.

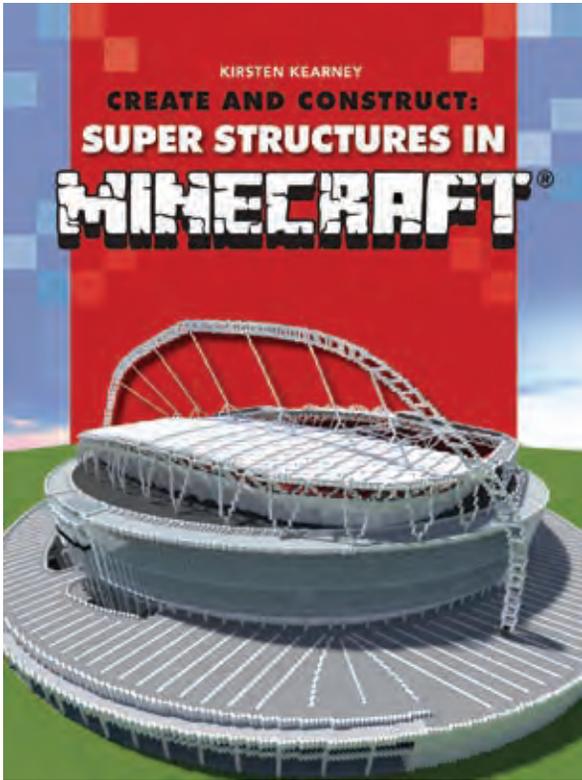
A lifelong cycling enthusiast, **Andy Storey** has assembled a huge collection of the most important and memorable designs in cycling history. For each jersey he brings together key information, context and captions telling the jersey's story. The perfect gift for any cycling enthusiast.

**May 2016**  
Mitchell Beazley  
£15.99 hb  
978 1 78472 166 4  
224 pages  
200 x 200 mm  
20,000 words  
200 photographs  
Rights available: World



# Create and Construct Super Structures in Minecraft

Kirsten Kearney



Delve into the world of Minecraft in this illustrated journey through the greatest structures ever created in the bestselling game – including ancient and modern wonders of the world and those from gamers’ imaginations. Architectural gems such as Frank Lloyd Wright’s Fallingwater and the Taj Mahal are featured alongside gamer favourites such as giant floating dragons and cartoon-style giant pixel artworks.

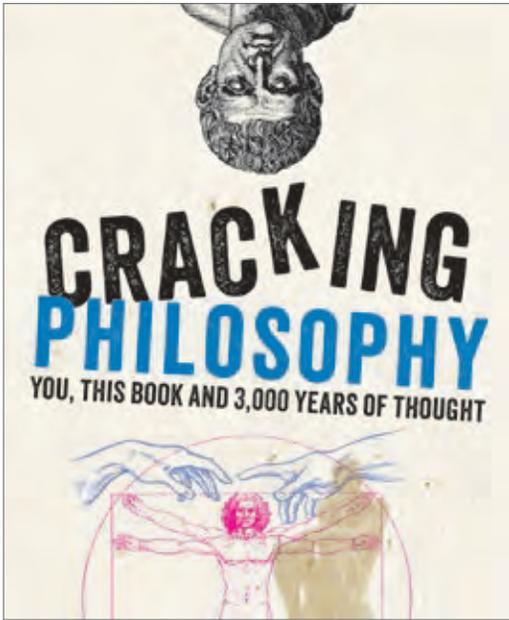
Featuring more than 30 incredible super structures, step-by-step instructions and expert tips from famed Minecrafters, this book from games journalist Kirsten Kearney – co-author of *Create and Construct Incredible Minecraft Cities* – is the ultimate guide to planning and building these spectacular structures.



April 2016  
 Mitchell Beazley  
 £14.99 flexiback  
 978 1 78472 165 7  
 256 pages  
 227 x 170 mm  
 15,000 words  
 400 colour photographs  
 Rights available: World (English language only) ex. North America, Asia, Aus & NZ

# Cracking Philosophy

You, this book and 3,000 years of thought Dr Martin Cohen



This guide covers the main schools of thought from the Ancient Chinese philosophies of Confucius and Lao Tzu, wisdom from Plato and Zeno through to those most influential of philosophers studied the world over – Marx, Descartes, Kant and Kierkegaard to name but a few. It also discusses the big questions such as ‘What is truth?’, the relationship between philosophy and religion, and the problem of morality.

Accessible, well-informed and fully-illustrated, this is a wonderful book for anyone who is keen to know more about the history of philosophers and their theories.

April 2016  
Cassell  
£14.99 hb  
978 1 84403 806 0  
400 pages  
167 x 140 mm  
55,000 words  
300 images  
Rights sold: Fra

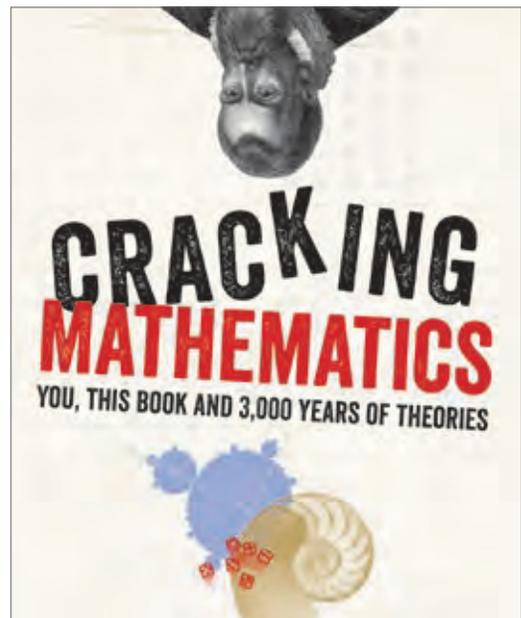
# Cracking Mathematics

You, this book and 3,000 years of thought Dr Colin Beveridge

This comprehensive book covers the history and development of mathematics, from the Ancient Egyptians and Pythagoreans to key figures such as Galileo, Babbage and Lovelace through to the 21st century. It tells of the remarkable stories that have shaped mathematics and also features sections on how maths can be used to solve the mysteries of the universe, what the Prisoner’s Dilemma is and Fermat’s Last Theorem.

This is a beautiful illustrated book that shows just how varied and fascinating mathematics is as a subject.

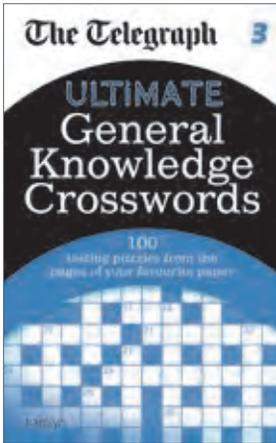
April 2016  
Cassell  
£14.99 hb  
978 1 84403 862 6  
400 pages  
167 x 140 mm  
55,000 words  
300 images  
Rights sold: Fra



## The Telegraph Puzzle Series .....

New best-selling compilations from Britain's most popular quality newspaper.

**February 2016**  
Hamlyn  
Rights available: World

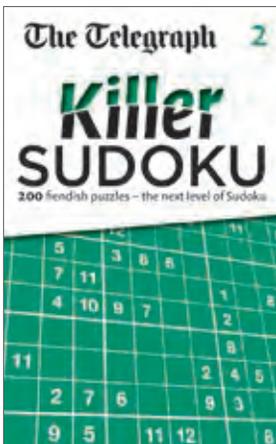


### Ultimate General Knowledge Crosswords 3

#### A wonderful new selection of fact-based puzzles

From Britain's best-selling quality paper, the *Telegraph*, come the most demanding factual crosswords to date. With a wide range of topics to be tested on, this collection offers the crossword enthusiast an opportunity to employ and enjoy their general knowledge acumen.

£5.99 pb  
978 0 60063 312 9  
240 pages  
198 x 126 mm  
100 puzzles

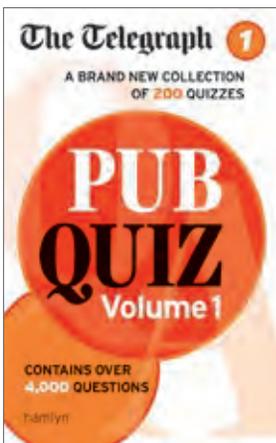


### Killer Sudoku 2

#### New puzzles taking sudoku to the next level

Prepare yourself for a serious mental workout with this new collection of killer sudoku. These logic puzzles are a favourite in the *Telegraph* newspaper and with puzzles across a range of difficulties included in the book, whether you're a seasoned expert or new to the game, you're sure to be utterly hooked.

£5.99 pb  
978 0 60063 313 6  
240 pages  
198 x 126 mm  
200 puzzles



### Pub Quiz Book

#### 4000 general knowledge questions from the paper's weekly quiz

This brand new collection of questions is set by Gavin Fuller, *Mastermind*'s youngest ever champion, and compiled from his weekly quiz in the popular *Weekend* section of the *Telegraph*. With questions on everything from the Classics to *The Magic Roundabout*, it's perfect for all who love a challenge. For die-hard quiz fans, it also includes Gavin's 'Snorters', the most fiendishly difficult questions from his quiz each week. With such a wide variety of questions, it's fun for everyone, and you might even surprise yourself with what you know!

£8.99 pb  
978 0 60063 321 1  
464 pages  
198 x 126 mm  
200 quizzes



978 0 60063 315 0



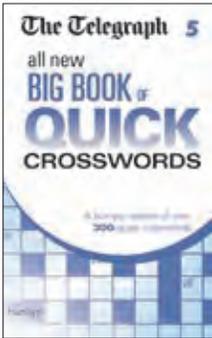
978 0 60063 314 3

## All New Big Book of Cryptic Crosswords 5 & 6

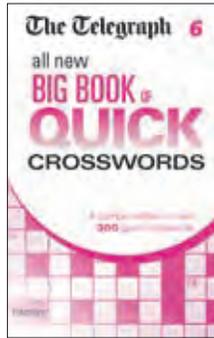
### New compilations of the best cryptic crosswords

Cryptic crosswords from the *Telegraph* are the most popular around, and these bumper collections will both entertain and torment in equal measure. Perfect for any spare moments, and completely addictive, these puzzles are guaranteed to test your thinking to the limit.

£6.99 pb  
464 pages  
198 x 126 mm  
200 puzzles



978 0 60063 316 7



978 0 60063 317 4

## All New Big Book of Quick Crosswords 5 & 6

### Bumper collections of the best quick crosswords

These latest collections of quick-fire crosswords are guaranteed to get your brain working and keep boredom at bay. Whether on the daily commute, on holiday or simply relaxing at home, these books are the ultimate tests of your vocabulary skills!

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464 pages  
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300 puzzles



978 0 60063 320 4



978 0 60063 311 2

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£5.99 pb  
240 pages  
198 x 126 mm  
100 puzzles



978 0 60063 319 8



978 0 60063 318 1

## All New Quick Crosswords 9 & 10

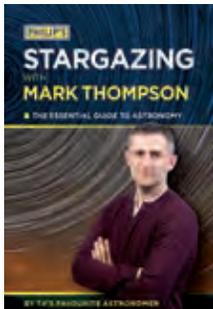
### New fast and furious quick crosswords

Quick in name, but not necessarily by nature, you might find yourself spending more time than expected with these puzzles. Seemingly simple, but serious tests of vocabulary, these crosswords are completely addictive – you'll always want to finish one more!

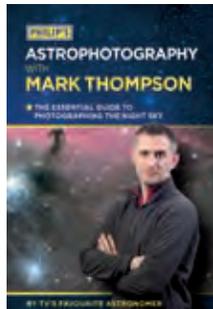
£5.99 pb  
240 pages  
198 x 126 mm  
150 puzzles

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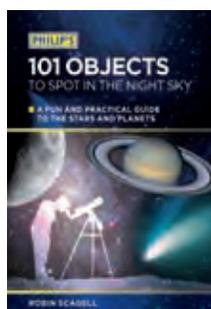
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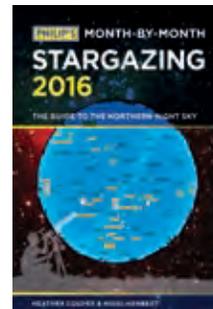
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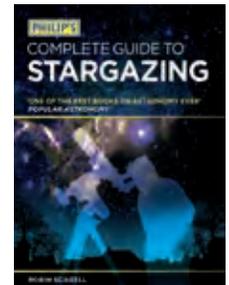
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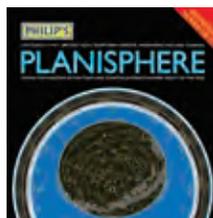
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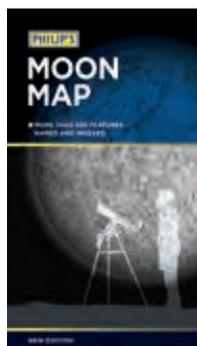
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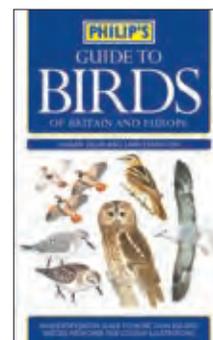
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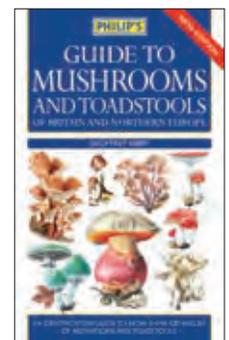
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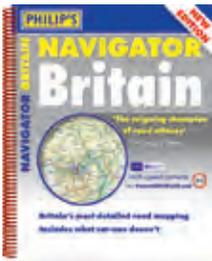
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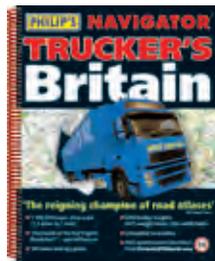
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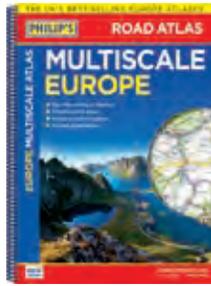
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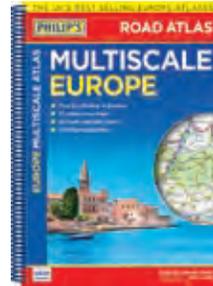
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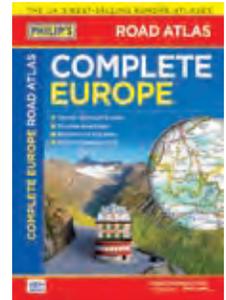
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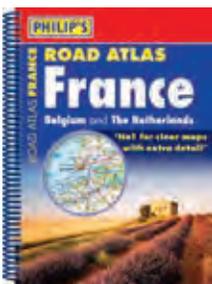
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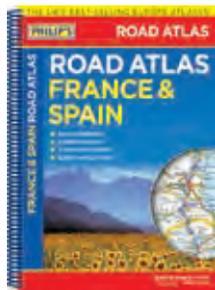
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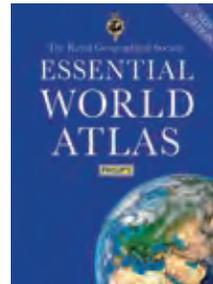
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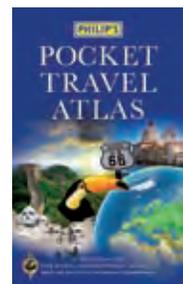
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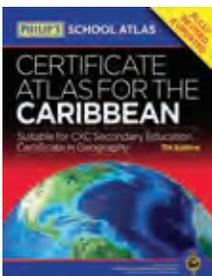
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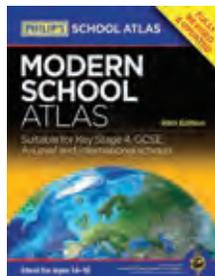
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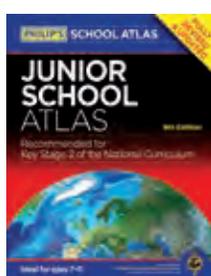
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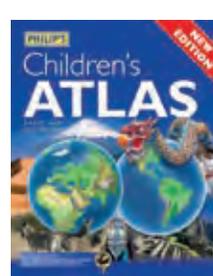
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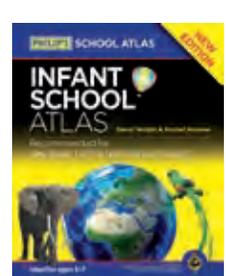
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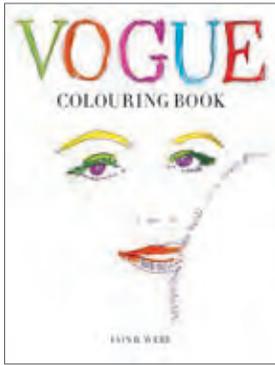
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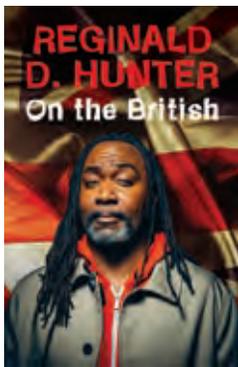


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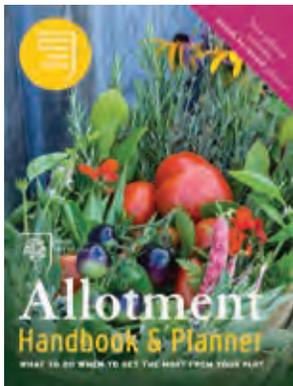


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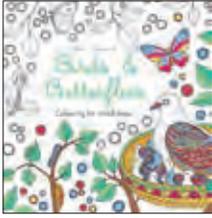
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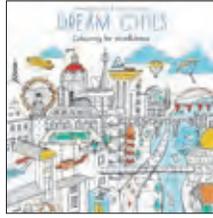
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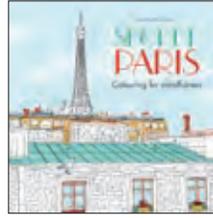
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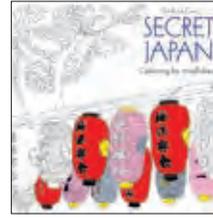
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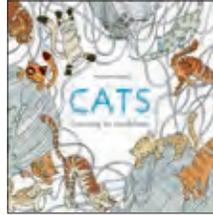
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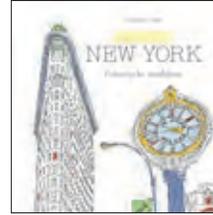
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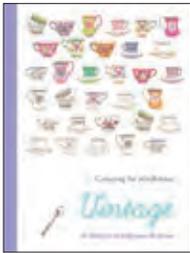
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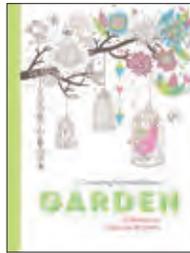
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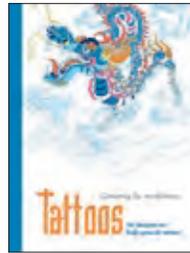
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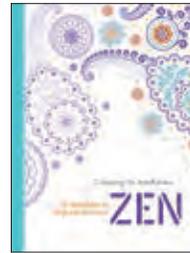
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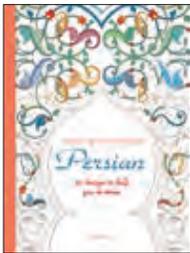
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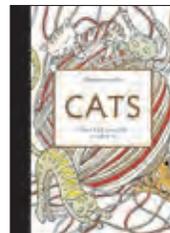
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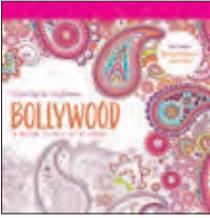


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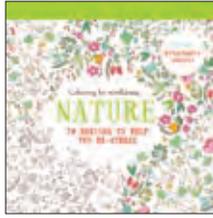
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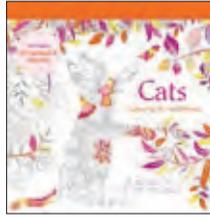
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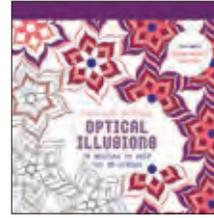
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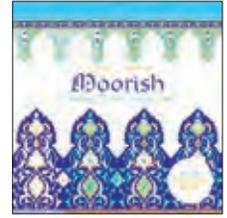
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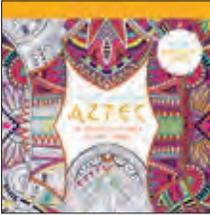
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Office 38, 7th floor, Al Thuraya Tower 11  
Dubai Media City, PO Box 500717  
Dubai, UAE  
matthew.cowdery@hachette.co.uk

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Paul Kenny  
Hachette UK Ltd (Asia office)  
Room 4361, 43/F, AIA Tower  
183 Electric Road  
Hong Kong  
T +852 6393 3573  
paul.kenny@hachette.co.uk

#### MALAYSIA

Lilian Koe  
APD Kuala Lumpur  
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**AFRICA**

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Jonathan Ball Publishers  
 10-14 Watkins Street  
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 F +27 (0)11 601 8183  
 services@jonathanball.co.za  
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**GERMANY, AUSTRIA,  
 SWITZERLAND, EASTERN EUROPE**

Anna Martini  
 Hachette UK  
 T +49 221 923 27 70  
 F +49 221 923 27 71  
 anna.martini@hachette.co.uk

**SCANDINAVIA, THE BALTIC STATES**

Abigail Mitchell  
 Hachette UK  
 T +44 207 873 6423  
 abigail.mitchell@hachette.co.uk

**NETHERLANDS, IBERIA, ITALY,  
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Sarah Jones  
 Hachette UK  
 T +44 207 520 4424  
 sarah.jones@hachette.co.uk

**FRANCE, BELGIUM, LUXEMBOURG**

Andrew Hally  
 Hachette UK  
 T +44 788 055 6121  
 andrew.hally@hachette.co.uk

**GREECE, CYPRUS, MALTA, TURKEY**

Laura Ricchetti  
 Hachette UK  
 T +44 207 873 6098  
 laura.ricchetti@hachette.co.uk

**AUSTRALASIA**

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Hachette Australia  
 Level 17, 207 Kent Street  
 Sydney, NSW 2000  
 Australia  
 T +61 2 8248 0800  
 F +61 2 8248 0810  
 sales@hachette.com.au

**NEW ZEALAND**

Hachette Livre NZ  
 23 O'Connell St  
 Auckland 1010  
 New Zealand  
 T +64 9 477 5550  
 F +64 9 477 5560  
 admin@hachett.co.nz

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