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OCTOPUS

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New Titles

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2018

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January – June

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INCLUDING  
ilex





# Welcome to the Octopus Spring/Summer 2018 New Titles Catalogue



Shortlisted  
for the  
British Book  
Industry Awards 2016  
Publisher of  
the Year

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competitions and more, why not:

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at OctopusBooks

*We can't wait to connect with you.*

  
OCTOPUS



# Love Island – On Paper

The Official Love Island Guide to Grafting, Cracking on and Mugging off

Steven Parry & Sabah Ahmed



**2.43 MILLION PEOPLE WATCHED THE FINAL... ITV2'S HIGHEST AUDIENCE FIGURE EVER**

The official *Love Island* book of the hit TV show. An islander's guide to 'peacocking', 'grafting', 'cracking on' and 'mugging off'.

Revel in all the island antics and delight in this irreverent guide to modern love from the TV sensation that everyone's talking about. Featuring exclusive interviews with your favourite characters, and images of the contestants within the villa, this official *Love Island* book will teach you those essential lessons in love that only the likes of Kem, Amber, Marcel, Chris, Georgia and Camilla can provide.

Find out how to tell if you're being a 'melt', work out which islander's basket you should put all your eggs into, get a crash course in being classy from Camilla, and cope with heartbreak with the help of Dr Marcel.

The book includes exclusive interviews with your favourite characters (including selfies from the contestants' very own phones) and a foreword from Iain Stirling, the show's narrator.

Packed full of all the funniest quotes, most embarrassing moments and cutest romantic shenanigans, and including an indispensable glossary explaining the likes of 'muggy', 'grafting' and the unforgettable 'dick sand', *Love Island - On Paper* is the ultimate indulgence for every fan of the hit ITV2 show.

**BIG FANS OF THE SHOW INCLUDE STORMZY, LIAM GALLAGHER AND ADELE**



**Love Island** is the smash-hit ITV2 reality show that every summer puts a group of singletons into a villa in Mallorca in the hope of finding true love. In 2017 the show garnered over a million more viewers than the previous year and by the end of the summer *Love Island* was all anyone could talk about.

**Steven Parry & Sabah Ahmed** are writers for the show.



## Specification

November 2017  
Hamlyn  
£16.99 HB  
9780600635413  
246 x 189mm  
208 pages  
Rights available:  
World

# I'm a Celebrity... Where's Kiosk Keith?

Mark Cowley



12.6 MILLION  
PEOPLE WATCHED  
THE MOST RECENT  
SEASON OF *I'M A  
CELEBRITY... GET ME OUT  
OF HERE!* MAKING IT  
ITV'S MOST POPULAR  
SHOW IN 2016

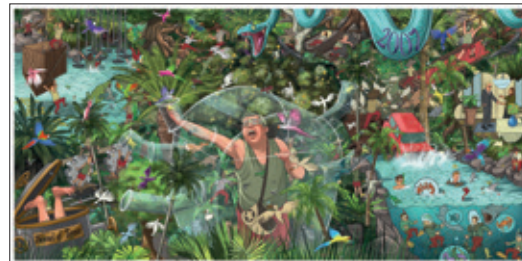
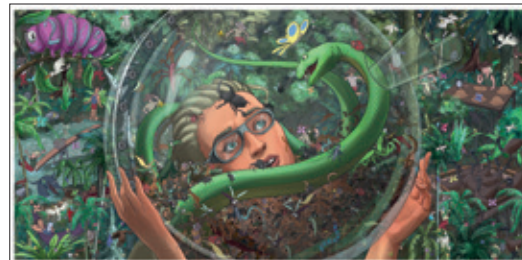


## Can you find the outback's most notorious store holder?

Kiosk Keith has escaped the Outback Shack and is somewhere in the jungle. Can you locate him, 10 bushtucker trial stars, and key celebrities, critters and objects? It's not as easy as you may think!

Since the show's first airing in 2002, *I'm a Celebrity* has gone from strength to strength to become a hugely anticipated fixture in the nation's TV calendar. In recent years the star of the show has been the impassive owner of the Outback Shack... Kiosk Keith. In this fun, family activity book, you get the chance to hunt him down in 17 incredible illustrations. There is one spread for each of the 16 series, plus an extra 'coming out' artwork. Within each artwork you're tasked with not only finding Keith, but various other celebrities, critters and objects too. Every artwork is accompanied by a description of that year's highlights, photos of the most iconic moments, and details of where each celebrity finished and what trials they faced, creating a comprehensive history of the show.

With potted histories of each series, images of the most iconic jungle moments, and stunningly detailed artworks, this is the perfect indulgence for every *I'm a Celebrity* fan.



**I'm a Celebrity...** is a survival reality television gameshow that first aired in 2002. Since then it has become a much-loved mainstay in British television, with celebrities from Katie Price to Christopher Biggins competing to become King or Queen of the Jungle.

**Mark Cowley** is a Senior Development Executive and Scriptwriter at ITV Studios and has written for a host of hit ITV shows, including *Saturday Night Takeaway*, *Love Island*, *Britain's Got Talent* and *I'm a Celebrity... Get Me Out of Here!*

## Specification

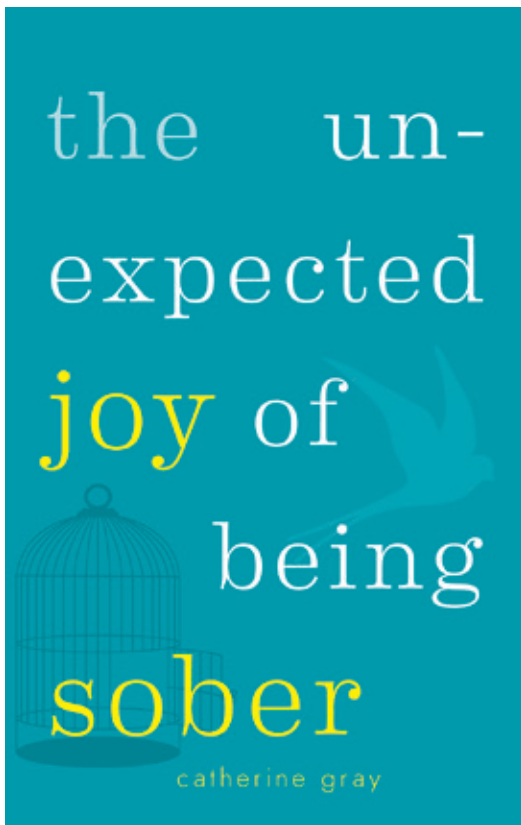
October 2017  
Hamlyn  
£9.99 PB  
9780600635314  
250 x 250mm  
80 pages  
17 double-page-spread, full-colour illustrations  
Rights available: World



# The Unexpected Joy of Being Sober

Catherine Gray

THE NEW  
BIBLE  
OF SOBRIETY



Drinking less will make you happier, healthier, wealthier, slimmer and sexier – but despite all these upsides it's easier said than done. This book gives you all the incentive and inspiration you need to find the joy in sober life.

Catherine Gray was stuck in a hellish whirligig of Drink, Make horrible decisions, Hangover, Repeat. She had her fair share of 'drunk tank' jail cells and topless-in-a-hot-tub misadventures. But this book goes beyond the tales of binges and blackouts, deep-diving into uncharted territory. What happens *after* you quit drinking. This gripping, heartbreaking and witty book takes us down the rabbit-hole of an alternative reality. A life with zero hangovers; through sober weddings, sex, Christmases and break-ups. It shines a light on society's drink-pushing, talking to top experts. Much more than a tale from the netherworld of addicted drinking, this book is about the escape. The happy-ever-after. And why a sober life can be more intoxicating than you ever imagined.

*'Hilarious, smart, spitfire writing'* – **Sacha Z. Scoblic, senior editor at *The Atlantic***

*'A riveting, raw yet humorous memoir with actionable advice. A truly unique blend of storytelling and science that holds a universe of hope'* – **Annie Grace, author of *This Naked Mind***

*'A game-changer – keep it in your bag as you navigate the world of not drinking'* – **Laurie, Girl & Tonic blogger**

*'Catherine has a way of translating her story into a captivating experience I never want to end'* – **Holly Whitaker, founder of Hip Sobriety School**



**Catherine Gray** is an award-winning writer and editor whose work has appeared in almost every newspaper and magazine you can think of, from *Grazia* to the *Guardian*, *Cosmopolitan* to the *Daily Mail*, and *Shortlist* to the *Sun*.

» **twitter**  
@cathgraywrites

» **instagram**  
@cathgraywrites



43% OF BRITISH  
WOMEN AND 84%  
OF BRITISH  
MEN WANT TO  
DRINK LESS

## Specification

December 2017

Aster

£8.99 PB

9781912023387

272 pages

198 x 126mm

85,000 words

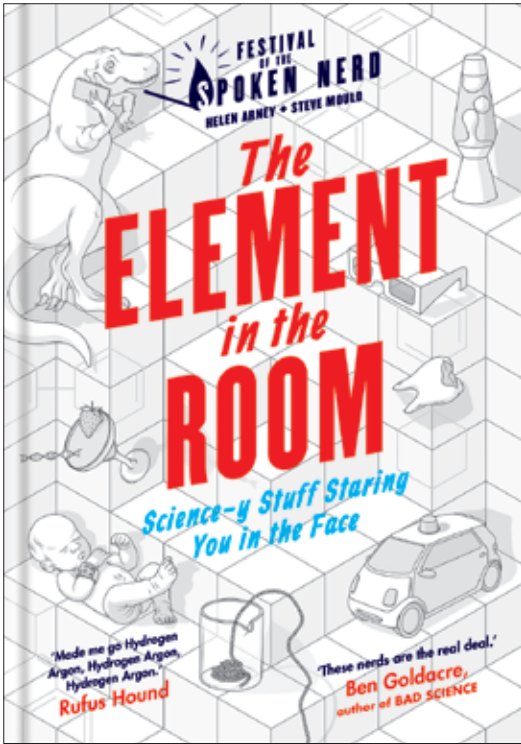
Rights available:  
UK &  
Commonwealth,  
excluding Canada

# The Element in the Room

Science-y Stuff Staring You in the Face

Steve Mould & Helen Arney of Festival of the Spoken Nerd

FESTIVAL OF THE SPOKEN NERD 'HARNESSES COMEDY TO HIGHLIGHT WHAT IS FUN - AND FUNNY - ABOUT SCIENCE' - NEW SCIENTIST



IN 2016, THE NERDS TOURED THEIR STAND-UP SCIENCE SHOW TO OVER 15,000 PEOPLE



Let the brains behind the hugely successful *Festival of the Spoken Nerd* take you on a rib-tickling, experiment-fuelled adventure to explain the everyday science staring you in the face.

Why is it impossible to spin your right foot clockwise while you draw a 6 with your right hand? Can you extract DNA from a strawberry daiquiri? Would you make love like a praying mantis? Should you book a holiday on Earth 2.0?

If you are sci-curious, pi-curious or just the-end-is-nigh-curious then this is the book for you.

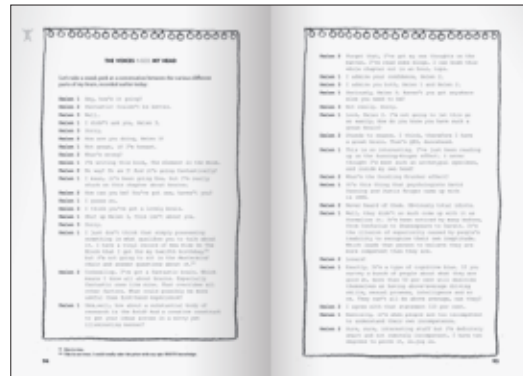
*'These nerds are the real deal.'* - Ben Goldacre, author of *Bad Science*

*'They make science fun and understandable which is a great combo.'* - Sandi Toksvig

*'Made me go Hydrogen Argon, Hydrogen Argon, Hydrogen Argon.'* - Rufus Hound

*'MIND BLOWN'* - Tim Harford

*'Science was never such hilarious explosive fun'* - Richard Herring



Steve Mould posts quirky science experiments on YouTube which have gained 2 million hits, has been a guest on *The One Show* and BBC Radio 5Live, and was also the Science Presenter on *Blue Peter* 'back in the day'.

>>twitter @Moulds



Helen Arney has twice toured her science-infused comedy songs around the UK with Robin Ince, Prof. Brian Cox and Tim Minchin in Uncaged Monkeys, and presents science on BBC2 *Coast*.

>>twitter @helenarney

## Specification

- October 2017
- Cassell
- £16.99 HB
- 9781844039722
- 230 x 160mm
- 224 pages
- Integrated illustrations throughout
- Rights available: World

# The Gannet's Gastronomic Miscellany

Killian Fox

'THIS BOOK IS THE  
PRODUCT OF A  
LUDICROUSLY OBSESSIVE  
AND GREEDY MIND - IT IS  
THEREFORE AN UTTER  
JOY' - JAY RAYNER



**A collection of fascinating, funny and unexpected facts about food and drink from the creators of *The Gannet*.**

The perfect foodie gift! Presented in a fresh, visually inventive style, *The Gannet's Gastronomic Miscellany* will appeal to anyone with a passing interest in food – which, in this gastronomy-obsessed age, is pretty much all of us.

In this compendious hotpot of a book you'll find a guide to creating a hit food profile on Instagram, an explainer on craft beer, the origin story of Chicken Marengo, a list of

millennia-old products that are still edible today (should you be brave enough to try Irish bog butter or Ancient Egyptian honey) and many more delightful nuggets that will inspire and entertain.

**Killian Fox** is the editor and co-founder of *The Gannet* and a regular contributor to the *Observer Food Monthly*. He'd call himself an omnivore were it not for a lingering phobia of boiled eggs. *The Gannet* is a natural conduit for his shameless nosiness about other people's eating habits. He has also written for the *Guardian*, *The Times* and the *New Statesman*.

## Specification

October 2017  
Mitchell Beazley  
£11.99 HB  
9781784723996  
192 pages  
198 x 126mm  
51,400 words  
Over 80 black & white illustrations  
Rights available:  
World

# Champagne

The essential guide to the wines, producers, and terroirs of the iconic region

Peter Liem



**A groundbreaking guide to the modern wines of Champagne, presented in a stunning box set, complete with vintage maps in a pull-out drawer.**

Champagne is one of the most iconic, sought-after wines in the world, however also one of the most misunderstood – obscured by a multimillion-pound marketing industry that makes it difficult for consumers to honestly judge, value and understand what they're drinking.

Based on six years of on-the-ground research and unprecedented access to actual

Champagne growers, *Champagne* is the first book to describe producers and wines based on their terroir – enlightening readers by showing them exactly where, how and by whom these great wines are made.

**Peter Liem** is author of top-rated resource ChampagneGuide.net. Following nearly a decade in the wine trade, he was a senior editor, critic and tasting director for *Wine & Spirits*, and his writings have appeared in publications such as *The World of Fine Wine* and *The Art of Eating*. He lives in Champagne.

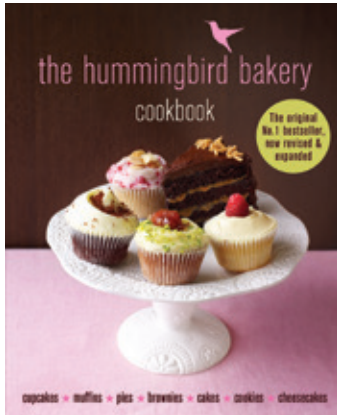
## Specification

November 2017  
Mitchell Beazley  
£60.00 HB  
9781784724474  
320 pages  
256 x 205mm  
80,000 words  
100 images  
Rights available:  
UK and  
Commonwealth,  
excl. Canada

# The Hummingbird Bakery Cookbook

*Tarek Malouf and The Hummingbird Bakers*

THE  
FIRST  
EDITION OF *THE  
HUMMINGBIRD  
BAKERY COOKBOOK*  
HAS SOLD CLOSE TO  
1 MILLION  
COPIES  
WORLDWIDE



**The number one bestseller now revised and updated with extra new recipes.**

From their first shop in Notting Hill's Portobello Road, The Hummingbird Bakery introduced London to the delights of American-style baking. The simple yet spectacular recipes for indulgent cupcakes, muffins, pies, cheesecakes, brownies, cakes and cookies, in this, their first and bestselling cookbook, ensured that the home cook could create some Hummingbird magic in their own kitchen too. Now Tarek Malouf and The Hummingbird Bakers

have created a new edition of the book, fine-tuning classic recipes and introducing new bakes such as Mile-high Chocolate Salted Caramel Cake and Sticky Fig and Pistachio Cupcakes.

**Tarek Malouf** is the founder and owner of The Hummingbird Bakery, which is famed the world over for its delicious cupcakes and other sweet treats. It now has six branches across London and Surrey and three in the Middle East. Tarek was recently awarded an MBE for services to baking and confectionary.

## Specification

October 2017
Mitchell Beazley
£17.99 HB
9781784724160
160 pages
235 x 190 mm
25,000 words
93 colour photographs and 7 illustrations
Rights available: World, excluding USA and Canada

# OFF. Your Digital Detox for a Better Life

*Tanya Goodin*



**Log off your social media. Turn off your notifications. Switch off your devices. And feel better.**

We tap, swipe and click on our devices 2,617 times per day. We spend more time online than we do asleep. With so many ways to stay connected, procrastinate and distract yourself, it's not easy to let go.

This canny little bible will help you log off and wake up to less stress and more time. Reclaim your life back from technology and enjoy real experiences, real connections and real happiness.

**Tanya Goodin** is an award-winning digital entrepreneur and founder of digital detox specialists Time To Log Off.

She was inspired to set-up Time To Log Off after a 20-year career working exclusively in the online world, as research and evidence began to emerge supporting her belief that she was not alone in suffering from the adverse effects of a screen-dominated life. Her goal now is to help others discover, like her, the joys of regularly disconnecting from technology and reconnecting with the real world.

## Specification

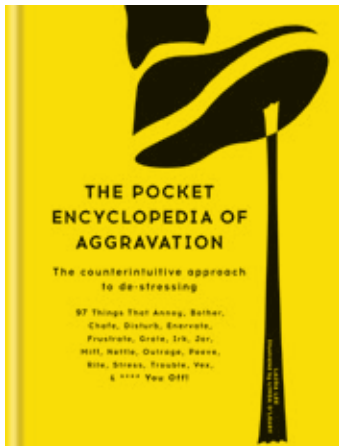
August 2018
Ilex Press
£5.99 PB
9781781575369
147 x 105mm
112 pages
Up tp 50 images
Rights sold: Spa, Hol



# The Pocket Encyclopedia of Aggravation

The counterintuitive approach to de-stressing

Laura Lee



Welcome to the counterintuitive guide to de-stressing which investigates 97 everyday aggravations and offers scientific explanations for why they \*\*\*s us off quite so much.

AAARRGGGHHH!!@#%&\*!!!  
Let's face it, the world is becoming an increasingly annoying place to live – and *The Pocket Encyclopedia of Aggravation* has the evidence to prove it. This book investigates 97 day-ruining events, slap-in-the-face moments and everyday aggravations, and explains why these things irritate us quite so much.

It has been scientifically proven that when we understand the science behind our daily grievances, our problems become less frustrating and easier to manage. This fact-filled book will help reduce the stress of your daily grind.

Laura Lee is the author of several books, including *Blame It on the Rain* and *100 Most Dangerous Things in Everyday Life*. She has an eclectic background in radio and comedy. Laura lives in Michigan.

## Specification

October 2017  
Cassell  
£10.00 HB  
97818440390821  
174 x 131mm  
256 pages  
Rights available:  
UK and  
Commonwealth &  
Export and  
Australia

FIRST  
EDITION  
SOLD OVER  
90,000 COPIES

# Gizzi's Healthy Appetite

Food to nourish the body and feed the soul

Gizzi Erskine



More than 100 recipes from award-winning chef Gizzi Erskine

*'Here I am. I want to start a new food revolution; one where people have a better understanding of nutrition but don't forget that eating should be enjoyable.'*

Gizzi Erskine believes that the key to healthy eating is to cook fresh food using good ingredients. Her ethos is to love food in all its guises and to try new things as much as possible.

*Gizzi's Healthy Appetite* is a collection of over 100 of her

favourite recipes – all with a Gizzi twist. Among the array of incredible dishes, insanely good flavours and palate-pleasing textures to choose from are the crunchy Marinated griddled whole chicken Caesar salad, spicy Green chilli pork, oozing Roasted baby cauliflower with cheese sauce & crispy shallots, fresh Tuna tataki with yuzu and the ultimate Korean BBQ. And, for a sweet treat, who could resist warm Molten caramel & chocolate puddings or soothing White chocolate & cherry clafoutis? These are dishes that anyone with a healthy appetite will relish.

'A GREAT  
COLLECTION OF  
FOOD YOU'LL  
REALLY WANT TO  
EAT' – TOM  
KERRIDGE

## Specification

December 2017  
Mitchell Beazley  
£15.00 PB  
9781784724016  
224 pages  
253 x 201mm  
57,500 words  
Over 110 colour  
photographs  
Rights available:  
World



# Duck and Waffle (*Paperback Edition*)

## Recipes and Stories

*Daniel Doherty*



*Duck & Waffle* is the first cookbook from one of London's most exciting and celebrated restaurants – and chefs. Photographed by the celebrated Anders Schönemann, the book provides a collection of 100 recipes for breakfast and brunch dishes, small plates (a key part of the Duck & Waffle dining experience), main courses,

desserts and cocktails, while also capturing the atmosphere of the restaurant as the sky, cityscape and clientele subtly shift through a 24-hour period.

*'There's serious talent in this kitchen and the book is a delectable joy.'* – **Tom Parker Bowles, the Mail on Sunday**

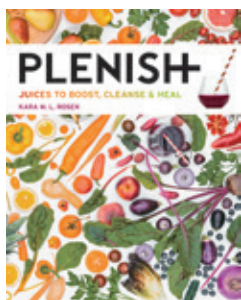
### Specification

October 2017  
Mitchell Beazley  
£18.99 PB  
9781784724498  
224 pages  
253 x 201mm  
55,000 words  
160 colour photographs  
Rights available:  
World

# Plenish

## Juices to boost, cleanse and heal

*Kara Rosen*



You are what you eat, and consuming fresh, raw juices is a delicious way to flood your body with nutrients, cleanse your system and cure your ills. *Plenish* shows you how to make over 40 juice blends, detox with a cleanse programme, heal your body naturally, fuel your system, fight disease, promote mind and body

wellness, and lose weight in the process. From the Thai melon brightener to the Greenie Mary, each recipe will help your body to detox and rejuvenate, so that you can thrive.

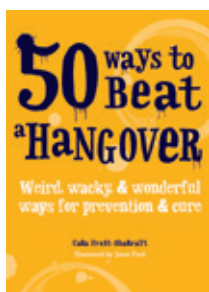
### Specification

December 2017  
Aster  
£7.99 PB  
9781912023271  
192 pages  
200 x 160mm  
35,200 words  
80 colour photographs  
Rights sold: Ita, Ger, Fra, Pol, Spa, Tai, Rom, Fin, Est, Cze, Slo, Swe

# 50 Ways to Beat a Hangover

## Weird, wacky & wonderful ways for prevention and cure

*Cara Frost-Sharratt, illustrated by Jason Ford*



For anyone who has ever woken up with a throbbing head, a churning stomach, and an overwhelming sense of remorse, this book is for you. If you've had one pint too many or gone a flirtini too far, don't let the morning after ruin the fun of the night before. This little book has 50 fool-proof tips for fending off the dreaded hangover, from the

tried and tested to the downright ridiculous. Whether you're gearing up for a big night out or crying, 'Never again!' the morning after, this is a book to keep by your bed (with a big glass of water)!

### Specification

October 2017  
Spruce  
£5.99 Flexiback  
9781846015489  
147 x 105mm  
96 pages  
Rights available:  
World excluding  
USA and Canada  
Over 40  
illustrations

# New crossword series from the *Telegraph*

Combining a bold and colourful new look with the quality and consistency that readers have come to expect from the UK's number one best-selling broadsheet, this is a brand new series from the much-loved puzzle pages of the *Telegraph*. Launching with two cryptic crossword books, two quick crossword books, one big book of cryptic crosswords, and one big book of quick crosswords, these eye-catching books will both appeal to long-time puzzle enthusiasts and lure in prospective first-time puzzlers.



## Specification

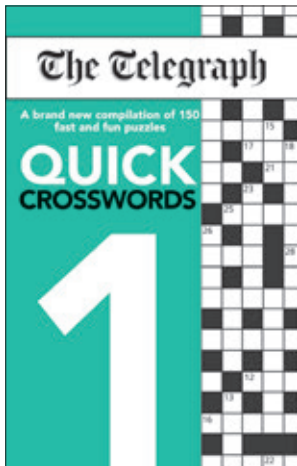
October 2017  
Hamlyn  
£7.99 PB  
9780600635192  
464 pages  
198 x 126mm  
Rights available:  
World

SALES OF  
*TELEGRAPH* BOOKS  
ARE GROWING YEAR ON  
YEAR, WITH SALES  
IN 2016 EXCEEDING  
**128,000 COPIES**



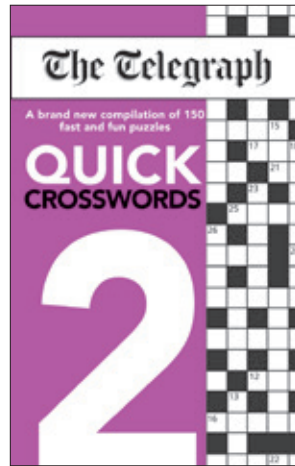
## Specification

October 2017  
Hamlyn  
£7.99 PB  
9780600635222  
464 pages  
198 x 126mm  
Rights available:  
World



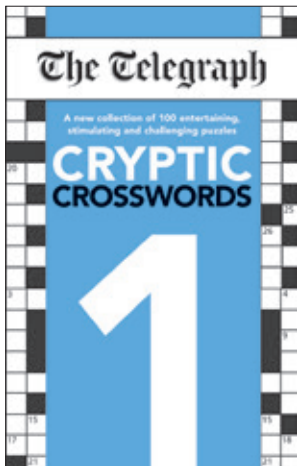
### Specification

October 2017  
 Hamlyn  
 £6.99 PB  
 9780600635253  
 240 pages  
 198 x 126mm  
 Rights available:  
 World



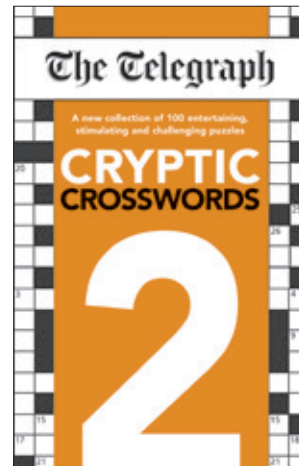
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October 2017  
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 Rights available:  
 World



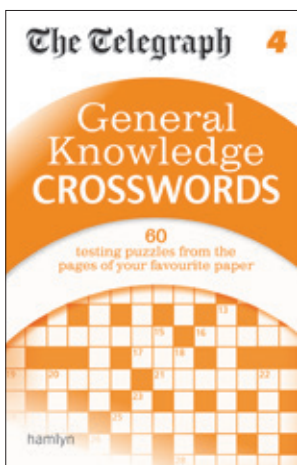
### Specification

October 2017  
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 £6.99 PB  
 9780600635239  
 240 pages  
 198 x 126mm  
 Rights available:  
 World



### Specification

October 2017  
 Hamlyn  
 £6.99 PB  
 9780600635239  
 240 pages  
 198 x 126mm  
 Rights available:  
 World



### Specification

October 2017  
 Hamlyn  
 £6.99 PB  
 9780600635291  
 240 pages  
 198 x 126mm  
 Rights available:  
 World

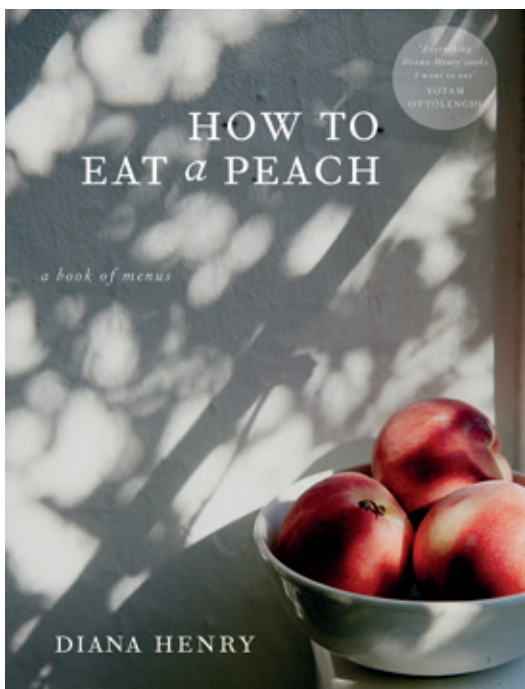
A BRAND  
 NEW LOOK  
 FOR THIS BEST-  
 SELLING BRAND

# How to Eat a Peach

Menus, Stories and Places

Diana Henry

*'EVERYTHING  
DIANA HENRY  
COOKS I WANT TO  
EAT' - YOTAM  
OTTOLENGHI*



**Menus, stories, places – Diana cooks up feasts for family and friends based on meals she has cooked and loved over the years.**

When Diana Henry was sixteen she started a menu notebook (an exercise book carefully covered in wrapping paper). Planning a menu is still her favourite part of cooking.

Menus can create very different moods, they can take you places, from an afternoon at the seaside in Brittany to a sultry evening eating mezze in Istanbul. They also have to work as a meal that flows and as a group of dishes that the cook can manage without becoming totally stressed. The menus in this book reflect places Diana loves, and dishes that are real favourites.

**Praise for Simple:**

*'This is everything I want from a cookbook: inspiration, intelligent company, great good-mood food, and beautiful writing'*  
– Nigella Lawson



**Diana Henry** has a weekly column in the *Sunday Telegraph*, writes for *BBC Good Food*, *Red* and *House & Garden*, and is a regular broadcaster on BBC Radio 4. She has won numerous awards for her journalism and books, including Cookery Journalist of the Year from the Guild of Food Writers (three times), Cookery Writer of the Year at the Fortnum & Mason Food Awards in 2013 and 2015, and Fortnum & Mason Cookery Book of the Year for *Simple* in 2017.

**Previously from Diana Henry...**



DIANA HENRY'S BOOKS HAVE SOLD MORE THAN HALF A MILLION COPIES WORLDWIDE



»twitter  
@dianahenryfood

»instagram  
@dianahenryfood

**Specification**

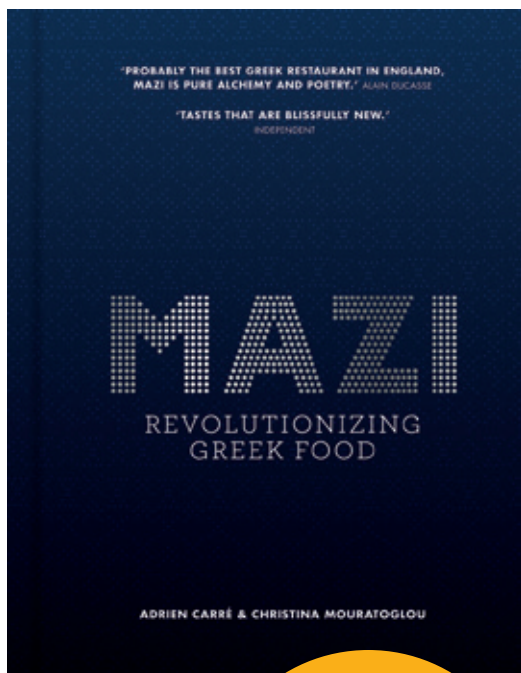
April 2018  
Mitchell Beazley  
£25.00 HB  
9781784722647  
256 pages  
255 x 195mm  
50,000 words  
120 colour photographs  
Rights available: World, excl. USA & Canada



# Mazi

## Revolutionizing Greek Food

Christina Mouratoglou & Adrien Carré



MAZI  
NOTTING HILL  
IS FULLY BOOKED  
EVERY DAY WITH  
WAITING LISTS  
OF UP TO 300 PEOPLE  
ON A SATURDAY  
NIGHT

Come, eat, drink, laugh, enjoy, talk, love...MAZI.

MAZI:

TOGETHER - [tuh-geth-er] - adverb  
Gathering, company, mass, combination, mixture

Tired of outdated perceptions of typical Greek food, Mazi is on a mission to revolutionize Greek cuisine. With a strong emphasis on sharing a feast of small dishes, Christina Mouratoglou and Adrien Carré bring a trendy tapas vibe to recipes exploding with flavour yet relying only on the finest fresh ingredients and simple techniques to achieve the best results. Introducing authentic flavours with a modern twist, Mazi is innovative Greek food at its best. Whether it's the Spicy tiropita with broken filo pastry, leeks & chillis, Crispy lamb belly with miso aubergine, chickpea & tahini purée or Loukoumades with lavender honey & crushed walnuts (Greek doughnuts soaked in honey), Mazi's food is intrinsically edgy, cool and completely delicious.

*'Probably the best Greek restaurant in England, Mazi is pure alchemy and poetry'* –

*'You must try it for its artful cooking, that honours the cuisine of Hellas while putting before the happy diner a succession of tastes that are blissfully new.'*  
– **Independent**



### Christian Mouratoglou & Adrien Carré

United in their passion for Greek food, Christina Mouratoglou and Adrien Carré founded Mazi to introduce an exciting new Greek cuisine, breathing new life, colour and flavour into worn stereotypes.

Mazi opened its doors in Notting Hill, London, in June 2012 and has been showered with praise for its fresh, innovative food ever since. It is now one of the trendiest restaurants in London.

»twitter  
@MaziNottingHill

»instagram  
@mazilondon



### Specification

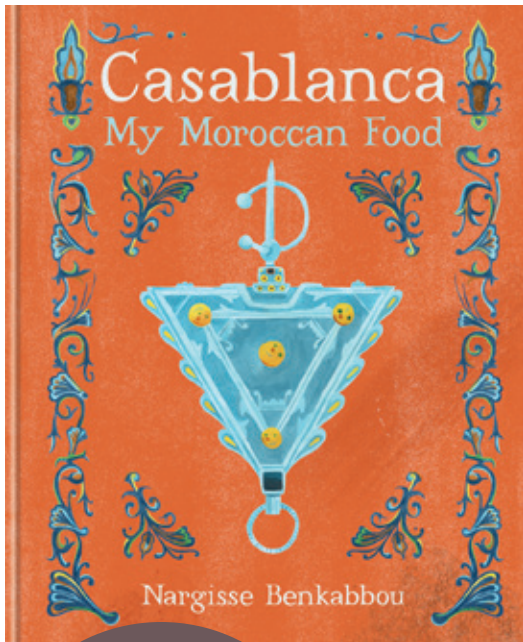
March 2018  
Mitchell Beazley  
£25.00 HB  
9781784723170  
288 pages  
246 x 189 mm  
50,000 words  
120 colour photographs  
Rights available World

# Casablanca

My Moroccan Food

Nargisse Benkabbou

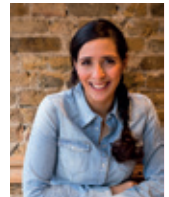
MORE THAN  
**80**  
DELICIOUS  
RECIPES



**Simple recipes inspired by Moroccan cuisine.**

Morocco is one of the top destinations in the world. This beautiful North African country lies on the border of Europe and the rest of the Arab world, drawing people in with its colourful souks, vibrant landscapes, cheerful hospitality and – most importantly – the food.

*Casablanca* is the exciting debut from Moroccan chef Nargisse Benkabbou. This book features more than 80 recipes for simple and satisfying dishes such as Artichoke tagine with peas, baby potatoes & preserved lemons, Peach & ras el hanout short rib stew with garlic mash and Sweet potato & feta maakouda. Also featured are tasty western classics with a unique Moroccan twist: try your hand at Kefta & kale mac & cheese, Roasted almond & couscous stuffed poussins and Moroccan mint tea infused chocolate pots.



**Nargisse Benkabbou** was raised in Brussels, where she grew up in a strongly food-oriented family that nurtured her connection with her Moroccan roots. After training at Leiths School of Food and Wine, she started blogging and sharing her Moroccan recipes “with a twist”. She is currently involved in recipe development, food photography, cooking classes and working as a guest chef. With a strong grasp of traditional Moroccan cuisine, Nargisse’s ultimate goal is to inspire and bring “a breath of fresh air” to Moroccan food.

NARGISSE HAS OVER  
**30,000**  
INSTAGRAM FOLLOWERS AND  
**20,000**  
FACEBOOK FOLLOWERS

CASABLANCA REPRESENTS THE EVOLUTION OF MOROCCAN CUISINE, COMBINING THE AUTHENTIC WITH A MODERN OUTLOOK

» **twitter**  
@mymoroccanfood  
» **instagram**  
@mymoroccanfood



**Specification**

May 2018  
Mitchell Beazley  
£20.00 HB  
9781784723934  
224 pages  
235 x 190mm  
40,000 words  
Over 100 colour photographs  
Rights available: World excl. USA & Canada



ÁINE HAS A  
STRONG PRESENCE ON  
SOCIAL MEDIA, WITH  
MORE THAN  
**200,000**  
FOLLOWERS ON  
PINTEREST

# Cook Share Eat Vegan

Áine Carlin



FROM THE  
AUTHOR OF  
*KEEP IT VEGAN* AND  
*THE NEW VEGAN* -  
MORE THAN  
**60,000**  
COPIES SOLD

Discover delicious plant-based recipes that everyone will love, with this latest book from the UK's bestselling vegan author, Áine Carlin.

With an emphasis on great flavours and fresh, seasonal dishes that don't rely on substitutes or hard-to-source ingredients, Áine's style of cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then. In *Cook Share Eat Vegan*, Áine has created the ultimate vegan bible, with more than 125 recipes that prove there's a place for plant-based food at every table.

Delight your friends with Crispy Cinnamon Potato Tacos, enjoy a warming bowl of Turmeric & Sweet Potato Soup, or indulge in a delicious Vanilla Panna Cotta. Discover recipes for every occasion and for all times of year – that just happen to be vegan.

*'Finding the balance between health and indulgence, this book has a little bit of everything, from full-on comfort food to zen-inducing bowls to nourish from within.'*

*'Discover the beauty of plant-based food and leave your preconceived notions at the door – it's time to cook, eat, smile (repeat)' – Áine Carlin*



**Áine Carlin** is the UK's bestselling vegan author, and has forged a unique niche for herself in the world of plant-based cooking with her refreshingly fun and easy approach to veganism. A regular on Irish television, Áine has also appeared on BBC Radio 4's *Woman's Hour*. With a regular column in *Veggie* magazine and having contributed recipes to *Sainsbury's Magazine*, the *Daily Telegraph*, *Stella*, *Mail on Sunday*, *Red* and more, her profile is going from strength to strength.

» **pinterest**  
peasoupeats

» **instagram**  
@ainecarlin



## Specification

April 2018

Mitchell Beazley

£20.00 HB

9781784723330

240 pages

255 x 195 mm

55,000 words

100 photographs

and 50 illustrations

Rights sold: Spa

# Vegan Soups

Over 100 recipes for soups, sprinkles, toppings & twists

Amber Locke

@  
RAWVEGAN  
BLONDE HAS  
OVER 103K  
INSTAGRAM  
FOLLOWERS AND  
OVER 2,300  
TWITTER  
FOLLOWERS



**Over 100 vegan soup recipes from Instagram sensation @RawVeganBlonde**

Celebrate the glory of vegetables all year round with these spectacularly tasty vegan soups. From a refreshing Watermelon gazpacho, perfect for a summer's afternoon, to a chunky, wholesome Black-eyed bean chilli stew to warm you up on a cold winter's night, soup is not just incredibly versatile but is also an easy way to make the most of fresh, seasonal ingredients. Try Curried greens & coconut soup, Butternut noodle soup, Sparkling pineapple soup

and many more. Featuring more than 100 recipes, including extra toppings and twists to transform your bowl, *Vegan Soups* has something for everyone.

**Amber Locke** is based in Derbyshire and runs her fruit and veg-based design business from her studio at home. Part of the 'fresh talent' team on Jamie Oliver's Food Tube, Amber recently held her first exhibition at the gallery in the Anthropologie store on London's Kings Road and held live design demonstrations in the store and at Whole Foods in High Street Kensington.

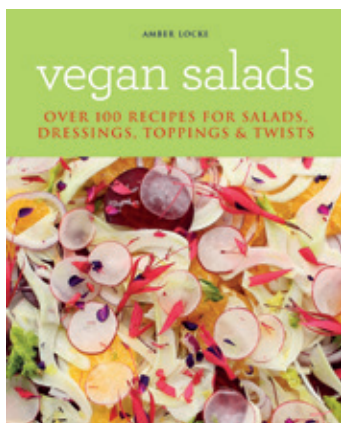
## Specification

February 2018  
Mitchell Beazley  
£7.99 PB  
9781784724528  
144 pages  
200 x 160mm  
30,600 words  
Over 80 colour photographs  
Rights sold: Ita, Hun, Spa, Pol, Est, Slo, Cze

# Vegan Salads

Over 100 recipes for salads, dressings, toppings & twists

THERE ARE HALF A  
MILLION VEGANS IN  
THE UK, AND A  
MILLION IN  
THE US



**Over 100 vegan salad recipes from Instagram sensation @RawVeganBlonde**

Create big, beautiful and vibrant vegan salads with a variety of fresh ingredients and epically delicious dressings. These salads are not only show-stoppingly gorgeous to look at but also are super-nutritious and delicious to eat. Why not try a Kale & radish salad with blueberry dressing, Avocado 'truffle' salad, Little gem tacos or Pepper salad with crushed tomato & orange salsa. With features on ingredients, tools, cutting techniques, toppings and

dressings, plus over 100 recipes, you'll be left feeling fully delighted and satisfied yet light, bright and energized too!

FIND OUT MORE  
ABOUT AMBER AT  
WWW.AMBALIVING.  
COM

## Specification

May 2018  
Mitchell Beazley  
£7.99 PB  
9781784724511  
144 pages  
200 x 160mm  
31,800 words  
Over 80 colour photographs  
Rights sold: Ita, Spa, Pol

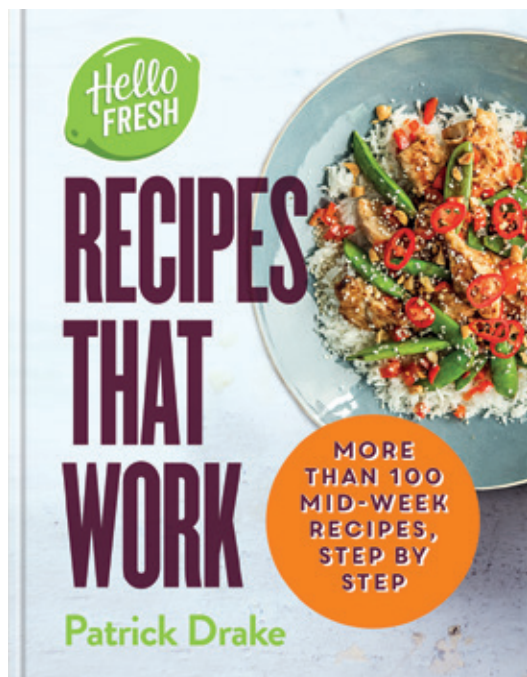


# HelloFresh Recipes That Work

More than 100 mid-week recipes, step by step

Patrick Drake

OVER 25K  
FOLLOWERS ON  
INSTAGRAM IN  
THE UK



A collection of 100 foolproof recipes from the world's most popular meal delivery service.

HelloFresh is the global phenomenon that sends its customers weekly recipe boxes, containing the fresh ingredients required to create each meal. By including a questionnaire in every box, HelloFresh has been able to use customer feedback to develop some of the most carefully tested – and delicious – recipes in the world.

In *Recipes That Work*, Head Chef Patrick Drake shares some of HelloFresh's most popular dishes, designed to enable cooks of all abilities to whip up a feast in no more than half an hour. These are recipes that turn out as beautiful as their photos, with instructions that make sense – no complicated techniques, no 'fashionable' ingredients you've never heard of, just delicious, nutritious, home-style food that'll have you sitting around the kitchen table in no time. In addition to 100 tried-and-tested HelloFresh recipes, *Recipes That Work* gives tips on equipping your kitchen without breaking the bank, store cupboard essentials and how to understand chefs' jargon.

This is not a cookbook that will just look pretty on a shelf, but one that will become the most loved, reliable, sauce-splattered, page-folded go-to book in your kitchen.

HELLOFRESH  
DELIVERS  
OVER  
12 MILLION  
MEALS EVERY  
MONTH



Patrick Drake launched HelloFresh in the UK in 2013 from his living room, and from ten bags of shopping it has grown to become the largest service of its kind in the world, delivering 12 million meals each month across 9 countries. Patrick's mission is to teach cookery to those who've never been given the chance to learn, with simple, wholesome and delicious recipes. He also stars in a cooking and travel television series that airs in Europe, Canada, Australia, Asia, South America and India.

>>twitter  
@HelloFreshUK

>>instagram  
@HelloFreshUK

## Specification

May 2018  
Mitchell Beazley  
£20.00 HB  
9781784724658  
240 pages  
246 x 189mm  
55,000 words  
450 photographs  
Rights available:  
UK and  
Commonwealth  
English Language  
only, excl. ANZ

# Rosa's Thai Café

## The Vegetarian Cookbook

Saiphin Moore



THERE ARE  
CURRENTLY  
**10 ROSA'S  
THAI CAFES**  
ACROSS LONDON,  
WITH MORE IN THE  
PIPELINE



### Simple vegan and vegetarian Thai food from the founder of Rosa's Thai Café.

Finding strictly vegetarian food in Thailand can be tricky, where fish sauce is the king of the kitchen. In the follow-up to her debut, *Rosa's Thai Café: The Cookbook*, Saiphin Moore embraces this challenge, creating over 100 simple and delicious recipes for Thai-loving vegans and vegetarians. Featuring authentic dishes such as Tom yum mixed mushrooms, Panang curry with tofu, Stir fried aubergine with soybean sauce and Butternut red curry, this brilliant sequel adds an exciting new strand to Rosa's repertoire.

Rosa's Thai Café has grown from a street-food stall in Brick Lane to 10 London restaurants (Soho, Spitalfields, Carnaby Street, Islington, Brixton, Chelsea, Victoria, Hampstead, Stratford, Angel and Seven Dials) today.

### Praise for Saiphin Moore:

*'Damn, Saiphin can cook – the perfect ambassador for this glorious food and country' –*

*'One of London's coolest female chefs' – Time Out*



### Saiphin Moore

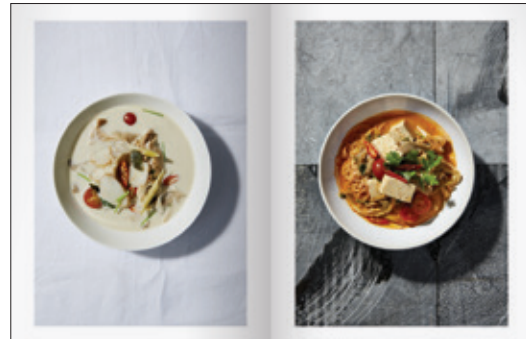
grew up on a mountain farm in Khao Kho, Northern Thailand, where she learned to cook with ingredients brought straight from field to wok. When she was 20, Saiphin moved to Hong Kong as a nanny cooking endless family meals and dinner parties, fitting catering jobs around her babysitting duties. Shortly after meeting Alex Moore in 2001, she set up her own Thai takeaway and restaurant, Tuk Tuk Thai. The pair lived in Hong Kong for 6 years before selling the restaurant, moving to London in 2006 and founding Rosa's Thai Café in 2008.

» **twitter**  
@RosasThaiCafe

» **instagram**  
@rosasthaicafe

### Specification

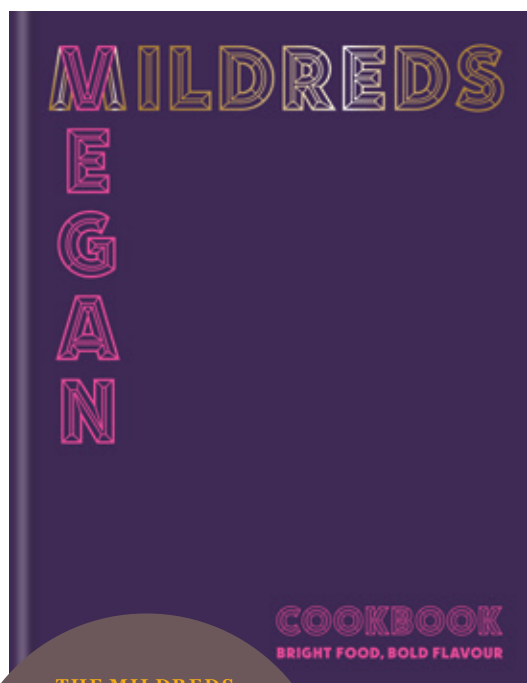
**June 2018**  
**Mitchell Beazley**  
**£20.00 HB**  
**9781784724238**  
**224 pages**  
**246 x 189 mm**  
**45,000 words**  
**Rights available:**  
**World**



# Mildreds Vegan Cookbook

**Bright food, bold flavour**

*Mildreds*



**Easy ingredients, lots of smart ideas and delicious recipes that just happen to be vegan.**

Bursting with clever ideas for feasts with family and friends, as well as for delicious, simple everyday meals, *Mildreds Vegan Cookbook* brings you punchy flavours, satisfying dishes, a dash of urban cool and a refreshing take on the conventional stereotype of vegan food.

There are plenty of dishes to wow a crowd, whether it's Walnut, date & cinnamon rolls and Smoky baked beans on grilled sourdough for a brunch with friends; Memphis bourbon barbecue skewers and Rainbow root slaw with orange, maple & thyme dressing for a summer barbecue; Chocolate banana cupcakes with chocolate fudge icing for a children's party; or Butternut squash & tofu terrine with redcurrant stuffing and an I-can't-believe-it's-vegan Espresso crème caramel for a celebration dinner. A vegan diet the Mildreds way will bring joy and surprise to your life, and ensure your taste buds are well and truly alive and kicking. Sit back and enjoy fantastic-tasting food for everyone and every occasion.



## Mildreds

Lively and effortlessly cool, Mildreds is a mecca for all food lovers that has been offering exciting, affordable vegetarian and vegan food from its original restaurant, in London's Soho, since 1988. It now has two more branches in King's Cross and Camden, with a fourth opening soon in Dalston, and is hugely popular, both for its food and its vibe, with musicians, comedians and other celebrities.

» **twitter**  
@mildredslondon  
» **instagram**  
@mildredsrestaurants

**THE MILDREDS MANIFESTO:**  
TO REACH AS MANY PEOPLE AS POSSIBLE AND GIVE THEM THE IDEAS AND CONFIDENCE TO ENJOY VEGETARIAN AND VEGAN FOOD AT HOME.

**VOTED ONE OF THE BEST 18 VEGAN RESTAURANTS IN THE WORLD**

BY THE  
*EVENING STANDARD*,  
JANUARY 2017



## Specification

February 2018  
Mitchell Beazley  
£25.00 HB  
9781784723736  
256 pages  
246 x 189 mm  
50,000 words  
100 colour photographs  
Rights available:  
World

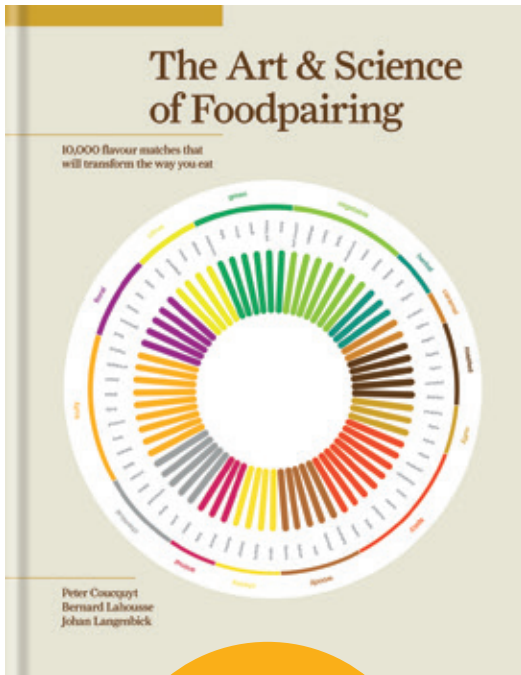


**MORE  
FLAVOUR  
MATCHES THAN  
ANY OTHER  
BOOK**

# The Art & Science of Foodpairing

10,000 flavour matches that will transform the way you eat

*Peter Coucquyt, Bernard Lahousse & Johan Langenbick*



**FROM ONE OF  
THE WORLD'S  
LARGEST  
INGREDIENT AND  
FLAVOUR  
DATABASES**

**Foodpairing is a method for identifying which foods go well together, based on groundbreaking scientific research that combines neurogastronomy (how the brain perceives flavour) with the analysis of aroma profiles derived from the chemical components of food.**

This exciting new book explains why the food combinations we know and love work so well together (strawberries + chocolate, for example) and opens up a whole new world of delicious pairings (strawberries + parmesan, say) that will transform the way we eat. With ten times more pairings than any other book on flavour, plus the science behind flavours explained, Foodpairing will become the go-to reference for flavour and an instant classic for anyone interested in how to eat well.

*'We build tools to create culinary happiness'*  
– **Foodpairing.com**

*'There is a world of exciting flavour combinations out there and when they work it's incredibly exciting.'*  
– **Heston Blumenthal**



**The Foodpairing Company** is a creative food-tech agency that works with chefs, bartenders, cookery schools, pastry chefs, product developers and other culinary creatives to provide new possible food combinations based on the intrinsic properties of different foods. The team analyses foods under laboratory conditions to identify which flavour components they have in common, and operates one of the world's largest ingredient and flavour databases.

**Peter Coucquyt** is a chef and co-founder of Foodpairing™. **Bernard Lahousse** is a bio-engineer and co-founder of Foodpairing™. **Johan Langenbick** is an entrepreneur and co-founder of Foodpairing™.

» **twitter**  
@foodpairing

» **instagram**  
@foodpairing



**Specification**

- June 2018**
- Mitchell Beazley**
- £30.00 HB**
- 9781784722906**
- 384 pages**
- 246 x 189 mm**
- 90,000 words**
- Over 100 images**
- Rights available: World excl. USA & Canada**

# Farmacy Kitchen

Plant-based recipes for a conscious way of life

Camilla al Fayed & Emily Pearson



PLANT-BASED  
FOOD FOOD SALES  
ARE UP 1,500% IN  
THE UK IN LAST 12  
MONTHS

FARMACY HAS OVER  
**35,000**  
INSTAGRAM  
FOLLOWERS



**Fresh ideas and recipes for delicious food to support a sustainable lifestyle.**

Farmacy's mission is to promote a healthy plant-based food way of life and a more conscious approach to eating and living. Inside Farmacy Kitchen you will find dishes inspired by their favourite places around the world, that are not only energising and delicious, but free of dairy, refined sugar, additives and chemicals. Discover the secrets of Farmacy classics, such as Farm green soup, the signature Farmacy burger, Goji ketchup, Raw banoffee pie, Fire starter elixir and the Brain booster latte. Also featured are personal stories, advice on a healthy kitchen set-up, homemade beauty products, tips for happy living and stunning photography.

*'Farmacy has redefined healthy eating by perfecting the often elusive balance of purity and authenticity with an inclusive, welcoming ethos.'*

– **Calgary Avansino, British Vogue**

*'Farmacy is my favourite healthy restaurant in London.'* – **Liv Tyler**

*'An oasis of health and happiness'*  
– **Harper's Bazaar**

*'Everything on the menu is creative, complex and downright delicious.'* – **Grazia**



**Farmacy** is one of London's most successful new restaurants. The critically acclaimed menu has put plant-based cuisine firmly on the food map and has captured the fast growing trend towards eating consciously and more naturally. Farmacy was founded by Camilla Fayed, previously at Harrods and head of fashion brand Issa. Camilla had the inspiration to set up the restaurant following her personal journey exploring how food can be used to uplift and nourish the body.

» **twitter**  
@farmacyuk

» **instagram**  
@farmacyuk

## Specification

June 2018

Aster

£25.00 HB

9781912023509

256 pages

246 x 189 mm

40,000 words

100 colour  
photographs

Rights available:  
World

*'BRUNCH IS OVERTAKING THE ROAST AS THE MOST SACRED OF ALL WEEKEND MEALS'*  
- STYLIST

# Breakfast is Served

Laura Ascari & Elisa Paganelli



Discover dishes from across the globe with this well-travelled collection of recipes for the most important meal of the day.

Give your breakfast or brunch a global twist and travel the world before lunchtime with this celebration of the most delicious morning meals from around the globe – featuring quick and simple recipes for pastries, soups, cereals, tarts, cakes and more. From popular favourites to new discoveries, transport yourself to Italy, Argentina, Morocco, India and beyond with over 40 recipes for the most important

meal of the day.

From the familiar – French *Pain au Chocolat*, Italian *Brioche* and Austrian *Strudel* – to the new and exciting – Swedish *Kanelbullar*, Brazilian *Bolo de Fubá* and sweet, creamy *Pasteis de Nata* from Portugal – get your day off to the tastiest possible start, with the best-kept breakfast secrets from countries around the world.

Laura Ascari is a professional food photographer and video-maker. Elisa Paganelli is an illustrator and designer.

### Specification

February 2018  
Mitchell Beazley  
£12.99 HB  
9781784723378  
144 pages  
240 x 170mm  
11,000 words  
75 colour photographs with integrated illustrations  
Rights available: World English language

# Itsu 20-minute Suppers

Julian Metcalfe and Blanche Vaughan

ITSU HAS 75 SHOPS AND A GROWING ASIAN FOOD RANGE



The authors of the bestselling *itsu: the cookbook* return with a promise: healthy, nutritious suppers within 20 minutes.

In this revolutionary cookbook the authors of the bestselling *itsu: the cookbook* provide simple, nutritious, easy-to-follow recipes, all of which can be made within 20 minutes. Using ingredients readily available at mini-markets, they have created 100 deliciously healthy Asian-inspired recipes with noodles, rice, grains and soups. Why resort to bland ready meals when you can cook itsu-style meals at home in minutes?

itsu is dedicated to skinny but delicious food: light, green and good for you. And it's food that tastes as good as it looks...

Julian Metcalfe is founder of healthy Asian-inspired food brand itsu and co-founder of global success Pret A Manger. Blanche Vaughan is a food writer and chef who is currently Food Editor at *House & Garden*.

*'From stir-fries to salads, these healthy recipes can all be on the table in minutes'*  
- *The Times*

### Specification

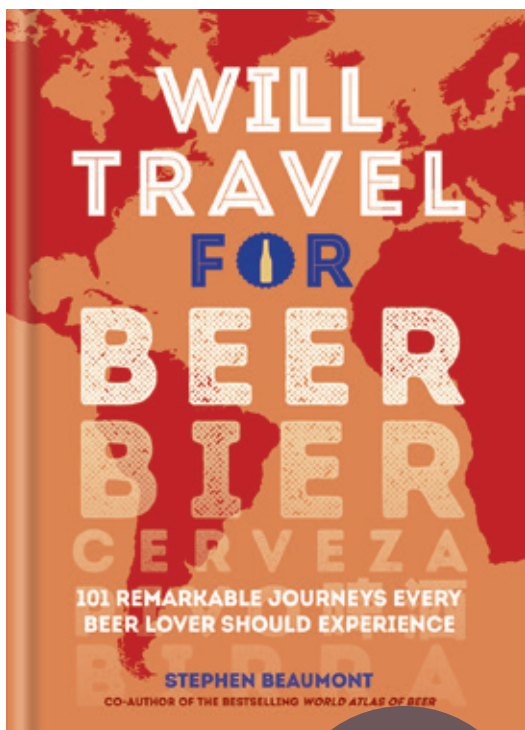
January 2018  
Mitchell Beazley  
£15.99 PB with flaps  
9781784724283  
192 pages  
246 x 189mm  
30,000 words  
150 photographs  
Rights sold: Spa



# Will Travel for Beer

101 Remarkable Journeys Every Beer Lover Should Experience

Stephen Beaumont



WRITTEN BY AN  
INTERNATIONALLY  
RENOWNED BEER  
AUTHOR

The definitive guide to the world's best beer destinations, from beer expert Stephen Beaumont.

From the walkable breweries of Ashville, North Carolina, to the Ølfestival in Copenhagen, Oktoberfest in Brazil to the breweries of Beijing, discover 101 traditional, quirky, absurd, must-visit beer destinations across the globe. Find the world's most romantic pub crawl in Bruges, drink beer in paradise in Latin America or step into Germany via Bangkok, Thailand.

Complete with tasting notes, drinking tips and handy address lists, this is the perfect gift for both beer enthusiasts and keen travellers alike.

FROM THE  
CO-AUTHOR OF  
WORLD ATLAS OF BEER  
88,000  
COPIES SOLD

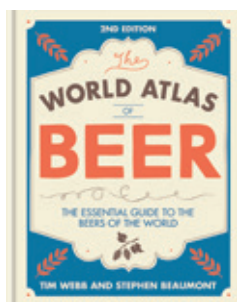


**Stephen Beaumont**

has spent more than 26 years travelling for beer. He is the author or co-author of 11 books about beer, as well as hundreds of articles and features in publications as diverse as *Playboy*, *just-drinks.com* and *Whisky Advocate*.

>>twitter  
@BeaumontDrinks

Previously from Stephen Beaumont...

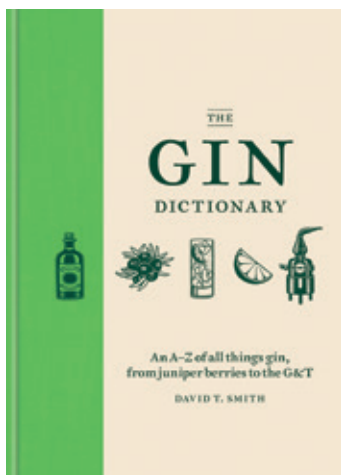


## Specification

April 2018  
Mitchell Beazley  
£14.99 HB  
9781784723200  
224 pages  
210 x 149mm  
50,000 words  
More than 100 images  
Rights available:  
World

# The Gin Dictionary

David T. Smith



**An A-Z compendium of everything you need to know about gin, from botanicals to the perfect G&T.**

Gin is the spirit of the moment, the discerning drinker's tippie of choice. But with a gin revolution currently sweeping the world, it has never been a more fascinating – and complex – subject.

*The Gin Dictionary* is the gin-drinker's guide to this special spirit. With more than 200 entries covering everything from history, ingredients and distilling techniques to flavour notes, cocktails and the many varieties of

GIN SALES TOPPED  
**£1bn**  
IN THE UK LAST YEAR,  
AND ARE ESTIMATED  
TO GROW TO  
**£1.3bn**  
IN 2020

gin around the world, award-winning gin expert David T. Smith explores the key factors behind your drink.

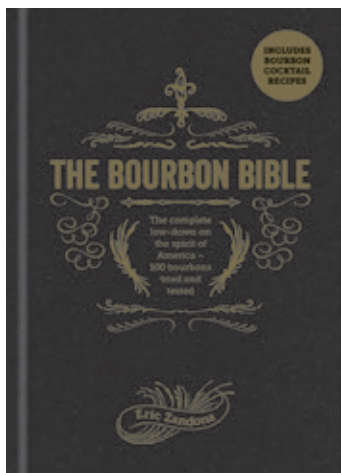
**David T. Smith** is an internationally renowned gin expert, judge and author. He chairs judging panels for the American Distilling Institute and the International Wine and Spirits Competition, as well as the Gin Masters competition. He is the winner of the 2016 Think Gin award for best communicator, and runs workshops on the art of distilling, as well as the drinks website Summer Fruit Cup.

## Specification

April 2018  
Mitchell Beazley  
£15.00 HB  
9781784723989  
256 pages  
210 x 149mm  
35,000 words  
100 illustrations  
Rights available:  
World

# The Bourbon Bible

Eric Zandona



**Featuring bourbon biographies, cocktail recipes and flavour profiles, *The Bourbon Bible* is the essential guide to this stylish spirit.**

Bourbon is booming, and this guide will teach you all you need to know about this most fashionable of spirits. Eric Zandona – spirits specialist at the American Distilling Institute – explores over 100 of the finest bourbons in the world, from the big-name classics to tiny craft distilleries, with flavour profiles and recommendations for the best way to drink each one. Also featuring

recipes for 20 classic bourbon cocktails, as well as chapters on the history of bourbon, how the drink is made and the key things you need to understand when buying a bottle, *The Bourbon Bible* is the ultimate guide to the ultimate drink.

Based in San Francisco, **Eric Zandona** is Director of Spirits Information at the American Distilling Institute, and a writer for *Distiller Magazine*. He also runs the website EZdrinking.com and is an author/editor for the ADI's publishing arm, White Mule Press.

SALES OF  
BOURBON  
TOPPED **£1bn**  
LAST YEAR – WITH  
BRITONS DRINKING  
MORE THAN  
1 MILLION LITRES  
EACH MONTH

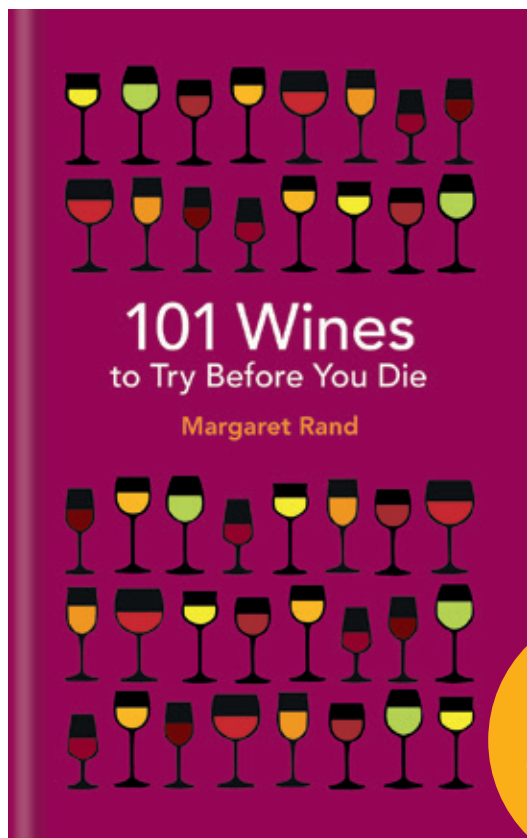
## Specification

August 2018  
Mitchell Beazley  
£15.00 HB  
9781784724573  
224 pages  
210 x 149mm  
35,000 words  
150 images  
Rights available:  
World



# 101 Wines to Try Before You Die

Margaret Rand



## The must-have guide to the world's most interesting wines.

The world is full of wines. So why waste your time drinking something mediocre?

Award-winning author Margaret Rand has selected the 101 wines you should taste in your lifetime. Some will definitely challenge your bank balance – but are so worth it; some are classics that any serious wine lover should experience; others are secret inexpensive gems that you will be delighted to discover. Together they form a fabulous selection of must-drink wines.

From the prestigious vineyards of France and California to lesser-known wine makers in Hungary and Greece, discover the best wines from across the globe. Complete with tasting notes, advice on the best vintages and dishes to pair with the wines, this is the perfect gift for both wine aficionados and wine novices alike.



**Margaret Rand** is the former editor of *Wine Magazine*, *Wine & Spirit International* and *Whisky Magazine*. She now writes for the *World of Fine Wine*, *Drinks Business*, *Decanter* and *Imbibe* among others, and is general editor of *Hugh Johnson's Pocket Wine Book*. She has won several Roederer and Lanson awards.

**BITESIZE, AFFORDABLE GUIDE TO THE WORLD'S BEST WINES**

**IN THE STYLE OF THE HUGELY SUCCESSFUL 101 WHISKIES TO TRY BEFORE YOU DIE (MORE THAN 50,000 COPIES SOLD)**



### Specification

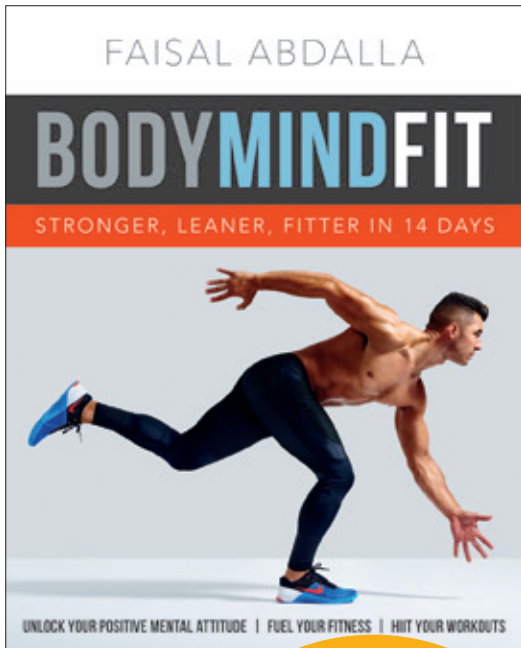
- May 2018
- Mitchell Beazley
- £10.00 HB
- 9781784723569
- 224 pages
- 178 x 111mm
- 40,000 words
- 101 colour photographs
- Rights available: World

# Body Mind Fit

Stronger, leaner, fitter in 14 days

*Faisal Abdalla*

OVER  
**53,000**  
FOLLOWERS  
ON INSTAGRAM



## Eat, sleep, motivate, train, repeat.

Faisal Abdalla, aka 'Mr PMA', is a Nike master trainer, a master trainer at Barry's Bootcamp and Ellie Goulding's personal trainer. He believes that there are three golden rules to looking and feeling great: diet, fitness and, most importantly, a Positive Mental Attitude.

*Faisal Abdalla's Body Transformation Programme* is a realistic and effective body transformation programme. It is about working hard to achieve the body you want and a positive mindset in life; it is about understanding how the smallest of steps can have huge results and add up to a better you. Featuring structured exercise routines for the body and mind, delicious and healthy versions of your favourite food to fuel your fitness – wake up to a hearty breakfast of Kicking scrambled eggs, followed by a post-workout lunch of Itsa pizza pitta and finish your day with nutritious Fish & chips – this book will help you unlock your own PMA and motivate you to smash those goals.



**Faisal Abdalla**  
Celebrity trainer and founder of PMA Fitness, Faisal Abdalla can usually be found bouncing around Barry's Bootcamp, where he is based as a master trainer. Named as one of London's top personal trainers by *Hip & Healthy* magazine, he has an infectious energy and positive mental attitude that has earned him the title 'Mr PMA' among clients. Faisal also keeps busy in his role as an official trainer for Nike and teaches huge crowds of strong women at Nike Women events across London, as well as those at his free Nike Training Club classes each week in Victoria Park.

'THE MORE I STARTED DOING CLASSES AND ALSO WORKING OUT WITH MY TRAINER, FAISAL ABDALLA, THE BETTER I FELT ABOUT MYSELF'  
– ELLIE GOULDING

FAISAL IS AN  
AMBASSADOR  
FOR MEN'S  
HEALTH

»twitter  
@faispmafitness

»Instagram  
@faisalpmfitness



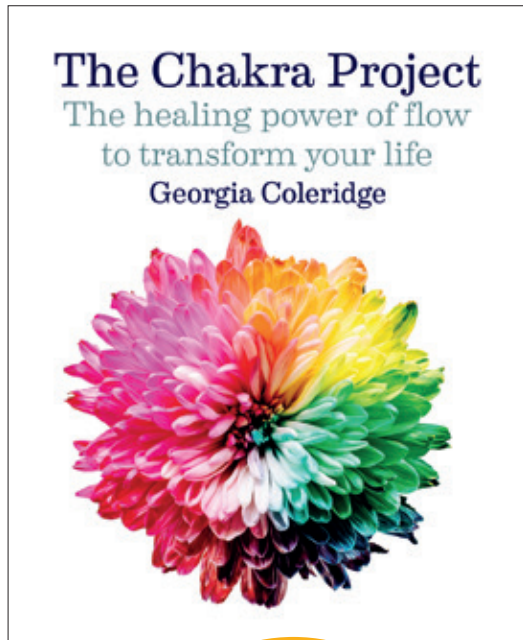
## Specification

May 2018  
Aster  
£15.00 PB  
9781912023370  
224 pages  
235 x 190 mm  
30,000 words  
Over 100 colour photographs  
Rights available:  
World

# The Chakra Project

The healing power of flow to transform your life

Georgia Coleridge



'ENERGY  
HEALING IS  
GAINING SERIOUS  
CREDIBILITY'  
- WELL+GOOD



**Cleanse and nourish your chakras to improve your whole sense of wellbeing.**

Understanding the chakras gives us a window into understanding ourselves and feeling whole from a perspective that connects heart, body and mind. When our energy points – and in particular the 7 major chakras – are in flow, we feel rooted and connected, open to new ideas and people, strong in our voice and our confidence and able to listen deeply to our wisdom and intuition. The practices in this book allow us to identify and then release stagnant, unhelpful energy and encourage the flow of new, so that we have a new sense of freedom, lightness and vitality. *The Chakra Project* introduces exactly what chakras are and why they matter to a new generation of wellness seekers. Each chapter is beautifully designed with stunning lifestyle photography to illustrate the colours, elements and practices associated with the 7 chakras.

**Chapters will include:**

- An introduction to each chakra and what it represents
- The symbols, colours, elements, crystals, essential oils and emotional states associated with each chakra
- Signs of when each chakra is in flow or out of balance
- Accessible practices for how to cleanse, heal and nourish each chakra



**Georgia Coleridge**

is a professional healer with a busy practice. She has had a lot of practical experience with chakras, both her own and her clients'. She finds healing absolutely fascinating, and when she is not healing, teaching workshops or running retreats, she is usually reading about healing or attending courses, so has a broad understanding of the subject and many anecdotes. For 20 years previously, she worked as a book reviewer at the *Daily Mail*, and has co-written two well-received parenting books on making families happier.



**Specification**

**March 2018**

**Aster**

**£16.99 HB**

**9781912023233**

**192 pages**

**235x190 mm**

**35,000 words**

**100 colour photographs and illustrations**

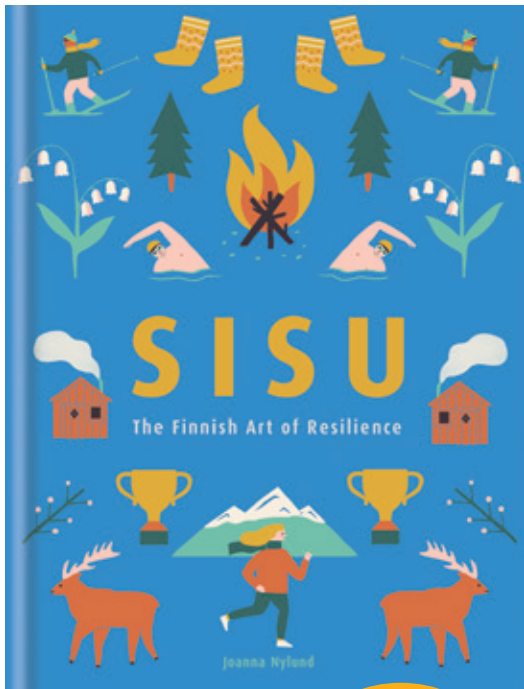
**Rights available: World**



# Sisu

## The Finnish art of resilience

Joanna Nylund



FINLAND  
CAME FIFTH IN  
THE WORLD  
HAPPINESS  
REPORT 2017

FIND OUT MORE  
ABOUT JOANNA AT  
[WWW.JOANNAULFSDOTTER.COM](http://WWW.JOANNAULFSDOTTER.COM)

### A comprehensive guide to the Finnish attitude of courage and determination in the face of adversity.

Derived from the Finnish word *sisus*, which refers to the internal organs (the guts), the ancient word *sisu* describes an attitude of bravery, resilience, stoicism, perseverance and determination in the face of adversity. It is a key psychological competence that enables extraordinary action to overcome a physically or mentally challenging situation. To have *sisu* confers a further dimension of doing so with honesty, integrity and humility.

By cultivating the quality of *sisu* you can:

- Face life's challenges with courage and determination
- Discover your inner strength
- Hang on in there when the going gets tough
- Have a healthy mind by finding your focus
- Resolve conflicts at home and work
- Raise kind and resilient children
- Achieve your fitness goals
- Embrace the outdoors lifestyle
- Fight for what you believe in



**Joanna Nylund** was born and raised in Finland, where she started her career writing music reviews for a local magazine at age 15. After studying English literature at university, she has been working as a translator, journalist, copywriter and photographer. Aside from writing for Finnish newspapers and magazines on topics of culture, literature and history, Joanna is a regular contributor to *ThisIsFinland*, the Finnish Foreign Ministry's portal on all things Finnish, and *SCAN Magazine*. She has to rustle up a bit more *sisu* whenever the cold autumn winds begin beating the Helsinki shoreline where she goes running, but secretly enjoys the challenge.

»[@instagram @joannaulfspotter](https://www.instagram.com/joannaulfspotter)

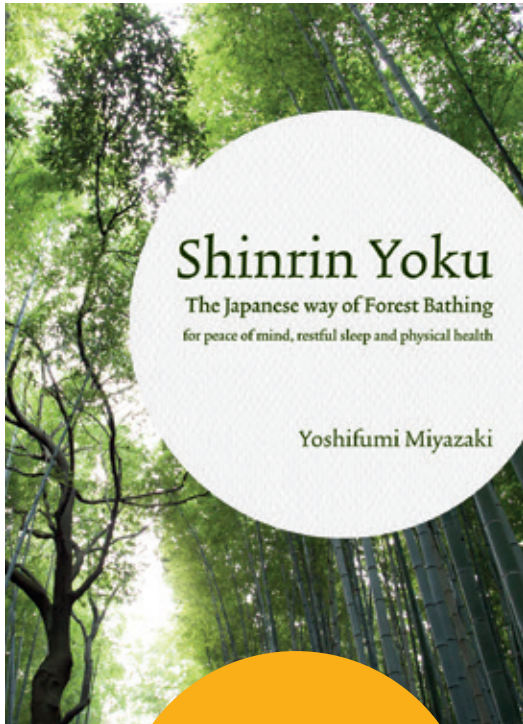
**Specification**  
**April 2018**  
**Gaia**  
**£10.00 HB**  
**9781856753807**  
**160 pages**  
**174 x 131 mm**  
**20,000 words**  
**80 colour photographs and illustrations**  
**Rights available: World**



# Shinrin Yoku

The Japanese way of forest bathing

Yoshifumi Miyazaki



A NUMBER OF STUDIES HAVE SHOWN THAT VISITING PARKS AND FORESTS RAISES OUR LEVEL OF WHITE BLOOD CELLS



Nature meets modern science in this stunning book about the healing power of trees.

Shinrin Yoku or 'forest bathing' was developed in Japan in the 1980s and brings together ancient ways and wisdom with cutting edge environmental health science. There are now forest bathing stations and walkways scattered throughout Japan, and the good news is that we can all benefit from this simple practice.

Simply put, forest bathing is the practice of walking slowly through the woods, in no hurry, for a morning, an afternoon or a day. It is a practice that involves all the senses and as you gently walk and breathe deeply, the essential oils of the trees are absorbed by your body and have an extraordinary effect on stress levels, positive feelings, energy levels and even promote the activity of NK (anticancer) cells and the balancing of blood sugar levels and blood pressure.

In this wonderful book, by the leading expert in the field, science meets nature and mindfulness, as we are encouraged to bathe in the trees and become observers of both the nature around us and the goings on of our own minds.



**Yoshifumi Miyazaki** is a university professor, researcher and the deputy director of Chiba University's Centre for Environment, Health and Field Sciences. He has published several books on the effects and benefits of forest therapy, and the concept is spreading – the Japanese government has created dozens of forest therapy centres. In 2000 Yoshifumi received the Agriculture, Forestry, and Fisheries Minister Award for clarifying the health benefits of wood and *shinrin yoku*, and later an award from the Japan Society of Physiological Anthropology in 2007.



## Specification

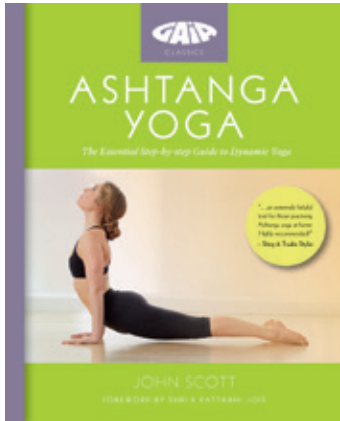
- April 2018
- Aster
- £12.99 HB
- 9781912023516
- 192 pages
- 210 x 149 mm
- 35,000 words
- 40-50 colour photographs and illustrations
- Rights available: World

# Ashtanga Yoga

The essential step-by-step guide to dynamic yoga

John Scott

OVER  
**60,000**  
COPIES SOLD  
WORLDWIDE



**Ashtanga Yoga is the step-by-step guide that takes you through the balanced exercise routines and breathing techniques of this dynamic form.**

Carefully structured, this course starts with a simple sequence for beginners, which once mastered provides the foundation for moving on to the next level.

- Purify your body with dynamic movement and precise postures
- Develop physical and mental strength, increased stamina and greater flexibility

- Perfect as an introduction to yoga and for those who want to take their yoga practice to the next level
- Fully revised and updated

**John Scott** studied with yogi Shri K Pattabhi Jois at the Ashtanga Yoga Research Institute in India, where he qualified to teach Ashtanga Yoga around the world. He has instructed many people in Ashtanga Yoga, including celebrities Madonna and Sting. John now spends much of his time teaching international workshops.

### Specification

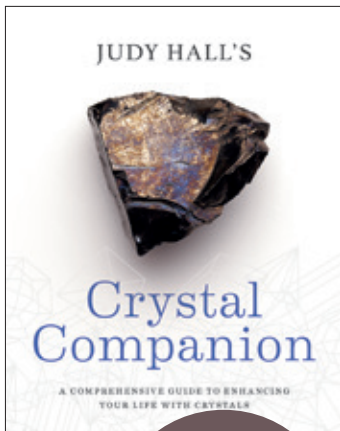
February 2018
Gaia
£14.99 PB
9781856753715
144 pages
235 x 190 mm
38,000 words
400 colour photographs
Rights sold: Spa, Kor, Jap

# Judy Hall's Crystal Companion

How to enhance your life with crystals

Judy Hall

WRITTEN BY  
**BESTSELLING  
AUTHOR AND  
CRYSTAL EXPERT,  
JUDY HALL**



JUDY WAS VOTED  
THE 2014 KINDRED  
SPIRIT  
PERSONALITY OF  
THE YEAR

**With 300 crystals, 50 of which are new to the market, *Judy Hall's Crystal Companion* is a comprehensive guide to working with crystals for the body, heart, mind, spirit, children, karmic clearing, ancestral healing, grounding and protection, the home and the environment.**

Featuring fresh, all-new photography, this book truly captures the vibrations of the crystals and displays their stunning beauty. Inside you will find that the colour-coded design ensures the ease of identification and navigation, making the guide

suitable for both entry-level and experienced crystal workers.

**Judy Hall** is a leading authority on crystals and spiritual development. She has over 40 years' experience in crystal healing, karmic astrology and past-life therapy. She is the author of over 40 books, including the bestselling *The Crystal Bible* (2003), *The Crystal Bible 2* (2009) and *The Crystal Bible 3* (2013). *The Crystal Bible* has sold over 1 million copies worldwide and Judy's books have been translated into over 15 languages.

### Specification

March 2018
Godsfield Press
£20.00 PB with flaps
9781841814711
320 pages
225 x 177 mm
60,000 words
400 colour photographs
Rights available: World



# The Little Book of Mumfulness

Sarah Ford

THE  
UNMUMSY  
MUM HAS SOLD  
139,780 COPIES  
AND HURRAH FOR  
GIN HAS SOLD  
108,545 COPIES



## A non-expert guide to imperfect mumhood.

If you're at the end of your tether and wondering if it's just you (it isn't), then you need *The Little Book of Mumfulness*.

In this indispensable book, a non-expert mum takes you through the non-perfect guide to getting through motherhood without losing your mind from exhaustion. It includes advice on how to take time throughout the day to restore your equilibrium (like having a long, hard scream in a closet), how to shortcut child-related tasks (by avoiding them

altogether) and how to let off steam through mumful exercises, such as taking long mumful swigs of wine at the end of the day when your nerves are fried.

**Sarah Ford** has the best job in the world: being a mum. She is also a publisher, writer and a crazy cat lady with a love of cocktails and coffee. She lives in the Cotswolds but works in London. When she's not working she can often be found chasing a small child, a cat and several chickens round her garden. They are all faster than her.

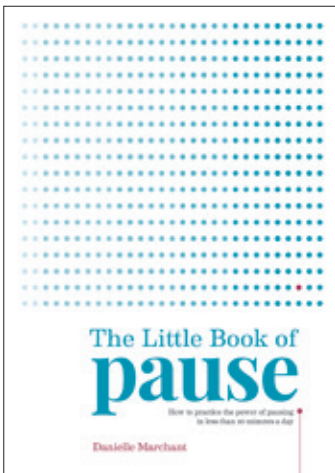
## Specification

March 2018  
Gaia  
£5.99 Flexiback  
9781846015571  
96 pages  
147 x 105mm  
Colour illustrations throughout  
Rights available:  
World

# The Little Book of Pause

How to practise the power of pausing in less than 10 minutes a day

Danielle Marchant



## A beautifully illustrated book of short, guided meditations.

*The Little Book of Pause* is the perfect collection of pauses for busy people. It will teach you in less than 10 minutes a day how to bring the power of pausing into all the situations you are faced with in everyday life.

The guided 'pauses' are divided into sections:

- Pause for Calm
- Pause for Vitality
- Pause for Restful Sleep
- Pause for Perspective
- Pause for Clarity

- Pause for Gratitude
- Pause for Technology

*The Little Book of Pause* gives you a sense of time and space in which you can listen to the whispers of your heart. It allows you to breathe deeply again and be fully present in your life.

**Danielle Marchant** has a long work history as a successful executive coach, working with top-level executives in 20 countries at companies such as HSBC and Unilever. Danielle's debut *Pause* published in June 2017.

## Specification

April 2018  
Aster  
£5.99 PB  
9781912023530  
96 pages  
147 x 105 mm  
10,000 words  
Over 40 colour illustrations  
Rights available:  
World

# Vogue Essentials: Handbags

Carolyn Asome

CONRAN  
OCTOPUS AND  
VOGUE'S PREVIOUS  
COLLABORATIONS  
HAVE TOTAL SALES OF  
MORE THAN 300,000  
COPIES



**From the internationally prestigious fashion brand, *Vogue*, comes this gorgeous celebration of the must-have fashion accessory: the handbag.**

Since its inception more than a century ago, *Vogue* has been fascinated by the infinite incarnations of the handbag. From the myriad surrealist creations of Karl Lagerfeld at Chanel to Prada's democratic nylon backpack, the handbag is fashion's most inventive accessory.

No surprise, then, that the handbag market today is worth more than a hundred billion

dollars. From each season's must-have to five-figure rarities, the handbag symbolizes the inexplicable power of fashion desire. *Vogue Essentials: Handbags* explores all the greatest hits in a collection that any fashion devotee will covet.

**Carolyn Asome** is a fashion and interiors writer and brand consultant. She was a fashion editor at *The Times* for 14 years and now contributes to the *Saturday* and *Sunday Times Style* magazine, the *Telegraph*, *Evening Standard* magazine and *Vogue*.

## Specification

May 2018  
Conran Octopus  
£15.00 HB  
9781840917666  
160 pages  
210 x 160mm  
20,000 words  
120 photographs  
Rights available:  
World

VOGUE  
IS AN  
INTERNATIONALLY  
PRESTIGIOUS,  
ENDURING LUXURY  
BRAND WITH A  
CIRCULATION OF MORE  
THAN 200,000 IN  
THE UK

# Vogue Essentials: Little Black Dress

Chloe Fox



**Discover the most covetable Little Black Dresses in fashion history, with this beautiful book from internationally prestigious fashion brand, *Vogue*.**

Ninety years after *Vogue* dubbed Coco Chanel's simple short black 'Ford' dress 'the frock that all the world will wear', the perfect Little Black Dress continues to be every woman's most sought after fashion essential. At its classic best, the LBD doesn't just make its wearer look beautiful and stylish; it empowers her too. Dress it up, pare it down, wear it forever – the Little Black Dress is a fashion essential.

From the bold, dramatic designs of Zandra Rhodes to the eye-catching LBDs by Vivienne Westwood, from Versace's iconic safety pin number to the tight off-the-shoulder Christina Stambolian dress as worn by Princess Diana, *Vogue Essentials: Little Black Dress* celebrates the very best of the LBD.

**Chloe Fox** is a contributing editor to *Vogue*, and the author of two of the biographies in the popular *Vogue On* Series – *Vogue On Alexander McQueen* and *Vogue On Manolo Blahnik*.

## Specification

May 2018  
Conran Octopus  
£15.00 HB  
9781840917659  
160 pages  
210 x 160mm  
20,000 words  
120 photographs  
Rights available:  
World



# Dress Like a Parisian

Aloïs Guinut



INCLUDES INTERVIEWS AND QUOTES FROM PROMINENT MEMBERS OF THE PARISIAN FASHION SCENE

**'YOU DON'T NEED TO BE IN PARIS TO DRESS LIKE A PARISIAN' – ALOÏS GUINUT**

Discover how French women look so effortlessly good with this lively guide by a Parisian fashion insider.

Bring a Parisian *je ne sais quoi* to your style, wherever you live.

*Dress Like a Parisian* is a wise and witty guide to finding your personal style, taking inspiration from how real Parisian women dress. With personal stylist and fashion blogger Aloïs Guinut as your guide, you can explore which colours, shapes and styles work best for you, whatever the occasion. Aloïs reveals Parisian style secrets, rejects restrictive fashion rules and shares her favourite shops and brands, demonstrating how you can use fashion to enhance your personality rather than shaping your personality to fashion. In the words of the patron saint of Parisian women, Yves St. Laurent, 'fashions fade, style is eternal.'

This book is illustrated with photography shot on the streets of Paris plus illustrations by acclaimed fashion illustrator, Judith van den Hoek, who has worked with *Elle*, Hermès, *Vogue*, Prada and *Grazia*.



**Aloïs Guinut** studied fashion at the prestigious Institut Français de la Mode (French Institute of Fashion), founded by former business partner of Yves St. Laurent, Pierre Bergé. She has previously worked as a fashion trend forecaster and now runs her own personal shopping and style coaching service, giving advice to women from outside of France on Parisian style and designers. Aloïs has been featured in *Le Figaro* and the *Observer*.

»twitter  
@AloisGuinut

»instagram  
@aloisparisian



## Specification

- April 2018
- Mitchell Beazley
- £16.99 HB
- 9781784724184
- 240 pages
- 210 x 149mm
- 35,000 words
- 110 photographs and illustrations
- Rights available: World

# RHS The Little Book of Happy Houseplants

Holly Farrell

HOUSEPLANTS ARE POPULAR WITH A NEW GENERATION OF INDOOR GARDENERS



**Become a star gardener without leaving your home with this beginner's guide to houseplants for the whole family.**

Growing indoors has never been easier or more fun. Whatever the size of your home, and even if you don't have much spare time on your hands, house plants are an exciting way to bring some low-maintenance greenery into your life. As well as looking luscious, house plants improve air quality and our sense of well-being – and caring for them is an endlessly enchanting hobby for both adults

and children.

See how a knobby ginger root sprouts huge exotic leaves, or how plants can grow without any soil at all. Children can get up close and personal with the natural world and try their hand at growing with ease. Best of all, the plants provide year-round interest and there's never any need to go out into the rain. In *RHS The Little Book of Happy House Plants*, every technique and project is explained and illustrated in clear, down-to-earth steps. Even beginners will want to have a go!

## Specification

April 2018
Mitchell Beazley
£12.99 HB
9781784724245
144 pages
208 x 155mm
20,000 words
200 images
Rights available: World English Language, excl. USA, Canada and ANZ

# RHS The Little Book of Small-space Gardening

Easy-grow ideas for balconies, window boxes & other outdoor areas

Kay Maguire

FROM THE AUTHOR OF THE AWARD-WINNING, BESTSELLING *RHS GROW YOUR OWN CROPS IN POTS*



**Make the most of your outdoor space with this handy gardening guide from the author of the award-winning *RHS Grow Your Own Crops in Pots*.**

*RHS The Little Book of Small-space Gardening* is a practical guide for those who aspire to improve even the smallest patch of outside space. This handy guide not only advises on what to expect when growing plants in a restricted and often challenging space, but also functions as a botanical guide that explains how plants have adapted to grow in the most unusual of situations,

explores the aesthetic and health benefits of living close to plants, and discusses the positive impact on wildlife and the wider environment.

*RHS The Little Book of Small-space Gardening* features plant profiles on shrubs, flowers and edibles, and step-by-step projects such as Speedy Salads, Privacy Planter, Wildlife Pot, Fragrant Basket and Instant Edibles. Each section includes illustrations, diagrams and timelines to show when, why and how things happen, providing keen gardeners with the inspiration to cultivate every inch of outside space at their disposal.

## Specification

April 2018
Mitchell Beazley
£12.99 HB
9781784724269
144 pages
208 x 155mm
20,000 words
200 images
Rights available: World English Language, excl. USA, Canada and ANZ

# RHS Gardening School

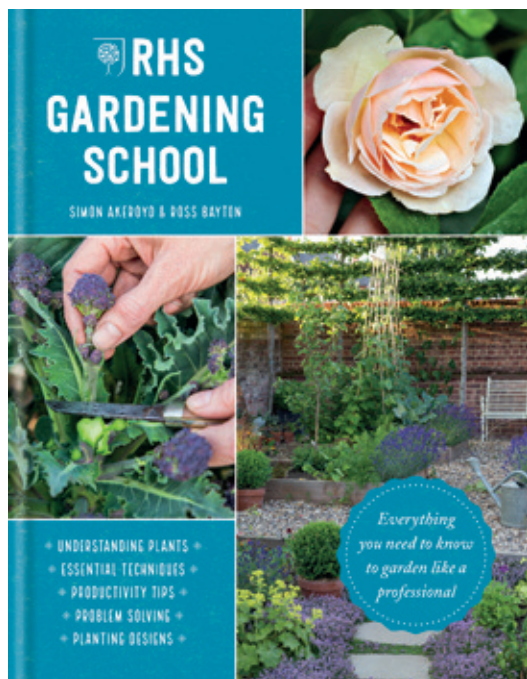
Everything you need to know to garden like a professional

Simon Akeroyd and Dr Ross Bayton

BACKED BY THE  
AUTHORITY OF THE  
RHS, WHICH NOW HAS

**475,000**

MEMBERS



A complete course for keen amateur gardeners and aspiring professionals that draws on the expertise of the RHS.

One of the great joys of gardening is getting better at what you do and seeing your garden flourish as a result. It doesn't matter if you're an old hand or just starting out, there are always things to discover and opportunities to improve, whether its mastering a new technique or brushing up on your botany.

*RHS Gardening School* is the perfect guide for gardeners who want to learn. Inside you'll find chapters on understanding plants, everyday garden care, problem solving, planting design, gardening through the year and much more. Hands-on guidance and step-by-step instructions are accompanied by beautiful photographs and clear diagrams, and underlying principles are explained in plain English by authors who are expert gardeners.

A complete guide to horticulture in one handy book, *RHS Gardening School* will help you become a better, smarter, more productive gardener.

**Simon Akeroyd**

is a garden writer with a passion for both kitchen gardening and cooking. He contributes to numerous magazines including *Grow Your Own* (as the Allotment Gardener) and has written various books on gardening, including *RHS Vegetables for the Gourmet Gardener* and *RHS Allotment Handbook & Planner* (both published by Mitchell Beazley).

**Dr Ross Bayton**

has a bachelor's degree in tropical ecology, and a Masters and PhD in plant taxonomy. He is the co-author of *RHS Genealogy for Gardeners*. He is a former editor and author of the magazine *BBC Gardeners' World*.

- \* UNDERSTANDING PLANTS
- \* ESSENTIAL TECHNIQUES
- \* PRODUCTIVITY TIPS
- \* PROBLEM SOLVING
- \* PLANTING DESIGNS

THE *RHS*  
*ALLOTMENT*  
*HANDBOOK &*  
*PLANNER* BY SIMON  
AKEROYD HAS SOLD  
MORE THAN 27,000  
COPIES IN THE UK  
ALONE



**Specification**

March 2018  
Mitchell Beazley  
£20.00 HB  
9781784724252  
256 pages  
246 x 190mm  
70,000 words  
400 images  
Rights available:  
World English  
Language, excl.  
USA, Canada and  
ANZ

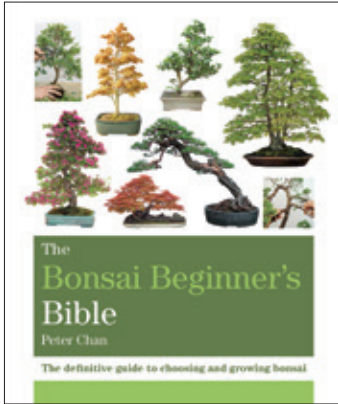


# The Bonsai Beginner's Bible

The definitive guide to choosing and growing bonsai

Peter Chan

EXCELLENT  
VALUE WITH 320  
INFORMATION-  
PACKED PAGES AND  
BEAUTIFUL  
PHOTOGRAPHY



**A compact guide to everything bonsai in the internationally best-selling Octopus Bible format.**

The Japanese and Chinese have been creating bonsai trees for centuries and it is now an internationally popular pastime. This compact and stylish guide will provide everything you need to know to grow bonsai successfully, including shaping with wires, watering, seasonal maintenance, tackling common ailments, choosing the right container, feeding and repotting. A directory of over 90 of the most

popular species, illustrated with beautiful photographs, will enable you to find the tree that is right for you.

**Peter Chan** founded Herons Bonsai, the UK's premier bonsai nursery, in 1986. He has achieved a record tally of 21 Chelsea Gold Medals to date and is the author of six bestselling books on bonsai. Over the years he has been featured in numerous television programmes on bonsai.

### Specification

January 2018  
Mitchell Beazley  
£12.99 PB  
9781784723699  
320 pages  
167 x 140mm  
65,000 words  
300 colour photographs  
Rights sold: Fra

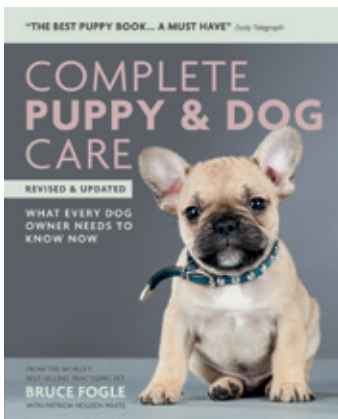
PART  
OF THE  
INTERNATIONALLY  
BEST-SELLING  
OCTOPUS BIBLE  
SERIES

# Complete Puppy & Dog Care

What every dog owner needs to know now

Bruce Fogle

REVISED  
AND  
UPDATED  
FOR 2018



**Essential information and advice on raising a happy and obedient pet, updated for the new dog-owners of 2018.**

Whether you're buying a pedigree puppy or rescuing a crossbreed, in this updated edition of *Complete Puppy & Dog Care*, practising vet Bruce Fogle tells you all you need to know to keep your dog happy. From which breed to choose, to tips for helping your dog bond with the family, as well as health advice and information on nutrition, training, playing and even new dog technology, this book has everything you need to know.

In this book, Bruce Fogle shares the benefit of his 45 years' clinical expertise. Packed with information, *Complete Puppy & Dog Care* is an essential guide for any dog owner.

**Bruce Fogle** is internationally renowned for his expertise in animal health and behaviour. He lectures worldwide, broadcasts frequently on radio and television and is the author of numerous best-selling titles on dogs, including the *RSPCA Complete Dog Training Manual*.

### Specification

February 2018  
Mitchell Beazley  
£12.99 PB  
9781784723491  
235 x 190 mm  
60,000 words  
192 pages  
352 illustrations  
Rights available:  
World



# Be a Mermaid

& be independent, be powerful, be free

*Sarah Ford*



**A little book that packs a big punch, full of motivational sayings from the sea-queen herself.**

Mermaid is happy in her own fins. She is fiercely independent and is just as happy taking herself out for dinner as she is on a night out with the squad. Never one to bow out early, she confronts every challenge head on and isn't afraid to get her hands dirty (though her tail will always be sparkling clean). So let Mermaid guide you through the trials and tribulations of real girl power and you can be sure she'll always have your back.

*Be a Mermaid* is a great gift for friends who need reminding of their inner mermaid, as well as a must-have addition for anyone who needs to regain the power.

**Sarah Ford** is a writer and publisher with a love of cocktails, coffee and animals, mythical and otherwise. She lives in the Cotswolds but works in London. When she's not working she can be found hanging out in her garden with her daughter and a load of pets.

## Specification

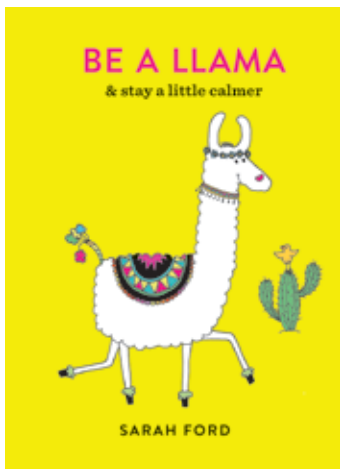
March 2018
Spruce
£5.99 Flexiback
9781846015632
147 x 105mm
96 pages
Over 40 colour illustrations
Rights available: World

BE A UNICORN HAS SOLD OVER 14,000 COPIES SINCE PUBLICATION IN MAY 2016

# Be a Llama

& stay a little calmer

*Sarah Ford*



**Get some llama calma in your life and learn how to keep cool amid the chaos.**

Mistress of mindfulness, chief of chill and queen of colouring, Llama knows just how to take back control and keep calm in an increasingly hectic world.

She sees the importance of taking time out to smell the roses, and the benefits of going offline for a day to get back in touch with the real world. So follow in Llama's hoof-steps and you'll soon be on the fast track to finding your own inner zen... or slow track, you know, no rush.

**Sarah Ford** is a writer and publisher with a love of cocktails, coffee and animals, mythical and otherwise. She lives in the Cotswolds but works in London. When she's not working she can be found hanging out in her garden with her daughter and a load of pets.

## Previously in the series:

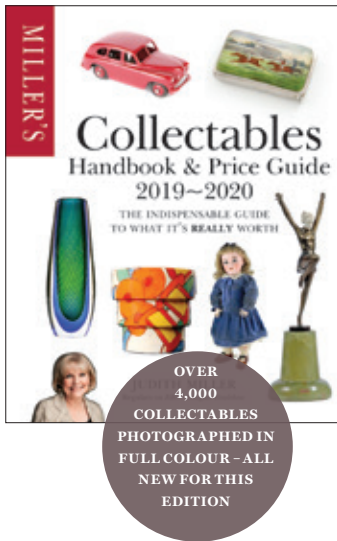


## Specification

March 2018
Spruce
£5.99 Flexiback
9781846015625
147 x 105mm
96 pages
Over 40 colour illustrations
Rights available: World

# Miller's Collectables Handbook & Price Guide 2019–2020

Judith Miller



**The brand new, up-to-date guide to the collectables market for 2019–2020. Whether you're buying or selling, this is the book you need.**

*Miller's Collectables Handbook & Price Guide 2019–2020* is the up-to-date guide to the collectables market no dealer, collector or auctioneer should be without. Featuring more than 4,000 objects, each with a detailed description and current price range, this 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. 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.

**Judith Miller** is one of the world's leading antiques experts. In 1979 she co-founded the international bestseller *Miller's Antiques Price Guide* and has since written more than 100 books. She is a specialist on the BBC's 'Antiques Roadshow'.



## Specification

June 2018
Mitchell Beazley
£22.99 PB
9781784724177
432 pages
235 x 190mm
120,000 words
4,000 photographs
Rights available: World, excl. USA and Canada

# Miller's Mid-Century Modern

Judith Miller

REVISED AND  
UPDATED GUIDE  
TO ONE OF THE  
HOTTEST AREAS  
OF COLLECTING



**An invaluable guide to mid-century modern design, one of the most popular areas of collecting.**

From the 'soft modernism' of Scandinavian furniture to the sleek, clean lines of the lighting created by the Castiglioni brothers in Italy, Judith Miller's *Mid-Century Modern* reveals the glory of one of the most exciting periods of design history: the late 1940s to the 1970s. The book explores the most desirable interiors, furniture, ceramics, glass, metalware and textiles of this hugely popular era. It features all the iconic designs

and designers, with price codes to help value and appraise your mid-century collection. The careers and influence of groundbreaking designers, including Alvar Aalto, Charles and Ray Eames, Robin and Lucienne Day and Arne Jacobsen, are described in stand-alone feature pages. Key pieces (including a number of previously unpublished examples) are placed in an historical context with coverage of innovations in design, production methods and materials.

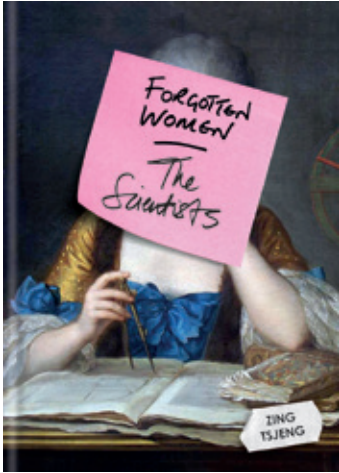
All price codes have been updated for this new edition.

## Specification

June 2018
Mitchell Beazley
£14.99 PB
9781844039845
200 x 160 mm
208 pages
200 colour illustrations
Rights available: World

# Forgotten Women: The Scientists

Zing Tsjeng



**Putting 48 pioneering and innovative female scientists firmly back on the modern map.**

*Forgotten Women: The Scientists* recognises and celebrates the work of 48 (the number of Nobel-prize-winning women) female scientists from all disciplines, including mathematics, genetics, and technology. From Rosalind Franklin, who uncovered the structure of DNA but whose work was attributed to her male colleagues, to Ruby Hirose, whose pioneering research led to the polio vaccine, *Forgotten Women: The Scientists* shines a light on the

unsung scientific heroes whose hugely important yet broadly unacknowledged discoveries and research have transformed the face of science and the world around us.

Zing Tsjeng is the UK editor of VICE.com's female-oriented channel *Broadly*, which has been hailed as the 'slickest feminist platform around'. Zing has also become a spokesperson for millennial women, debating at Telegraph LIVE events, joining Lauren Laverne twice on Late Night Woman's Hour and writing for *Dazed* and the *Guardian*.

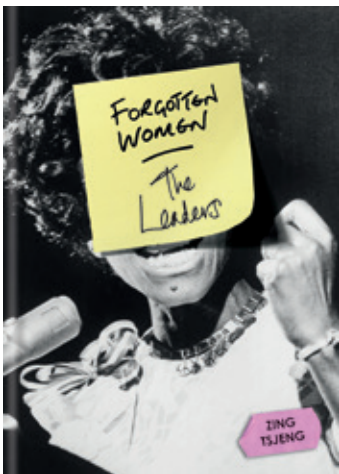
## Specification

March 2018
Cassell
£15.00 Hardback
9781844039838
210 x 149mm
224 pages
Over 60 colour illustrations
Rights available: UK, World

PUBLISHING  
ON  
INTERNATIONAL  
WOMEN'S DAY  
2018

# Forgotten Women: The Leaders

Zing Tsjeng



**The influential and rebellious female leaders that history should never have forgotten.**

*Forgotten Women: The Leaders* weaves together 48 unforgettable portraits of women who made huge yet unacknowledged contributions to history. These are the true pioneers and leaders who deserve to have had history books written about them, such as Grace O'Malley, the 16th century Irish pirate queen; Sylvia Rivera, who spearheaded the modern transgender movement; or Agent 355, the rebel spy who played a pivotal role in the

American Revolution.

With evocative illustrations from the first open international directory of female professional illustrators, *womenwhodraw.com*, and in collaboration with the New Historia, an academic initiative designed to document and promote the achievements of women in history, *Broadly* editor-in-chief Zing Tsjeng brings together the stories of the most remarkable female leaders from across the ages.

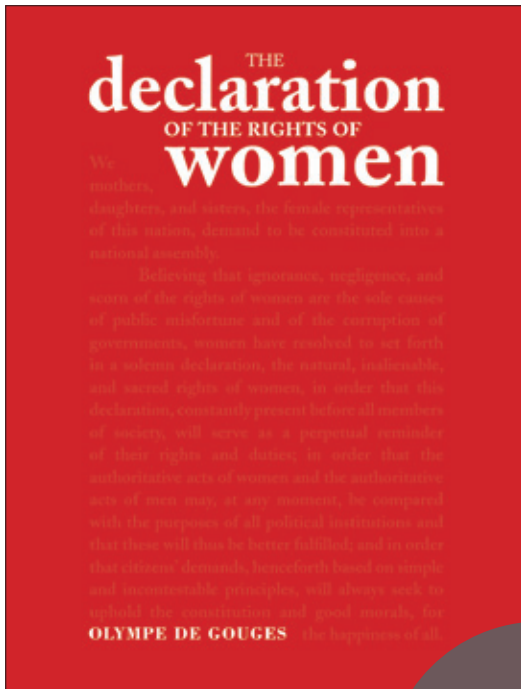
## Specification

March 2018
Cassell
£15.00 Hardback
9781844039715
210 x 149mm
224 pages
Over 60 colour illustrations
Rights available: UK, World

PART OF A NEW  
SERIES OF INNOVATIVE  
FORGOTTEN WOMEN  
TITLES THAT FEATURE  
PIONEERS FROM  
THROUGHOUT WORLD  
HISTORY

# The Declaration of the Rights of Women

*Olympe de Gouges*



## Understand the history behind feminism with these core treatises on women's rights.

People often consider feminism to be a modern idea and assume that women of the past simply accepted the life carved out for them. In fact, women's rights have been at the forefront of political and social debate for centuries. Written over 200 years ago, 'The Declaration of the Rights of Woman and the Female Citizen' by Olympe de Gouges started a chain reaction in history that went on to inspire other women to fight against the lives society had imposed upon them.

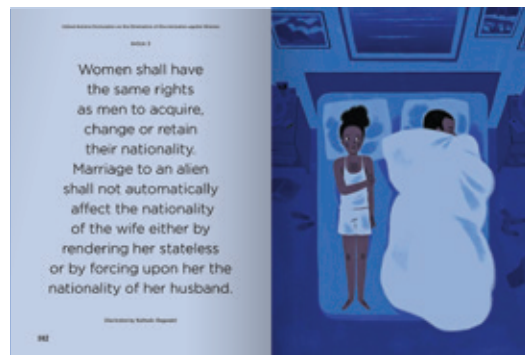
This book also includes articles from 'The UN Declaration on the Elimination of Discrimination Against Women'. How can you fight if you don't know what you're still fighting for or even who you're fighting against? The UN has already established a vast range of women's rights that are constantly being chipped away at by organisations.

This book presents the texts to you in an engaging way. Articles are broken up by artist's interpretations of each point along with quotes from a range of feminists throughout history including Emmeline Pankurst and Hillary Clinton.

READ IN TIME FOR  
INTERNATIONAL  
WOMEN'S DAY ON  
8TH MARCH!

## Olympe de Gouges

Olympe de Gouges was a French feminist and activist during the French Revolution, a time of great change and yet such things were still radical. Her text, 'The Declaration of the Rights of Woman and the Female Citizen' was written in response to the French constitution of 1791 to address the key issues for women's rights that it had failed to cover.



## Specification

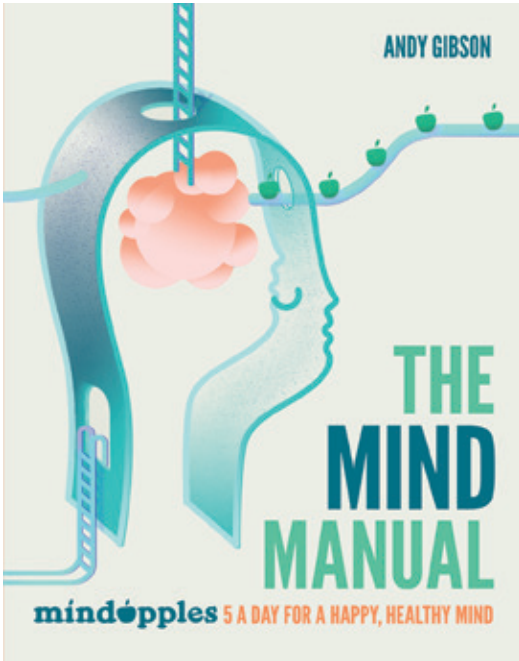
- March 2018
- Ilex Press
- £10.00 Hardback
- 9781781575673
- 174 x 131mm
- 144 pages
- 35 colour illustrations
- Rights available: World English Language



# The Mind Manual

5 a Day for a Happy, Healthy Mind

Andy Gibson



*'Mindapples is a rather lovely thing – a small, social project with no other aim than to promote individual self-management of mental wellbeing.'*

*– Maureen Rice, UK launch editor of Psychologies magazine.*

**A comprehensive and accessible book about how to look after your mind and improve your wellbeing, in collaboration with Mindapples.**

From the people who brought you the Mindapples '5-a-day for your mind' campaign, *The Mind Manual* is an accessible guide to what's going on in your head. From understanding how your own mind works, to making sense of the behaviour of others, this is a practical guide to managing your mind and using it to get the life you want.

The book uses proven insights from neuroscience and psychology, filtered through the wisdom and experience of thousands of people in the Mindapples' global community, in order to give you a crash-course in understanding your own mind. Not only will it improve your well-being, your ability to cope with stress, and your understanding of yourself and of others, but it also will give you the tools you need to be your best self, with chapters including 'How to Be Yourself', 'How to be Productive' and 'How to Fall in Love'.



**Andy Gibson** is a keynote speaker, author and campaigner specializing in psychology and social change. He is also the founder of several businesses, including Mindapples. Andy has advised some of the world's biggest businesses on how to harness the minds of their staff, and spent nearly a decade campaigning to raise awareness of the importance of mental health. His last book, *A Mind for Business*, won Management Gold in the Management Book of the Year awards 2016. He holds degrees in history and psychology, and is also a former Trustee of the Royal Society of Arts.

>>twitter  
@mindapples  
@gandy



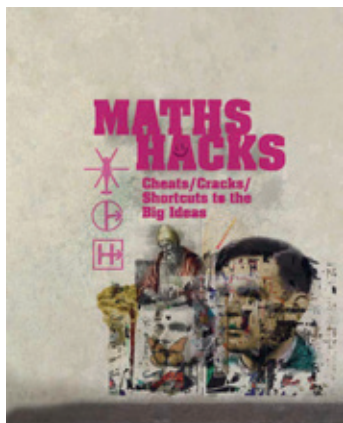
## Specification

January 2018  
 Cassell  
 £12.99 Paperback  
 9780600634393  
 200 x 160mm  
 192 pages  
 50 colour illustrations  
 Rights available: World

# Maths Hacks

## Cheats/Cracks/Shortcuts to the Big Ideas

Rich Cochrane



**100 ingenious hacks to make even the most complex mathematical theories easy to understand.**

Everything you need to know about 100 key mathematical concepts condensed into easy-to-understand sound bites designed to stick in your memory.

On each topic, you'll start with a helicopter overview of the subject, which will give you an introduction to the idea and some context, and then you'll zoom in on the core elements of the theory. Finally, you'll be given a one-liner hack to really make the theory stick in your

mind. The perfect introduction to algebra, logic, and much more, this is a great new way to learn and remember mathematical ideas.

**Rich Cochrane** is a writer and educator who teaches innovative maths courses for artists at Central Saint Martins, and lectures in maths and philosophy at City Lit. He also spent a decade in the City writing software, which is how he discovered that maths was a lot more interesting than it seemed at school. He is the author of *The Secret Life of Equations*, published by Cassell.

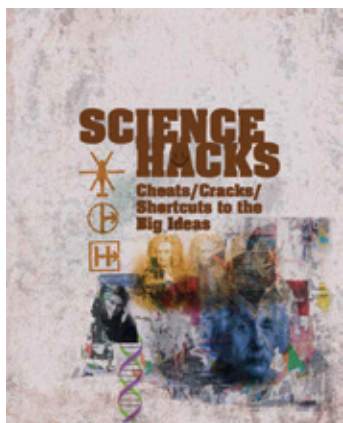
### Specification

April 2018  
Cassell  
£14.99 Paperback  
9781844039630  
225 x 177 mm  
208 pages  
200 colour illustrations  
Rights available:  
UK, World excl.  
USA & Canada

# Science Hacks

## Cheats/Cracks/Shortcuts to the Big Ideas

Colin Barras



**Get an ingenious and unique shorthand way to understand and remember even the most complex scientific theories with *Science Hacks*.**

With this book, you no longer need a PhD to understand the fascinating ideas behind science's greatest theories. This latest addition to the ingenious new *Hacks* series will show you a technique for understanding and remembering 100 of the most important and interesting scientific theories from throughout the ages.

You'll begin with an overview of

the subject to introduce you to the idea and its context. Next, a clear explanation will help you understand the core elements of the theory. Finally, a one-liner hack will make sure you remember it.

**Colin Barras** is a science writer who has written for *New Scientist*, the *Daily Telegraph* and the BBC, along with numerous academic papers during his PhD. He also wrote for the ATLAS project, part of the Large Hadron Collider at CERN.

A BRAND NEW  
SERIES SHOWING YOU  
HOW TO 'HACK' INTO  
KNOWLEDGE OF KEY  
SUBJECTS

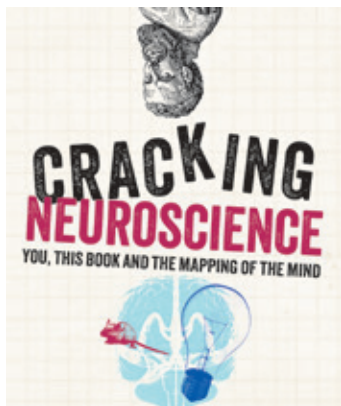
### Specification

April 2018  
Cassell  
£14.99 Paperback  
9781844039845  
225 x 177 mm  
38,000 words  
208 pages  
200 colour illustrations  
Rights available:  
World

# Cracking Neuroscience

You, this book, and the mapping of the mind

John Turney



Know your own mind with *Cracking Neuroscience*, and get a crash-course in the latest scientific knowledge of the workings of the brain.

In this comprehensive guide, the most elusive concepts such as memory, addiction and mind mapping are broken down into easily understandable bite-sized pieces, to give everyone the chance to understand their own brain.

**Jon Turney** is a science writer, editor and reviewer with over 30 years' experience. He has lectured in universities across the UK,

including UCL and Imperial, and created as well as taught several science communication courses. He is the author of numerous science books and lives in Bristol.

THE LATEST  
INSTALMENTS IN  
THE FANTASTIC  
*CRACKING...*  
SERIES

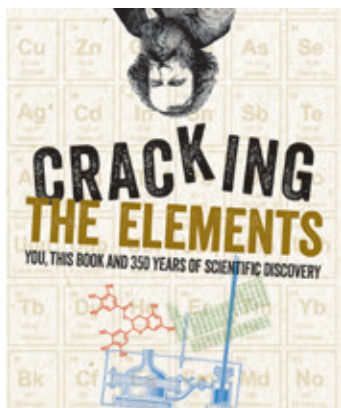
## Specification

March 2018  
Cassell  
£14.99 Hardback  
9781844039524  
167 x 140 mm  
320 pages  
300 illustrations  
50,000 words  
Rights available:  
World

# Cracking the Elements

You, this book, and 350 years of scientific discovery

Rebecca Mileham



Get back to basics with *Cracking the Elements*, and learn all about the building blocks of life as we know it.

Spanning the discovery of the very first elements all the way up to the naming of the most recent elements in 2016, this book makes every daunting scientific concept understandable and memorable, and provides you with the tools to understand everything you need to know about the fundamental materials that make up our world.

**Rebecca Mileham** is a writer who specialises in science and technology, and has almost 15 years of experience in the museums sector. She has helped write the text for exhibitions across the UK, including several at the Science Museum and the Natural History Museum, and is the author of books on computer games and pollution. She is a regular contributor to *Engineering and Technology Magazine*.

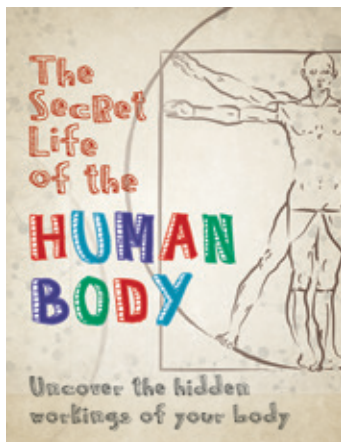
## Specification

March 2018  
Cassell  
£14.99 Hardback  
9781844039517  
167 x 140 mm  
320 pages  
300 illustrations  
Rights available:  
World

# The Secret Life of the Human Body

Uncover the hidden workings of your body

Dr Sam Hamilton



**Most of us take our body for granted and are never aware of its amazing capabilities.**

This book looks at how the seven octillion atoms that make up the human body are grouped into organs, tissues, nerves, fibres, fluids and more in such a way that the entire system runs smoothly without us ever knowing about it. It reveals the astonishing secrets of the human body, from the 15 'other senses' we have beyond the known five, to the reason we have eyes capable of seeing the Andromeda galaxy 2.5 million light years away. Aimed at making you aware of just

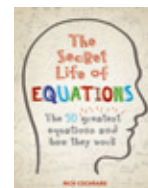
how intricate you really are, *The Secret Life of the Human Body* explains the hidden world of hormones and enzymes, the battleground of your immune system, the senses and much more.

**Dr Sam Hamilton** is a post-doctoral virologist and has worked as a medical writer with academic groups, contract research organisations and pharmaceutical and biotechnology companies since 1999. She has been a freelance medical writer since 2006.

## Specification

May 2018
Cassell
£12.99 Paperback
9781844039784
246 x 189mm
192 pages
250 illustrations
Rights available: World

## Previous title



# The Secret Life of Language

Discover the origins of global communication

Simon Pulleyn



**How did language begin, how did it evolve, and what is happening to it now?**

This book looks at how language has evolved around the globe from ancestral proto-languages to our recognisable modern tongues. It demonstrates how language has been shaped by social and cultural influences, and even explains how our anatomy affects the articulation, and therefore evolution, of words.

Combining expert analysis with accessible narrative and fun illustrations, *The Secret Life of Language* makes even the complex topics of syntax, morphology and

phonology easy to understand.

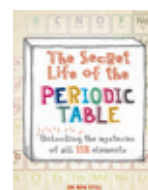
Uncover forgotten languages, learn about etymology and the interaction between words and thoughts, and discover the fascinating history of human communication.

**Simon Pulleyn** fell in love with languages at school and has been studying them ever since. He read Latin and Ancient Greek at Oxford and taught Classics at the university for almost a decade. In 2014 he decided to dedicate all his time to writing and he has just completed a large book on Homer's *Odyssey* for Oxford University Press.

## Specification

May 2018
Cassell
£12.99 Paperback
9781788400244
246 x 189mm
192 pages
250 illustrations
Rights available: World

## Previous title

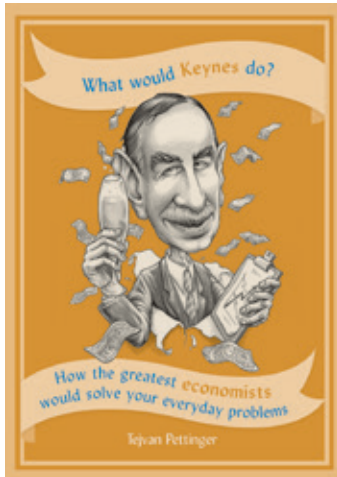




# What Would Keynes Do?

How the greatest economists would solve your everyday problems

Tejoan Pettinger



**Get life advice and a crash course in economics from the greatest minds of every generation, including Milton Friedman, John Maynard Keynes and John Forbes Nash Jr.**

Have you ever wondered what Adam Smith would have to say about you playing the lottery? Or whether Jeremy Bentham could cure your hangover (through economics)? Ever pondered over what Milton Friedman might get you for Christmas?

Here, finally, is a book that tackles all the important everyday economics questions in your life by

asking one simple question: *What Would Keynes Do?* By comparing and contrasting what the greatest economists of all time would have to say about 40 questions from your everyday life, this book will help you get to grips with all the important economic theories in an original and thought-provoking way.

**Tejoan Pettinger** lives and works as a teacher in Oxford, where he originally studied PPE. He is a contributor to the *Economic Review* and is also the editor of [www.economicshelp.org](http://www.economicshelp.org). He is the author of *Cracking Economics*.

QUIRKY AND ILLUMINATING ILLUSTRATIONS THROUGHOUT, WITH CARICATURES OF ALL THE GREAT THEORISTS

## Specification

March 2018  
Cassell  
£12.99 Paperback  
9781844039807  
210 x 149 mm  
192 pages  
90 illustrations  
Rights sold: Fra, Kor

## Previous title



# What Would Marx Do?

How the greatest political theorists would solve your everyday problems

Gareth Southwell



**Let the greatest political philosophers in history answer all your everyday questions and in doing so make even the most complex political theories easy to understand.**

Have you ever wondered what Kant might have to say about your addiction to social media? Or whether Plato would be able to help resolve your constant arguments about what to watch on TV? Or if Hobbes would agree to feed your pet hamster while you're away on holiday?

When it comes to the really important questions, who better to

ask than the greatest political minds in history, with *What Would Marx Do?* Using 40 everyday questions and problems as springboards for exploring the great political questions of our time, this book will give you a crash course in political philosophy, and an introduction to the theories and ideas of the greatest political philosophers of all time.

**Gareth Southwell** is a philosopher, writer and illustrator living in Wales. He has taught, examined and written about philosophy for many years, and is the author of a range of books on the subject.

## Specification

March 2018  
Cassell  
£12.99 Paperback  
9781844039791  
210 x 149 mm  
192 pages  
90 illustrations  
Rights sold: Fra, Kor

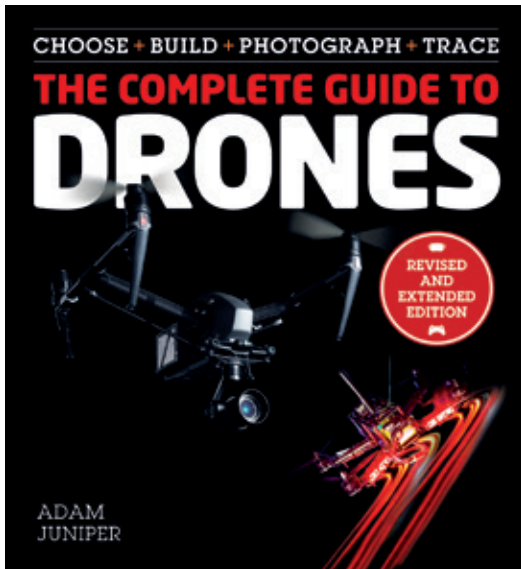
## Previous title



# The Complete Guide to Drones

Extended 2nd Edition

Adam Juniper



Take to the skies and become a skilled pilot, whatever your budget.

The only thing growing faster than the drone market is the amount of misinformation about them. Almost overnight, popular drones like the instantly recognisable DJI Phantom have created a billion-dollar industry, with a foothold in everything from movie-making to air-sea rescue.

This updated edition of the best-selling book on the subject shows you everything there is to know about drones, multicopters and UAVs in plain, jargon-free English. Find out how they work, how to fly them, how to choose the right drone for you, and how to take amazing photos and videos from above. The text is accompanied by clear illustrations and even more photography than before.

All new in this edition is an additional step-by-step guide for those who want to build a racing drone for fun, or to compete in the fast-emerging FPV leagues. Updates also include all the latest technological, legal and political developments, and an accompanying website with video clips and community links.

This book is all you need to take to the skies!

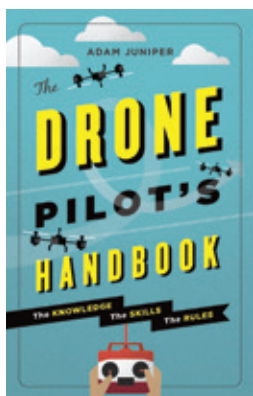
THE BEST-SELLING BOOK IN ITS CATEGORY, REVISED, UPDATED AND EXTENDED TO COVER EMERGING NEW DRONE TYPES



**Adam Juniper** has been flying drones and model helicopters for years, and enjoys nothing more than sharing those skills and the videos he captures. He is active in the community and his YouTube videos have been seen by tens of thousands of fellow pilots.

»twitter  
@AdamJuniper

Previously from Adam Juniper ...



## Specification

May 2018  
Ilex Press  
£16.99 PB  
9781781575383  
160 pages  
255 x 235mm  
31,000 words  
400 images  
Rights available:  
World

# Forty Ways to Write I Love You

Learn amazing hand-lettering techniques, styles and ideas

Lana Hughes

THE PERFECT  
GIFT FOR  
VALENTINE'S  
DAY



**Pick up your pens and discover the loved-up world of fresh hand lettering!**

For globe-trotting romantics and lovers of hand lettering the world over, this is an activity book like no other. Expert letterer, Alannah Hughes, has created 40 unique and beautiful designs of the heart-warming words 'I love you' but with one major difference – they are each written in a different language.

The designs can be copied on the opposite page in the colour and medium of your choice, and if you need a little more help with

technique, each 'I love you' is accompanied by a lesson on an individual lettering style, which can be practised directly in the book.

**Lana Hughes** is an Essex-born, London-based artist specialising in hand-lettering, sign writing and typographic illustration.

Lana has created works for clients including British Airways, O2, Studio Canal and London Zoo. She works both independently and as one third of design studio Animaux Circus, which she co-founded in 2010.

## Specification

January 2018  
Ilex Press  
£12.99 PB  
9781781575239  
176 pages  
235 x 190mm  
9,000 words  
110 images  
Rights available:  
World

# Ornamental Alphabets

Ancient & Mediaeval

F. G. Delamotte



**Find inspiration in the past with letters that date back to the eighth-century and reach into the seventeenth-century.**

Whether you're a type nerd, an illustrator or a professional designer, *The Book Of Ornamental Alphabets* is the perfect sourcebook. Find scores of thoughtfully selected royalty-free alphabet fonts within, as well as numerals, monograms and more.

An iconic Victorian book, re-published as a beautiful facsimile for the first time in over 150 years, *The Book Of Ornamental Alphabets* is an

unbeatable resource and a must-have for any typographer's bookshelf.

**Freeman Gage Delamotte**

(1814–1862) was a master draughtsman and engraver, with a desire to make the essential and beautiful accessible.

## Specification

March 2018  
Ilex Press  
£12.99 HB  
9781781575659  
112 pages  
150 x 245 mm  
5,000 words  
54 images  
Rights available:  
World

AN ICONIC  
TYPOGRAPHY  
TITLE  
PUBLISHED FOR  
THE FIRST  
TIME IN OVER  
150 YEARS.

# Spot-the-Difference Architecture

## 40 Brain-Bending Photographic Puzzles



Visit your favourite buildings from around the world and discover something new with 40 spot-the-difference puzzles.

Enjoy stunning shots of the world's favourite buildings in this phenomenal spot-the-difference photographic collection. Each of the 40 brain-bending puzzles will boost your observation and concentration skills while the fact-filled captions will help you see even more than you did before.

Travel the globe, from Venice to Montreal, from London to New York. Marvel at the magnitude of the Taj Mahal, delight in the

phenomenal detail of Gaudi's facades, and be wowed by many more architectural treasures in this stunning book.

A NOVEL AND  
EXCITING WAY TO  
LEARN ABOUT  
ARCHITECTURE  
FROM AROUND  
THE WORLD

### Specification

February 2018

Ilex Press

£9.99 PB

9781781575451

96 pages

5000 words

248 x 248mm

124 images

Rights available:  
World

# Street Art Activity Book



Create your own virtual street art within the pages of this interactive activity book, inspired by the work of the most innovative graffiti artists in the world today.

From witty road signs to bold painted street bollards, cute cartoons to politically inspired wall paintings, street art is colourful, vibrant, diverse and exciting. Now, you can create your own. Paint your own wall art, create your own billboards or transform road signs into colourful cartoons within the pages of this book. Transform your surroundings and distort street publicity. The *Street Art Activity Book* is filled with pages of city

canvases on which to create your own graffiti masterpieces.

Profiles of the most creative street artists in the world provide inspiration and explain how to interact with the city surroundings. Discover the greatest graffiti artists transforming the urban landscape and bring your creativity to the street with a stroke of the brush or pencil.

### Specification

February 2018

Mitchell Beazley

£14.99 PB

9781784723224

176 pages

285 x 225mm

5,500 words

65 colour photos

90 black-and-white canvases

Rights available:  
World English language

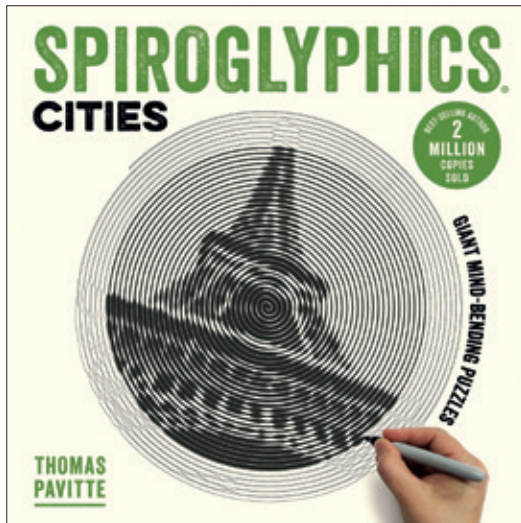
FROM THE  
CREATORS OF  
THE TATTOORIALIST  
AND  
URBAN CYCLING



# Spirographics: Cities

Colour and reveal your favourite places in these 20 mind-bending puzzles

Thomas Pavitte



*Spirographics* are a totally original idea from the twisted mind of genius puzzle-designer, Thomas Pavitte!

Thomas's unique talent is creating activity puzzles that result in something truly extraordinary. His *1000 Dot-to-Dot* books and *Querks* colouring books have become international best-sellers, enjoyed by creative puzzle fans all over the world.

*Spirographics* are even more incredible than anything he has done before. Each oversized design starts life as a featureless spiral, but as you fill in the lines, you find yourself creating a surprising, eye-popping image. Fun to create and amazing to look at, the Spirographics will blow your mind and make amazing artworks for your wall!

*Spirographics: Cities* brings together a selection of landmarks from some of the world's favourite cities such as Rome, New York and London. So pick up a pen and discover the world.



**Thomas Pavitte**

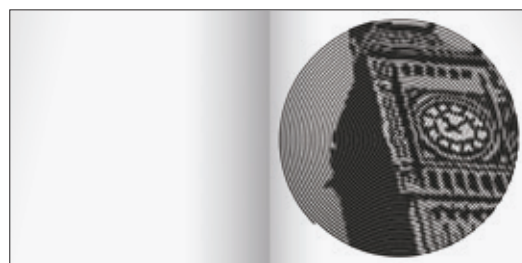
When graphic designer Thomas Pavitte found himself between jobs, he started doodling to keep his creative juices flowing, experimenting with the dot-to-dot puzzles he remembered from his childhood. The result was a 6,239-dot reconstruction of the *Mona Lisa*, which then led to the *1000 Dot-to-Dot Book* and its sequels. Constantly exploring new graphic ideas, Thomas lives in Melbourne, Australia, and shares his work at [thomasmakesstuff.com](http://thomasmakesstuff.com).

» [twitter](https://twitter.com/thomaspavitte)  
@thomaspavitte

Previously from Thomas Pavitte ...



PAVITTE'S 1000  
DOT-TO-DOT BOOKS  
HAVE SOLD WELL OVER  
**1,500,000** COPIES  
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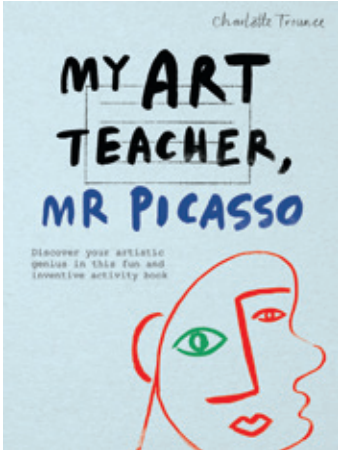
## Specification

April 2018  
Ilex Press  
£9.99 PB  
9781781575468  
48 pages  
500 words  
297 x 297mm  
20 images  
Rights sold: Kor

# My Art Teacher, Mr Picasso

Fun, creative activities inspired by the master of form

Charlotte Trounce



**Imagine learning from one of the world's greatest artists.**

'Every child is an artist. The problem is remaining an artist when we grow up'. Picasso said a lot of wise things about how to create great art in any medium; with this innovative workbook, you'll be able to put them into practice immediately!

Enriched with quotes and plentiful images from Picasso's incredible oeuvre, this cool workbook provides exercises that teach his techniques in a fun and accessible way.

*My Art Teacher, Mr Picasso* is the first in a new series of inspirational, practical art books: later volumes will feature the wisdom and expertise of Mr Matisse and Mr Warhol.

**Charlotte Trounce** is a freelance illustrator living in London. Since graduating from Falmouth University in 2011, she has worked for clients such as *The New York Times*, Barbican, Art Fund and Penguin Books and has covered a varied range of commissions including editorial, advertising, publishing and product design.

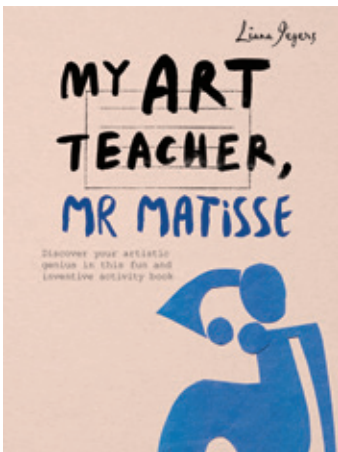
## Specification

February 2018
Ilex Press
£12.99 PB
9781781575062
128 pages
6000 words
280 x 210mm
80 images
Rights sold: Spa

# My Art Teacher, Mr Matisse

Fun, creative activities inspired by the master of colour

Liana Jegers



**Learn how to think and create like your favourite artist.**

One of the founding fathers of modern art, Henri Matisse's unique vision continues to inspire artists to this day. Taking inspiration from the artist's wise words and innovative methods, this colourful book sets you a variety of tasks to complete on the page. Enjoy a tour of Matisse's studio and recreate some of your favourite works.

**Liana Jegers** is a writer and illustrator based in Chicago. She has written various pieces for

small publications and contributes a column to *The Smudge*, a small monthly newspaper which she co-founded and edits. In addition to her personal practice, she regularly illustrates for various magazines, books and websites.



## Specification

June 2018
Ilex Press
£12.99 PB
9781781575482
128 pages
6000 words
280 x 210mm
80 images
Rights available: World excl. USA & Canada

# How to Draw

Sketch and draw anything, anywhere with this inspiring and practical handbook

Jake Spicer



Learn how to draw with proven exercises for real-world practice and improvement from the UK's favourite drawing teacher.

If you want to learn to draw, this book will show you how. Jake Spicer has created a comprehensive course that will show you that yes, you can draw!

With a series of tried-and-tested lessons, honed in his popular classes, Jake gives you a wide range of subjects and scenarios that will build your confidence and skills. If you're a total beginner, you'll discover the basic techniques to get started making successful drawings, and simple exercises will quickly build your confidence. If you're already a proficient draughtsman, you'll find *How To Draw* is a resource you can return to time and again to refine your skills, broaden your horizons and give you inspiration whenever you need it.



**Jake Spicer** is an artist and drawing teacher based in Brighton, England. He is head tutor at the independent drawing school Draw, a co-director of the Drawing Circus and regularly runs portrait and figure drawing courses for the Camden Arts Centre and the National Portrait Gallery.

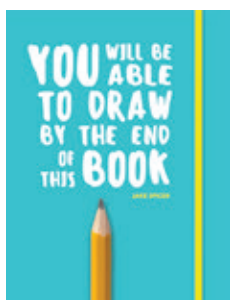
[www.jakespicerart.co.uk](http://www.jakespicerart.co.uk)

» [@BrightonDrawing](https://twitter.com/BrightonDrawing)

JAKE SPICER IS RENOWNED FOR HIS ABILITY TO MAKE SOLID FOUNDATIONAL INSTRUCTION FUN

JAKE'S BOOKS HAVE SOLD WELL OVER **125,000** COPIES WORLDWIDE

Previously from Jake Spicer ...



## Specification

June 2018

Ilex Press

£9.99 PB

9781781575789

320 pages

24830 words

210 x 149mm

300 images

Rights sold: Pol, Ger, Hol

# Fast Art

Art to create, make, snap and share in minutes

Bev Speight



Express yourself and make something amazing with these *Fast Art* projects!

Making art is so much easier and more enjoyable than you ever imagined. This lively book brings together 30 short, inspiring projects that will get you excited about creating real art.

With the emphasis on fun, fast and quirky, the projects in this book will entice you to try something different. You will explore new techniques and create satisfyingly impressive art pieces with surprising ease. In particular, these projects are designed to prevent you from over-thinking – you will be amazed what you can do when you abandon your fears and produce spontaneous, fresh art works of which anyone would be proud.

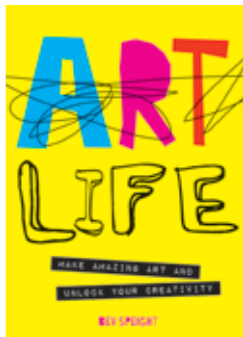
No specialist equipment is needed – simplicity is key. *Fast Art* will unlock your inner artist with its fun and informal approach to releasing your creativity.



**Bev Speight** is an artist, illustrator, designer and educator who teaches at Middlesex University. She was previously creative director for a major book publisher and, amongst many other clients, has worked extensively on high profile campaigns for the BBC.

ENJOY PROJECTS  
WITH  
IMPRESSIVE  
RESULTS

Previously from Bev Speight...



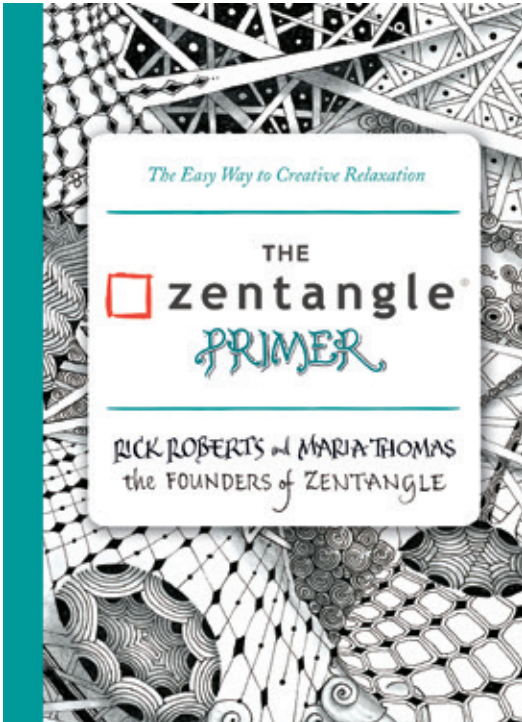
## Specification

June 2018  
Ilex Press  
£12.99 PB  
9781781575154  
144 pages  
9000 words  
235 x 190mm  
250 images  
Rights available:  
World



# The Zentangle Primer

Rick Roberts & Maria Thomas, the founders of Zentangle



Learn the simple art of Zentangle from the people who invented it, in this first official book.

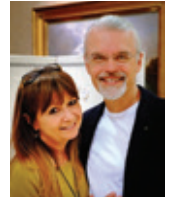
Are you looking for an escape from your hectic life? Do you struggle to wind down? Maybe you've lost your creativity and are seeking inspiration.

Join the millions of people who have discovered that the Zentangle Method is more than just doodling; it's an all-consuming, relaxing experience.

Learn how to create beautiful images using structured patterns and unlock a world of mindfulness and stress-busting creativity.

Founders Rick Roberts and Maria Thomas provide clear and detailed instructions so that no matter your age, you can pick up your pencil and forget about your worries.

Jam-packed full of in-depth lessons, exciting exercises and tangle step-outs, this book will unlock your creativity in new and unexpected ways.



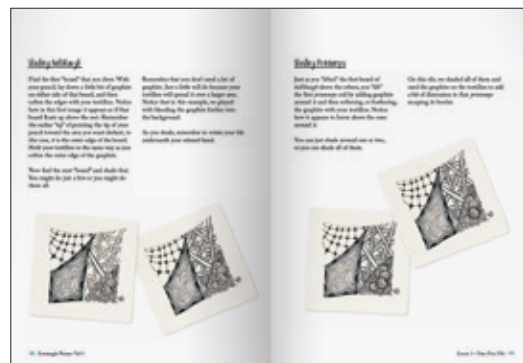
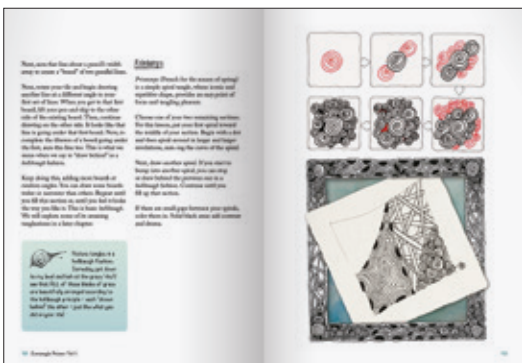
**Rick Roberts & Maria Thomas**

One day, Maria told Rick what she experienced as she drew background patterns on a manuscript she was creating. She described her feelings of timelessness, freedom and well-being and complete focus on what she was doing with no thought or worry about anything else.

Rick and Maria wondered if they could create a simple system so others might enjoy a similar experience. And so began the journey towards discovering this simple and elegant system called the Zentangle Method.

THE FIRST, CLASSIC BOOK BY THE INVENTORS OF THE ZENTANGLE, NOW AVAILABLE TO THE TRADE FOR THE FIRST TIME

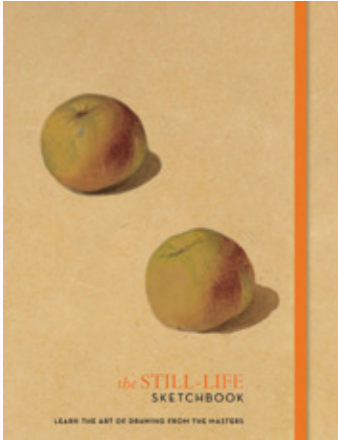
>>twitter  
@zentangle



## Specification

- May 2018
- Ilex Press
- £14.99 PB
- 9781781575697
- 144 pages
- 20,000 words
- 235 x 190mm
- 100 images
- Rights available: World

# The Still-Life Sketchbook



**Gain the understanding and skills necessary to produce accomplished still-life drawings.**

Line, shape, space, composition and depth are most simply understood through the study and practice of still-life drawing. The artist can enjoy the freedom of arranging objects exactly as desired, testing perception and pushing the boundaries of reality.

Featuring ingenious prompts to help explain different methodologies and approaches, this guided sketchbook will help you to master proportion, tone, colour, texture and form by

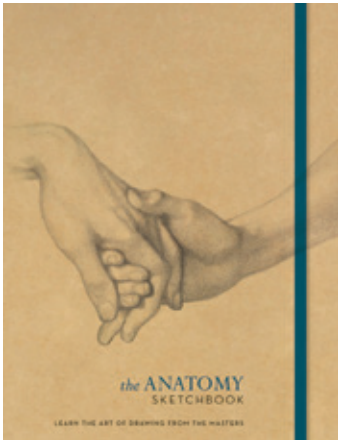
copying the masters. Find 20 revelatory still-life drawings by leading artists throughout history, from the fantastically detailed works of the sixteenth-century Dutch masters, through to the cubist and surreal compositions of Picasso and O'Keeffe.

## Specification

February 2018  
 Ilex Press  
 £12.99 PB  
 9781781575345  
 128 pages  
 5000 words  
 246 x 189mm  
 20 images  
 Rights available:  
 World



# The Anatomy Sketchbook



**Unveil the extraordinary architecture of the human anatomy through centuries of artistic wisdom.**

Understand the body's framework, grace and utility, and each vital element in this cunningly guided sketchbook.

Anatomical mastery was critical to Michelangelo and Leonardo da Vinci's success. They understood that to draw a figure you must first learn its underlying architecture. Touching on structural drawing, the skeleton, musculature and modelling, this sketchbook includes 20 pioneering examples of

anatomical study alongside helpful directions from celebrated artists, scientists and art historians. Whether drawing hands with Rossetti, a skull with Cézanne or a torso with Giacometti, you will come to understand each element of the body and how they form a whole.

## Specification

February 2018  
 Ilex Press  
 £12.99 PB  
 9781781575055  
 128 pages  
 5000 words  
 246 x 189mm  
 20 images  
 Rights available:  
 World

# The Watercolour Ideas Book

Joanna Goss

OVER 100  
WATERCOLOUR  
IDEAS FOR REAL-  
LIFE INSPIRATION



**Be inspired to think outside your humble box of watercolours.**

Rub it, dab it, scratch it, scrunch it. Cut it, glue it, sew it and seal it. And above all, learn from what other people do!

This little book is full of big ideas to inspire you. With a new idea on every spread of the book, you will discover textures, applications, techniques, combinations of materials, and new ways of tackling the subjects you love. You will take advantage of watercolour's immediacy and find it a flexible, dynamic medium, full of artistic opportunities.

The first in an exciting new series of great ideas for creative media, this book is ideal for artists of all levels and abilities.

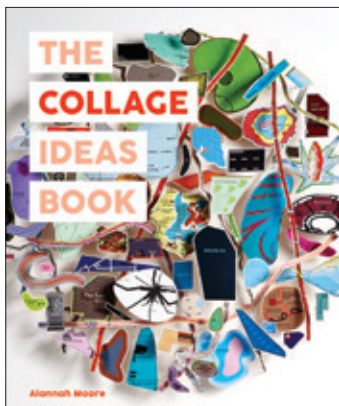
**Joanna Goss** embraces playfulness and joy in her delightful and original watercolours. Her unmistakable style and contemporary pattern-based paintings have earned her recognition from across the web. From custom stationery to textiles, her nostalgic and of-the-moment sensibilities have landed her retail lines with top national brands.

## Specification

April 2018  
Ilex Press  
£9.99 PB  
9781781575048  
176 pages  
16,500 words  
167 x 140mm  
150 images  
Rights Available:  
World (ex USA, Can)

# The Collage Ideas Book

Alannah Moore



**Let your creativity run wild and breathe new life into your work.**

Collage allows your creativity to run riot. It lets you juxtapose disparate elements, styles and media against each other and create something entirely novel, bizarre, arresting, beautiful, ironic or unsettling. Old and new can be fused together; digital and hand-produced can be combined. What you can create with collage knows no bounds.

Expertly curated with an eye for innovation, this exciting collection of new collage ideas will inspire collage artists at every level, from

those only just beginning to experiment with the art form to advanced practitioners.

**Alannah Moore** leads a double life between Paris and London. She discovered her skills for talent spotting when researching the world's best web designers for her first book *Create Your Own Website Using WordPress in a Weekend*. Alannah's website is [www.alannahmoore.com](http://www.alannahmoore.com)

## Specification

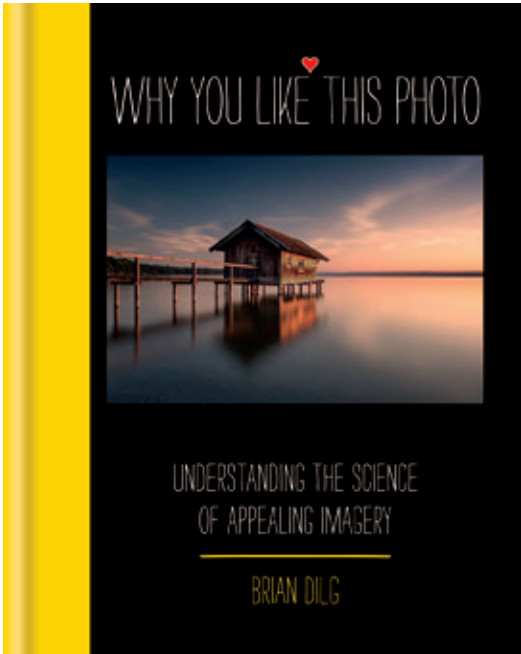
March 2018  
Ilex Press  
£9.99 PB  
9781781575277  
176 pages  
16500 words  
167 x 140mm  
150 images  
Rights sold: Spa

FULL OF  
INSPIRATIONAL  
IDEAS FROM  
ARTISTS AROUND  
THE GLOBE

# Why You Like This Photo

The science of perception, and how we understand photographs

Brian Dilg



Combining science and photography, Brian Dilg explores *Why You Like This* (or any) Photo.

Beauty is not just in the eye of the beholder. It's something that can be measured and understood. Science Fact.

Scientists are starting to unravel more and more about how the mind has developed over human history, revealing some surprising truths about how the mind works. Did you know, for example, that the landscape photos people think of as most beautiful are closely correlated with exactly the kind of lush fertile landscape early humans sought out?

Featuring interviews with numerous great photographers combined with concepts from exciting areas of science and psychology, *Why You Like This Photo* holds the inspiring and practical keys to capturing the images that you, and everyone, will love.



**Brian Dilg** is a photographer, filmmaker, writer, and educator. Founding chair of the Photography department of New York Film Academy, he has also served as a spokesperson for Canon, for whom he created a series of photography tutorials. His work has since been exhibited and collected worldwide, and published in the New York Times, Time Out, the Village Voice, and on book covers for Simon and Schuster, Hyperion, Doubleday, and others.

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@briandilg

FEATURES  
INTERVIEWS WITH  
NUMEROUS GREAT  
PHOTOGRAPHERS

LEARN HOW  
THE BEST  
PHOTOGRAPHS  
MOVE US



## Specification

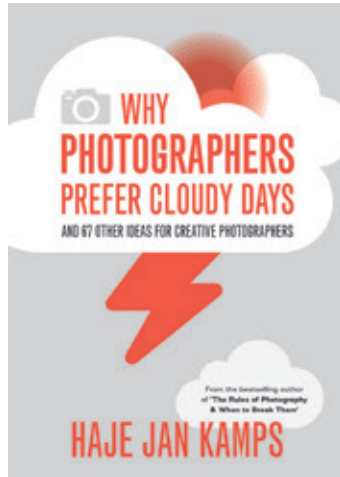
May 2018  
Ilex Press  
£12.99 PB  
9781781573747  
160 pages  
30,000 words  
200 x 160mm  
150 images  
Rights available:  
World



# Why Photographers Prefer Cloudy Days (and 61 other photo tips)

Surprising and inspiring tips for photographers

*Haje Jan Kamps*



**Be a brilliant photographer, wherever you are, whatever your subject.**

There is no secret to taking beautiful photos. But good photographers do have a few tricks up their sleeves ... They know that clouds give great natural light for portraits. They know how to turn a clichéd shot into something more. And they know that the best images are the ones that tell a story.

Whatever you want to shoot, *Why Photographers Prefer Cloudy Days* is packed full of ideas to inspire you, and tips that will help

you take better, more original photos.

**Haje Jan Kamps** set up his first photo website at the age of 16 and is now one of the world's best-read photography bloggers; his site [photocritic.org](http://photocritic.org) has thousands of visitors every day. Shooting with any camera he can, including his smartphone, he has built a successful freelance career, and written books for serious professionals and hobbyists alike.

## Specification

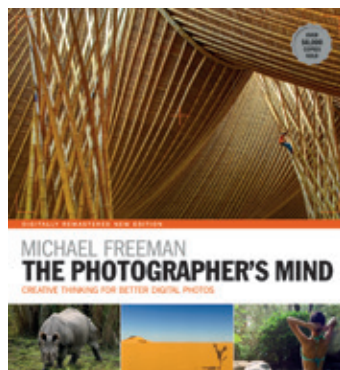
February 2018
Ilex Press
£12.99 PB
9781781574546
144 pages
16,000 words
210 x 149mm
140 images
Rights available: World

NEW AND  
INVENTIVE WAYS  
TO MAKE YOUR  
PHOTOGRAPHY  
MORE EXCITING

# The Photographer's Mind Remastered

Creative Thinking for Better Digital Photos

*Michael Freeman*



**Learn to see and think like a photographer to enhance the quality of your photographs.**

The secret behind a good photograph is not your camera. It's not even the scene viewed through the viewfinder. It's the mind of the photographer which turns an average photograph into an exceptional one.

In *The Photographer's Mind*, professional photographer and author Michael Freeman unravels the mystery behind the creation of a photograph and reveals how to capture photos that really make you *feel* something.

The aim of this book is to answer what makes a photograph great, and explore the ways that top photographers achieve this goal time and time again.

**Michael Freeman** was born in England and worked in advertising in London for six years. In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when Time-Life used many of his pictures, he embarked on a full-time photographic career.

## Specification

April 2018
Ilex Press
£19.99 PB
9781781575642
192 pages
62000 words
255 x 235mm
400 images
Rights sold: Ita, Spa

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**Philip's Month-by-Month Stargazing 2018**  
(Northern Hemisphere)

*Heather Couper & Nigel Henbest*

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*Mark Thompson*

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176 pages

230 x 160 mm

Rights available: World



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*Peter Grego*

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192 pages

198 x 126 mm

Rights available: World ex. US & Can



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Single-sided map

690 x 1000 mm (sheet size)

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**Philip's Navigator Britain**

April 2018

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416 pages

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**Philip's Navigator Britain Easy-Use**

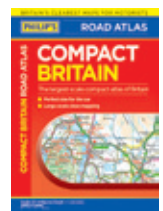
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978 1 84907 434 6

432 pages

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**Philip's Compact Road Atlas Britain**

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Rights available: World



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978 184907 478 0  
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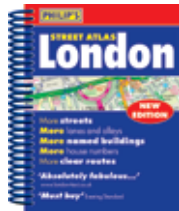
**Philip's Complete Road Atlas Britain & Ireland**

June 2018  
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£14.99 pb spiral  
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256 pages  
298 x 217 mm  
Rights available: World



**Philip's Big Road Atlas Britain & Ireland**

June 2018  
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168 pages  
394 x 287 mm  
Rights available: World



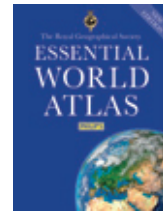
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£5.99 pb  
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138 x 105 mm  
Rights available: World



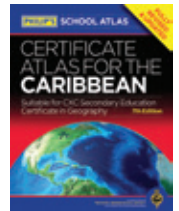
**Philip's Street Atlas London**

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320 pages  
138 x 105 mm  
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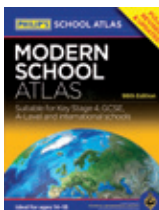
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978 184907 354 7  
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285 x 224 mm  
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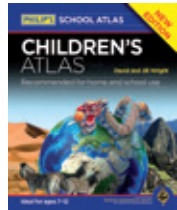
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£7.99 pb  
978 184907 407 0  
96 pages  
300 x 224 mm  
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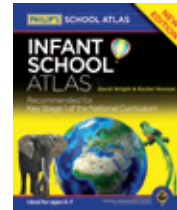
**Philip's Junior School Atlas**

9th Edition  
£8.99 hb plc  
978 184907 398 1  
£7.99 pb  
978 184907 397 4  
64 pages  
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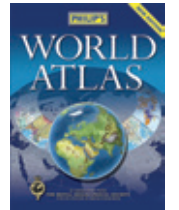
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### **South Midlands**

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### **Scotland & The North**

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Publicity Queries to:  
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## Export Sales For Octopus Publishing Group & Bounty

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## Director Of Rights & North American Sales

*Ros Webber*  
North America  
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*Marco Rodino*

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marcorodino@yahoo.co.uk

*Marta Pascual Argente*

**Spain, Brazil, South Africa, Latin America and Turkey**

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*Barbara Bognolo*

**Finland, Israel and Iceland**

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## Philip's Rights & Co-Editions, Philip's Rights & Co-Editions

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lynda.hra@gmail.com

### **South America**

*David Williams*

InterMediaAmericana Ltd  
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T +91 124 419 5000  
kapil.agrawal@hachetteindia.com

#### **Middle East (Including Israel)**

*Sarah Clayton*

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Aurora Tower  
Dubai Media City  
PO Box 500717  
Dubai, UAE  
sarah.clayton@hachette.co.uk

**Sub-Saharan Africa**

*Matt Cowdery*  
 Hachette UK Ltd  
 Carmelite House  
 50 Victoria Embankment  
 EC4Y 0DZ  
 matthew.cowdery@hachette.co.uk

**Cambodia, Guam, Hong Kong,  
 Indonesia, Japan, Philippines,  
 South Korea, Taiwan, Thailand,  
 Vietnam, Laos, Burma, Papua New  
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*Paul Kenny*  
 Hachette UK Ltd (Asia office)  
 1106, 11th Floor  
 Jupiter Tower, 9 Jupiter Street  
 North Point  
 Hong Kong  
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**Malaysia**

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**Singapore**

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**Philippines**

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**South Africa**

*Jonathan Ball Publishers*  
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**Germany, Austria, Switzerland,  
 Central and 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  
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**Greece, Cyprus, Malta, Turkey,  
 France, Belgium, Luxembourg**

*Maddie Hanson*  
 Hachette UK  
 T +44 020 3122 6416  
 maddie.hanson@hachette.co.uk

**Australasia**

**Australia**  
 Hachette Australia  
 Level 17, 207 Kent Street  
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**Australia**  
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 F +61 2 8248 0810  
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**New Zealand**

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