



BLOOMSBURY RIGHTS GUIDE FRANKFURT 2018

B L O O M S B U R Y

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Bloomsbury Publishing Plc.
50 Bedford Square
London WC1B 3DP
Tel : +44 (0) 207 631 5600
rights@bloomsbury.com
www.bloomsbury.com

Joanna Everard

International Rights Director
illustrated and special interest
Scandinavia
Tel: +44 (0) 207 631 5872
Joanna.Everard@bloomsbury.com

Katie Smith

Senior Rights Manager
South and Central America, Spain,
Belgium, Netherlands, Italy, France
Tel: +44 (0) 207 631 5873
Katie.Smith@bloomsbury.com

Vasiliki Machaira

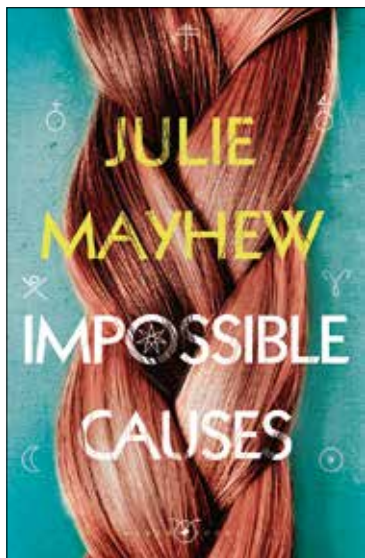
Rights Manager
Asia, Germany, Russia, Eastern Europe, Turkey,
Arab speaking territories, Poland, Greece,
Hungary, Brazil, Portugal
Tel: +44 (0) 207 631 5876
Vasiliki.Machaira@bloomsbury.com

Maria Hammershoy

Senior Rights Manager
Scandinavia, Germany (trade non illustrated)
+44 (0) 207 631 5736
maria.hammershoy@bloomsbury.com

Georgia Fuller

Rights Executive
Israel, Czech Republic, Slovakia, Slovenia
Tel: +44 (0) 207 631 5784
Georgia.Fuller@bloomsbury.com



Impossible Causes

Julie Mayhew

352pp

234 x 153mm

Hardback

£12.99

April 2019

World rights available

The Crucible meets *The Craft* in this brilliantly dark thriller about isolated communities, rumours and suspicion.

Four elements. Four seasons. Four points on the compass. Four teenage girls.

And one body.

Black-haired, pure islander, Britta. The alpha female of the so-called Eldest Girls.

'Half-blood' Jade-Marie, her missionary father long drowned.

Blonde, angelic looking Anna - the moral compass of the trio.

And then red-headed Viola. Viola, the newcomer to the island, escaping tragedy and desperate to belong. Viola who turns three girls into four, and completes the set. Viola who finds the man's body, lying in the stone circle. Viola who has watched and waited for her opportunity to become one of the inner circle, whatever it takes.

In Julie Mayhew's mesmerising and compelling thriller, a remote and deeply-religious island with a history of paganism is riven when a man is found dead. As rumours spread and tensions rise, and fog descends, sealing the island off from the mainland, the four teenage girls of Lark Island find themselves accused of witchcraft - and murder.

Julie Mayhew is an actress turned writer. She is an award-winning novelist, an award-nominated radio dramatist and has written short stories and stage plays to critical acclaim, as well as writing for the screen following mentoring from BAFTA.



The Blessed Girl

Angela Makholwa

288pp

216 x 135mm

Hardback

£16.99

June 2019

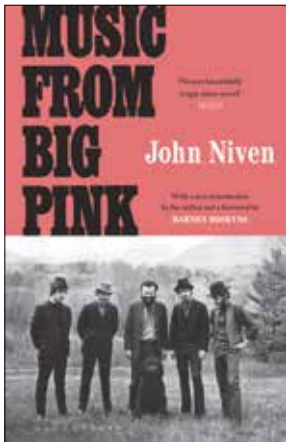
World rights available

Roses are red, violets are blue, I love my penthouse more than you

Young, beautiful and entirely fabulous, Bontle Tau has Johannesburg wrapped around her little finger. Her generous admirers are falling over themselves to pay for her Mercedes, her penthouse, and her Instagrammable holidays. It's a long way from where she started out. And it wasn't easy. Along with having to maintain her figure and co-ordinating the right designer bag with the right designer dress, Bontle has made another sacrifice, her gorgeous ex who insists on wasting his medical degree on treating the poor. But she's made the right decision, hasn't she?

Wicked, daring and outrageously funny, *The Blessed Girl* is a sinfully delicious satire about finding love in spite of making every effort to avoid it.

Born and raised in a township in East Rand, **Angela Makholwa** is popular South African novelist who started out working as a crime reporter. The case of a real life serial killer who approached Makholwa to write his story inspired her first novel, *Red Ink*, the first South African crime fiction with a black female protagonist. Acclaimed for her contribution to African literature, Makholwa is currently based in Johannesburg. *The Blessed Girl* is her fourth novel.



Music from Big Pink

John Niven

192 pp

Hardback

£12.99

July 2018

Rights sold: German (Verlagsgruppe Random House)

Music from Big Pink is John Niven's first novel – a heady blend of drugs, music, sixties counter-culture and intoxicating youth

'I love John Niven's writing – OBVIOUSLY – but came late to his first book, and was blown away by what vivid, delicate time-travel it is. Every The Band fan in the world MUST read it - it's like living in the music. Just smoky, ravishing magic' Caitlin Moran

Timed to coincide with the fiftieth anniversary of the release of The Band's debut album, *Music from Big Pink* is John Niven's first novel – a heady blend of drugs, music, sixties counter-culture and intoxicating youth.

Greg Keltner is a 23-year-old drug-dealer and wannabe musician. Through his eyes, we witness the gestation of a record that will go on to cast its spell across five decades – bewitching and inspiring artists as disparate as The Beatles, Eric Clapton, Wilco and Mercury Rev.

Music From Big Pink is faction: real people like Richard Manuel, Rick Danko, Bob Dylan and Albert Grossman rub shoulders with fictional characters and imagined scenarios. Featuring a new foreword from Barney Hoskyns and a new introduction from the author, *Music from Big Pink* gives us a unique and vivid insight into the birth and legacy of The Band's debut album.

John Niven was born in Scotland around the time that *Music from Big Pink* was recorded. After playing guitar in 1980s indie hopefuls the Wishing Stones, he read English Literature at Glasgow University and went on to work as an A&R man in the UK music industry before leaving to write full time. He is the author of eight novels, including *Kill Your Friends*, *The Second Coming* and *Straight White Male*.

'A moving book that succeeds not just in vividly evoking its time and place but in distilling one young man's clichéd and minor destiny into something approaching tragedy ... Captures not just some of the dreams of that bygone era, but the way those dreams died' *New York Times*



Austenistan

Edited by Laaleen Sukhera

164pp

198 x 129mm

Paperback

£8.99

March 2018

World rights available

Heiress Kamila Mughal is humiliated when her brother's best friend snubs her to marry a social climbing nobody from Islamabad. Roya discovers her fiancé has been cheating on her and ends up on a blind date on her wedding day. Beautiful young widow Begum Saira Qadir has mourned her husband, but is she finally ready to start following her own desires?

Inspired by Jane Austen and set in contemporary Pakistan, *Austenistan* is a collection of seven stories; romantic, uplifting, witty, and heartbreaking by turn, which pay homage to the world's favourite author in their own uniquely local way.

Austenistan is edited by **Laaleen Sukhera**, a Lahore-based communications consultant and media professional. She is a Contributing Editor for quarterly magazine *Libas* and the founder of the Jane Austen Society of Pakistan (JASP). Laaleen is currently working on a novel and a screenplay. This is her first book.

Nida Elley is a college teacher, writing coach, and freelance journalist based in Austin, Texas.

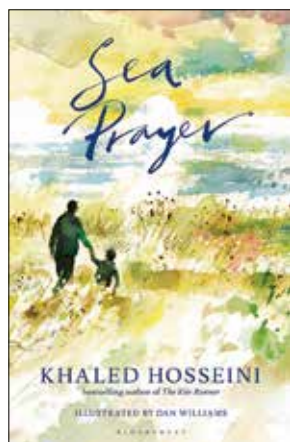
Saniyya Gauhar is a barrister and former editor of *Blue Chip* magazine. She is currently a freelance journalist based in Islamabad.

Mahlia Lone is the editor of *Good Times* magazine and based in Lahore.

Mishayl Naek is an economist and freelance journalist based in Karachi. She also runs the Yummy Mummy network which helps provide childcare facilities to Karachi-based mothers.

Sonya Rehman is a Lahore-based freelance journalist whose work has been published in publications including the *Huffington Post*, *Al Jazeera*, *The Hindu*, *Rolling Stone* and *Forbes*.

Gayathri Warnasuriya is a scientist and programme manager based in Amman. She holds a PhD from Dundee University in Toxicology and Molecular Biology.



Sea Prayer

Khaled Hosseini

48pp

Hardback

£12.99

August 2018

A deeply moving, gorgeously illustrated short work of fiction for people of all ages from the international bestselling author of *The Kite Runner*, brought to life by Dan Williams's beautiful illustrations

On a moonlit beach a father cradles his sleeping son as they wait for dawn to break and a boat to arrive. He speaks to his boy of the long summers of his childhood, recalling his grandfather's house in Syria, the stirring of olive trees in the breeze, the bleating of his grandmother's goat, the clanking of her cooking pots. And he remembers, too, the bustling city of Homs with its crowded lanes, its mosque and grand souk, in the days before the sky spat bombs and they had to flee.

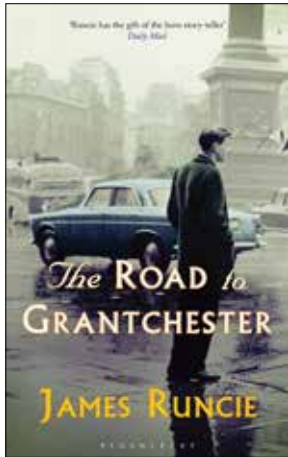
When the sun rises they and those around them will gather their possessions and embark on a perilous sea journey in search of a new home.

Khaled Hosseini is one of the most widely read and beloved authors. His novels *The Kite Runner*, *A Thousand Splendid Suns* and *And the Mountains Echoed* have sold over 55 million copies all over the world. Hosseini is a Goodwill Ambassador for UNHCR, the UN Refugee Agency, and the founder of The Khaled Hosseini Foundation, a not-for-profit organisation which provides humanitarian assistance to the people of Afghanistan. He was born in Kabul, Afghanistan, and lives in northern California. khaledhosseini.com @khaledhosseini

Dan Williams is a London-based artist whose illustrations accompanied an extract of *A Thousand Splendid Suns* in the *Guardian* when it was first published 15 years ago. His work has also appeared in *National Geographic*, *Rolling Stone* and the *Wall Street Journal*, amongst many other publications. dan-williams.net

Text rights: Chandler Crawford (world exc US and Canada)

Illustration rights sold: Albanian (Publishing House Omsca 1); Arabic (Hamad Bin Khalifa University Press); Bulgarian (Obsidian); Catalan (Grup 62); Chinese simplified (Horizon Media); Croatian (Vorto Palabra); Czech (Argo); Danish (Cicero); Dutch (De Bezige Bij); French (Albin Michel); German (S. Fischer Verlag); Hebrew (Matar); Hungarian (Libri Publishing); Italian (SEM Libri); Indonesian (Mizan Publishing); Norwegian (Fontini Forlag); Persian/Farsi Pashto (Nebesht Press Afghanistan); Polish (Albatros); Portuguese for Brazil (Globo); Portuguese (Presença); Russian (Phantom Press); Sinhalese (Vidarshana Publishers); Slovak (Ikar); Slovenian (Mladinska Knjiga Založba); Spanish (Salamandra); Swedish (Bonniers); Turkish (Everest); US (Penguin Random House USA) Azerbaijani (Alli & Nino Yayim), Bosnian (Buy Book), Georgian (Artanuji), Serbian (Laguna)



The Road to Grantchester

James Runcie

320pp
216 x 135mm
Hardback
£14.99
March 2019

The captivating prequel to the treasured Grantchester series follows the life, loves and losses of a young Sidney Chambers in post-war London

It is 1938, and eighteen-year-old Sidney Chambers is dancing the quickstep with Amanda Kendall at her brother Robert's birthday party at the Caledonian Club. No one can believe, on this golden evening, that there could ever be another war.

Returning to London seven years later, Sidney has gained a Military Cross, and lost his best friend on the battlefields of Italy. The carefree youth that he and his friends were promised has been blown apart, just like the rest of the world – and Sidney, carrying a terrible, secret guilt, must decide what to do with the rest of his life. But he has heard a call: constant, though quiet, and growing ever more persistent. To the incredulity of his family and the derision of his friends – the irrepressible actor Freddie, and the beautiful, spiky Amanda – Sidney must now negotiate his path to God: the course of which, much like true love, never runs smooth.

The touching, engaging and surprising origin story of the Grantchester Mysteries's beloved Archdeacon, Sidney Chambers, *The Road to Grantchester* will delight new and old fans alike.

James Runcie is an award-winning film-maker and the author of ten novels that have been translated into twelve languages *Sidney Chambers and The Shadow of Death*, the first in 'The Grantchester Mysteries' series, was published in 2012, soon followed by *Sidney Chambers and The Perils of the Night*, *Sidney Chambers and The Problem of Evil*, *Sidney Chambers and the Forgiveness of Sins*, *Sidney Chambers and the Dangers of Temptation* and *Sidney Chambers and the Persistence of Love*. In October 2014, ITV launched *Grantchester*, a prime-time series starring James Norton as Sidney Chambers, with the second season airing in March 2016, and a third in May 2017. Future series are planned. James Runcie is a Fellow of the Royal Society of Literature and Commissioning Editor for Arts at BBC Radio 4. He lives in London and Edinburgh.

www.jamesruncie.com
www.grantchestermysteries.com
[@james_runcie](https://twitter.com/james_runcie)



The Man That Got Away

Lynne Truss

304pp
234 x 153mm
Hardback
£12.99
July 2019

It is summer in Brighton, and the Brighton Belles are on hand to answer any holidaymaker's queries, no matter how big or small. The quickest way to the station, how many pebbles are on the beach and what exactly has happened to that young man lying in the deckchair with blood dripping from him?

Constable Twitten has a hunch that the fiendish murder may be connected to a notorious Brighton nightspot and the family that run it, but Inspector Steine is – as ever – distracted by other issues, not least his own waxwork model and an unexpected arrival, while Sergeant Brunswick is just delighted to have spied an opportunity to finally be allowed to go undercover...

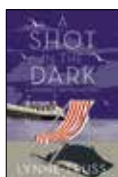
Our incomparable team of detectives are back for another outing in the new installment of Lynne Truss's joyfully quirky crime series.

Lynne Truss is a writer and broadcaster. She has written for *Woman's Journal*, the *Daily Mail*, *The Times* and the *Sunday Times*. In 1996 she was named Columnist of the Year and the following year was shortlisted for SportsWriter of the Year. She has written extensively for radio, including dramas, adaptations and short stories. She is the author of three novels and she also writes scripts and comedy series for BBC Radio 4. Truss's first book, *Eats, Shoots & Leaves: The Zero Tolerance Approach to Punctuation*, was an international bestseller and won the British Book Awards Book of the Year. Lynne Truss lives in Brighton.

Lynnetruss.com

ALSO AVAILABLE

A Shot in the Dark
World Rights Available





Land of the Living

Georgina Harding

240pp

216 x 135mm

Hardback

£16.99

November 2018

Rights sold: Turkish (Kultur Yayinlari IS-Turk)

Other titles by the same author: *The Solitude of Thomas Cave*; *The Spy Game*; *Painter of Silence*; *The Gun Room*

A profound masterpiece on war, loss and survival, set in the strange and shadowy corners of the Nagaland jungle during the Second World War, by the Orange Prize-shortlisted author of *Painter of Silence*

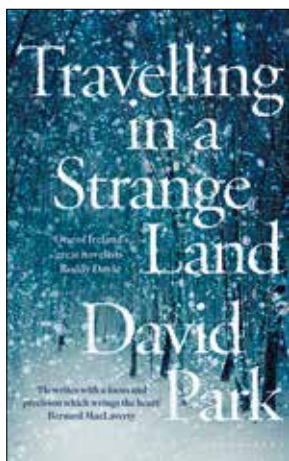
'Arresting and brutal ... the finely tuned work of a writer exceptionally at ease with her craft and a testament to the power and poetry of clean and disciplined prose' Sadie Jones, *Guardian*, on *The Gun Room*

Charlie's experiences at the Battle of Kohima and the months he spent lost in the remote jungles of Nagaland during the Second World War are now history. Home and settled on a farm in Norfolk and newly married to Claire, he is one of the lucky survivors. Starting a family and working the land seem the best things a man can be doing.

But a chasm exists between them. Memories flood Charlie's mind; at night, on rain-slicked roads and misty mornings in the fields, the past can feel more real than the present. Though hidden even to himself, the darkest secrets of Charlie's adventures in the strange and shadowy ridges of the Nagaland hills, his dream-like encounters with the mysterious and ancient tribesmen, leak and bleed through his consciousness. What should be said and what left unsaid? Is it possible to find connection and forge a new life in the wake of unfathomable horror?

A beautifully conceived, deftly controlled and delicately wrought meditation on the isolating impact of war and the inescapable reach of the past, Georgina Harding's haunting and lyrical novel questions the very nature of survival, and what it is that the living owe the dead.

Georgina Harding is the author of four previous novels: *The Gun Room*, *The Solitude of Thomas Cave*, *The Spy Game*, which was shortlisted for the Encore Prize, and *Painter of Silence*, which was shortlisted for the Orange Prize for Fiction 2012. Georgina Harding lives in London and on a farm in the Stour Valley, Essex.



Travelling in a Strange Land

David Park

176pp

216 x 135mm

Hardback

£12.99

March 2018

Rights sold: Danish (Jensen & Dalgaard); Italian (Bollati); World Spanish (Seix Barral, Planeta Mexico); Turkish (Kultur Yayinlari Is-Turk)

Other titles by the same author: *The Truth Commissioner*; *The Light of Amsterdam*; *The Poets' Wives*; *Oranges from Spain*; *The Healing*; *The Rye Man*; *Stone Kingdoms*; *The Big Snow*; *Swallowing the Sun*; *The Truth Commissioner*; *The Light of Amsterdam*; *The Poets' Wives*; *Gods and Angels*

An Irish Times Book of the Year 2018

'A tense, tense, thrilling, strange and profoundly moving study of parenthood. There isn't a wasted syllable in this short, beautiful book' Donal Ryan, *Irish Times*, Summer Reading 2018

The world is shrouded in snow. With transport ground to a halt, Tom must venture out into a transformed and treacherous landscape to collect his son, sick and stranded in student lodgings. But on this solitary drive from Belfast to Sunderland, Tom will be drawn into another journey, one without map or guide, and is forced to chart pathways of family history haunted by memory and clouded in regret.

Travelling in a Strange Land is a work of exquisite loss and transformative grace. It is a novel about fathers and sons, grief, memory, family and love; about the gulfs that lie between us and those we love, and the wrong turns that we take on our way to find them.

David Park has written ten previous books including *The Light of Amsterdam*, which was shortlisted for the 2014 International IMPAC Prize, *The Poets' Wives*, which was selected as Belfast's Choice for One City One Book 2014, and *The Truth Commissioner*, which was adapted into a TV drama for BBC Two. He has won the Authors' Club First Novel Award, the Ewart-Biggs Memorial Prize and the University of Ulster's McCrea Literary Award, three times. He has received a Major Individual Artist Award from the Arts Council of Northern Ireland and been shortlisted for the Irish Novel of the Year Award three times. In 2014 he was longlisted for the *Sunday Times* EFG Short Story Award. David Park lives in County Down, Northern Ireland.



The Age of Outrage

Ashley 'Dotty' Charles

272pp

234 x 153mm

Hardback

£14.99

March 2020

World Rights Available

A candid take on the absurd state of outrage in our culture from radio host, presenter and DJ Ashley 'Dotty' Charles

We're living in a post-modern utopia of sorts, where thanks to our resolute predecessors, we've checked a bunch of items off our outrage shopping list. Slavery? Abolished. Apartheid? Not anymore buddy. Women's suffrage? Nailed it. But what do you do when you keep winning your battles? Well, you pick new ones, of course.

Ours is a society where many get by on provocation, the tactless but effective tool of pedalling outrage – and we all too quickly take the bait. If outrage has become abundant, activism has definitely become subdued. Are we so exhausted from our hashtags that we simply don't have the energy to be outraged in the real world? Or are we simply pretending to be bothered?

There is still much to be outraged by in our final frontier – the gender pay gap, racial bias, gun control – but in order to enact change, we must learn to channel our responses. Passionate, funny and unrelentingly wise, this is the essential guide to living through the age of outrage.

Ashley 'Dotty' Charles is currently the host of the BBC Radio 1Xtra Breakfast Show and the co-presenter of BBC One's *Sounds Like Friday Night*. She is the first solo female to host 1Xtra Breakfast. Under her rap alias Amplify Dot, she made British music history as the first female MC to sign a major label album deal. She lives in London.



Consent

A Revolution in Desire

Laurie Penny

256pp

216 x 135mm

Hardback

£14.99

March 2019

World rights available

An urgent, hopeful and unapologetically radical new book by award-winning writer Laurie Penny about one of the biggest issues of our time: sexual consent, rape culture and the power of desire

Based on Penny's celebrated, Ellie-nominated series at Longreads, *Consent* is a hand grenade of a book that demands a shake-up in gender and sexual relations.

From mental health to abortion, issues of race to the rise of the far right, existing social and political paradigms breed sexual inequality and injustice. As recent global movements demonstrate, it is time for these paradigms to be upended.

Nuanced, accessible and lyrical, Penny draws on years of journalistic and academic research to argue that a new attitude to consent can change not only sexual politics, but democracy itself.

Laurie Penny is a writer and journalist. She writes for *Vice*, the *Guardian* and many other publications, and is a columnist and Contributing Editor at the *New Statesman* magazine. Her previous books are *Unspeakable Things* and *Bitch Doctrine*, which was longlisted for the Orwell Prize. She lives in Brighton.

laurie-penny.com / @PennyRed

Other books by the same author: *Bitch Doctrine*; *Unspeakable Things*

Option publishers: German (Nautilus); Swedish (Ordfront); Turkish (Peles Yayinlari)



The Musical Human

Michael Spitzer

656pp

234 x 153mm

Hardback

£30

January 2021

Rights sold: Dutch (Unieboek Het Spectrum); Spanish world (Planeta Spain, Ariel imprint) German (Riva Verlag)

***The Musical Human* is the first Big History of Music, presenting the long view of Man's relationship with music over three distinct timelines: the human life span, world history, and evolution**

While there are many different kinds of music in the world – and there may not be one single musical language – there is something irreducibly human about all the music of the earth. At the heart of *The Musical Human* is the simple Darwinian notion that human and animal communication are continuous with each other: human music is a species memory, an umbilical cord back to Mother Nature.

This, then, is a history that goes deeper. There are many books on the history of music that describe successive styles and the works of famous composers. Others set out to describe the anthropology of music, and the variety of musical cultures. And there have been several recently that speculate on the evolutionary origins of music, as well as music science books that look at how the human brain responds to music. In this deftly woven narrative spanning cultures, time and space, celebrated musicologist Michael Spitzer embraces all of these themes in one comprehensive work.

Beautiful, sensitive, deeply learned but vivacious, *The Musical History* is essential reading for anyone who has ever reflected on why music is such a significant and fundamental part of our lives.

Michael Spitzer is Professor of Music and Head of School at the University of Liverpool. He leads the Department's work on Classical music. A music theorist and musicologist, he is an authority on Beethoven, with interests in aesthetics and critical theory, metaphor, and music and emotion. He was President of the Society for Music Analysis, and also chairs the Editorial Board of the journal *Music Analysis*. He has written articles for *The Conversation*, and appeared in the BBC documentary *How Music Makes Us Feel* with Alan Yentob. His other books include *A History of Emotion in Western Music* (OUP) and *Metaphor and Musical Thought* (University of Chicago Press).



Creation

A History of Art from the Beginning

John-Paul Stonard

352pp

234 x 153mm

Hardback

£30

July 2019

World rights available

Creation: A History of Art from the Beginning is a history of art for the twenty-first century. It tells the extraordinary story of how people all over the globe, from prehistory to the present day, have created images in order to understand the world they inhabit. With clarity and concision, it explores the remarkable endurance of this creative impulse, and by tracing the diversity of artistic forms through the ages, it offers a comprehensive and exhilarating introduction to world art.

Distinguished critic and curator John-Paul Stonard has assembled a dazzling array of paintings, sculptures and artefacts to tell a story of vitality and renewal. Each chapter allows intimate access to key works of art and the conversations surrounding them, from the earliest cave paintings of the Palaeolithic Era to the conceptual art of today. But it also expands the horizons of E.H. Gombrich's seminal work, *The Story of Art* (1950), by adopting a truly global perspective. John-Paul Stonard not only explores the achievements of Western European art, but surveys them in relation to the interconnected traditions of world art, from the masterpieces of Shang Dynasty China and of Africa, to those of the Mughal Empire and Edo Period Japan.

This captivating work takes a searching look at the evolving legacies of the past and casts a cold eye on our own unstable vantage point.

John-Paul Stonard is a writer, art historian and member of the consultative committee of the *Burlington Magazine*, where he worked as an editor from 2005 to 2010. He completed a PhD at the Courtauld Institute of Art in 2005, and has published widely in the fields of modern and contemporary art. His publications include *Germany Divided: Baselitz and his Generation* and *Fault Lines: Art in Germany 1945-55*. He is a regular contributor to the *London Review of Books*, the *Times Literary Supplement*, the *Burlington Magazine* and *Apollo*.



The Anarchy

William Dalrymple

320pp
234 x 153mm
Hardback
£25
October 2019

Other books by the same author: *The Last Mughal*; *Nine Lives*; *Return of a King*; *Koh-I-Noor*

Option publishers: Dutch (Unieboek Het Spectrum); French (Les Editions Noir sur Blanc); Italian (Adelphi); Japanese (Tokyo Sogensha Co., Ltd) Russian (Eksmo)

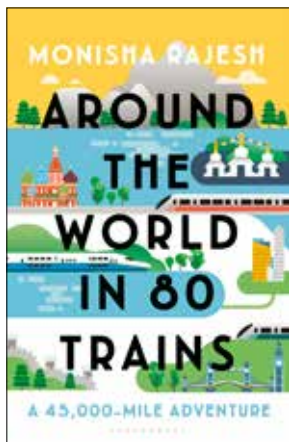
From bestselling historian William Dalrymple, a history of the East India Company and a startling cautionary tale for the global misconduct of corporate power

We still talk about the British conquering India, but that phrase disguises a more sinister reality. For it was not the British government that seized India at the end of the eighteenth century, but a dangerously unregulated private company run from a modest boardroom in London.

In 1765 the East India Company ceased to be a conventional trading corporation, dealing in silks and spices, and transformed itself into an aggressive colonial power. By 1803 it had subdued an entire subcontinent, conquering Bengal and later the Mughal capital of Delhi. In less than half a century, this hugely powerful company had executed a coup unparalleled in history: the military conquest and plunder of vast tracts of Southern Asia. The East India Company remains today history's most terrifying warning about the potential for the abuse of corporate power, yet the official memory of this process has been subtly reworked.

William Dalrymple travels across contemporary India, Pakistan and Bangladesh to rescue the story of the extraordinary rise of the East India Company, while conducting a timely study into the relationship between commercial and imperial power. Tracing the clear contemporary echoes of this process, *The Anarchy* examines how corporations impact on politics and how money and power corrupt. Three hundred and fifteen years after its founding the story of the East India Company has never been more current.

William Dalrymple wrote the highly acclaimed bestseller *In Xanadu* when he was just twenty-two. Since then, he has had seven more books published and won numerous awards for his writing, including the *Sunday Times* Young British Writer of the Year Award, the Duff Cooper Memorial Award, the Hemingway Prize and the Ryszard Kapuscinski Award for Literary Reportage. He lives with his wife and three children on a farm outside Delhi.



Around the World in 80 Trains

Monisha Rajesh

A 45,000-Mile Adventure

Monisha Rajesh

320pp
234 x 153mm
Hardback
£20
January 2019
World rights available

Captured with wit and warmth, energy and zest, one woman's attempt to circumnavigate the globe in eighty eventful train journeys

When Monisha Rajesh announced plans to circumnavigate the globe in eighty train journeys, she was met with wide-eyed disbelief. But it wasn't long before she was carefully plotting a route that would cover 45,000 miles – almost twice the circumference of the earth – coasting along the world's most remarkable railways; from the cloud-skimming heights of Tibet's Qinghai railway to silk-sheeted splendour on the Venice Simplon-Orient-Express.

Packing up her rucksack – and her fiancé, Jem – Monisha embarks on an unforgettable seven-month-long adventure that will take her from London's St Pancras station to the vast expanses of Russia and Mongolia, North Korea, Canada, Kazakhstan, and beyond. The ensuing journey is one of constant movement and mayhem, as the pair strike up friendships and swap stories with the hilarious, irksome and ultimately endearing travellers they meet on board, all while taking in some of the earth's most breathtaking views.

From the author of *Around India in 80 Trains* comes another witty and irreverent look at the world and a celebration of the glory of train travel. Monisha offers a wonderfully vivid account of life, history and culture in a book that will make you laugh out loud – and reflect on what it means to be a global citizen – as you whirl around the world in its pages.

Monisha Rajesh has worked as a freelance features writer for the *Guardian*, and as a train columnist for the *Sunday Telegraph*. Her first book, *Around India in 80 Trains* was published in 2012 at the same time as Monisha joined the *Week* magazine as sub-editor. She left her job in 2015 to travel around the world for her second book.



A Vicious Wonderland

Journeys in Burma

David Eimer

416pp
234 x 153mm
Hardback
£20
June 2019

Other books by the same author: *The Emperor Far Away*

Option publishers: Chinese complex (Gusa); Japanese (Hakusuisha); Polish (Uniwersytet Jagiellonski)

David Eimer journeys to the heart of Burma, bringing to vivid life all of its riches and complexities

From 1962, the people of Burma were marooned in a paranoid military dictatorship, effectively cut off from the outside world. It was only in late 2015 that the National League for Democracy, led by Aung San Suu Kyi, won absolute majority and were able to take their seats in government. Yet the government and country are still far from stable.

Nothing is straightforward in this captivating and enigmatic land. In a country where building a temple takes priority over installing traffic lights, golf courses are ploughed out alongside fields of opium poppies and fortune-tellers are consulted on a daily basis even by the government, any sepia-tinged and colonial idea of Burma is long out of date. *A Vicious Wonderland* reveals it in all its technicolour glory. To explore its magic and depths, David Eimer takes his narrative through history, class and geography, including areas still barred to foreigners. This is a story balanced by historical context but related by the people with whom Eimer shares his time, from granddaughters of former presidents to the squatters in Yangon's shacks, from former political exiles to jade miners digging for their fortune in the far north.

Layers of history are unfurled and innumerable stories are woven together to create a sensitive and revelatory portrait of this most mysterious of countries. Authoritative and ground-breaking, *A Vicious Wonderland: Journeys in Burma* is set to be a modern classic of travel-writing.

David Eimer is the author of the critically acclaimed *The Emperor Far Away: Travels at the Edge of China*. He is a former China correspondent for the *Sunday Telegraph* and was subsequently the South-East Asia correspondent for the *Daily Telegraph*, as well as a columnist and feature writer for the *South China Morning Post*. Eimer is currently based in Yangon.



The Tulip

Anna Pavord

448pp
246 x 189mm
Hardback
£40
October 2019

Option publishers: Danish (Gyldendal); Dutch (Ambo Anthos); German (Insel Verlag); Japanese (Taishuken Shoten); Swedish (Wahlstrom and Widstrand)

A twentieth anniversary edition of the international bestseller, with a new foreword from the author

The Tulip is not a gardening book. It is the story of a flower that has made men mad. Greed, desire, anguish, devotion have all played their part in the development of the tulip from a wild flower of the Asian steppes to the world-wide phenomenon it is today. The US alone imports three thousand million tulip bulbs each year, Germany and France even more.

Why did the tulip dominate so many lives through so many centuries in so many countries? The author, a self-confessed tulipomaniac, has spent six years looking for answers. No other flower has ever carried so much baggage; it charts political upheavals, illuminates social behaviour, mirrors economic booms and busts, plots the ebb and flow of religious persecution.

Roaming through Asia, India, Russia and the Ottoman Empire, the author tells how the tulip arrived from Turkey and took the whole of Western Europe by storm. In the petals of the exquisite English florists' tulips, still exhibited in competition by members of the Wakefield Tulip Society in Yorkshire, runs the blood of flowers first grown by John Evelyn in the middle of the seventeenth century.

Anna Pavord's books include *The Naming of Names*, *The Curious Gardener* and, her most recent work, *Landskiping*. Her column in the *Independent* newspaper appeared in it from its launch in 1986 to its closure in 2016. She writes and presents programmes for BBC Radio 3 and 4 and served for ten years on the Gardens Panel of the National Trust, the last five as Chairman.

For the last thirty years she has lived in Dorset, England.



At Sea

Lamorna Ash

272pp
234 x 153mm
Hardback
£16.99
August 2019
World Rights Available

In this strikingly original debut, Lamorna Ash weaves a deeply discerning tapestry of the lives of people in the Cornish fishing village of Newlyn

There are some places that leave an indelible impression on our lives. For Lamorna Ash, this place was Newlyn. By the final days of a month spent carrying out anthropological fieldwork, Ash had written at the bottom of her field notes, underlined: 'Remember that you have been happier and felt more solid here than you ever did in London. Remember that this cannot and must not be the end of your time in Newlyn.'

At Sea delivers us to the shores of Newlyn, immersing us in the rhythms of this coastal village and threading together the experiences of a proud and intensely compassionate community, whose every moment is defined and sustained by the sea – 'that life-giving, life-taking thing that is everything.' Interleaving personal experience – including a week's voyage on a deep-sea trawler – with histories ancient and recent, figures mythological, literary and scientific, Ash traces the complex, and at times devastating, history of the fishing industry in Newlyn through its many fluctuations. From the fish riots with St Ives of 1896, to the Penlee lifeboat disaster of 1981 and onwards towards the unknown territories that Brexit and increasing political instabilities might bring to the village. But at its very heart, this book is a celebration of the spirited and resilient people of Newlyn; a self-sustaining world made rich with stories, with history, with life.

Lamorna Ash read English at Oxford, before going on to complete her masters in Social and Cultural Anthropology at UCL. She has worked as an intern for the *Times Literary Supplement*, writing reviews of theatre, of memoirs about freshwater mussels and science fiction novels, as well as articles about Cornwall, Soviet movie posters, Joseph Conrad cycle tours of London and all manner of other strange subjects. *At Sea* is her first book.



Blood Gun Money

Ioan Grillo

336pp
234 x 153mm
Hardback
£25
June 2020
Rights sold: Spanish – world
(Penguin Random House Mexico)

From the author of *El Narco* and *Gangster Warlords*, *Blood Gun Money* is the story of the black-market arms trade across the US-Mexican border and the violence it fuels in Mexico, the United States, and around the world

Blood Gun Money takes us into the shady world of gangster capitalism that stretches to all corners of the earth, but starts at gun shows in the United States. Through legal arms purchases along the US-Mexican border, gun runners have access to thousands of weapons, which they drive across the border into Mexico by the carload. This trade provides most of the guns used by criminals and terrorists, both within the United States and abroad. Ioan Grillo follows how this network provides weapons to narco cartels that have drowned Mexico in blood, gangbangers who litter corpses on the streets of American inner cities, and terrorists who unleash massacres from Texas to Norway to Syria. *Blood Gun Money* is a necessary portrait of the illegal arms trade around the world and a call to consider how people and governments can reduce the murders this system enables.

Ioan Grillo has reported on Latin America since 2001 for international media including *Time* magazine, *Reuters*, CNN, the Associated Press, PBS *NewsHour*, the *Houston Chronicle*, CBC, and the *Sunday Telegraph*. He is the author of, *El Narco: Inside Mexico's Criminal Insurgency*, which was a finalist for the Los Angeles Times Book Prize and the Orwell Prize, and *Gangster Warlords*. A native of Britain, Grillo lives in Mexico City.

Other books by the same author: *El Narco*; *Gangster Warlords*



América

The Epic Story of Spanish North America, 1493-1898

Robert Goodwin

608pp

6 1/8 x 9 1/4

Hardback

\$40

March 2019

Rights sold: Spanish – world (Atico)

Other books by the same author: Spain

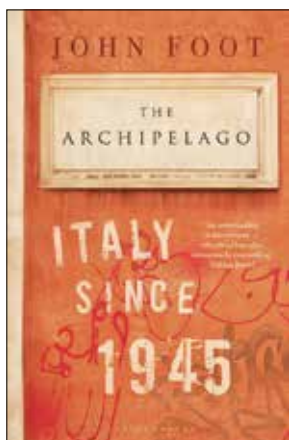
An epic history of the Spanish empire in North America from 1493 to 1898 by Robert Goodwin, author of *Spain: The Centre of the World*.

At the conclusion of the American Revolution, half the modern United States was part of the vast Spanish Empire. The year after Columbus's great voyage of discovery, in 1492, he claimed Puerto Rico and the Virgin Islands for Spain. For the next three hundred years, thousands of proud Spanish conquistadors and their largely forgotten Mexican allies went in search of glory and riches from Florida to California. Many died, few triumphed. Some were cruel, some were curious, some were kind. Missionaries and priests yearned to harvest Indian souls for God through baptism and Christian teaching.

Theirs was a frontier world which Spain struggled to control in the face of Indian resistance and competition from France, Britain, and finally the United States. In the 1800s, Spain lost it all.

Goodwin tells this history through the lives of the people who made it happen and the literature and art with which they celebrated their successes and mourned their failures. He weaves an epic tapestry from these intimate biographies of explorers and conquerors, like Columbus and Coronado, but also lesser known characters, like the powerful Gálvez family who gave invaluable and largely forgotten support to the American Patriots during the Revolutionary War; the great Pueblo leader Popay; and Esteban, the first documented African American. Like characters in a great play or a novel, Goodwin's protagonists walk the stage of history with heroism and brio and much tragedy.

Dr. Robert Goodwin is an Honorary Research Fellow at University College London. His two trade books, *Crossing the Continent 1527-1540: The Story of the First African-American Explorer of the American South* and *Spain: The Centre of the World 1519-1682*, were published to critical acclaim. He appears on Spanish radio and TV and writes for Spanish newspapers. He lives between London and Seville, where he regularly conducts archival research.



The Archipelago

Italy Since 1945

John Foot

496pp

234 x 153mm

Hardback

£25

May 2018

World rights available (except Italian)

A sparkling history of Italy from the post-war to the present by renowned historian John Foot

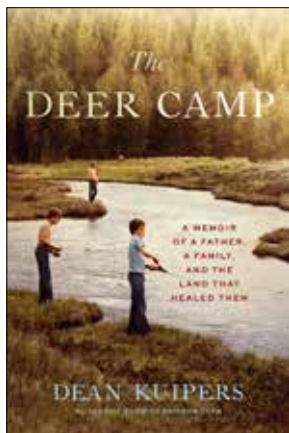
Italy emerged from the Second World War in ruins. Divided, invaded and economically broken, it was a nation that some claimed had ceased to exist. By the 1960s, Italy could boast the fastest-growing economy in the world, as rural society disappeared almost overnight.

In *The Archipelago*, acclaimed historian John Foot chronicles Italy's tumultuous history from the post-war period to the present. From the silent assimilation of fascists into society after 1945 to the troubling reign of Silvio Berlusconi, and from the artistic peak of neorealist cinema to the celebration of Italy's 150th birthday in 2011, he examines both the corrupt and celebrated sides of the country.

While often portrayed as a failed state on the margins of Europe, Italy has instead been at the centre of innovation and change – a political laboratory. Through stories of trials, TV programmes, songs and football matches, moments of violence and beauty, epochal social transformation and suffocating continuities, this new history tells the fascinating story of a country always marked by scandal but with the constant ability to re-invent itself.

Comprising original research and lively insights, *The Archipelago* chronicles the crises and modernisations of over seventy years of post-war Italy, from its fields, factories, squares and housing estates to the political intrigue of Rome.

John Foot is Professor of Modern Italian History in the Department of Italian at the University of Bristol. His publications include *Milan Since the Miracle*, *Calcio, Italy's Divided Memory*, *Pedalar! Pedalar!*, *Modern Italy* and *The Man Who Closed the Asylums*. He spent twenty years in Milan in the 1980s and 1990s and now lives in Bristol.



The Deer Camp

A Memoir of a Father, a Family, and the Land that Healed Them

Dean Kuipers

288pp

5 1/2 x 8 1/4

Hardback

\$28.00

May 2019

World rights available

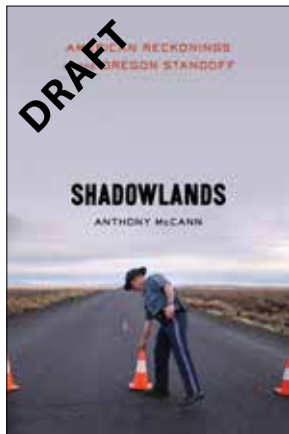
For readers of *The Stranger in the Woods* and *H Is For Hawk*, a beautifully written and emotionally rewarding memoir about a father, his three sons, and a scrappy 100-acre piece of land in Upper Michigan.

Bruce Kuipers had never been much of a father or husband. Distant, angry, and a serial cheater, he shoved away his three sons—journalist Dean, forester Brett, and troubled Joe—and alienated his wife. But Bruce did succeed in giving his sons his love of the outdoors and the fishing and hunting skills involved in that passion.

In 1989, Bruce purchased a 100-acre property as a way to lure his sons back after a divorce that had done further damage to an already damaged family. The land was the perfect bait, but the moment the sons arrived, conflicts arose over whether the land—which had been degraded and reduced to a few stand of pine and blowing sand—should be left alone or should actively be restored. After an impasse of years, Bruce acquiesced and his sons proceed with their restoration plan. What happened next was a miracle of nature.

Dean Kuipers weaves a beautiful and surprising story about the restorative power of land and of his own family, which so desperately needed healing. Heartwarming and profound, *The Deer Camp* is the perfect story of fathers, sons, and the beauty of the natural world.

Dean Kuipers has studied and written about the field of environmental politics and eco-psychology for decades. He is the author of *Burning Rainbow Farm* and *Operation Bite Back*. His work has appeared in *The Los Angeles Times*, *Outside*, *Men's Journal*, *Rolling Stone*, and *Playboy*. Dean lives in Los Angeles.



Shadowlands

Anthony McCann

320pp

6 1/8 x 9 1/4

Hardback

\$28

July 2019

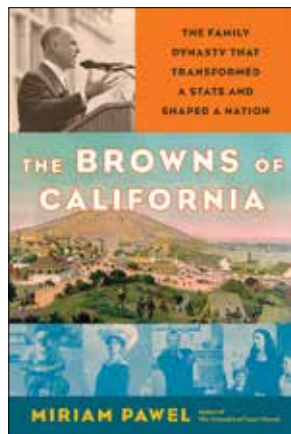
World rights available

An examination of America's deeply polarized present through the inside story of the 2016 Oregon Occupation by radical right-wing anti-federal-government protesters.

On January 2, 2016, a group of heavily armed, middle-aged men began a 40-day occupation of the Malheur National Wildlife Refuge in Harney Basin, Oregon. The men were protesting the imprisonment of two cattle farmers convicted of arson on nationally owned land, but their cause expanded when the standoff with federal troops began. Ammon Bundy and his fellow occupiers claimed that the federal government had no constitutional right to hold, manage, or regulate land, and they set out to reclaim a vision of the American West lost with the cowboys.

In *Shadowlands*, Anthony McCann chronicles the rise and fall of the Oregon Occupation—from the moment Bundy led his friends into the wildlife preserve, to their final surrender to federal troops in February, through to the court case the following November and its aftermath. The story of the occupation is a vital American tale that holds up a mirror to our present panicked historical moment and examines the intersection of race, violence, climate change, inequality, and the failure of the global economy.

Anthony McCann is the author of four critically acclaimed works of poetry. His work has appeared in *The Los Angeles Review of Books*, *A Public Space*, *The Brooklyn Rail*, *PEN America*, *Fence*, and *Bomb*. A graduate of the Iowa Writers Workshop, he now lives in Joshua Tree, California.



The Browns of California

The Family Dynasty that Transformed a State and Shaped a Nation

Miriam Pawel

496pp

6 1/8 x 9 1/4

Hardback

b&w images throughout

8 page and 16 page b&w photo insert

\$35

September 2018

World rights available

A Publishers Weekly Top 10 History Title for the season

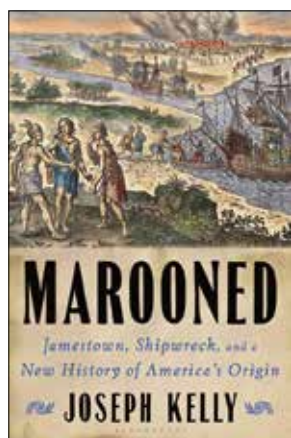
A Pulitzer Prize-winning journalist's panoramic history of California and its impact on the nation, from the Gold Rush to Silicon Valley—told through the lens of the family dynasty that led the state for nearly a quarter century.

Even in the land of reinvention, the story is exceptional: Pat Brown, the beloved father who presided over California during an era of unmatched expansion; Jerry Brown, the cerebral son who became the youngest governor in modern times—and then returned three decades later as the oldest.

In *The Browns of California*, journalist and scholar Miriam Pawel weaves a narrative history that spans four generations, from August Schuckman, the Prussian immigrant who crossed the Plains in 1852 and settled on a northern California ranch, to his great-grandson Jerry Brown, who reclaimed the family homestead one hundred forty years later. Through the prism of their lives, we gain an essential understanding of California and an appreciation of its importance.

The magisterial story is enhanced by dozens of striking photos, many published for the first time. This book gives new insights to those steeped in California history, offers a corrective for those who confuse stereotypes and legend for fact, and opens new vistas for readers familiar with only the sketchiest outlines of a place habitually viewed from afar with a mix of envy and awe, disdain, and fascination.

Miriam Pawel is the author of *The Crusades of Cesar Chavez: A Biography*, a National Book Critics Circle Award finalist, and *The Union of Their Dreams—Power, Hope and Struggle in Cesar Chavez's Farm Worker Movement*. She is a Pulitzer-prize winning editor and reporter who spent twenty-five years at Newsday and the *Los Angeles Times*. She lives in Southern California.



Marooned

Jamestown, Shipwreck, and a New History of America's Origin

Joseph Kelly

512pp

6 1/8 x 9 1/4

Hardback

\$30

October 2018

World rights available

For readers of Nathaniel Philbrick's *Mayflower*, a groundbreaking history that makes the case for replacing Plymouth Rock with Jamestown as America's founding myth.

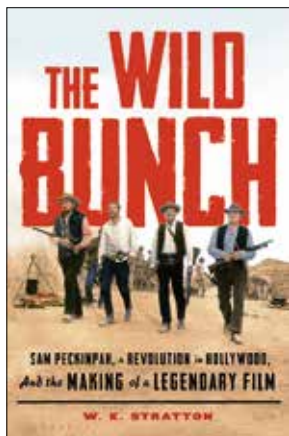
We all know the great American origin story. It begins with an exodus. Fleeing religious persecution, the hardworking, pious Pilgrims thrived in the wilds of New England, where they built their fabled city on a hill. Legend goes that the colony in Jamestown was a false start, offering a cautionary tale. Lazy louts hunted gold till they starved, and the shiftless settlers had to be rescued by English food and the hard discipline of martial law.

Neither story is true. In *Marooned*, Joseph Kelly reexamines the history of Jamestown and comes to a radically different and decidedly American interpretation of these first Virginians.

In this gripping account of shipwrecks and mutiny in America's earliest settlements, Kelly argues that the colonists at Jamestown were literally and figuratively marooned, cut loose from civilization, and cast into the wilderness. The British caste system meant little on this frontier: those who wanted to survive had to learn to work and fight and intermingling with the nearby native populations. Ten years before the Mayflower Compact and decades before Hobbes and Locke, they invented the idea of government by the people. 150 years before Jefferson, they discovered the truth that all men were equal.

The epic origin of America was not an exodus and a fledgling theocracy. It is a tale of shipwrecked castaways of all classes marooned in the wilderness fending for themselves in any way they could—a story that illuminates who we are today.

Joseph Kelly is a professor of literature at the College of Charleston and a member of the American Studies Association. His previous book is *America's Longest Siege: Charleston, Slavery, and the Slow March Toward Civil War*, and he is the editor of the *Seagull Reader* series. He lives in Charleston, South Carolina.



The Wild Bunch

Sam Peckinpah, a Revolution in Hollywood, and the Making of a Legendary Film

W.K. Stratton

320pp

6 1/8 x 9 1/4

Hardback

\$28

February 2019

World rights available

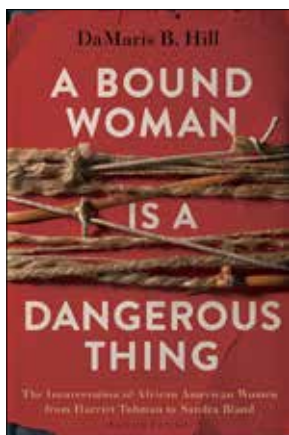
For the fiftieth anniversary of the film, W.K. Stratton's definitive history of the making of *The Wild Bunch*, named one of the greatest Westerns of all time by the American Film Institute.

Sam Peckinpah's film *The Wild Bunch* is the story of a gang of outlaws who are one big steal from retirement. When their attempted train robbery goes awry, the gang flees to Mexico and falls in with a brutal general of the Mexican Revolution, who offers them the job of a lifetime. Conceived by a stuntman, directed by a blacklisted director, and shot in the sand and heat of the Mexican desert, the movie seemed doomed. Instead, it became an instant classic with a dark, violent take on the Western movie tradition.

In *The Wild Bunch*, W.K. Stratton tells the fascinating history of the making of the movie and documents for the first time the extraordinary contribution of Mexican and Mexican-American actors and crew members to the movie's success. Shaped by infamous director Sam Peckinpah, and starring such visionary actors as William Holden, Ernest Borgnine, Edmond O'Brien, and Robert Ryan, the movie was also the product of an industry and a nation in transition. By 1968, when the movie was filmed, the studio system that had perpetuated the myth of the valiant cowboy in movies like *The Searchers* had collapsed, and America was riled by Vietnam, race riots, and assassinations. *The Wild Bunch* spoke to America in its moment, when war and senseless violence seemed to define both domestic and international life.

The Wild Bunch is an authoritative history of the making of a movie and the era behind it.

W.K. Stratton is the author of five books of nonfiction and three of poetry. He has written for *Sports Illustrated*, *Outside*, *GQ*, and *Texas Monthly*, and was named a Fellow of the Texas Institute of Letters in 2017. He is a longtime resident of Austin, Texas.



A Bound Woman Is a Dangerous Thing

The Incarceration of African American Women from Harriet Tubman to Sandra Bland

DaMaris B. Hill

192pp

5 1/2 x 8 1/4

Hardback

B&W Illustrations Throughout

\$25

January 2019

World rights available

A Publishers Weekly Top 10 History Title for the season

A revelatory work in the tradition of Claudia Rankine's *Citizen*, DaMaris Hill's searing and powerful narrative-in-verse bears witness to American women of color burdened by incarceration.

"It is costly to stay free and appear / sane."

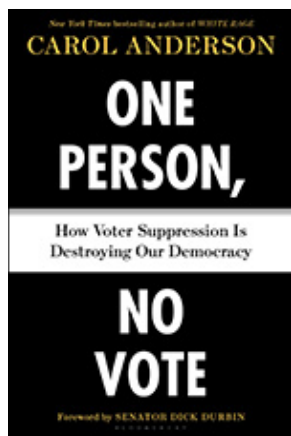
From Harriet Tubman to Assata Shakur, Ida B. Wells to Sandra Bland and Black Lives Matter, black women freedom fighters have braved violence, scorn, despair, and isolation in order to lodge their protests. In *A Bound Woman Is a Dangerous Thing*, DaMaris Hill honors their experiences with at times harrowing, at times hopeful responses to her heroes, illustrated with black-and-white photographs throughout.

For black American women, the experience of being bound has taken many forms: from the bondage of slavery to the Reconstruction-era criminalization of women; from the brutal constraints of Jim Crow to our own era's prison industrial complex, where between 1980 and 2014, the number of incarcerated women increased by 700%.^{*} For those women who lived and died resisting the dehumanization of confinement—physical, social, intellectual—the threat of being bound was real, constant, and lethal.

In *A Bound Woman Is a Dangerous Thing*, Hill presents bitter, unflinching history that artfully captures the personas of these captivating, bound yet unbridled African-American women. Hill's passionate odes to Zora Neale Hurston, Lucille Clifton, Fannie Lou Hamer, Grace Jones, Eartha Kitt, and others also celebrate the modern-day inheritors of their load and light, binding history, author, and reader in an essential legacy of struggle.

^{*}(The Sentencing Project)

DaMaris B. Hill is assistant professor of creative writing and African American and Africana studies at the University of Kentucky. Her previous works are *The Fluid Boundaries of Suffrage* and *Jim Crow: Staking Claims in the American Heartland*, and a collection of poetry, *\Vi-ze-be!\Teks-chers*.



One Person, No Vote

How Voter Suppression
Is Destroying Our
Democracy

Carol Anderson, Ph.D.

288pp

6 1/8 x 9 1/4

Hardback

\$27

September 2018

World rights available

From the award-winning, *New York Times* bestselling author of *White Rage*, the startling—and timely—history of voter suppression in America, with a foreword by Senator Dick Durbin.

In her *New York Times* bestseller *White Rage*, Carol Anderson laid bare an insidious history of policies that have systematically impeded black progress in America, from 1865 to our combustible present. With *One Person, No Vote*, she chronicles a related history: the rollbacks to African American participation in the vote since the 2013 Supreme Court decision that eviscerated the Voting Rights Act of 1965. Known as the *Shelby* ruling, this decision effectively allowed districts with a demonstrated history of racial discrimination to change voting requirements without approval from the Department of Justice.

Focusing on the aftermath of *Shelby*, Anderson follows the astonishing story of government-dictated racial discrimination unfolding before our very eyes as more and more states adopt voter suppression laws. In gripping, enlightening detail she explains how voter suppression works, from photo ID requirements to gerrymandering to poll closures. And with vivid characters, she explores the resistance: the organizing, activism, and court battles to restore the basic right to vote to all Americans as the nation gears up for the 2018 midterm elections.

Carol Anderson is the Charles Howard Candler Professor and Chair of African American Studies at Emory University. She is the author of *White Rage*, which won the National Book Critics Circle Award, *Bourgeois Radicals*, and *Eyes off the Prize*. She was named a Guggenheim Fellow for Constitutional Studies. She lives in Atlanta, Georgia.



Double Lives

A History of Working
Motherhood

Helen McCarthy

416pp

234 x 153mm

Hardback

£25

April 2020

World rights available

***Double Lives* is a working mother's history of modern Britain, told from the perspective of the women who quietly and resolutely confounded the social mores of their day**

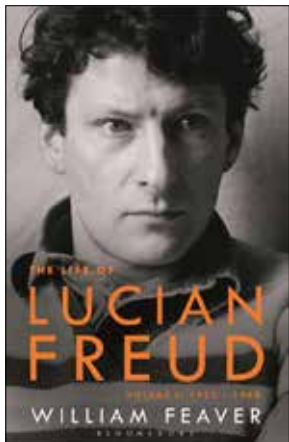
From the moment she entered the workplace, a powerful narrative of public and private disorder was woven around the working mother. There were good mothers and there were working mothers. Those who tried to be both were leading unnatural 'double lives'. And yet, in the history of women's work, one glaring fact stands out: mothers earning to support their families were ordinary, not extraordinary, creatures.

Helen McCarthy recovers and reconstructs what working mothers thought and felt and said about their lives, and what others thought and felt and said about them over a century and a half of social change. From the smoking chimney-stacks of mid nineteenth-century Manchester to the shimmering skyscrapers of present-day Canary Wharf, McCarthy reveals the deep and complicated past of a phenomenon so often assumed to be a product of contemporary lifestyles and aspirations.

Double Lives shows how working motherhood, once understood as a social 'problem', became a social norm as women's aspirations for financial independence and for lives beyond home and family were slowly recognised. McCarthy's timely and important book explains how this transformation in the meaning of working motherhood took place, and asks whether, as a result, leading a double life has become any easier for women in the twenty-first century.

Helen McCarthy is Reader in History at Queen Mary, University of London. She studied as an undergraduate at Gonville & Caius College, Cambridge, and as a Kennedy Scholar at Harvard University. She worked briefly for the think-tank Demos before embarking on doctoral studies at the University of London. Her first book was *The British People and the League of Nations* (Manchester University Press, 2011) and her second book, *Women of the World: The Rise of the Female Diplomat* (Bloomsbury, 2014), won Best International Affairs Book at the Political Book Awards 2015.

@HistorianHelen



Lucian Freud

Volume I: 1922 – 1968

William Feaver

320pp

234 x 153mm

Hardback

£35

September 2019

Rights sold: Dutch (Atlas Contact);

Polish (Albatros)

The story of an epic life, and the story of century told through one of its most important artists, *The Life of Lucian Freud* is a landmark not simply in the story of its subject but in the art of biography itself

Lucian Freud (1922–2011) is one of the great painters of the twentieth and twenty-first centuries. Though ferociously private, he spoke on the phone for at least an hour a day for almost forty years to his close confidante and collaborator William Feaver – about painting and the art world, but also about his life and loves. Feaver wrote down their conversations immediately and typed up his hand-written account the next day.

Shot through with Freud's own words, Feaver brings the elusive, maddening genius to life in this definitive and extraordinary work, both autobiography and biography. In the first of two volumes, he conjures Freud's early childhood – the grandson of Sigmund Freud, born into a well-to-do middle-class Jewish family in Weimar Berlin, escaping Nazi Germany in 1934 and dropped into an English public school. Following Freud through art school, his time in the Merchant Navy during the war, his post-war adventures in Europe, and his setting up as a painter in the then-seedy Maida Vale, Feaver traces a brilliant, difficult young man's coming of age, rejecting the popular style of his contemporaries to create art entirely on his own terms. A passionate and often destructive lover, with swathes of admirers both male and female, the young Freud blazes on the page, tearing like a comet through post-war bohemian London.

William Feaver is a painter, curator and author, and has been the art critic for the Observer for 23 years. His books include *Lucian Freud* (2007) and *Frank Auerbach* (2009). He is on the Academic Board of the Royal Drawing School where he also currently tutors. He has produced films including *Lucian Freud Portraits* (with Jake Auerbach) and *The Last Art Film*. He curated Lucian Freud's 2002 retrospective at Tate Britain in 2002, and the 2012 exhibition of Freud's drawings in London and New York. He also curated the John Constable exhibition at the Grand Palais in 2002 with Freud. He has sat, weekly, for Frank Auerbach since 2003.



Mario Vargas Llosa

A Life

Gerald Martin

234 x 153mm

Hardback

£25

May 2022

Rights sold: German (Suhrkamp);

Spanish – world (Penguin Random House)

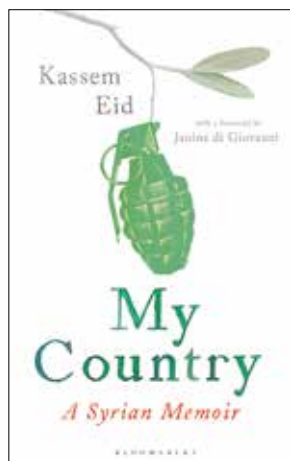
From the author of the acclaimed biography of Gabriel García Márquez, a life of Mario Vargas Llosa, written with privileged access to the Nobel laureate's papers

Mario Vargas Llosa is unchallenged as not only the greatest living writer from his continent but as the most influential intellectual in the entire Hispanic world. This is the first comprehensive biography of the brilliant author of *Conversation in the Cathedral*, *Aunt Julia and the Script-Writer* and *The Feast of the Goat*, who ran for the presidency of Peru in 1990 and in 2010 won the Nobel Prize for Literature.

The life of Vargas Llosa is one of variety and intrigue. He has never stopped writing and travelling and has never been far from controversy. Handsome, elegant and debonair, Vargas Llosa has always appeared the most polite and considerate of men at a personal level; yet over the course of a long career he has alienated many of his friends and colleagues. This captivating biography will shed new light on the mystery surrounding the personal, literary and political relationship between Vargas Llosa and his contemporaries.

With privileged access to Vargas Llosa's archives, Gerard Martin brings the same meticulous research, scrupulous attention to detail and narrative verve to bear on a life that holds equal fascination with that of his fellow Nobel Prize winner Gabriel García Márquez, whose critically acclaimed biography Martin published in 2008.

Gerald Martin is Professor of Modern Languages Emeritus at the University of Pittsburgh and a former president of the International Institute of Ibero-American Literature. His publications include *Journeys Through the Labyrinth: Latin American Fiction in the Twentieth Century*, a critical edition of the pioneering eco-novel *Men of Maize* by Miguel Angel Asturias (another Latin American Nobel Prize winner) and *Gabriel García Márquez: A Life*. He has visited or resided in all the nations of Latin America, as well as France, Spain and the United States, and currently lives in Hampshire in the United Kingdom.



My Country

A Syrian Memoir

Kassem Eid

224pp

216 x 135mm

Hardback

B&W map illustrations

£16.99

May 2018

World rights available

An unforgettable memoir of growing up in Syria under al-Assad's regime, surviving a gas attack, and rallying worldwide support to break the siege of cities across the country, with a foreword by Janine di Giovanni

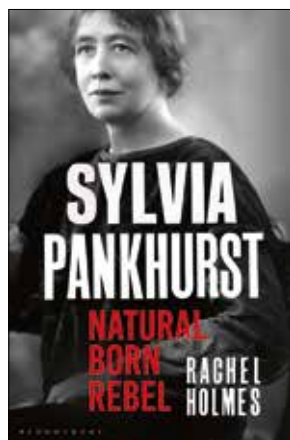
Born to Palestinian refugees, Kassem Eid grew up in the small town of Moadamiya on the outskirts of the ancient city of Damascus. The streets that he and his many siblings played on were perfumed with jasmine. A precocious child, he excelled at school, and had a natural gift for languages. But it didn't take long for Kassem to realise that he was treated differently at school because of his family's resistance to the brutal government regime.

When Bashar al-Assad succeeded his father in 2000, hopes that he would ease its severity were swiftly crushed. When the 2011 Arab Spring protests in Syria were met with extreme violence, it was yet another blow – and as Kassem reached young adulthood, life in Syria became increasingly precarious, as the country spiralled into civil war.

Then, on 21 August 2013, Kassem nearly died in a sarin gas attack that killed hundreds of civilians. Later that day, he would pick up a gun for the first time, to join the Free Syrian Army as they fought government forces. For Kassem, this marked the moment that he and his country changed forever.

A searing account of oppression, war, survival and escape, *My Country* is both a brave and deeply felt memoir of one man's life, as well as a compelling indictment of a world that turned its face away as a nation fell apart.

Kassem Eid is a Palestinian–Syrian rebel and human rights activist. In 2014 he went on a speaking tour across the United States and testified before the United Nations Security Council. He has contributed to the *New York Times*, *Washington Post* and the *Wall Street Journal*, and was interviewed on *60 Minutes*. He is currently a refugee living in Germany.



Sylvia Pankhurst

Natural Born Rebel

Rachel Holmes

528pp

234 x 153mm

Hardback

£25

September 2019

World rights available

A definitive biography of Sylvia Pankhurst, lifelong political rebel and human-rights champion, published a century after British women got the vote

Sylvia Pankhurst's early years as one of the three key leaders of the suffragette movement developed into a lifetime's feminist work for reproductive rights, equal pay, access to welfare and education, and freedom of sexual expression. Starting out as an Edwardian suffragette, Sylvia Pankhurst became a modern radical feminist.

Seen as 'wild', even by the standards of her suffragette family, she lived a political life that included trade unionism, Irish republicanism, Pan-Africanism, pacifism and fighting racism in Europe, the Indian subcontinent, the USA and colonial Africa – where she was dubbed the first white Rastafarian. And she wrote about it all, prolifically. She spent her life in dialogue, dispute, collision and resolution with Churchill, Trotsky, Lenin, Kenyatta, Selassie, Rama Rau and Keir Hardie, among others.

Sylvia was the suffragette who converted her experiences of torture, imprisonment and multiple forms of external physical violence into a lifelong quest to champion human rights. In this enthralling biography, Rachel Holmes interweaves Sylvia's rebellious political life with her private life to show how her astonishing career, long overlooked by historians, continues to resonate today.

Rachel Holmes is the author of *Eleanor Marx: A Life*, *The Secret Life of Dr James Barry* and *The Hottentot Venus: The Life and Death of Saartjie Baartman*. She is co-editor, with Lisa Appignanesi and Susie Orbach, of *Fifty Shades of Feminism* and co-commissioning editor, with Josie Rourke and Chris Haydon, of *Sixty-Six Books: Twenty-First Century Writers Speak to the King James Bible*. She lives in Gloucestershire.



Sophie's Planet

A Search for Truth About Our Remarkable Home Planet and Its Future

James Hansen

256pp

6 1/8 x 9 1/4

Hardback

B&W illustrations throughout

£25.00

Pub date TBD

World rights available

Also by the same author: *Storms of my Grandchildren*

Option publishers: Chinese – simplified (Posts and Telecom Press); Portuguese – Brazil (Senac); Italian (Ambiente); Japanese (Nikkei Business Publications; Malaysian (PTS Publications)

In a series of letters to his granddaughter, Sophie, the world's leading climatologist shows how it is still possible to ensure that young people inherit a clean world.

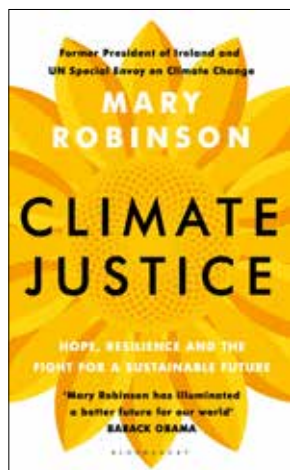
Dr. James Hansen the single most credible scientific voice worldwide on the issue of global warming. In his celebrated first book, *Storms of My Grandchildren*, he presented the full truth about climate change, a truth born out in the years since as climate disasters continue to ravage our world. The urgency is apparent; the response so far, inadequate.

But Hansen remains an optimist. In a series of moving and insightful letters to his granddaughter, Sophie, he speaks about the fight to preserve life on the planet, a fight that for her generation will be as personal as it is political—as much about policy actions as about the right of the monarch, Sophie's favorite butterfly, to live and thrive on this earth.

Sophie's Planet turns toward solutions, asking: How can we connect the dots from climate observations to necessary policies? What can be done to preserve our planet for the young people who will follow us? And how can we make the climate story clear to these young people, to prepare them for what will be one of their generation's central struggles: the fight for environmental justice?

Hansen's conversations with Sophie offer a fascinating glimpse behind the scenes of a life spent at the highest levels of environmental research and policy—including the realms where dark motives prevail—as well as a moving clarion call for the future of the climate change fight.

Dr. James Hansen is best known for bringing global warming to the world's attention in the 1980s, when he first testified before Congress. An adjunct professor in the Department of Earth and Environmental Sciences at Columbia University, he directed the NASA Goddard Institute for Space Studies. His background in space and earth sciences allows a broad perspective on the status and prospects of our home planet. He is the author of *Storms of My Grandchildren*.



Climate Justice

Hope, Resilience, and the Fight for a Sustainable Future

Mary Robinson

176pp

216 x 135mm

Hardback

B&W images throughout

£16.99

October 2018

World rights available

An urgent call to arms by one of the most important voices in the international fight against climate change, sharing inspiring stories and offering vital lessons for the path forward

Holding her first grandchild in her arms in 2003, Mary Robinson was struck by the uncertainty of the world he had been born into. Before his fiftieth birthday, he would share the planet with more than nine billion people – people battling for food, water, and shelter in an increasingly volatile climate. The faceless, shadowy menace of climate change had become, in an instant, deeply personal.

Mary Robinson's mission would lead her all over the world, from Malawi to Mongolia, and to a heartening revelation: that an irrepressible driving force in the battle for climate justice could be found at the grassroots level, mainly among women, many of them mothers and grandmothers like herself. From Sharon Hanshaw, the Mississippi matriarch whose campaign began in her East Biloxi hair salon and culminated in her speaking at the United Nations, to Constance Okollet, a small farmer who transformed the fortunes of her ailing community in rural Uganda, Robinson met with ordinary people whose resilience and ingenuity had already unlocked extraordinary change.

Powerful and deeply humane, *Climate Justice* is a stirring manifesto on one of the most pressing humanitarian issues of our time, and a lucid, affirmative, and well-argued case for hope.

Mary Robinson is President of the Mary Robinson Foundation - Climate Justice. She served in two capacities as the United Nations Secretary-General's Special Envoy on Climate Change. She is the former President of Ireland and United Nations High Commissioner for Human Rights, and is now a member of The Elders and the Club of Madrid. In 2009, she was awarded the U.S. Presidential Medal of Freedom.



Turned On

Science, Sex and Robots

Kate Devlin

304pp

216 x 135mm

Hardback

B&W chapter illustrations

£16.99

October 2018

World rights available

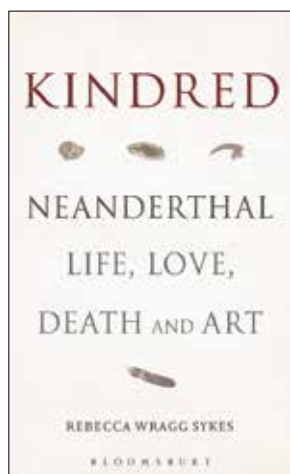
The idea of the seductive sex robot is the stuff of myth, legend and science fiction. From the ancient Greeks to twenty-first century movies, robots in human form have captured our imagination, our hopes and our fears. But beyond the fantasies there are real and fundamental questions about our relationship with technology as it moves into the realm of robotics. What will happen to us when we form close relationships with these intelligent systems?

Sex robots are here, and here to stay, and more are coming. *Turned On* explores how the emerging and future development of sexual companion robots might affect us and the society in which we live. It explores the social changes arising from emerging technologies, and our relationships with the machines that may someday care for us and about us.

Computer scientist and sex robot expert Kate Devlin will be our guide as we seek to understand how this technology is developing. Starting with a history of the artificial sexual companion, she'll explore the 'modern' robot versus the robot servants we were promised by twentieth century sci-fi, and will delve into our own psychology: how does desire affect our own behaviour, and can we become attached to an inanimate object? The book will answer all the questions you've ever had about sex robots, as well as the ones you haven't thought of yet.

Kate Devlin is a Senior Lecturer in Social and Cultural AI at King's College London. Three years ago, Kate began to explore the particular ways in which sex, gender and sexuality might be incorporated into cognitive systems such as sexual companion robots; since then she has become a driving force in the field of intimacy and technology. In short, Kate has become the face of sex robots. She has written articles on the subject for *New Scientist*, *Prospect* and *i*, appeared on BBC Radios 1–5, and made a number of TV appearances, along with TEDx talks and numerous other tech and philosophy events, receiving significant media coverage on the way.

@drkatedevlin



Kindred

Neanderthal Life, Love, Death and Art

Rebecca Wragg Sykes

288pp

216 x 135mm

Hardback

B&W illustrations throughout, 8 page colour section

£16.99

March 2019

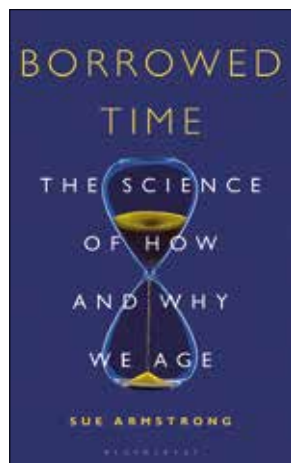
World rights available

Our perception of the Neanderthals has undergone a metamorphosis since their discovery 150 years ago, from the losers of the human family tree to A-list hominins. Spanning scientific curiosity and popular cultural fascination means that there is a wealth of coverage in the media and beyond – but do we get the whole story? The reality of 21st century Neanderthals is complex and fascinating, yet remains virtually unknown and inaccessible outside the scientific literature.

In *Kindred*, Neanderthal expert Becky Wragg Sykes shoves aside the cliché of the rag-clad brute in an icy wasteland, and reveals the Neanderthal you don't know, who lived across vast and diverse tracts of Eurasia and survived through hundreds of thousands of years of massive climate change. This book will shed new light on where they lived, what they ate, and the increasingly complex Neanderthal culture that is being uncovered, up to and including the very recent discovery of verifiably Neanderthal cave art.

Based on the author's first-hand experience at the cutting-edge of Palaeolithic research and theory, this easy-to-read but information-rich book lays out the full picture we now have of the Neanderthals for the first time, from amazing new discoveries to the more enduring mysteries of how they lived and died, and their relationship with modern humans.

Rebecca Wragg Sykes has been fascinated by the vanished worlds of the Pleistocene ice ages since childhood and followed this interest through a career researching the most enigmatic characters of all, the Neanderthals. After a PhD on the last Neanderthals living in Britain, she worked in France at the world-famous PACEA laboratory. Alongside her academic activities, she has also earned a reputation for exceptional public engagement. The public can follow her research through a personal blog and Twitter account, and she frequently writes for the popular media, including the *Scientific American* and *Guardian* science blogs. She is also co-founder of the influential Trowelblazers project, which highlights women archaeologists, palaeontologists and geologists through innovative outreach and collaboration.



Borrowed Time

The Science of How and Why We Age

Sue Armstrong

272pp

216 x 135mm

Hardback

£16.99

January 2019

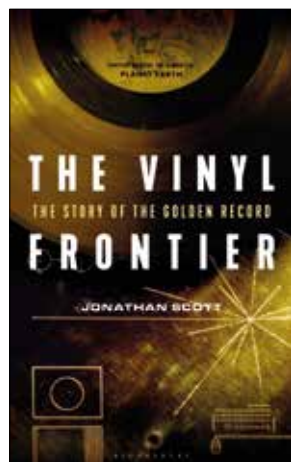
Rights sold: Russian (Atticus-Azbooka)

The ageing of the world population is one of the most important issues facing humanity in the 21st century – up there with climate change in its potential global impact. Sometime before 2020, the number of people over 65 worldwide will, for the first time, be greater than the number of 0–4 year olds, and it will keep on rising. The strains this is causing on society are already evident as health and social services everywhere struggle to cope with the care needs of the elderly.

But why and how do we age? Scientists have been asking this question for centuries, yet there is still no agreement. There are myriad competing theories, from the idea that our bodies simply wear out with the rough and tumble of living, like well-worn shoes or a rusting car, to the belief that ageing and death are genetically programmed and controlled.

In *Borrowed Time*, Sue Armstrong tells the story of science's quest to understand ageing and to prevent or delay the crippling conditions so often associated with old age. She focuses inward – on what is going on in our bodies at the most basic level of the cells and genes as the years pass – to look for answers to why and how our skin wrinkles with age, our wounds take much longer to heal than they did when we were kids, and why words escape us at crucial moments in conversation. This book explores these questions and many others through interviews with key scientists in the field of gerontology and with people who have interesting and important stories to tell about their personal experiences of ageing.

Sue Armstrong is a science writer and broadcaster based in Edinburgh. She has worked for a variety of media organisations, including *New Scientist*, and since the 1980s has undertaken regular assignments for the World Health Organization (WHO) and UNAIDS. Sue has been a presenter, writer and researcher in several major documentaries for BBC Radio 4; programmes have focused on the biology of ageing, drug addiction, alcoholism, obesity, AIDS, cancer and stress. Her previous book was p53: *The Gene that Cracked the Cancer Code*, also published with Bloomsbury Sigma and was highly commended by the BMA Book Award.



The Vinyl Frontier

The Story of the Voyager Golden Record

Jonathan Scott

304pp

216 x 135mm

Hardback

£16.99

March 2019

World rights available

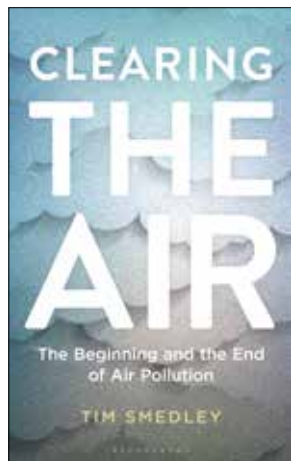
If you had an area of a 12" square and had to somehow fit on it a physical message summarising the entirety of life on Earth and humanity's achievements for an alien civilisation, how would you do it? What would you pick, and why?

In 1977, a team led by the great Carl Sagan was put together to create a record that would travel to the stars on the back of NASA's *Voyager* probe. They were responsible for creating a playlist of music, sounds and pictures that would represent not just humanity, but would also paint a picture of Earth for any future alien races that may come into contact with the probe. This playlist had to be all-encompassing and represent all cultures from around the world. *The Vinyl Frontier* will tell the whole story of how the record was created, from when NASA first proposed the idea to Carl, through all of the difficulties they faced, to when they were finally able watch the Golden Record rocket off into space on *Voyager*. Each song, sound and picture that made the final cut onto the record has a story to tell.

Through interviews with all of the key players involved with the record, this book pieces together the whole story of the Golden Record. It will address the myth that the Beatles were left off of the record because of copyright reasons and will include new information about US president Jimmy Carter's role in the record, as well as many other fascinating insights that have never been reported before. It also tells the love story between Carl Sagan and the project's creative director Ann Druyan that flourishes as the record is being created.

The Golden Record is more than just a time capsule. It is a unique combination of science and art, and a testament to the genius of its driving force, the great polymath Carl Sagan.

Jonathan Scott is a music writer and self-confessed astronomy geek. Formerly a contributing editor to *Record Collector* magazine, he has edited books about Prince, Cher and the San Francisco psych explosion, and written about Nirvana, the Pogues, the Venga Boys, Sir Patrick Moore and Sir Isaac Newton in a variety of magazines.



Clearing the Air

The Beginning and the End of Air Pollution

Tim Smedley

304pp

216 x 135mm

Hardback

£16.99

April 2019

World rights available

Around the world, more than eight-out-of-ten people who live in cities breathe in concentrations of air pollutants that exceed international air quality guidelines. At the same time, scientists are revealing just how detrimental this polluted air really is to our health. Globally, 18,000 people die each day from air pollution. The annual number of deaths – 6.5 million – is far greater than those from HIV/AIDS, tuberculosis, malaria and car crashes combined, and it is getting worse.

This book tells the full story of what's happened to the air we breathe. Sustainability journalist Tim Smedley will explain exactly what air pollution is, which chemicals are the dangerous ones and where they come from. He will look at the extreme instances of air pollution that have happened around the world, including London, Beijing, Delhi and LA, as well as examining the stories that have been in the news recently. For the most part, air pollution is anonymous; an invisible killer borne from the cars in our driveways and the industrial processes used to make stuff, but there is so much we don't know.

Clearing the Air will contain interviews with the scientists and politicians at the forefront of air pollution research as well as those whose lives have been affected by smog. It soon becomes clear that these problems can be solved, and the message of the book is positive. The overwhelming majority of air pollutants are local, short-lived, and can be stopped at source; the benefits to health, instant and dramatic. There are many stories that show how the fightback against air pollution can and does work, and we can all play a part to clear our air.

Tim Smedley is an award-winning sustainability journalist. After ten years in London – first as a business journalist, latterly as a freelancer writer covering the environment – he left in 2014, fleeing the polluted streets for Oxfordshire where he is now based. Tim has written for the *Financial Times*, the *Guardian*, the *Sunday Times*, *New Scientist*, and most recently the BBC.



Superheavy

Making and Breaking the Periodic Table

Kit Chapman

304pp

216 x 135mm

Hardback

£16.99

June 2019

World rights available

The science of element discovery is a truly fascinating field, and is constantly rewriting the laws of chemistry and physics as we know them. As recently as November 2016, four new 'superheavy' elements – the heaviest created by man – were named, stretching the periodic table to 118 elements. They have broken the rules of the periodic table, rewriting the science we're taught in school, and have the potential to revolutionise our lives.

Superheavy will be the first book to take an in-depth look at how these synthetic elements are discovered, why they matter and where they will take us. It will tell the story of the major players, such as Ernest Lawrence who revolutionised the field of particle physics with the creation of the cyclotron; Yuri Oganessian, the 'guerilla scientist' who opened up a new era of discovery in the field and is the only living scientist to have an element named after him; and Victor Ninov, the disgraced physicist who almost pulled off what would have been the greatest fraud in nuclear science. It will bring us in a full circle back to Oak Ridge National Laboratory, where the first atomic bomb was developed, and that has more recently been an essential player in creating the new superheavy element 117.

Throughout, *Superheavy* will explain the complex science of element discovery in clear and easy-to-follow terms. By the end of the book readers will not only marvel at how far we've come, they will be in awe of where we are going and what this could mean for the worlds of physics and chemistry as we know them today.

Kit Chapman is an award-winning science journalist and broadcaster. Initially qualifying as a pharmacist, Chapman began his career on medical journal *The Practitioner* before moving to *Chemist+Druggist*, the UK's leading magazine for pharmacists. After stints as campaign website manager for the British Medical Association and clinical editor for *The Pharmaceutical Journal*, Chapman was appointed comment editor for *Chemistry World*. Chapman also writes for the *Daily Telegraph* and *Sunday Telegraph*, and has appeared as an expert for the BBC and Sky News. @ChemistryKit



Genuine Fakes

How Phony Things Teach
Us About Real Stuff

Lydia Pyne

288pp

216 x 135mm

Hardback

£16.99

August 2019

World rights available

We all think we know how to define what is a fake and what is the 'real thing', even if we can't necessarily do the identification ourselves, but is that distinction as clear cut as we might think?

History is full of things that are 'real' and 'not real' at the same time, and these things can thrive for decades, even centuries, as genuine fakes. The social history, scientific background, and cultural context of these genuinely fake objects have played significant roles in helping to develop and spread very real knowledge about the world and have done so in curious and unexpected ways.

Over the course of nine chapters, historian Lydia Pyne will look at nine things that fall onto this middle ground, including art forgeries, fake fossils, nature documentaries and laboratory-grown diamonds. Pulling materials and case studies from historical archives, extensive in-person interviews, and museum collections into each chapter, *Genuine Fakes* will encourage readers to think about all the genuinely fake things that they engage with every day. Authenticity shapes how we evaluate history, representation, intellectual property, copyright, and even language. Amid worries of 'fake news' and 'alternative facts', the question of authenticity has taken on particular urgency in this century.

Lydia Pyne is a writer and historian, interested in the history of science and material culture. She has degrees in history and anthropology and a PhD in history and philosophy of science from Arizona State University. Her field and archival work has ranged from South Africa, Ethiopia, Uzbekistan, and Iran, as well as the American Southwest.

Lydia is the author of *Bookshelf*, *Seven Skeletons: The Evolution of the World's Most Famous Human Fossils*, and the co-author of *The Last Lost World: Ice Ages, Human Origins*, and *The Invention of the Pleistocene*. Her writing has appeared in *The Atlantic*, *History Today*, *Time*, *The Scientist*, *Nautilus*, *Lady Science*, and *Electric Literature* as well as *The Public Domain Review*; she is currently a visiting researcher at the Institute for Historical Studies at the University of Texas at Austin.



The Contact Paradox

Challenging our
Assumptions in the
Search for Extraterrestrial
Intelligence

Keith Cooper

288pp

216 x 135mm

Hardback

£16.99

October 2019

World rights available

What will happen if (perhaps when) humanity makes contact with another civilisation on a different planet?

In this book, space journalist Keith Cooper tackles some of the myths and assumptions that underlie SETI – the Search for Extraterrestrial Life. Some of these include

How easy will it be to detect a signal from another world?

Have anthropologists fully explored what the consequences of contact with an extraterrestrial civilisation would be?

Should we be beaming messages into space for extraterrestrial life to detect, and are there any dangers in doing so?

Across eight wide-ranging chapters, *The Contact Paradox* examines these topics and many others, portraying the thoughts and opinions of many SETI researchers, astronomers, historians, evolutionary biologists, anthropologists and philosophers. It takes a rigorous approach to the scientific literature and uncovers the real stories behind the science, with one eye on the great METI (Messaging Extraterrestrial Intelligence) debate. This is the controversial plan to beam messages into space for extraterrestrial life to detect and respond to. Is conducting such activity safe, or do we risk provoking an alien species that we know nothing about? And who exactly speaks for Earth?

Keith Cooper has been the Editor of *Astronomy Now* since 2006 and is also Editor of the NASA-sponsored *Astrobiology Magazine*. Keith specialises in writing about astrophysics, planetary science, cosmology and astrobiology, and he has written for *New Scientist*, *Sky & Telescope*, *Physics World*, *Centauri Dreams* and the *Journal of the British Interplanetary Society*.



The Creative State

Rohan Silva

384pp
234 x 153mm
Hardback
£20
October 2019
World rights available

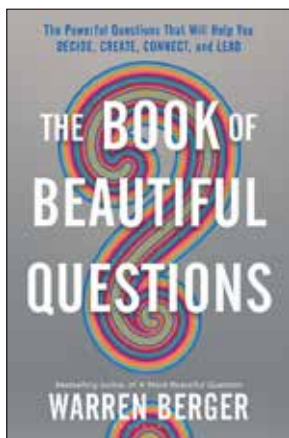
From one of the most exciting young entrepreneurs in Britain today, a bold, impassioned and innovative call for a new kind of society: one where innovation is sparked by the government

As a policy adviser for innovation and entrepreneurship to Prime Minister David Cameron, Rohan Silva was often asked the question: 'Why is there no British Google?'

Though the story of Google's founders starting their business out of a Silicon Valley garage is familiar, few people understand the active role the American government played in the company's creation. Right and left-wing governments in Britain have come to see state intervention in the economy as the cause of problems, not the key to growth. But on close inspection, government action is at the heart of the world's most innovative and prosperous nations, from Singapore to Denmark, Estonia to Israel – and the foundation for the Googles of the future.

The Creative State illustrates that generous, long-term and intelligently targeted government support can build political and civic environments where creative businesses can thrive. More importantly, it can help tackle one of the key challenges of our times: ensuring people benefit, rather than lose out, from the twin forces of technology and globalisation. Drawing on wide research and entrepreneurial expertise, Rohan Silva shows that the future lies not in laissez-faire economics but in a bold, radical and exciting alternative: the creative state.

Rohan Silva is the co-founder of Second Home, a social enterprise that supports creativity, entrepreneurship and job creation in cities around the world. He was previously Senior Policy Adviser to David Cameron, where he created the hugely successful Tech City initiative that helped build the world's fastest growing technology cluster in East London. A Senior Visiting Fellow at the London School of Economics, an Honorary Fellow of the Royal College of Art and a World Economic Forum 'Young Global Leader', he has a weekly column in the *Evening Standard* and also writes for the *Sunday Times* and other publications.



The Book of Beautiful Questions

The Powerful Questions That Will Help You Decide, Create, Connect, and Lead

Warren Berger

288pp
6 1/8 x 9 1/4
Hardback
\$28
October 2018
Rights sold: Chinese - Simplified (Cheers Media)

From the bestselling author of *A More Beautiful Question*, hundreds of big and small questions that harness the magic of inquiry to tackle challenges we all face—at work, in our relationships, and beyond.

When confronted with almost any demanding situation, the act of questioning can help guide us to smart decisions. By asking questions, we can analyze, learn, and move forward in the face of uncertainty. But "questionologist" Warren Berger says that the questions must be the *right* ones; the ones that cut to the heart of complexity or enable us to see an old problem in a fresh way.

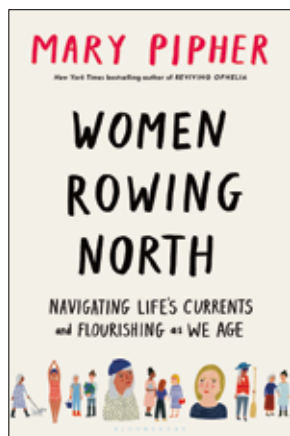
In *The Book of Beautiful Questions*, Berger shares illuminating stories and compelling research on the power of inquiry. Drawn from the insights and expertise of psychologists, innovators, effective leaders, and some of the world's foremost creative thinkers, he presents the essential questions readers need to make the best choices when it truly counts, with a particular focus in four key areas: **decision-making, creativity, leadership, and relationships.**

Thoughtful, provocative, and actionable, these beautiful questions can be applied immediately to bring about change in your work or your everyday life.

Warren Berger has studied hundreds of the world's foremost innovators, entrepreneurs, and creative thinkers to learn how they ask questions, generate original ideas, and solve problems. He is the author of the bestseller *A More Beautiful Question* and the internationally acclaimed *CAD Monkeys*, *Dinosaur Babies*, and *T-Shaped People*, named one of *Businessweek's* Best Innovation and Design Books of the Year. His writing appears regularly in *Fast Company*, *Harvard Business Review*, and the *New York Times*. He lives in New York.

Also by the same author: *A More Beautiful Question*

Option publishers: Chinese – simplified (Cheers Media); Chinese – complex (Domain Publishing); German (Berlin Verlag); Japanese (Diamond Inc); Korean (Book 21 Publishing); Portuguese – Brazilian (Aleph); Russian (Popuri); Vietnamese (1980Books)



Women Rowing North

Navigating Life's Currents
and Flourishing As We Age

Mary Pipher

272pp

235mm x 156mm

Hardback

£20.00

January 2019

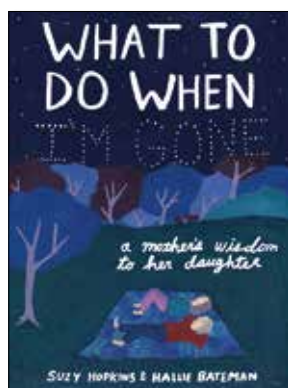
World rights available

From the *New York Times* bestselling author of *Reviving Ophelia*, a guide to wisdom, authenticity, and bliss for women as they age.

Women growing older contend with ageism, misogyny, and loss. Yet as Mary Pipher shows, most older women are deeply happy and filled with gratitude for the gifts of life. Their struggles help them grow into the authentic, empathetic, and wise people they have always wanted to be.

In *Women Rowing North*, Pipher offers a timely examination of the cultural and developmental issues women face as they age. Drawing on her own experience as daughter, sister, mother, grandmother, caregiver, clinical psychologist, and cultural anthropologist, she explores ways women can cultivate resilient responses to the challenges they face. "If we can keep our wits about us, think clearly, and manage our emotions skillfully," Pipher writes, "we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, the journey can be transcendent."

Mary Pipher is a psychologist specializing in women, trauma, and the effects of our culture on mental health, which has earned her the title of *cultural therapist* for her generation. She is the author of several *New York Times* bestsellers, including *Reviving Ophelia*, *The Shelter of Each Other*, and *Another Country*. She lives in Lincoln, Nebraska.



What to Do When I'm Gone

A Mother's Wisdom to Her
Daughter

Suzy Hopkins and
Hallie Bateman

144pp

222mm x 165mm

Hardback

£16.99

April 2018

World rights available

A mother's advice to her daughter—a guide to daily living, both practical and sublime—with full-color illustrations throughout.

One sleepless night while she was in her early twenties, illustrator/writer Hallie Bateman had a painful realization: her mom would die, and after she died she would be *gone*. The prospect was devastating, and also scary—how would she navigate the world without the person who gave her life? She thought about all the motherly advice she would miss—advice that could help her through the challenges to come, including the ordeal of losing a parent.

The next day, Hallie asked her mother, writer Suzy Hopkins, to record step-by-step instructions for her to follow in the event of her mom's death. The list began: "Pour yourself a stiff glass of whiskey and make some fajitas" and continued from there, walking Hallie through the days, months, and years of life after loss, with motherly guidance and support, addressing issues great and small—from choosing a life partner to baking a quiche. The project became a way for mother and daughter to connect with humor, openness, and gratitude. It led to this book.

Combining Suzy's wit and heartfelt advice with Hallie's quirky and colorful style, *What to Do When I'm Gone* is the illustrated instruction manual for getting through life without one's mom. It's also a poignant look at loss, love, and taking things one moment at a time. By turns whimsical, funny, touching, and above all pragmatic, it will leave readers laughing and teary-eyed. And it will spur conversations that enrich family members' understanding of one another.

Hallie Bateman is a Los Angeles-based illustrator and writer whose work has appeared in the *New Yorker*, the *New York Times Magazine*, *Lenny*, *BuzzFeed*, the *Awl*, and elsewhere. Her creative journal, *Brave New Work*, was published by MOMA in 2017.

Suzy Hopkins is a former newspaper reporter who since 2008 has published a quarterly magazine (*Friends & Neighbors*, www.seniorforan.com) for boomers and seniors in California's Central Sierra. She is also Hallie's mom. She lives in Columbia, California. "



The Island Kitchen

A dazzling culinary tour of Mauritius and the Indian Ocean

Selina Periampillai

256pp

246 x 189mm

Hardback

Colour photography throughout

£26

May 2019

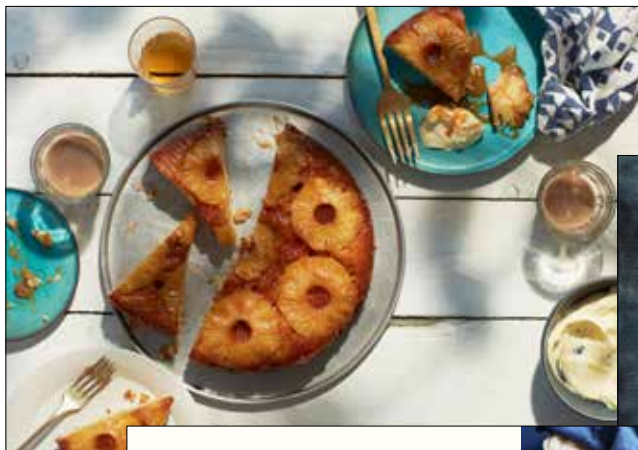
World rights available

This ravishing cookbook will take you on a journey around the Indian Ocean islands, to taste the flavours of the colourful markets of Mauritius, the aromatic spice gardens of the Seychelles, the fishing coasts of the Maldives, the lagoons of Mayotte and the forests of Madagascar. Selina Periampillai, born in London but of Mauritian descent, celebrates the vibrant home-cooking of the islands, with dishes such as Sticky chicken with garlic and ginger, Mustard and turmeric marinated tuna, Aubergine and chickpea cari, and Pineapple rum cake with cardamom clotted cream.

With 80 simple recipes for everything from quick mid-week suppers to large rum-fuelled gatherings, and beautiful food photography and illustrations, this book will take you straight to the warm, welcoming kitchens of these beautiful islands.

Selina Periampillai is a London-based self-taught chef, born to Mauritian parents. She grew up in the UK but was inspired by her heritage to share recipes from her family. She hosted the first Mauritian supperclub from her home in London and, garnering a loyal following on social media, went on to host pop ups, write recipes for websites such as JamieOliver.com, Air Mauritius and Great British Chefs, and feature in BBC Good Food, the *Guardian*, *Huffington Post* and the *Telegraph*. She now privately caters events, teaches cookery classes, and demos at various food festivals to share her insight and knowledge of the unique melting pot of flavours from the Indian Ocean. This is her first book.

tastemauritius.com / [@tastemauritius](https://twitter.com/tastemauritius)



Slow-cooked meltingly tender beef is simmered in Mauritian spices, fragrant thyme, sweet cinnamon and hot chillies. This is how I learnt it from my dad, except he might add a glass of red wine to intensify the flavour while cooking at another glass while he cooked. This cari pairs perfectly with some pineapple chutney (page 105), coconut rice (page 105) and some buttery roti on the side to wrap up any leftover sauce.

TRADITIONAL STYLE BEEF CARI MAURITIUS

500g beef chuck, cut into 2 cm pieces
1 large white onion, finely chopped
3 garlic cloves, minced
2.5cm fresh ginger, finely chopped
3 sprigs of thyme, leaves only
1-2 green chillies, finely chopped
1 cinnamon stick
4 tbsp Mauritian curry powder
Sugar (100g) or mild curry powder

PREP:
15 mins
COOKING:
1 1/2 hrs to 2 hrs

* Place a large casserole dish on a high heat, add in 2 tbsp oil, now the beef chuck for 5 minutes to caramelize and brown. Remove from the pan and set aside.
* Add 1 tbsp oil, turn down to a medium-high heat and throw in the onion, garlic and ginger and stir. Brown the onion for 5-7 minutes until softened, take care not to burn the garlic and ginger. Gently lower the heat if they brown too quickly. Add in the thyme, chilli and cinnamon stick.
* In a small bowl mix the Mauritian curry powder with a splash of water, stir to ensure the paste is combined well with all the spices.
* Pour the paste into the pan, mix well until the onion are all coated yellow. Add the chopped onion and mix and stir to the beef chuck, stirring to ensure the meat is combined well with all the spices.

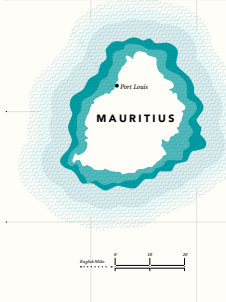


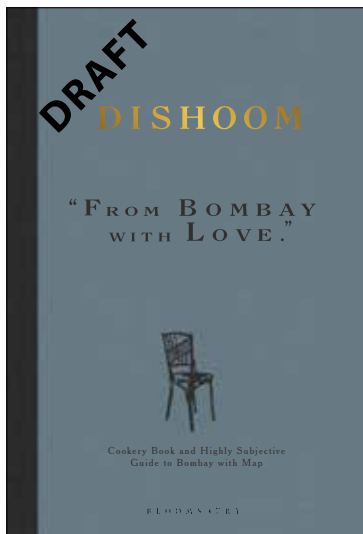
* Pour in the plum tomatoes, breaking them up in the pan, and stir up with 100ml of water. This should come to just before the top of the meat in the pan. Cover with a lid and simmer on a low heat for 2 hours, stirring half way through to ensure nothing is sticking to the bottom of the pan.
* Add in 2 tsp salt and stir, taste for seasoning and add more salt and pepper if needed. Check the meat is tender and soft. Discard the cinnamon stick. Scatter over the spring onion and the remaining 2 tbsp of fresh coriander leaves, reserving some for garnish. Serve with coconut rice (page 105).

MAURITIUS

HER HANDS ARE rhythmically beating gently while her head is a small piece of dough. Anna is making roti, rolling out the flat discs before cooking them on a tava at her tiny stand in the middle of Port Louis' Central Market. Here in the place known as the Grand Bazaar, the heart of Mauritius' commerce, there are hundreds of stalls, the stalls are filled with fresh produce, spices, herbs and oils. The stalls are filled with fresh produce, spices, herbs and oils. The stalls are filled with fresh produce, spices, herbs and oils.

It's a hot and busy day in the market, the air is filled with the sounds of people, the smell of fresh produce, the sound of the sizzle of food cooking. The stalls are filled with fresh produce, spices, herbs and oils. The stalls are filled with fresh produce, spices, herbs and oils. The stalls are filled with fresh produce, spices, herbs and oils.





DISHOOM

From Bombay with Love

Shamil Thakrar, Kavi Thakrar and Naved Nasir

352pp

265 x 180mm

Hardback

Colour photography throughout and fold out map

£26

September 2019

World rights available

Open the pages of the Dishoom cookbook, and you will be transported straight to the bustling streets of Bombay. With recipes inspired by the warm, welcoming dishes of the Irani cafes that once populated the city – and are now all but disappeared – it is a nostalgic love letter to the best of Indian comfort food.

The recipes will take you from dawn til dusk, starting with Breakfast dishes, and ending with Dinner and Nightcaps. Every recipe will reveal a different corner of Bombay – the tiny backstreets, the jazz-filled cafes, Chowpatty Beach – and each one is hearty and delicious. Here you will find recipes for Dishoom's famous Bacon Naan rolls and Black Daal, as well as for Paneer and mango salad, Lamb samosas, Gunpowder potatoes and Mango kulfi.

Illustrated with beautiful food and location photography, this is a cookbook that is steeped in romance: a celebration of an eccentric, magical city, its stories, and its dishes.

Shamil Thakrar and Kavi Thakrar grew up in London with strong family ties to Gujarat, India. In 2010, with head chef **Naved Nasir**, they opened the first Dishoom restaurant in Covent Garden. They have since opened five more restaurants, received numerous accolades – including being one of *The Sunday Times* 100 Best Companies To Work For – and established strong partnerships with charities worldwide to feed school children, break down barriers between nationalities, cultures and faiths, and help people from conflict regions learn how to make peace. This is their first, and long-awaited, cookbook.



Always there as a one-pot dish at any occasion, this is a staple of the Irani cafe. It is a simple, comforting dish that is loved by all.



BREAKFAST AT KYANI & CO – FOLLOWED BY A STROLL AROUND DHOBI TALAO

TO HELP YOU ACQUAINTANCE TO THE PHENOMENON OF IRANI CAFE, we have chosen to start with a breakfast dish. The Irani cafe is a place where you can find a warm, welcoming atmosphere. It is a place where you can find a warm, welcoming atmosphere. It is a place where you can find a warm, welcoming atmosphere.

The only morning meal around here is the Irani breakfast. It is a warm, welcoming meal that is loved by all. It is a warm, welcoming meal that is loved by all. It is a warm, welcoming meal that is loved by all.

Not in very long ago, I could have asked to go to the Irani cafe. It was a place where you could find a warm, welcoming atmosphere. It was a place where you could find a warm, welcoming atmosphere. It was a place where you could find a warm, welcoming atmosphere.

At one of the Irani cafes, you can find a warm, welcoming atmosphere. It is a place where you can find a warm, welcoming atmosphere. It is a place where you can find a warm, welcoming atmosphere.



LAMB RAAN

This dish is a favourite of the well-to-do in the Irani cafes, the first Bombay restaurant to start serving it. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all.

The most convenient way of making this dish is to use a frying pan that can go straight into the oven to broil. This is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all.

If you are going to make this dish, you should use a frying pan that can go straight into the oven to broil. This is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all.

TO SERVE: 4 people. This is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all.

1. Cut the lamb into 1cm cubes and marinate in the Irani marinade for 2 hours. This is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all.

2. Heat the oil in a large frying pan. Add the lamb and cook for 5 minutes. This is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all. It is a warm, welcoming dish that is loved by all.



Summer Kitchen

Olia Hercules

320pp
246 x 189mm
Hardback
Colour photography throughout
£26
April 2020
World rights available

Olia Hercules, author of the award-winning *Mamushka* and *Kaukasis* cookbooks, owes some of her earliest and fondest memories to the 'summer kitchens' of her parents, grandparents, neighbours and friends in Ukraine. These small buildings are positioned a small distance from the main house, near a fruit plot or veg patch, where they offer an oasis of cool in the relentless summer heat. As temperatures rise, Ukrainian families traditionally transfer their pots, pans and pickling jars – as well as all of their energy – to their summer kitchen. This airy space becomes a hive of cooking activity as home-grown produce ripens, and a tiny pickling and preserving factory gets to work in preparation for winter.

The number of summer kitchens is dwindling these days, but the traditions of pickling and eating seasonally are more relevant and exciting than ever. *Summer Kitchen* contains recipes for fresh and vibrant salads; nutritious broths and soups; succulent roasted meat accompanied by sharp, pickled vegetables; and fruit preserves to slather on freshly baked bread.

With delicious food and travel photography from all over Ukraine, interspersed with stories and memories of these tiny buildings, this book will transport you to idyllic summer kitchens past and present.

Olia Hercules was born in Ukraine and lived in Cyprus before moving to the UK to study English, Italian and Russian. After working for a time as a reporter for Screen International, her interest in food led her to retrain as a chef. She soon began to attract critical acclaim for her writing and cooking and *Summer Kitchen* is her third cookbook, following *Mamushka* and *Kaukasis*. Olia lives in London.





The Food of Sichuan

Fuchsia Dunlop

480pp
266 x 195mm
Hardback
Colour photography throughout
£30
October 2019
World rights available

Almost twenty years after the publication of her landmark book *Sichuan Cookery*, voted one of the greatest cookbooks of all time, Fuchsia Dunlop revisits the region where her own culinary journey began, adding more than 70 new recipes to the original repertoire and accompanying them with her incomparable knowledge of the dazzling tastes, textures and sensations of Sichuanese cookery.

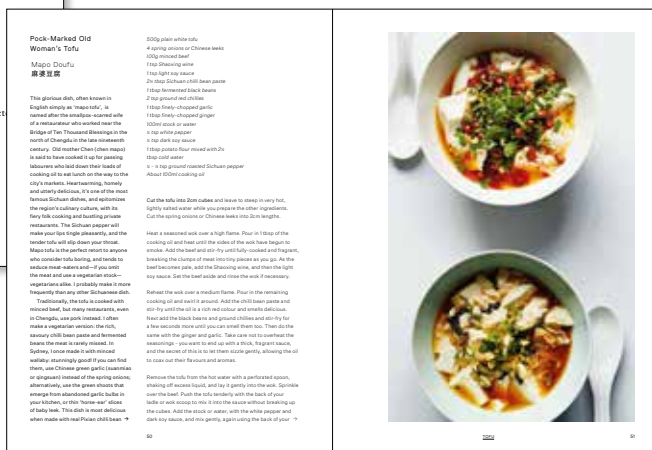
At home, guided by Fuchsia's clear instructions, you will be able to recreate Sichuanese classics such as Mapo tofu, Twice-cooked pork and Gong Bao chicken, or try your hand at a traditional spread of cold dishes comprising Bang bang chicken, Numbing-and-hot dried beef, Spiced cucumber salad and Green beans in ginger sauce. With spellbinding writing on the culinary and cultural history of Sichuan and accompanied by gorgeous travel and food photography, *The Food of Sichuan* is a captivating insight into one of the world's greatest cuisines.

Fuchsia Dunlop was the first Westerner to train at the Sichuan Higher Institute of Cuisine, and has been travelling around China and collecting recipes for more than two decades. She has written for publications including the *Financial Times*, the *New Yorker* and the *Observer*, and has appeared on Gordon Ramsay's *The F-Word* and *The Food Programme* on BBC Radio 4. Her previous books include the award-winning *Sichuan Cookery*, *Every Grain of Rice: Simple Chinese Home Cooking*, *Land of Fish and Rice* and *Shark's Fin and Sichuan Pepper: A Sweet-Sour Memoir of Eating in China*. She speaks, reads and writes Chinese, and she lives in East London.

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



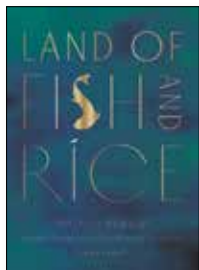
Comments 上海书	001 Preface to the New Edition
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	098 Meat
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ALSO AVAILABLE



Every Grain of Rice
Rights sold: Dutch
(Karakter Uitgevers),
North American (W.W.
Norton)



Land of Fish and Rice
Rights sold: Dutch
(Karakter Uitgevers),
North American (W.W.
Norton)



Original Flava Craig & Shaun McNuff

288pp
246 x 189mm
Hardback
Colour photography throughout
£26
August 2019
World rights available

Shaun and Craig McNuff are brothers, born and raised in South London, but with Jamaica in their hearts and souls, and most noticeably in their kitchen. They were taught to cook by their Mum and Nanny, and when they saw how much friends enjoyed their food, they began to share their simple, delicious recipes online and got an unbelievable response.

They believe cooking is all about sharing food with friends and family and, most importantly, having fun, so the recipes in *Original Flava* are easy to cook, use accessible ingredients and are simply delicious. Before you know it, you'll be serving up feasts of Caribbean fried rice, Jamaican beef patties, Pumpkin and sweet potato curry, Jerk-seasoned salmon with mango salsa and Saltfish fritters, all washed down with some Caribbean rum punch.

Accompanied by mouth-watering photography from Jamaica, *Original Flava* will bring the irresistible joy and colourful spirit of the Caribbean to your kitchen.

Craig and Shaun McNuff, raised in London and of Jamaican descent, are bringing Caribbean food to the masses. In April 2016, they launched the Original Flava brand, sharing videos of them cooking simple Caribbean recipes. Their videos went viral and within a month they had garnered 70k followers and had been interviewed on TV. They have since been featured on the BBC, BuzzFeed, BET Network, London Live and Repräsent Radio, and successfully self-published their first cookbook *Caribbean Cookbook* in 2017.

originalflava.com / @OriginalFlava





Ben Tish

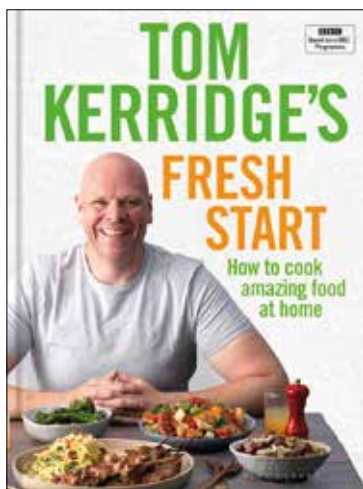
Following the Moorish conquest, the spices and flavours that they introduced, such as cumin, saffron, watermelons and pomegranates, were absorbed into the cultures of Spain, Sicily and Portugal, creating dishes with sun-soaked, exotic tastes of North Africa and the Arabic world combined with local heritage.

With chapters such as breakfast, brunch and bread, grilling and smoking, fresh, and sweet and sour, Ben offers his interpretations of these classic recipes, including red prawn crudo, spiced venison and quince pinchos, wood-baked Moorish chicken pie, slow cooked fish and shellfish stew, and octopus and smoked paprika with black beans and rice.

Ben Tish has established himself as cooking at the forefront of modern Spanish and Italian tapas-style cuisine. With an emphasis on well executed, informal dining and sharing, flexibility is key. He appears regularly on *Saturday Kitchen*, *MasterChef* and *Sunday Brunch*, and writes regularly for the *Guardian*, *Independent* and *Noble Rot* magazine.

@ben_tish / chefbentish.com





Tom Kerridge's Fresh Start

Tom Kerridge

256pp
246 x 189mm
Hardback
Colour photography throughout
£26
December 2018
World rights available

In his new book, Michelin-starred chef Tom Kerridge turns his attention to everyday household meals and tackles our reliance upon convenience food – he shows how to cook delicious meals from basic ingredients and brings some tricks of the trade to the home kitchen. *Tom Kerridge's Fresh Start* comes at a critical time: one in eight Brits say they don't cook from scratch, and families are more likely to watch TV than eat together. Half of all UK family food purchases are 'ultra-processed' products, which health experts warn can lead to obesity and poor health.

With 100 fantastic recipes that the whole household can enjoy, this book includes healthier, home-made versions of popular fast food and ready meals that taste better than the originals; mid-week suppers that take no time to rustle up; batch cooking to last you through the week; and proper feasts for the weekend. What's guaranteed is that all the food will taste amazing.

Tom Kerridge worked as a chef in restaurants across Britain before deciding to set out on his own and take over a rundown pub in the quiet Buckinghamshire town of Marlow. He opened The Hand & Flowers with his wife Beth in 2005, and it went on to become the first (and only) pub in the world to acquire two Michelin stars. In 2014 he opened a second pub in Marlow, The Coach. As well as hosting two of his own BBC television series, Tom has been at the helm of the BBC's *Food & Drink* and *Bake Off: Crème de la Crème*. His previous books include *Proper Pub Food*, *Tom Kerridge's Best Ever Dishes*, *Tom's Table* and the bestselling *Tom Kerridge's Dopamine Diet* and *Lose Weight for Good*.

tomkerridge.com / @ChefTomKerridge



Smoked salmon and scrambled egg muffins with asparagus

Smoked salmon and scrambled eggs is such a basic, luxurious combination and the asparagus adds a satisfying fresh crunch. Duck eggs are richer than hen's eggs and this is a great way to enjoy them, but you can use free-range hen's eggs if you prefer. This is an easy one to double or triple up for a weekend brunch with friends – just put everything on plates in the middle of the table so they can help themselves.

Serves 2
40 minutes per serving

4 free-range duck eggs
2 tbsp olive oil, finely chopped
2 tbsp butter
100g asparagus, halved
100g smoked salmon
2 large eggs, beaten, lightly
seasoned, split and buttered
Sea salt and freshly ground black
pepper

For the asparagus
100g asparagus, halved
1 tbsp butter

- 1 Crack the eggs into a bowl, add half of the olive oil with a little salt and pepper and whisk together.
- 2 Put the asparagus tips into a small saucepan with the butter, 3 tbsp water and a little salt and pepper. Place over a high heat and allow the butter to melt, then cook for 4–5 minutes until the liquor reduces to a glaze.
- 3 Meanwhile, to cook the scrambled eggs, place a non-stick frying pan over a medium heat and add the butter. Once it has melted, add the beaten eggs and cook over a low heat for 4–5 minutes, stirring gently a few times, until the eggs begin to start to set. Take the pan off the heat and mix in the cream cheese.
- 4 Place a toasted muffin on the plate, add the scrambled egg, pour over the asparagus and place over a hot, add the smoked salmon, warm through, until it just cooks.
- 5 Lay the smoked salmon, eggs and asparagus on the plate, garnish with the pepper and serve.

Sausage and bean casserole

Butterbeans and sausages are a fantastic pairing and this casserole brings in some really gorgeous ingredients. Choose good-quality sausages – traditional or flavoured ones if you like. Lincolnshire or Cumberland sausages are a good place to start. It's a quite a loose sauce, so serve with lots of crusty bread to soak it all up.

Serves 6
40 minutes per serving

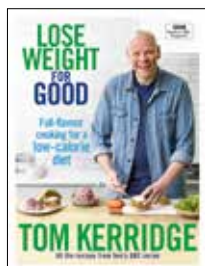
12 large pork sausages
1 tbsp olive oil
4 onions, finely sliced, thickly
sliced
4 garlic cloves, sliced
2 red peppers, sliced, deseeded
and cut into 2.5cm pieces
2 yellow peppers, sliced, deseeded
and cut into 2.5cm pieces
2 tsp hot smoked paprika
1 tsp ground cumin
2 tbsp tomato paste, then 100g
200ml red wine
2 x 400g tins chopped tomatoes
500ml chicken stock
2 x 400g tins butterbeans
1 tbsp sherry vinegar
2 handfuls of flat leaf parsley, roughly chopped
Sea salt and freshly ground black
pepper
Crusty bread, to serve

- 1 Preheat the oven to 200°C/Fan 200°C/Gas 6. Line a baking tray with baking parchment.
- 2 Lay the pork sausages on the lined baking tray and cook in the oven for about 15 minutes, or until browned but not fully cooked all the way through.
- 3 Meanwhile, heat the olive oil in a large, deep frying pan over a medium heat, add the sliced onions and cook for 5 minutes, until browned and crispy. Remove from the pan and set aside.
- 4 Add the sliced peppers to the pan and cook for 3–5 minutes until softened. Add the garlic and red peppers and cook for a further 5 minutes. Stir in the ground spices, then add the tomato paste and wine. Allow to bubble until the liquor has reduced by half, about 5–7 minutes.
- 5 Add the tinned tomatoes, chicken stock, sausages and chorizo. Cook for 20 minutes, then stir in the butterbeans and sherry vinegar and cook for a further 5 minutes. Stir through half the parsley.
- 6 Serve scattered with the remaining chopped parsley and plenty of plenty of crusty bread alongside for soaking up the tasty juices.

To Freeze: Allow to cool, then freeze in two portion containers. Defrost fully overnight in the fridge, then reheat in a saucepan over a medium heat, stirring occasionally, until hot all the way through.

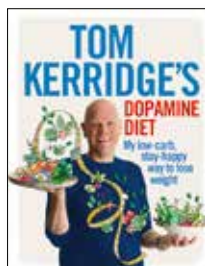


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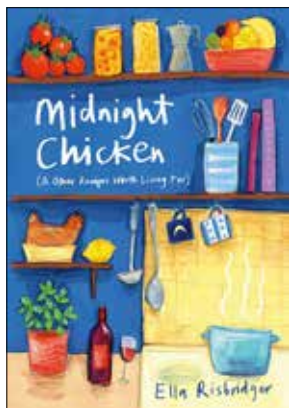
Lose Weight for Good

Tom Kerridge
£22.00
Rights sold: Dutch



Tom Kerridge's Dopamine Diet

Tom Kerridge
£20.00
Rights sold: Italian,
Polish, Slovenian



Midnight Chicken

& Other Recipes Worth Living For

Ella Risbridger

288pp

245 x 170mm

Hardback

Watercolour illustrations throughout

£22

January 2019

World rights available

Recipes that reveal the life-changing happiness of cooking

There are lots of ways to start a story, but this one begins with a chicken...

Midnight Chicken (& Other Recipes Worth Living For) is a cookbook. Or, at least, you'll flick through these pages and find recipes so inviting that you'll head straight for the kitchen: roast garlic and tomato soup, uplifting chilli-lemon spaghetti, charred leek lasagne, squash skillet pie, spicy fish finger sandwiches or burnt-butter brownies. It's the kind of cooking you can do a little bit drunk. It's the kind of cooking that is probably better if you've got a bottle of wine open, and a hunk of bread to mop up the sauce.

But if you sit down with this book and a cup of tea (or that glass of wine), you'll also discover that it's an annotated list of things worth living for: a manifesto of *moments* worth living for. Because there was a time when, for Ella Risbridger, the world had become overwhelming. Sounds were too loud, colours were too bright, everyone moved too fast. One night she found herself lying on her kitchen floor, wondering if she would ever get up – and it was the thought of a chicken, of roasting it, and of eating it, that got her to her feet, and made her want to be alive.

This is a cookbook to make you fall in love with the world again.

Ella Risbridger is a writer and poet. She has written for the *Guardian*, *Prospect*, *Grazia* and *Stylist*, and she is the beauty columnist for the *i*. *Midnight Chicken* is her first book. She lives in London.

eatingwithmyfingers.com / @missellabell



Bottled Sunshine

The Modern Guide to Jams and Pickles

Pam Corbin

320pp

218 x 160mm

Hardback

Colour photography throughout

£20

June 2019

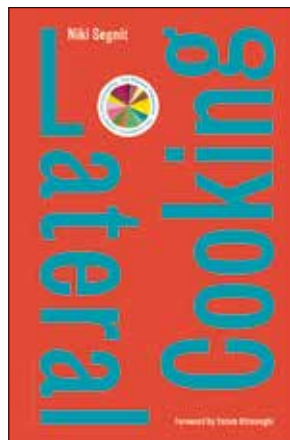
World rights available

Bottled Sunshine is the culmination of more than twenty years of expertise, distilled into 80 of Pam Corbin's delicious, tried-and-tested recipes. There are reduced-sugar versions of the nation's favourites – Strawberry jam, Raspberry jam and Seville orange marmalade – as well as the more creative pairings of Kiwi and banana jam, Blueberry and mint compote, Turkish delight jelly and Passionfruit and coconut curd.

Making jams, jellies and chutneys has always been about preserving produce at the peak of its season, allowing it to be enjoyed all year round. In this compendium of preserves, Pam challenges the traditions of jam-making and the recipes that have been passed down through generations. Armed with brand new research and with a strong focus on low-sugar jams, she has devised new methods and techniques that are revolutionising modern preserving.

With a chapter of step-by-step techniques clearly illustrated with photographs, and helpful guides to buying equipment and sourcing seasonal produce, *Bottled Sunshine* is the essential handbook for every modern jam-maker.

Pam Corbin has been making preserves for as long as she can remember, and for more than twenty years her passion has been her business. As well as judging at the annual Marmalade Awards in Cumbria (entries come from across the world every year), she works closely with the team at River Cottage. She is the author *Preserves* and *Cakes*, both of which are part of the award-winning River Cottage Handbook series. Pam lives in Dorset.



Lateral Cooking

Niki Segnit

612pp

265 x 170mm

Hardback

Colour illustrations throughout

£35

September 2018

Rights sold: Russian (Eksmo), Italian (Gribaudo), Polish (Foksal), German (Piper Verlag), Spanish (Penguin Random House Spain), Dutch (Uitgeverij Podium)

A ground-breaking book, designed to help creative cooks develop their own recipes, from the bestselling author of *The Flavour Thesaurus*. One dish leads to another...

Lateral Cooking is, in a sense, the 'method' companion to its bestselling predecessor, *The Flavour Thesaurus* – and is just as useful, ingeniously organised and enjoyable to read.

The book is divided into 12 chapters, each covering a basic culinary category, such as 'Bread', 'Sauces' or 'Custard'. The recipes in each chapter are then arranged on a continuum, the transition from one recipe to another generally amounting to a tweak or two in the method or ingredients. Which is to say, one dish leads to another: once you've got the hang of flatbreads, for instance, then its neighbouring dishes on the continuum (crackers, soda bread, scones) will involve the easiest and most intuitive adjustment. The result is greater creativity in the kitchen: *Lateral Cooking* encourages improvisation, resourcefulness, and, ultimately, the knowledge and confidence to cook by heart.

Lateral Cooking is essentially a practical book, but like *The Flavour Thesaurus* it's also a highly enjoyable read. The 'Flavours & Variations' sections, for example, draw widely on culinary science, history, ideas from professional kitchens, observations by renowned food writers and personal recollection. Entertaining, opinionated and inspirational, *Lateral Cooking* will have you torn between donning your apron and settling back in a comfortable chair.

Niki Segnit's first book, *The Flavour Thesaurus*, won the André Simon Award for best food book, the Guild of Food Writers Award for best first book, and was shortlisted for the Galaxy National Book Awards. It has been translated into thirteen languages. On BBC Radio 4, she has contributed to *The Food Programme*, *Woman's Hour* and *Word of Mouth*, and her columns, features and reviews have appeared in the *Guardian*, the *Observer*, *The Times*, *The Times Literary Supplement*, *The Sunday Times* and *Prospect* magazine. She lives in London with her husband and two children.



Mandalay

MiMi's Burmese Kitchen

MiMi Aye

240pp

246 x 189mm

Hardback

Colour photography throughout

£26

June 2019

World rights available

Influenced by its neighbours and the countries closest to it, Burmese food draws techniques and ingredients from Thailand, India and China but uses flavours of its own to make something subtle, delicious and unique.

The food of Burma is little known, but MiMi seeks to change that within these pages, revealing its secrets and providing context to each recipe with stories from her time in Burma and her family's heritage.

Beginning with a look at the ingredients that make Burmese food unique – as well as suitable alternatives – MiMi goes on to discuss the special techniques and equipment needed before delving into chapters such as fritters, rice and noodles, salads, meat and fish and sweet snacks. Within these pages you'll find 100 incredible recipes, enabling you to create a taste of Burma in your own kitchen.

MiMi Aye is the British Burmese writer of www.meemalee.com, founder of supper club and community Burmese Food and Beyond, and author of *NOODLE! 100 Great Recipes* (Absolute Press). MiMi has appeared on BBC Radio 4's award-winning *Woman's Hour* and *Food Programme*, as well as the BBC TWO show *A Question of Taste*, and her recipes have also appeared in *METRO*, *The Evening Standard*, *Woman & Home* and *Red* magazines.

She is featured as a chef on the Good Food Channel online, and her recipes have been featured on Channel 4 Food online to accompany Gordon Ramsay's TV show *Gordon's Great Escapes*.

@meemalee / @burmesebeyond



**Eat Like a Local
SHANGHAI**



**Eat Like a Local
BARCELONA**



**Eat Like a Local
SAN FRANCISCO**



**Eat Like a Local
LISBON**

Food-focused travel guides for the world's most exciting cities.

These books are food tours in your pocket, featuring more than 100 of the best restaurants, cafes, bars and markets recommended by teams of in-the-know Shanghainese, Barcelonians, San Franciscans and Lisboaetas. You'll also find insights into the cities' idiosyncratic food culture, and a handful of iconic recipes to cook in the holiday kitchen or once you've returned home. It's the inside knowledge that allows you to **Drink, Shop, Cook** and **Eat Like a Local**.

144pp

178 x 111mm

Paperback

Colour photography throughout

£9.99

June 2019

World rights available

ALSO AVAILABLE



**Eat Like a Local
TOKYO**



**Eat Like a Local
LONDON**



**Eat Like a Local
PARIS**



**Eat Like a Local
NEW YORK**

144pp

178 x 111mm

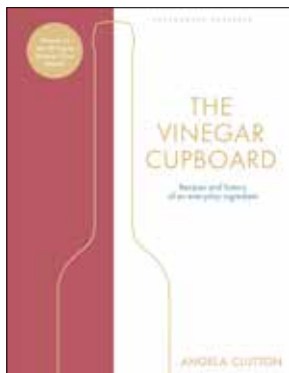
Paperback

Colour photography throughout

£9.99

July 2018

World rights available



The Vinegar Cupboard

Recipes and history of an everyday ingredient

Angela Clutton

288pp

246 x 189mm

Hardback

Colour photography throughout

£20

February 2019

World rights available

WINNER OF THE JANE GRIGSON TRUST AWARD, 2018

From food writer and historian Angela Clutton comes *The Vinegar Cupboard*, demonstrating the many great ways vinegars can be used to balance and enhance flavours, and enable modern cooks to make the most of this ancient ingredient. There aren't too many ingredients which manage to bring flavour and adaptability to recipes and are actively good for you, but vinegar manages it, and this must-have new book looks at how they have woven their way through culinary and medical history for thousands of years, and highlight the ways we can all benefit from vinegar in our diet.

There is a growing interest in vinegars and a recognition of the role acidity plays in cooking, and within these pages, Angela Clutton shows how much can be achieved using just red or white wine vinegar in your cooking, as well as exploring the vast array of vinegars available. The range of vinegars on the market are expanding rapidly, and you can easily find fruit, herb, sherry, cider, malt, rice, balsamic and many types of red and white wine vinegars (from rioja through to champagne) on your supermarket shelves. *The Vinegar Cupboard* encourages cooks to have an arsenal of as many varieties of vinegars as they can fit in their kitchen; while we don't expect everyone to have a vinegar cupboard, we'd like to think this book will encourage a vinegar shelf at least!

Photography, info-graphics and flavour wheels enhance the recipes in this collection, ensuring this is a usable and accessible book for all home cooks.

Angela Clutton is a food writer and food historian. She has written on food and drink for publications including the *Daily Telegraph*, the *Independent* and *Country Life*; and she has a regular column for Borough Market for whom she is also a recipe writer, demonstration cook and runs the hugely popular Borough Market Cookbook Club. She is the featured food historian on the forthcoming series of BBC TV's *Rip Off Britain*, *Food*, and runs a food and cocktail blog, *On Hot Buttered Toast*.

Angela is the Vice-Chair of The Guild of Food Writers. *The Vinegar Cupboard* is Angela's first book and won the Jane Grigson Trust Award 2018.



Outdoor Cooking

River Cottage Handbook No.17

Gill Meller

256pp

198 x 129mm

Hardback

Colour photography throughout

£16.99

May 2019

World rights available

In *Outdoor Cooking*, Gill Meller explains every aspect of cooking out in the open. He will take you back to basics with a guide to building the perfect fire, and reinvigorating your summer barbeque by cooking bread on it, grilling Indian-style kebabs, smoking fish or roasting succulent joints of meat. You can also find out how to make the most of a wood oven or Kamado-style clay barbeque and if you're feeling adventurous there are comprehensive instructions for spit roasting larger pieces of meat or making a smouldering earth oven.

With an introduction by Hugh Fearnley-Whittingstall and plenty of mouth-watering photographs, this book will rekindle your passion for the great outdoors and spark new ideas for creative cooking in the wild.

Gill Meller is Group Head Chef at River Cottage, where he creates the ever-changing menu and is involved in sourcing the canteen's ethically-produced and sustainable food. Gill is the author of two books in the River Cottage Handbook series, *Pigs & Pork* and *Outdoor Cooking*. He is also the author of the award-winning cookbook *Gather*. He lives in Dorset with his family.



Hassle Free, Gluten Free

Over 100 delicious, gluten-free family recipes

Jane Devonshire

224pp

246 x 189mm

Hardback

Colour photography throughout

£22

September 2018

World rights available

'I hope that first and foremost this book is a series of delicious recipes that you can use for every day cooking; be it for a special occasion or a simple family supper. It's the things I cook and the little twists that I add that make my life easier and hopefully tastier; it just happens to be gluten free.'

In her debut cookbook, Jane Devonshire presents 100 delicious recipes guaranteed to make you feel good, and wow family and friends. This beautiful book is published in association with Coeliac UK, celebrating their 50th anniversary.

In chapters such as nibbles and small dishes or dinner and food for guests, Jane offers recipes from soups and dips to casseroles, arancini and delicious salads. Desserts include Chinese-style caramelized pineapple and a much-loved classic of steamed sponge pudding, while Jane also includes a chapter on baking (notoriously tricky for those on a gluten-free diet), from brownies to muffins and everything in between.

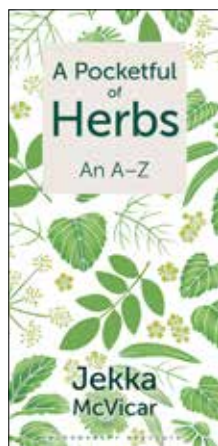
Beautiful photography by Mike Cooper appears throughout.

Since winning MasterChef in 2016, **Jane Devonshire** has taken the bull by the food horns and tested herself further by working with a number of amazing chefs including Marcus Wareing, Atul Kochhar, Jason Atherton, Michel Roux and Michael O'Hare at their restaurants.

Jane has presented at numerous food and drink shows around the UK, including the BBC Good Food Show. Her travels have taken her from Edinburgh to Brighton, in the course of which she has developed a love for presenting her recipes and chatting to people about food.

Jane has appeared on numerous TV and radio programmes including *BBC Breakfast*, *Loose Women*, *South Today* and *Woman's Hour*.

janecdevonshire.com / [@janecdevonshire](https://twitter.com/janecdevonshire)



A Pocketful of Herbs

An A-Z

Jekka McVicar

192pp

208 x 100mm

Paperback

Illustrated throughout

£12.99

March 2019

World rights available

From rosemary to wild garlic, and hyssop to sea kale, our food would be poorer without the herbs we grow. Jekka McVicar is the expert on herbs and how to get the best from them, and this new pocket book is the go-to guide for chefs and gardeners across the country.

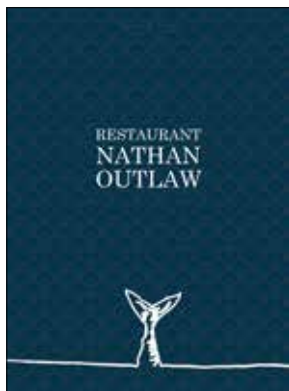
In a compact and handy A-Z format, this guide will ensure you get the best out of your herb garden, providing details such as when and where to plant, how hardy each plant is, how to nurture and care for your herbs and what each herb is best used for in the kitchen.

Jekka's own photography of the herbs complements the text, providing a quick and colourful reference.

Jekka McVicar is a renowned expert on all things herbs, and her herb farm near Bristol boasts the largest collection of culinary herbs in the UK, with more than 650 varieties. Her passion and knowledge of the subject is clear to see, and she is a well-established author, with titles including: *Jekka's Complete Herb Book*; *Jekka's Herb Cookbook*; *Seeds: the ultimate guide to growing successfully from seed*; *New Book of Herbs*; *The Complete Book of Vegetables, Herbs and Fruit*; *Grow Herbs*; *Jekka's Medicinal Herbs*; *RHS Seeds*. She also contributes to a number of national publications, including *BBC Gardener's World Magazine*, *BBC Good Food*, *Gardens Illustrated* and the *Guardian* newspaper. Jekka has an incredibly impressive sales history with her existing titles, and in 2014 her *Complete Herb Book* had notched up sales of over 1 million.

Jekka has been designing, growing and creating herb gardens for over three decades, and during that time she has created gardens for Jamie Oliver, Le Manoir, The Hilton Trafalgar Cocktail Roof Garden, Babbington House and The Priory Hotel. She was awarded the RHS' Victoria Medal of Honour for services to horticulture in 2017.

[@JekkasHerbFarm](https://twitter.com/JekkasHerbFarm) / [@JekkaMcVicar](https://twitter.com/JekkaMcVicar)



Restaurant Nathan Outlaw

Nathan Outlaw

272pp
290 x 213mm
Hardback
Colour photography throughout
£40
April 2019
World rights available

Crowned Britain's number 1 restaurant by *The Good Food Guide* in 2017, Restaurant Nathan Outlaw is the only fish restaurant in the UK to hold 2 Michelin stars, and this beautiful book showcases the very best the restaurant offers.

Built around the seasons in its Port Isaac home, the book celebrates a culinary year of the village, exploring the place, people and produce of a small but perfectly formed coastal landscape and their contribution to the culinary excellence of Restaurant Nathan Outlaw.

Within these pages, Nathan has selected 80 of his favourite recipes that feature on the restaurant's menu. From early spring, recipes include crab and asparagus, cuttlefish fritters with a wild garlic soup, and plaice with mussels and samphire. From there, Nathan travels right through the seasonal offerings of the Cornish coastline through to late winter, when delights include turbot, champagne and caviar, and lemon sole with oysters, cucumber and dill.

With photography from the legendary David Loftus, *Restaurant Nathan Outlaw* will be one of the most desirable cookery books of the year.

Nathan Outlaw is one of the most exciting chefs in Britain today. Since 2011 he has held two Michelin stars for his Restaurant Nathan Outlaw in Port Isaac, Cornwall – the only fish restaurant in the UK to have two stars – crowned the best restaurant in Britain by *The Good Food Guide* in 2017.

Brought up in landlocked Maidstone, Kent, Nathan trained under top chefs including Eric Chavot and Gary Rhodes before making the move to Cornwall as Rick Stein's culinary protégé. In 2006 he became head-chef at the Marina Hotel in Fowey. This restaurant, Restaurant Nathan Outlaw, later moved locations, but the rave reviews and accolades have followed – including four AA rosettes and two Michelin stars. Nathan has four restaurants in the UK, including Outlaw's at The Capital in Knightsbridge, London, and he was awarded The AA's Chef's Chef of the Year Award in 2014.

@chefnathanoutlaw / @nathanoutlaw / nathan-outlaw.com



The New Art of Cooking

A Modern Guide to
Preparing and Styling
Delicious Food

Frankie Unsworth

344pp
265 x 180mm
Hardback
Colour photography throughout
£30
June 2018
World rights available

For food that's as beautiful as any photograph - and tastes every bit as good as it looks.

It's true that 'we eat with our eyes'. This beautiful, clever book provides a fantastic toolkit straight from the world of professional food styling, and it promises to change the way you cook for ever. The recipes in *The New Art of Cooking* include all the little preparation, cooking and serving details that make a difference to the end result: without even trying you'll pick up tips that can be applied to the rest of your repertoire.

Recipes include beetroot soup with cream clouds; sticky baked feta with radicchio cups; bittersweet salad with whipped goat's cheese; pork belly roast with shaken rhubarb; fancy puff-pastry fish pie; chocolate mousse with crushed praline; salted caramel wedding cake; and strawberries and cream ice lollies. From simple workday suppers to indulgent feasts for friends and family, this is an approach that will make your cooking look better than ever and taste wonderful too.

Frankie Unsworth is a professional food stylist and writer. Having trained in pâtisserie at Le Cordon Bleu in Paris, she now styles food photography shoots in her native London, as well as other locations across the world. *The New Art of Cooking* is her first book.

frankieunsworth.com / @frankie_u



When We're 64

Louise Ansari

192pp

234 x 153mm

Paperback

£12.99

September 2019

World rights available

An essential guide to making sure you have a fabulous later life.

You're likely to live longer than you think – and I can tell you now, you're not prepared for it. Today's fifty-year-olds are likely to have an astounding 36 or more years to live. So if you're approaching later life, you need to think very differently about what those extra years will hold.

When We're 64 is a practical guide on what to do before we grow older to have a great later life. It includes all the essentials on working longer, how to fund retirement, volunteering, where to live and what kind of house you'll need. It covers how to stay healthy – and still live a full life if you get a health condition – and reveals how your attitude towards ageing could actually increase your lifespan. There are sections on relationships with family and friends, as well as caring for older relatives and how to navigate the system, plus a sensitive look at loneliness amongst other areas.

Filled with expert advice and new evidence and tips on how to age well, *When We're 64* is an eminently readable light-hearted look at how to plan and prepare for what could be the best years of your life. When we're 64, will we be healthy, financially secure, and have a full and happy life – or 'wasting away' as the Beatles put it in 1967?

Louise Ansari works at the Centre for Ageing Better, an organisation dedicated to helping everyone enjoy a good later life. She loves all the usual middle aged stuff – gardening, travel, music, cooking (and her partner!). Louise is in her 50s and plans to enjoy every year to come...



Super Sleep

Cracking Your Personal
Sleep Code to Wake Up
Happy

Lisa Sanfilippo

224pp

234 x 153mm

Paperback

£12.99

September 2019

World rights available

A unique marriage of yoga, psychological insight and neuroscience, *Super Sleep* will give you the tools to work with your body and change your sleep – and your life – for the better.

Insomnia is reaching epidemic proportions: more than half of us will suffer from a sleep problem during our lifetimes. In this practical, compassionate guide, renowned yoga teacher and sleep specialist Lisa Sanfilippo shows how to sweep out sleep saboteurs and rest wreckers, putting in place sustainable strategies that will boost your energy during the day, and help you access a good night's rest.

Lisa Sanfilippo is a qualified yoga teacher and psychotherapist. She holds a BSc in Sociology from Brown University, and an MSc from the London School of Economics. She has worked as a yoga therapist and teacher for 15 years, and trains yoga therapists. Her counselling and psychotherapy practice in north London includes work within the NHS. She has written for *Marie Claire* and *Balance Magazine*, and her yoga classes have been featured in the *Evening Standard*, the *Daily Express* and *Prima Magazine*.



Sod Memory Loss

Puzzles, Games and Activities to Keep Your Brain Active in Later Life

Gareth Moore

192pp
216 x 135mm
Hardback
£12.99
October 2019
World rights available

The latest title in the bestselling Sod series – to accompany *Sod Seventy!* and *Sod Sixty!* – a fun, accessible brain training activity book designed to keep senior minds fit.

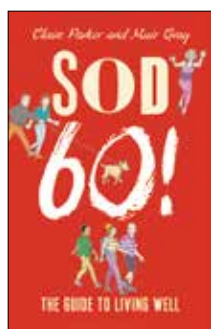
Ever walked in a room then forgot why you went in there? Are you forever misplacing your purse or car keys? Do you increasingly forget the names of people and places?

It doesn't have to be this way and *Sod Memory Loss* is filled with practical advice and exercises created to keep our brains active in later life.

Dr Gareth Moore is the author of a wide range of brain-training and puzzle books for both children and adults, including *The Mammoth Book of Brain Games*, *The Brain Workout*, *The Mammoth Book of New Sudoku* and *The Rough Guide Book of Brain Training*.

He is also the creator of online brain training site www.BrainedUp.com and runs the daily puzzle website www.PuzzleMix.com. He gained his Ph.D from Cambridge University in the field of Machine Learning, and has contributed to various advanced projects for leading technology companies.

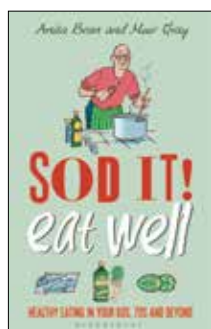
ALSO AVAILABLE



Sod Sixty!

The Guide to Living Well
Dr Claire Parker and Sir Muir Gray

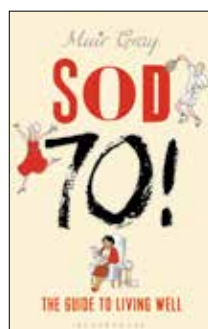
£12.99
Rights sold: Italian



Sod it! Eat Well

Healthy eating in your 60s, 70s and beyond
Anita Bean and Sir Muir Gray

£12.99
World rights available



Sod Seventy!

The Guide to Living Well
Muir Gray

£12.99
Rights sold: Italian, German, Finnish



Sod Sitting Get Moving!

Getting Active in Your 60s, 70s and Beyond
Diana Moran and Muir Gray

£12.99
World rights available



Increase Your Brainability

And Reduce Your Risk Of Dementia

Sir Muir Gray, Dr Charles Alessi and Larry Chambers

208pp

216 x 135mm

Hardback

£16.99

April 2019

World rights available

As we get older, many of us fear the accepted vision of ageing: stooped over, losing our memory and vitality. We assume that ageing inevitably causes these problems, but we can prevent this by changing our attitude and habits. Shake off the stereotypes of ageing and empower yourself with this practical, fun guide to brain fitness.

Stress combined with inactivity are major factors in how we age, and this book shows you how you can take control of these factors in your life. Decline is not inevitable! You can slow the downward decline at any age. Packed with friendly and accessible advice to help reduce the risk of dementia and stay healthy in body and mind, you will learn how to take proactive care of your ageing.

What we do today has a powerful effect on how we feel tomorrow. Keep your mind sharp with the five pillars of the Brainability programme:

- Increase brain plasticity and keep your brain healthy
- Reduce the impact of stress
- How to sleep well
- Medication – what you need to know
- Be more active and fit

Feel better and reduce your risk of disability and dementia into your later years. Offering evidence-based information and tools, *Brainability* is a practical and uplifting guide to preserving and nurturing your brain power so you can truly live life to the full.

Professor Sir Muir Gray is author of *Sod Seventy*, and co-author of *Sod Sixty* and *Sod Sitting, Get Moving!*

The other authors are leading figures in the dementia/ productive ageing world.

Larry Chambers was the chief scientific officer for the Alzheimer's Society of Canada and **Charles Alessi** is the lead for this area for Public Health England and an international speaker and authority.



The Breathing Revolution

Train yourself to breathe properly to banish anxiety and find your inner calm

Yolanda Barker

160pp

234 x 153mm

Paperback

£12.99

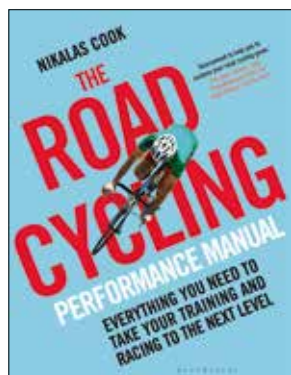
May 2019

World rights available

We breathe over 20,000 times a day. But most of us don't breathe properly – years of stress and anxiety mean we breathe through our chest, forgetting to use our diaphragm and stomach. We shallow breathe, we hold our breath – all bad for us. Breathe badly and it affects everything we do. Hold your breath and your blood pressure goes up, your physiology is affected. Learn to breathe correctly and you will be calmer, lose weight, sleep better.

Take a deep breath – and learn how to breathe again.

Yolanda Barker is a writer and award-winning film director. During her 13 years in the film industry, Yolanda has edited for TV, directed award-winning documentaries, and is now directing live action and animation fiction. Her thought-provoking, soul searching work explores the space between pain and beauty. Born and raised in Ireland and Poland, Yolanda's diverse upbringing gave rise to the themes of her life: open-mindedness, equality, and connection beyond social conventions. Having travelled widely around Europe, Asia, Africa and America, she now lives in London; which she believes to be one of the most culturally diverse and inspiring cities in the world. She is also an experienced yoga teacher who trained in India. Her first health and wellness book *The Breathing Revolution* will publish in 2017.



The Road Cycling Performance Manual

Everything You Need to Take Your Training and Racing to the Next Level

Nikalas Cook

208pp

246 x 189mm

Paperback

Full colour illustrations

£18.99

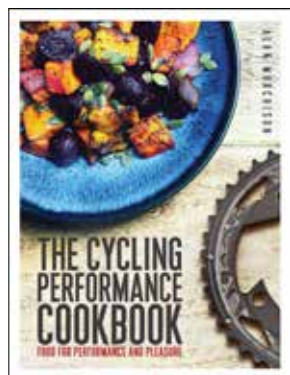
June 2018

World rights available

Aimed at cyclists who take their riding seriously, *The Road Cycling Performance Manual* disseminates the most up-to-date training approaches – based on the latest sports-science thinking and the work of the elite cycling teams – to help riders reach their peak level and improve their overall performance.

Written by leading cycling journalist and former Masters Team Pursuit World Champion Nikalas Cook, this authoritative and insightful book provides cyclists with everything they need to know to train and perform at their highest level. Featuring the latest research and practical advice, including the importance of getting the fundamentals of bike set-up, equipment selection and nutrition correct, this expert guide will lead to dramatic improvements to training times and ride performance.

Nikalas Cook is a highly respected cycling journalist and author. He is also a former age-group duathlon World Champion and Masters Team Pursuit World Champion. Since 2012, he has written content for British Cycling, working with elite athletes and the support staff of the highly successful Great Britain Cycling Team. He has contributed to a number of leading publications *The Times*, *Daily Mail Lifestyle*, *FT*, *Men's Fitness*, *Ultra-Fit*, *GQ*, *Cycling Plus* and *Outdoor Fitness*.



The Cycling Performance Cookbook

Food for Performance and Pleasure

Alan Murchison

224pp

246 x 189mm

Hardback

Colour photographs throughout

£18.99

March 2019

World rights available

Michelin-starred chef, world champion athlete and leading sports nutritionist Alan Murchison presents more than 75 delicious, easy-to-make and nutritionally balanced meals to help cyclists of all levels reach their cycling performance goals.

'I can't think of a finer chef to have written a book on nutrition and diet for athletes... His drive and commitment to culinary precision is matched only by his passion and expertise.' Tom Kerridge

Over 25 years of experience cooking in Michelin-starred restaurants, in combination with first-hand knowledge of elite sport from a competitor's perspective and experience of working with some of the world's best athletes, have given Alan Murchison an insight into the unique nutritional needs of cyclists.

A good diet won't make a sub-standard cyclist into a world beater, but a poor diet can certainly make a world class or any ambitious cyclist sub-standard. However, an optimised diet, whatever your potential, will help you reach your own personal performance ceiling.

Drawing on the author's Michelin-starred kitchen expertise, *The Cycling Performance Cookbook* features more than 70 mouth-watering recipes – including breakfasts, salads, main meals, desserts and snacks, as well as vegetarian and vegan dishes – each designed with busy cyclists in mind. They can all be prepared and cooked in under 30 minutes and are made from ingredients available in a local supermarket.

Alan Murchison is a Michelin-starred chef with over 25 years' experience working in starred restaurants (he held a Michelin star for over a decade and had 4 AA Rosettes whilst executive Chef at L'Ortolan restaurant in Berkshire), he is also a multiple World & European age group duathlon champion, national level master's cyclist & ex-international endurance runner.

Alan Murchison provides bespoke nutritional support for athletes across a number of sports, although predominantly for cyclists. Alan is lead nutritionist with British Cycling and works with athletes across a range of abilities from first timers looking to just complete an event to current Olympic gold medallists.



Strength and Conditioning for Cyclists

Off the Bike Conditioning for Performance and Life

Phil Burt and Martin Evans

176pp

230 x 189mm

Paperback

Colour photographs throughout

£16.99

September 2018

World rights available

Phil Burt and Martin Evans have worked with the world's best cyclists, including the Great Britain Cycling Team, devising and implementing highly effective off the bike training plans. Now, in *Strength and Conditioning for Cyclists* you can benefit from their wealth of knowledge and experience and apply it to make you a stronger, faster and more robust cyclist.

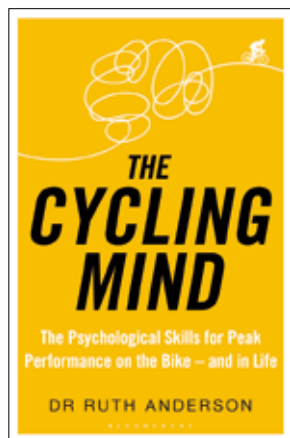
Use the self-assessment, inspired by the Functional Movement Screening used by the Great Britain Cycling Team, to identify your strengths and weaknesses.

Discover the mobility and strengthening movements that are most applicable to your needs, maximising effectiveness and avoiding wasted time.

Learn how to devise your own personalised and progressive off the bike training plan, how to schedule it into your year and combine it most effectively with your cycling.

Phil Burt has worked with British Cycling for the past 12 years and through his dynamic, world leading approach quickly became the lead physiotherapist to the teams that dominated cycling across three Olympic cycles in their most successful period ever. Also, as consultant physiotherapist to Team Sky, he has kept riders cycling, and winning, some of the toughest bike races on the planet, including the Tour de France and has changed the rules within the sport with his injury research and innovation. His previous book, *Bike Fit: Optimise your bike position for high performance and injury avoidance*, has been a bestseller and has helped countless riders to more comfortable, successful and injury-free cycling.

Martin Evans worked as the Lead Strength and Conditioning Coach for British Cycling between 2012 and 2017. In this time he supported the Great Britain Cyclists in both endurance and sprint to two successful Olympics and Paralympics. He is currently the Women's Lead Physical Performance Coach at the Football Association of England.



The Cycling Mind

The Psychological Skills for Peak Performance on the Bike - and in Life

Ruth Anderson

256pp

234 x 153mm

Paperback

£14.99

March 2019

World rights available

This practical and highly accessible guide, written by British Cycling's former Lead Psychologist, will explore the importance of psychology in achieving peak cycling performance. The book will transfer the sport psychology strategies used to win Olympic gold and equip individuals with the psychological skills to pursue performance excellence in cycling and in daily life.

For the last three Olympic Games the Great Britain Cycling Team has dominated the Velodrome events and is regarded as one of the most successful elite sporting set-ups in Olympic history. The emergence of sport psychology as a critical aspect of the Great Britain Cycling Team's success has sparked wide interest in the psychological skills required to perform. This book will transfer the sport psychology strategies used to assist elite cyclists to win Olympic gold to individuals seeking to improve their own performance and psychological wellbeing on and off the bike.

Foreword by Joanna Rowsell Shand MBE, double Olympic gold medallist, winner of multiple world championships and BBC commentator on major cycling competitions.

Dr Ruth Anderson is a highly experienced sports psychologist who specializes in working with elite sports people. She oversaw psychology services for the Great Britain Cycling Team during their record-breaking 2016 Olympic Games in Rio. Ruth Anderson previously held the position of Head of Sport Psychology for the Australian Olympic Team and is the Director of MiND HQ, which provides psychology services to individuals and teams, giving them the knowledge and skills required to achieve optimal performance on and off the sporting field. Ruth has completed her PhD investigating the optimal psychological state for peak performance.

@MiND_HQ



Midlife Cyclist

A Guide for Older Riders
Who Want to Stay Healthy,
Stay Alive – and Perform at
Peak Level

Phil Cavell

240pp

234 x 153mm

Paperback

£14.88

September 2019

World rights available

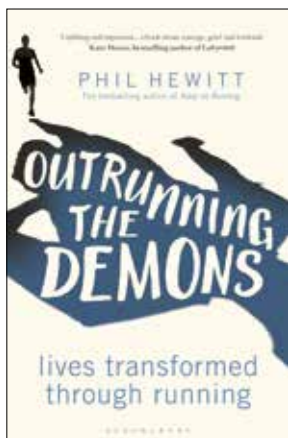
Renowned cycling biomechanics pioneer, Phil Cavell, addresses the growing trend of middle-aged and older cyclists seeking to achieve high-level performance. Using contributions from medical experts, leading coaches, ex-professionals and pro-team doctors, he produces a practical guide for mature riders who want to stay healthy, avoid injury – and maximize their achievement levels.

Cycling has seen a participation uplift unprecedented in any sport, especially in the 40, 50 and 60-year-old age groups. These athletes are the first statistically significant cohort to maintain, or even begin, genuine athletic performance beyond middle-age. But, just because we *can* continue to tune the engine into old age, does that mean that we *should*? And, what do these training efforts do to the ageing human chassis? This book answers those questions and offers a guide to those elongating their performance window.

Using case studies and expert contributions from all aspects of the sport, *Midlife Cyclist* looks at cycling as an ageing person's exercise of choice, the physical implications of hard training, and the use of sport medication and specific training in combating them. It also considers the age-specific questions raised, including what happens to performance as we mature? Should we refine our riding technique and how do we best deploy the psychological advantages of being older riders?

Midlife Cyclist offers a gold standard road-map for the mature cyclist who aims to train, perform and even race at the highest possible level.

Phil Cavell is joint founder and CEO of Cyclefit, Europe's first centre devoted to modern bike-fitting and cycling-analysis. He is a consultant to pro-racing team Trek Racing and women's team Team Drops, he has lectured at the Royal Society of Medicine and has contributed to books *The Science of the Tour de France: Training Secrets of the World's Best Cyclists* (Bloomsbury, 2016) and *Fitter, Further, Faster: Get Fit for Sportives and Road Riding* (Bloomsbury, 2013). He also wrote *The Rough Guide to Cycling in London*.



Outrunning the Demons

Lives Transformed
through Running

Phil Hewitt

272pp

234 x 153mm

Paperback

£12.99

January 2019

World rights available

Hope through running...

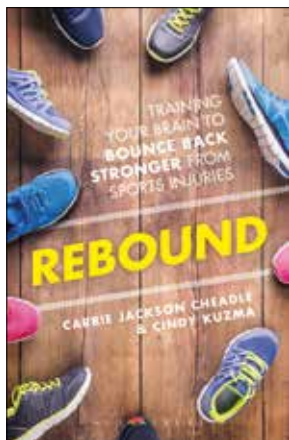
Written by bestselling author Phil Hewitt, *Outrunning the Demons* is an exploration of the transformative power of running – and how it can be the key to unlocking resilience we never knew we had.

Running can take us to fantastic places. Just as importantly, it can also bring us back from terrible ones... For people in times of crisis, trauma and physical or mental illness, running is often the means by which they reconstruct fractured, fragmented identity – or indeed the means to a new identity. When normality collapses, running can put it back together again. In the very worst cases, it can actually create a new normality and offer us the chance to move on.

Outrunning the Demons is an in-depth exposition of just why running can so often be the answer to everything when we find ourselves in extremis. Written with insight and understanding – the author himself used running to rebuild his life after being viciously mugged – the book covers the themes of trauma, bereavement, depression & anxiety, addiction & alcoholism, violence/sexual abuse, long-term health conditions and eating disorders and features contributions from leading athletes and personalities, including Dean Karnazes, Charlie Engle, Isabel Hardman and Alastair Campbell. While dealing with heavy, harrowing subjects, this powerfully compelling, engrossing and enriching book is ultimately an uplifting and celebratory exploration of why running can be the key to overcoming traumatic experiences and rebuilding lives.

Phil Hewitt is the author of ten books including *Keep On Running: The Highs and Lows of a Marathon Addict* and *In The Running: Tales of Extraordinary Runners from Around the World*. He is group arts editor for Sussex Newspapers.

@marathon_addict



Rebound

Training Your Mind to Bounce Back Stronger from Sports Injuries

Carrie Jackson Cheadle and Cindy Kuzma

224pp

235 x 156mm

Paperback

£12.99

August 2019

World rights available

Written by a leading mental skills coach and contributing editor to *Runner's World (USA)*, this is a practical guide to building the mental skills athletes need to recover from injury and rebound stronger.

Injuries affect every athlete, from the elite Olympian to the weekend racer. In the moment, a traumatic crash, a torn muscle, or a stress fracture can feel like the most devastating event possible. While some athletes are destroyed by the experience, others emerge from their recovery better, stronger, and more confident than ever.

Not everyone can recover swiftly enough, however, anyone can toward a swifter, stronger comeback using mental skills, psychological tools that enable them to take control of their recovery and ultimately use the experience to their advantage. Injury and other setbacks are inevitable – but with training, you can learn to overcome them skillfully and confidently.

This book will provide a clear, compelling explanation of psychological recovery from injury and a practical guide to building the mental skills athletes need to rebound stronger. Weaving together personal narratives from star athletes, scientific research, and the specialized clinical expertise of mental skills coach Carrie Jackson Cheadle, it will contain more than 45 Mental Skills and Drills that athletes can use at every phase of their recovery process. These same strategies can help athletes who aren't currently injured reduce their vulnerability to injury and enable any individual to reach new heights within their sport and beyond.

Carrie Jackson Cheadle M.A., is a mental skills expert and nationally known for her expertise in sports performance and psychological recovery from injury. She is the author of *On Top of Your Game: Mental Skills to Maximize Your Athletic Performance*.

Cindy Kuzma is a Chicago-based journalist with a specialty in fitness and health, a contributing editor at *Runner's World* magazine, and co-author of *Superfood Swap*. She has spent the past 15 years writing for national print and online publications, including *Men's Health*, *Women's Health*, *Prevention*, *espnW.com*, *VICE*, *SELF*, *Prevention*, and *USA Today* magazines.



Mind Games

The Psychology of Elite Sport

Annie Vernon

288pp

234 x 153mm

Hardback

£16.99

March 2019

World rights available

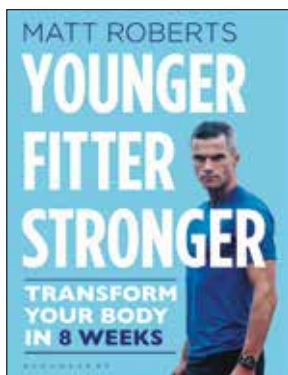
An authoritative exploration of the psychology of elite sport, written by an Olympic silver medallist and respected sports journalist.

Throughout her career as one of the world's top athletes, Annie Vernon struggled with an existential question about the purpose of sport in our comfortable, first-world society: why do we do it? What is it about our psyche that makes pushing the mind and body to their limits in order to win a foot race, a swimming race or a rowing race such a basic human desire? Having retired from competition, Annie decided to look for answers to these questions in the world of mind games. What is the psychology behind sport at an elite level?

With Team GB recording its best-ever performances at the Rio Olympic Games, having come second in the medal table in consecutive games, the public is aware of elite sport and the techniques used by our sporting heroes more than ever. Whether it be performing under pressure, coping with nerves, teamwork, or building self-belief in the face of adversity, the methods that elite sports-people use are also relevant to everyday life. But sports psychology is still regarded as something of a mystery. How exactly do elite sports performers harness the power of their mind in pursuit of physical perfection?

Through interviews with leading sports stars and the latest scientific research, *Mind Games* discusses elite sports psychology in a way that is interesting to the watching public, sports fans and sports-haters alike, with Annie drawing on her own first-hand experiences to walk them through this fascinating subject.

For eight years, **Annie Vernon** was a professional athlete on the British Rowing Team. She represented Team GB at the 2008 Beijing and 2012 London Games, winning silver in Beijing, and became a two-time World Champion along the way.



Matt Roberts' Younger, Fitter, Stronger

Transform your body in 8 weeks

Matt Roberts

240pp

246 x 189mm

Paperback

Colour photographs throughout

£14.99

April 2019

World rights available

Matt Roberts' Younger, Fitter, Stronger is a groundbreaking fitness manual designed to guide mid-life men towards a lifestyle that will ensure they retain youthfulness, maintain and build strength and maximise their physical and mental performance.

The plan is based on cutting edge science that has proven you can boost levels of human growth hormone (HGH) and testosterone that plummet as men get older. Raising levels of HGH is key to maintaining your health and fitness and helping to slow the ageing process. And it can be achieved. With the right type and amount of exercise you can increase HGH and, coupled with a diet designed to reverse the dwindling of testosterone, you can dramatically change your appearance. The result? You look and feel as good as you did in your 20s. Your energy levels will return, your muscle mass will improve and you will be as fit and healthy as in your 20s and 30s.

Matt Roberts is the UK's most respected and prolific personal trainer. He is unique in having maintained his status as the UK's number one trainer over the last 23 years. His client list has included David Cameron, Michael McIntyre and Amanda Holden among many others. Now 44, Matt has a personal interest in the health of this age group and has devised a plan that has been rigorously tested, including on himself, to help men look and feel better as they age.

Peta Bee is an award winning journalist with degrees in sports science and nutrition. She writes regularly for *The Times*, *Daily Mail* and *Sunday Times* and won the UK Medical Journalists' Association's Freelance of the Year award in 2008 and 2012. Peta is the author of more than 10 books.



Nick Tumminello's Smarter Strength and Muscle Building

An Expert Guide To Fast Results

Nick Tumminello

240pp

246 x 189mm

Paperback

Full colour illustrations

£20

December 2019

World rights available

Written by celebrated US-based fitness trainer Nick Tumminello, this straightforward, no-nonsense, science-based exercise programme details the most effective way to build muscle to help deliver the toned and sculpted body you desire.

Smart Muscle Building and Body Sculpting offers expert direction in choosing which exercise variations to use based on how exercises maximally load the muscle. This helps to ensure the muscle groups being targeted are hit in the most effective manner possible, helping anyone reach their body-sculpting objectives – fast.

The book, built around battle-tested training concepts and exercises, details a training programme system that will help readers to understand how to put workouts together in order to create the optimal training stimulus for muscle growth.

No fads, no gimmicks or miracle claims, just insightful, healthy instruction from a globally respected fitness trainer and muscle-building authority.

Nick Tumminello has become known as the trainer of trainers. He has been named 2016 NSCA Personal Trainer of the Year by the National Strength and Conditioning Association. He has presented at international fitness conferences in around the world. He is the author of *Building Muscle and Performance: A Program for Size, Strength & Speed* and *Strength Training for Fat Loss* and his articles have appeared in more than 50 major health and fitness magazines, including *Men's Health*, *Men's Fitness*, *Oxygen* and *Muscle Mag*.



The Complete Guide to Personal Training

2nd Edition

Morc Coulson

336pp

230 x 189mm

Paperback

£25

September 2018

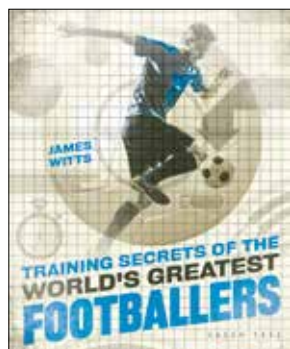
Rights sold: Italian (Elika Editrice)

A revised and updated second edition of the popular *Complete Guide to Personal Training*. Aimed at anyone working as, or training to be a Personal Trainer.

The text will be revised throughout, with a new chapter on fitness testing (around 32pp new content) It will also include new sections on HIIT, CrossFit, adapting exercises for outdoor spaces, as well as updates to the guidance on nutrition to reflect current thinking. It will also include updates to the Occupational Standards which have changed since the last publication in August 2013.

This is a complete reference guide for fitness professionals who prescribe exercise programmes to clients. This guide contains practical tips for designing a range of appropriate client exercise programmes. Importantly, it focuses on the best ways you can sustain a financially successful business in this area and how you can stand out from the crowd. It includes: The foundations of personal training; Planning and delivering exercise programmes; Training methods and exercise techniques; Nutrition; Health and safety; Setting up, marketing and growing a successful business.

Morc Coulson is Senior Lecturer in Sport and Exercise Science at the University of Sunderland. He is Chair of the CPD endorsement panel and a Level 4 Specialist evaluator. He is the author of a number of books including *The Fitness Instructor's Handbook*, *The Complete Guide to Teaching Exercise to Special Populations* and *Practical Fitness Testing* (all Bloomsbury).



Training Secrets of the World's Greatest Footballers

James Witts

240pp

230 x 189mm

Paperback

£16.99

June 2019

World rights available

Looking at every area of the game and with exclusive contributions from elite players, leading coaches and sports scientists from the world's leading clubs – including Barcelona, Real Madrid, Manchester United, Chelsea, Paris St Germain and Bayern Munich – this expert guide reveals how sports science ensures the likes of Cristiano Ronaldo, Lionel Messi and Gareth Bale deliver super-star performances every time.

A brilliant combination of locker-room secrets and practical advice, this is a book that will interest both players and fans.

James Witts has a background in sports science, and is a writer for a number of magazines, including *Cyclist*, *New Scientist*, *BikesEtc*, *220 Triathlon*, *Runner's World*, *Men's Health* and *GQ*. He is the author of *The Science of The Tour de France*, also published by Bloomsbury (2016)



Beating Osteoporosis

All you need to know - The Facts, The Treatments, The Exercises

Diana Moran

192pp
234 x 153mm
Paperback
£12.99
May 2019
World rights available

As a sufferer of osteopenia herself (an early form of osteoporosis) Diana Moran is a strong advocate for exercise, early diagnosis, weight bearing exercise, vitamin D and other measures that can be taken to tackle osteoporosis.

Written in association with the National Osteoporosis Society, this practical book is a must-have for anybody affected by osteoporosis. Packed with advice, friendly tips and ideas, and an overview of current research, and what we can all be doing to help ourselves live well.

Also contains specially designed exercises to help encourage a more active lifestyle and strengthen areas of weakness, alongside the important theory, and medical side of osteoporosis.

This is an easy to digest, friendly guide for the general reader.

Diana Moran, aka The Green Goddess, has been a fitness advocate since breakfast television was launched in the 1980s. A sufferer from osteopenia (an early pre-osteoporosis) she is the perfect figurehead and already works closely with the National Osteoporosis Society and Age UK.



Bursting the Ball

What You Think You Know About Football is Wrong

Kevin Moore

192pp
234 x 153mm
Paperback
£9.99
October 2019
World rights available

Our view of football will never be the same again... Written by a world-respected football historian, this football history/gift title reveals the global game's greatest myths and untruths.

Football has been completely mythologized and many of the things football fans think they know about football and its history turn out not to be true. We want to believe the myths, and so they become accepted. So much football writing is not properly researched, and so the myths get repeated ... again and again and again.

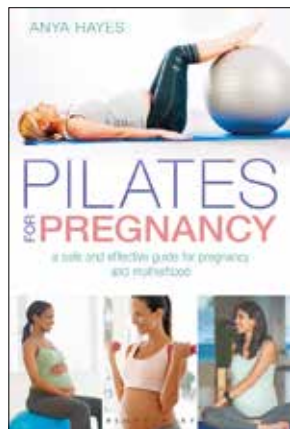
Written by Kevin Moore, the founding director of the National Football Museum (the world's leading football museum), this thoroughly researched and authoritative book will debunk more than 30 of the greatest myths surrounding football. Backed up by the highest level of academic research yet written in an accessible, mass-market style, the book will explore the truth behind many understood football myths, including:

- The Germans took football to Brazil, not the English
- Rugby and not football could quite easily have been the world's leading sport
- There are gay professional players ...and always have been!
- Most football managers make no difference at all
- Goalkeepers should not dive for penalties
- Goal celebrations do make a difference
- Teams are not more likely to concede a goal after scoring
- Football hooliganism did not begin in England
- Shirt colours do make a difference
- Cambridge and not Sheffield is the home of the oldest football club in the world
- Arsenal should not be in the Premier League... they cheated to be there
- Denis Law's back heel for Manchester City did not relegate Manchester United
- FIFA does not make the laws of football, and never has
- The Dynamo Kiev team were not executed after beating a German SS team in 1941
- England did not win the World Cup fairly in 1966 ... but not in the way you think!

And most controversially of all...

England *can* win the FIFA World Cup again!

Kevin Moore is the founding director of the National Football Museum (the world's leading football museum) and now serves in a research capacity at the Museum. He is on the editorial board of the world-leading academic journal for football, Soccer and Society, and holds key roles at the International Football Institute, the Chinese Football Museum and Indian Sports Museum.



Pilates for Pregnancy

A safe and effective guide for pregnancy and motherhood

Anya Hayes

192pp

234 x 156mm

Paperback

Full colour photography

£16.99

August 2018

World rights available

Pilates for Pregnancy is a straight talking, woman-to-woman exercise guide, focusing on pelvic floor and core strength, to improve your health, mood and energy during pregnancy. Clear, step-by-step Pilates exercises, tailored for the demands of each trimester, show you how to:

- improve your posture as your bump grows
- protect your back – especially when lifting older children
- optimise the position of your baby for a better birth experience
- help you release tension and create a positive mindset for birth
- reconnect and restore your core postnatally, focusing on your pelvic floor muscles – including for Caesarean recovery.

You'll find helpful advice and motivational tips from mums throughout, explaining how much Pilates improved their strength, birth experience and postnatal recovery, to help you prepare physically and mentally for your new arrival.

Anya Hayes is a mat Pilates instructor specialising in bumps and mums. She is a member of the Body Control Pilates Association. Anya is the author of four other books, *My Pilates Guru*, *A Little Course in Pilates*, *Pregnancy: the Naked Truth*, and *The Supermum Myth*. Anya blogs at motherswellnesstoolkit.wordpress.com. Find her on Instagram: @mothers.wellness.toolkit.



Yoga: A Manual for Life

Naomi Annand

224pp

235 x 210mm

Hardback

£18.99

December 2019

World rights available

Yoga: A Manual for Life contextualizes this ancient practice in the modern world with elegant, contemporary images and design, and authentic but not preachy text.

A stand-alone practice companion and beautiful coffee table book, *Yoga: A Manual for Life* will appeal to anyone interested in yoga, mindful movement and meditation. As well as an extensive guide to all the poses, the book will feature a number of picture-lead sequences with specific targets in mind: to combat stress and fatigue, to ground, to uplift, to inspire creativity, to sleep better.

There has been a great rush in the yoga world to embrace the digital with online classes, apps and web-guides to the practice. Increasingly, though, people are starting to realize the practice isn't particularly compatible with the screen, and that digital guides stop them from being mindful and present in the moment. *Yoga: A Manual for Life* is an opportunity for people to turn off their laptops, put away their phones and follow simple, clearly laid out sequences that will help them disengage from technology and improve their concentration and focus.

As well as honing their asana, the book will be peppered with mindful 'life hacks' – simple ways to take yoga's message of radical self-care off the mat and into daily life.

Naomi Annand was a dancer in the Royal Ballet company until her career was curtailed by injury. This traumatic, sudden and very early end to what had been the sole focus of her life since she was twelve prompted her to take herself around the world searching for therapeutic tools to heal her body and mind. It was on this journey that she discovered the extraordinary therapeutic power of yoga, and she has been teaching ever since. In 2012, she set up her own studio, Yoga on the Lane, in Dalston, where, along with her cohort of teachers, she teaches students of all stripes, and runs a highly regarded teacher training program.



The Vegetarian Food For Fitness Cookbook

Simple delicious recipes to fuel you every day

Anita Bean

224pp

235 x 208mm

Paperback

£14.99

December 2019

World rights available

The ultimate guide to eating well for optimum fitness. Super-healthy, simple, quick vegetarian recipes for active people with expert advice on how to get the right nutrients to maximise your performance without meat.

Grounded in scientific evidence, this part nutrition guide and part cookbook shows you how you can eat well and improve your performance through vegetarian nutrition in a simple, fun way with more than 80 tasty recipes.

It provides the inspiration you need to create quick delicious meals and snacks that are packed with nutrients yet are super-easy to make.

Feature pages throughout the book demystify sports nutrition, debunk the myths surrounding vegetarian diets, and cover popular topics such as what to eat before and after exercise, how much protein you need and which supplements actually work. It will help you gain the confidence to create delicious, nourishing meals that will support your training goals.

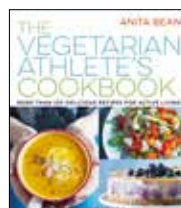
Anita Bean is an award-winning registered nutritionist, internationally published author, health writer and former athlete. She specialises in sport and exercise nutrition and is passionate about helping people improve their health and performance. She is the author of *The Runner's Cookbook*, *The Complete Guide to Sports Nutrition*, and *The Vegetarian Athlete's Cookbook*, among other titles.

ALSO AVAILABLE

The Vegetarian Athlete's Cookbook

£14.99

Rights sold: Portuguese –Brazilian (Zahar), Dutch (ZNU)



The Runner's Cookbook

£14.99

World rights available



Magic Spanner

The World of Cycling According to Carlton Kirby

Carlton Kirby

240pp

234 x 153mm

Paperback

£12.99

July 2019

World rights available

In *Magic Spanner*, TV's 'Mr Cycling', Carlton Kirby, gives us an expert, behind-the-scenes view, one that the average fan rarely gets to see or hear about to reveal what it's really like on the world's greatest races including the Tour de France, Vuelta a Espana, Giro d'Italia and the classics.

Written with a candid and amusing authority that comes from over 25 years of commentary with Eurosport, Carlton tells us how it really is. It's an insiders view delivered in his inimitable, humorous and at times outspoken style for which he has become globally famous.

Peppered with hilarious anecdotes of life on the road with Tour legend Sean Kelly, he indulges in some soap-box moments to lambast his various bug bears from crazy spectators in manikins and lazy Italian monks to the more serious issues of rider safety, team strategies and questionable ethics.

With his mix of expert opinion and trademark wit, he covers both the funny, the serious, the heartbreak and the more bizarre moments of professional cycling.

Carlton Kirby is the principle cycling commentator for Eurosport and has covered the Tour de France, the Giro d'Italia and Vuelta a Espana among many other cycling races.

He has worked in broadcasting for over thirty years over which time he has accumulated legions of loyal fans who are drawn to his witty and, at times, excitable style. Known by some as the 'language mangler' and for his 'Kirbyisms' (occasional strange musings about, not just cycling, but the very fabric of life) loyal listeners have set up a Twitter account of his humorous comments: Things Carlton Says, @saidcarlton.



The Men on Magic Carpets

Searching for the superhuman sports star

Ed Hawkins

288pp

216 x 135mm

Hardback

£16.99

April 2019

World rights available

Imagine you are a professional footballer, golfer or athlete. Now imagine you are that professional sportsman or sportswoman but – using no more than the power of your own mind – you can make yourself bigger, faster, more accurate, or able to control your opponent's mind. You would be the world's first superhuman sports star.

In the 1970s the US military believed they could create a 'super soldier' – one who could use psychic powers to walk through walls, disarm the enemy through telepathy, or kill a goat by staring at it. The brain behind these techniques was Michael Murphy, one of the founders of 'New Age' spiritualism in the hippy enclaves of San Francisco. But Murphy's primary goal was to use these powers in sport to create a supreme athlete capable of extraordinary feats.

In *The Men on Magic Carpets* Ed Hawkins meets Murphy and his protégés as well as a cast of athletes and coaches convinced by their methods as he immerses himself in a world shrouded in secrecy and weirdness. In a simultaneously hilarious and unsettling tale, Hawkins experiences first-hand the techniques as he endeavours to reveal the truth about sports psychology. Is it really possible to enter a mind-altering state or to shift your body shape? Or is it all just bunkum?

Ed Hawkins is an award-winning author and investigative journalist. He has written several books including the critically acclaimed *The Lost Boys: Inside football's slave trade* and *Bookie Gambler Fixer Spy*, which was shortlisted for the William Hill Sports Book of the Year. He has won three Sports Journalist Association awards. He lives in Kent.



Black Boots and Football Pinks

50 Lost Wonders of the Beautiful Game

Daniel Gray

160pp

180 x 120mm

Hardback

£9.99

October 2018

World rights available

Ramshackle dugouts, matches played in fog, the many scents of matchday, one-club men and of course Saturday evening pink newspapers... They were the gritty stardust which made football sparkle. Here, 50 such wonders are drawn together with evocative charm before they slip from memory altogether. Dedicating a chapter to each wonder, Gray's pieces read more like love letters than essays.

Unashamedly nostalgic, this is a charming meander through the disappearing landscape of football. Written in the same wistful and whimsical style as Gray's much-admired *Saturday, 3pm, Black Boots...* will warm the heart and prompt fond sighs of recognition.

Daniel Gray is the author of *Saturday, 3pm: 50 Eternal Delights of Modern Football* and *Scribbles in the Margins: 50 Eternal Delights of Books*. He has written five other books on football, politics, history and travel. His recent work has included screenwriting for the BBC, presenting social history on television and radio, and writing across a number of national titles.

Adrian Thomas

256pp
210 x 148mm
Paperback with CD
250 colour photos
£14.99
March 2019
World rights available

With its informative, expert text and narrated album of brand-new bird recordings from RSPB nature reserves, the *RSPB Guide to Birdsong* is ideal for anyone who wants to learn how to identify birdsong and understand more about the songs and calls of the most common birds in Britain.

Author and narrator, Adrian Thomas reveals when and why birds make sounds, from the sublimely vigorous song of the Nightingale to the rich, familiar call of the Blackbird. Adrian explains how to master different learning styles and techniques via detailed sonograms and his helpful, instructive text.

Illustrated throughout with beautiful photographs, this useful guide also includes a comprehensive reference section and features more than 250 of the species most likely to be heard in the UK.

Adrian Thomas is a lifelong birdwatcher and naturalist, and has worked at the RSPB for fifteen years in a wide variety of roles. After contributing for many years to *BirdWatching* magazine, his writing now regularly features in *Nature's Home* and *Garden Answers* and has also appeared in the *Times Literary Supplement*. He is the author of three books; *RSPB Gardening for Wildlife* (1st Edition) (Bloomsbury, 2010), winner of the national Garden Media Guild award; *The Birds of Sussex* (BTO, 2014); and *Best Birdwatching Sites in Sussex* (Buckingham Press, 2003).

Making sounds, and listening to those made by others, is clearly a major feature of most birds' lives. It may not be speech as we know it, but you have only to listen to birds for a short while to realise the complexity and range of their vocalisations, and how it is all designed to convey information.

- **Calls** tend to be short and simple, given by both sexes, at any time of year, and often to signal some kind of intention or action. They are also thought to be innate – in other words, a bird doesn't have to learn them and would be able to use them even if it had never met one of its own kind.

- **Long-distance contact calls:** Many birds find themselves in a situation where they want to find members of their own kind, or locate mates and family members that are distant or out of sight. An effective way to do this is to have a rather loud call that says, "I'm here; are you there?" Birds in flight often give this call to see if anyone replies from ground below, or vice versa.

- **Long-distance contact calls:** Many birds find themselves in a situation where they want to find members of their own kind, or locate mates and family members that are distant or out of sight. An effective way to do this is to have a rather loud that says, "I'm here; are you there?" Birds in flight often give this call to see if anyone replies from ground below, or vice versa.
- **Short-distance contact calls:** Birds that are close together, whether on the ground or flying as a flock, will often make quieter noises simply to say to those around them, "I'm still here; I'm feeling calm. There's no danger and all is well." These noises can sound rather conversational. In flying flocks, these calls may also be helpful for coordinating movements, and are especially useful at night in order to keep contact in the darkness.



- **Excitement calls:** These are part of the spectrum between contact calls and alarm calls. They are typical when there is no apparent source of danger but something interesting is happening. Maybe a bird has chanced on a wonderful food supply or found friends, or is sensing the time is soon coming to migrate.
- **Anxiety and alarm calls:** Most birds need to take action many times a day to avoid danger. It is not sufficient to have a set of calls that send clear signals to those around them ranging from "I'm feeling rather nervous" to "Our lives are in imminent danger." Such calls may also signal to the predator "I've spotted you, there's no point chasing me." They are calls we frequently hear because we are often the cause of them! Some alarm calls are danger-specific, such as the hawk call, which many different songbirds share and which clearly identifies that the danger is a fast-flying bird of prey. If you learn this call, you'll find more hawks and falcons as a result!

don't get left behind and that the flock remains tight and coordinated. Some birds also have a landing call.

- **Calis to do with fighting:** When birds get into fights, maybe over a mate or food, it is useful to have a threat call that says 'Back off!' and hence resolves the situation without resorting to fistfights! However, if the threat doesn't work, the birds may have to move to full fighting calls. When one bird has won a contest, it may indulge in triumph calls, which is a feature of some swans and geese.
- **Calis to do with mating:** There are a number of calls to do with the intense moments between

Separating the Reed Warbler's song from that of the Sedge Warbler is an abiding challenge for many, but there is a finger-wagging trick that will help you.

■ A reedbed specialist that is skilled at perching on the vertical stems, the Reed Warbler lives up to its name. With Sedge Warbler, your finger would be all over the place!


- name. It is just as happy using ditches and canals as it is in extensive stretches of reed. Fleeting views are of a plain bird, warm in tone, especially on the rump, and with a white throat. It is a summer visitor, from April to September, mainly in English lowlands and south Wales.

For Reed
Warbler calls,
see page 219.

♂ Males sing for long periods during the breeding season, including short bursts at night. Each song verse is a series of harsh, grating chirps and sweeter notes, often unbroken for 20 seconds but up to 3 minutes long. The basic timbre is very similar to Sedge Warbler, but it is rhythm that matters rather than the type of sound. Beating your finger in time with every note will reveal a 'Steady Eddie', '1, 2, 3, 4...' rhythm, one note at a time, at four to five notes

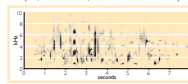
per second. With Sedge Warbler, your finger would be all over the place!

- Yes, be aware that the beat isn't perfect; it sometimes speeds up or slows down for a few notes, and verses often start with a few seconds of excellent mimicry, often other reedbed birds such



as Bearded Tit and Reed Bunting. However, wait as the verse will usually settle down into its comfortable rhythm. Listen, too, how the individual notes are often repeated two to five times, enhancing the pleasantly ponderous feel.

Occasionally, males will give a more conversational song, a subdued warbling version of the main song with less repetition, but this is rare.



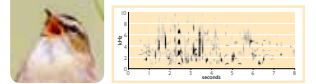
Often confused with Reed Warbler song, the way to learn that of Sedge Warbler is becoming familiar with the complex and jazzy rhythms, not the churring

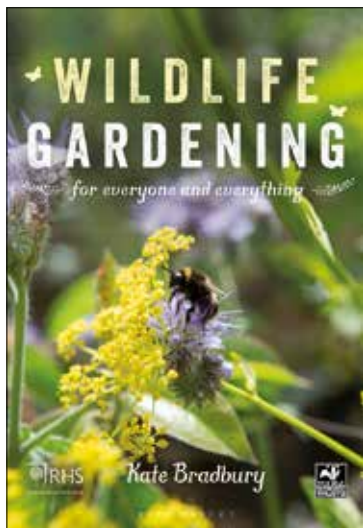
However, forget the sounds and focus again on rhythm. Sedge Warbler song is jazzy, with

- changes of pace and complex and jaunty patterns. Singing a verse, it will find a phrase it likes, repeat even getting stuck like a broken record, and then suddenly and radically changes tack and pace. So, for example, it might go de-de DEAR, de-de DEAR, de-derr de-derr de-derr de-derr and then

to straight to ~~Wrenn~~ chiddid! You cannot
ag your finger in steady time to this song! Some
mistry is interwoven, such as that of the Swal-

A male usually sings from a slightly elevated position, in a bush or on a tall stem, but is often partially hidden. However, he also has a lowering flight, rising steeply above the territory, doing a circle and sliding back down.





Wildlife Gardening: For Everyone and Everything

Kate Bradbury

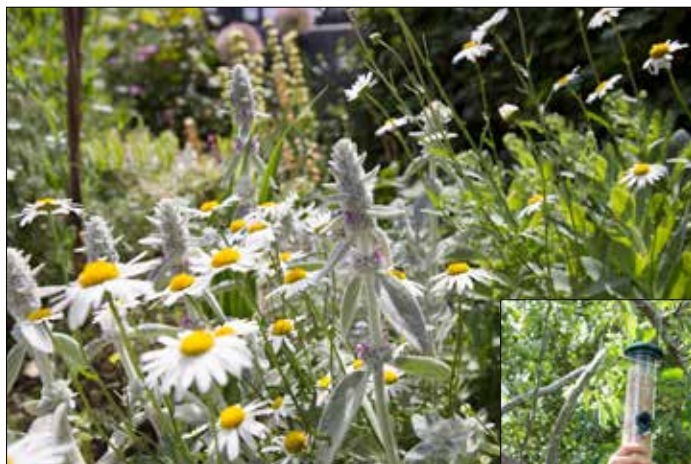
240pp
205 x 191mm
Paperback
300 colour photos
£12.99
May 2019
World rights available

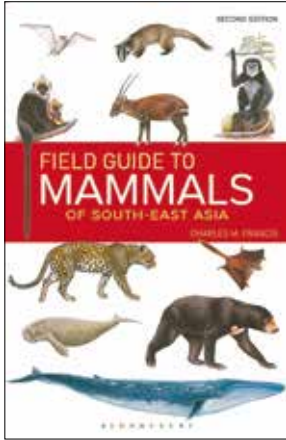
Wildlife Gardening for Everyone (and Everything) is a useful and easy-to-follow gardening guide endorsed by the Wildlife Trusts and the RHS, with a strong focus on the different types of wildlife you can attract to your garden.

The book breaks down by accessible groups of species, and each chapter explains what they require to thrive, what their role in the garden is and how they contribute to the garden ecosystem. The first chapters begin with the favourites that all gardeners know and love, such as the pollinators, birds and amphibians. Later sections of the book explore species that are more likely to be overlooked, including the wasps, flies and spiders, explaining the crucial role they play and how to provide for them.

Every chapter will include wide-ranging suggestions of useful plants and projects that will be relevant to all, regardless of the size of their available space, ranging from an urban balcony or patio to a community or large garden. You will be encouraged not only to create but also to relax and observe the habitats in your garden through the year. Ultimately, this is a book about creating a space that's as much for you as it is for the other species you welcome into it, and about getting to know the wildlife around you.

Kate Bradbury is the wildlife editor on *BBC Gardeners' World* magazine, and a freelance writer for the *Guardian*, *BBC Wildlife* magazine, and *Telegraph Gardening*. Kate is a regular contributor to *BBC Gardener's Question Time*. Her book *The Wildlife Gardener* (published by Kyle Books, May 2013) was the Environmental Award winner at the Garden Media Guild Awards in 2013.





Field Guide to the Mammals of South-east Asia

2nd edition

Charles M. Francis

416pp

216 x 140mm

Paperback

70 illustrated plates

£35

June 2019

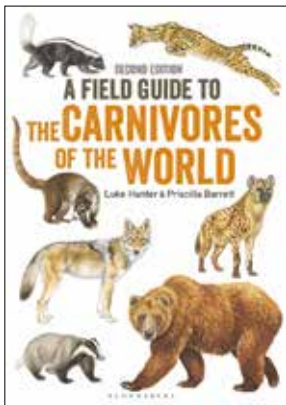
World rights available

South-east Asia is one of the richest and most diverse parts of the world in terms of mammals, and species new to science are still being described on a regular basis. The only comprehensive guide to mammals of the region has now been revised and updated to include more than 50 additional species.

From large mammals such as big cats, the elephant and cetaceans, through bears, langurs and badgers, to bats, flying-foxes and rodents, more than 550 species are described in detail, including key identification characteristics, habitat, behaviour, distribution and status, accompanied by line drawings of footprints and details of anatomy or other aspects of identification. Specially commissioned colour plates beautifully depict nearly all species and their variations, while accompanying range maps provide up-to-date information on distribution.

With the continuing worldwide threat to wildlife and habitats, this remains a timely and important field guide that will appeal to travellers, wildlife enthusiasts, and students of mammals alike.

Charles Francis first began studying mammals in South-east Asia in 1979 and has since become one of the leading experts on mammals in the region. He has written numerous research papers on both mammals and birds, including the descriptions of several new species of bats, as well as three books. He is currently a research manager at the National Wildlife Research Centre of the Canadian Wildlife Service.



A Field Guide to the Carnivores of the World

2nd edition

Luke Hunter & Priscilla Barrett

256pp

240 x 170mm

Paperback

93 illustrated plates

£25

November 2018

From the Polar Bear to the Least Weasel, this comprehensive second edition of a landmark field guide profiles all the world's terrestrial carnivores.

Thoroughly updated throughout and covering many newly recognised species, a detailed account describes each species' key identification characteristics, distribution and habitat, behaviour, feeding ecology, social patterns, life history statistics, conservation and the latest on classification. The new edition also includes accurate distribution maps for each species.

Over 90 colour plates depict each species, with subspecies, colour variations and behavioural vignettes for many, as well as detailed line drawings of more than 230 skulls and 110 footprints. This book is an essential companion for anyone interested in some of the most admired and spectacular animals in the world – the true carnivores.

Luke Hunter is President of Panthera, the world's leading organisation dedicated to the conservation of wild cats. Before that, he headed the Great Cats Programme of the Wildlife Conservation Society, and held positions in universities in Australia and South Africa. He has contributed to more than 100 scientific papers and popular articles.

Priscilla Barrett has painted mammals for field guides to numerous regions including southern Africa, Latin America, Britain and Europe, and New Zealand. She is a long-standing member of the Society of Wildlife Artists.

Option publisher: Simplified Chinese (Hunan Science & Technology Press), French (Delachaux), German (Haupt Verlag), USA (Princeton University Press)



Handbook of Western Palearctic Birds

Passerines

2 Volumes

**Hadoram Shirihai
and Lars Svensson**

1272pp (648pp vol 1, 624pp vol 2)

297 x 210mm

Hardback

Photography and maps throughout

£150

July 2018

World rights available

This unique and spectacular handbook is the most complete and comprehensive photographic guide to the passerines of the Western Palearctic. Written by two of the world's most respected ornithologists, Hadoram Shirihai and Lars Svensson, it contains the most up-to-date information available on bird identification covering all aspects of plumage, moult, ageing and sexing, with sections on voice and other identification criteria, and detailed taxonomic notes.

The passerines are divided into two volumes, with the first covering larks, hirundines, pipits and wagtails, bulbuls, accentors, robins, chats, wheatears, thrushes, prinias and cisticolas, and warblers, and the second covering flycatchers, reedlings, tits, nuthatches, orioles and sunbirds, shrikes, corvids, finches and buntings, along with extreme vagrants.

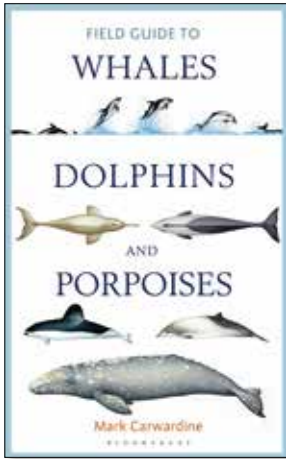
The exceptional text is backed up by a remarkable collection of more than 5,000 photographs, featuring a comprehensive range of plumages that illustrate every race and morph of each species in the region.

This stunning handbook will be the definitive reference for the region for years to come - no birder's shelf will be complete without it.

Hadoram Shirihai is Israel's foremost ornithologist and the author of books including the acclaimed *Sylvia Warblers* and *A Complete Guide to Antarctic Wildlife*. While his work, especially on tubenoses, has taken him to virtually every corner of the globe, his love of deserts and bird migration means that he is still to be found at Eilat, the watchpoint at the head of the Red Sea that he brought to the world's attention, virtually every spring. The scientific name of the Desert Tawny Owl (*Strix hadorami*), a species that has attracted his attention and research since he was a schoolboy, honours his devotion to Middle Eastern ornithology.

The name **Lars Svensson** can truly be considered 'household' among European birdwatchers. His knowledge of Western Palearctic birds, in both field and museum, is second to none, and has resulted in two best-selling works synonymous with his name: his 'bible' for ringers, the *Identification Guide to European Passerines*, and the field guide to Western Palearctic birds, universally known simply as the *Collins Bird Guide*. During the extensive preparations for this book, his in-depth work yielded a brace of previously undescribed subspecies. He lives in southern Sweden.





Whales, Dolphins and Porpoises

Mark Carwardine

234 x 153 mm

Hardback

Colour photography throughout

£35

June 2019

This outstanding new field guide to whales, dolphins and porpoises is the most comprehensive, authoritative and up-to-date guide to these popular mammals. With nearly 1,000 accurate illustrations – complete with detailed annotations pointing out the most significant field marks – this new field guide covers all 90 species and every subspecies in the world.

Many of the world's most respected whale biologists have collaborated on the concise text, which is packed with helpful identification tips from cetacean expert, Mark Carwardine. Mark's informative text is accompanied by up-to-date distribution maps and photographs for each species. Beautifully designed, to ensure critical information is quickly accessible, this is an indispensable resource that every whale-watcher will want to carry out to sea.

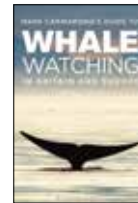
Mark Carwardine is a zoologist, writer, radio and TV presenter, wildlife photographer, wildlife tour operator and an active and outspoken conservationist, with a special interest in cetaceans. His TV series include BBC's *Last Chance to See* with Stephen Fry, and for many years he presented the weekly half-hour programme *Nature* on BBC Radio 4. Mark has been writing a monthly column in BBC *Wildlife* magazine since 2004, is Contributing Editor of *Wanderlust* magazine, and has written more than 50 books on wildlife and conservation, including many about whales. He has been studying, observing and photographing whales, dolphins and porpoises around the world for more than 30 years.

ALSO AVAILABLE

Mark Carwardine's Guide to Whale Watching in Britain and Europe

£16.99

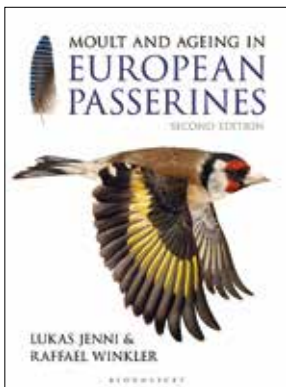
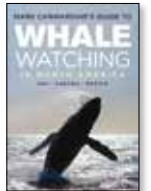
Rights sold: Rights sold: German (Deliuss Klasing), Dutch (Veltman), Spanish (Ediciones Omega), French (Delachaux)



Mark Carwardine's Guide to Whale Watching in North America

£18.99

World rights available



Moult and Ageing of European Passerines

Second Edition

Lukas Jenni & Raffael Winkler

304pp

Hardback

£85

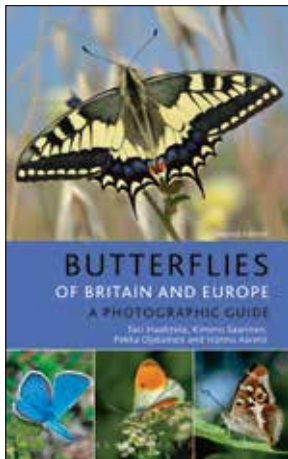
January 2020

World rights available

A brand-new, completely revised second edition of Jenni and Winkler's classic guide, updated and improved for the next generation of ringers and professional ornithologists.

Large in format, packed with high-quality photography and lavish in production specifications, this incredible book, the product of more than 20 years of detailed data collection since the publication of the first edition, will be indispensable for ringers, bird-banders and professional ornithologists alike.

Lukas Jenni & Raffael Winkler are among the foremost ornithologists in Europe. Their first edition of this book quickly became a seminal work for all European ringers. Both Lukas and Raffael are based in Switzerland.



Butterflies of Britain and Europe

A Photographic Guide,
2nd edition

Tari Haahtela, Kimmo Saarinen, Pekka Ojalainen & Hannu Aarnio

400pp

190 x 115mm

Paperback

500 colour photographs

£18.99

March 2019

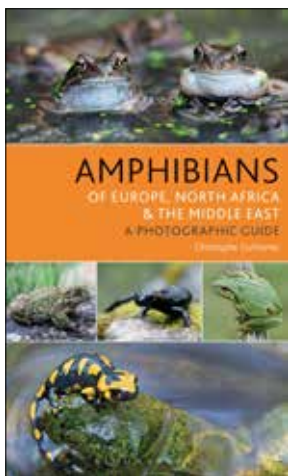
Packed with beautiful photography, this is the definitive guide to all 482 species of European butterflies with additional information on over 60 species found in the far east of Europe, stretching as far as the Urals and Caucasus.

Detailed text and clear photographs – including views of both the upperwing and underwing where possible – allow identification of adult butterflies in the field. There is also useful information on their relative size, similar species, habitat, lifestyle and larval host plants, accompanied by accurate range maps.

The result of collaboration between many European butterfly experts and photographers, and compiled by a Finnish team, this comprehensive guide represents the last word in butterfly identification.

Tari Haahtela, Kimmo Saarinen, Pekka Ojalainen and Hannu Aarnio are a team of dedicated Finnish naturalists who specialise in macrophotography. They have travelled the length and breadth of Europe in search of butterflies for this book.

Option publisher: Finnish (Gummerus), French (Delachaux), Spanish (Edunsa), Bulgarian (Gea Libris)



Amphibians of Europe, North Africa and the Middle East

A Photographic Guide

Christophe Dufresnes

224pp

190 x 115mm

Paperback

400 colour photographs

£20

January 2019

World rights available

Packed with outstanding photographs, this practical, compact yet comprehensive reference is the definitive guide to all 142 amphibian species found in the Western Palearctic.

From familiar frogs and toads to exotic salamanders and newts, the author's detailed text describes each species' appearance, habitat and behaviour, and includes useful information on their classifications, ecology and life cycles. Grouped by families for ease of use, each species account includes an accurate distribution map and colour photographs annotated with crucial details to help swiftly identify species in the field.

Written by field biologist Christophe Dufresnes, this is the ultimate photographic guide for amateurs and expert herpetologists alike.

Christophe Dufresnes is a researcher based in the UK and Switzerland who focuses on the evolution, genetics and conservation of European amphibians. After obtaining a masters degree in the wilderness of the Australian outback, Christophe earned a PhD at the University of Lausanne. Christophe's current research relates to the biology of several amphibian species and involves expeditions all over Europe.



Dangerous Snakes of Africa

Steve Spawls & Bill Branch

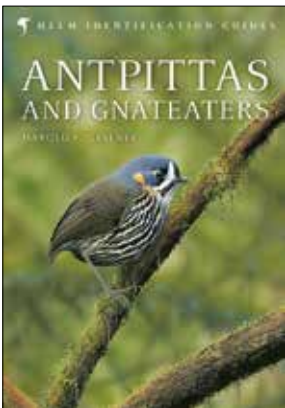
256pp
216 x 135mm
Paperback
200 colour photographs
£30
June 2020
World rights available

Africa is a true hotspot for snake diversity, with several hundred species. Unfortunately, of course, a scared snake or one that is trodden on may bite, and some have venom that can prove fatal. This book is an indispensable guide to these reptiles, packed with information on the animals along with advice on what to do should the worst happen.

Dangerous Snakes of Africa covers all dangerous snake species in Africa – a total of 136 species, along with 70 species that are easily confused with them. Each species account looks in detail at identification, habitat and distribution, behaviour and venom, and how to treat bites, accompanied by a map and a selection of photographs. Introductory sections cover the major snake groups, their distribution and venom characteristics, how to avoid snake bites and first aid advice.

Steve Spawls was born in London but moved to Kenya when he was four. After taking a degree in geology, he worked in Ghana; subsequently he trained as a physics teacher and worked in Egypt, Botswana and Ethiopia, spending nearly 40 years in Africa. Herpetology is his major interest; he caught his first chameleon at the age of six and lost a finger to a puff adder when he was 17. His publications include a classic field guide to East African Reptiles.

Bill Branch is a well-known African herpetologist and author of a range of scientific papers and eight books on the African herpetofauna, including the standard reference guide to the reptiles of southern Africa. Skilled at reaching both the scientific world and the general public, Bill has conducted extensive scientific fieldwork in over 20 African countries and has described over 40 new species. Recognised as one of Africa's leading herpetological photographers, Bill also regularly serves as an expert leader on National Geographic tours, and has frequently served on international conservation committees.



Antpittas and Gnateaters

Harold Greeney

496pp
240 x 170mm
Hardback
24 illustrated plates and 250 colour photos
£50
July 2018
World rights available

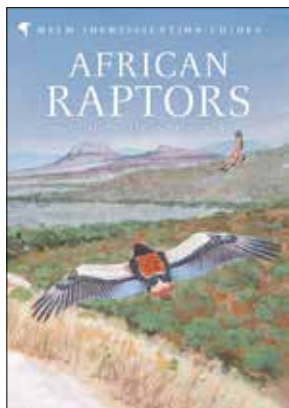
Elusive study organisms for ornithologists and highly prized additions to the birder's life-list, the antpittas (Grallariidae) and gnateaters (Conopophagidae) are among the most poorly known Neotropical bird groups. This authoritative handbook is the first book dedicated solely to these two families, combining an exhaustive review of more than two centuries of literature with original observations by the author and many knowledgeable contributors.

Antpittas and Gnateaters provides a thorough guide to the identification and ecology of these birds, with detailed maps accompanying the text. A series of superb plates illustrate most of the 156 recognized taxa; supplemented by more than 250 colour photographs, the immature plumages and natural history of many species are depicted for the first time.

This book is the ultimate reference on these remarkable and beautiful birds, and an indispensable addition to the libraries of researchers and birders for many years to come.

Harold F. Greeney is a natural historian, 2015 Guggenheim Fellow and the creator of the Yanayacu Biological Station & Center for Creative studies in Ecuador. He has a particular interest in antpittas and gnateaters, for which he has described the first nests of several species, and is an active and regular contributor to the ornithological and entomological literature.

David Beadle is an artist from Canada with a great knowledge of South America and her birds. His previous books include *New World Warblers* (Helm, 2002) and *Sparrows of the United States and Canada* (Academic Press, 2002).



African Raptors

Bill Clark & Rob Davies

336pp
240 x 170mm
52 colour plates and more than 300
colour photographs
Hardback
£50
August 2018
World rights available

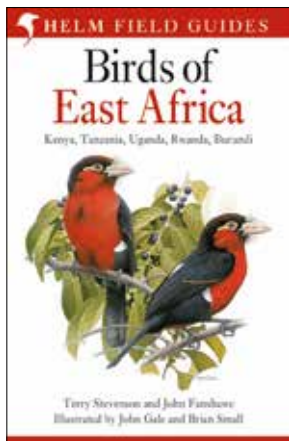
Due to its large land mass and impressive variety of habitats, Africa has the most diverse range of raptors of any continent – with almost a third of the world's species occurring in the region. These diurnal birds of prey are well known for their hooked bill and powerful talons, as well as their keen vision that enables them to accurately detect their prey during flight.

This authoritative guide, part of the Helm Identification series, features all 106 species found in Africa, with particular emphasis on their field identification. Encompassing falcons, eagles, ospreys, kites, vultures and more, *African Raptors* discusses the identification of both perched and flying birds, bringing together the very latest research with accurate distribution maps, more than 300 colour photographs and 52 superb plates that illustrate a broad range of ages and racial plumage differences.

This book is the ultimate reference on these remarkable birds, and will be indispensable for all birders and ornithologists with an interest in birds of prey.

Bill Clark is an acknowledged authority on raptors. He has published many papers about raptors and is the author of several books covering the raptors of Europe, North America and Central America.

Rob Davies has lived for much of his life in southern Africa and has long had a special interest in raptors. A scientist by training and a Ph.D. under his belt, he is also an accomplished artist.



Birds of East Africa

Kenya, Tanzania, Uganda,
Rwanda, Burundi
2nd Edition

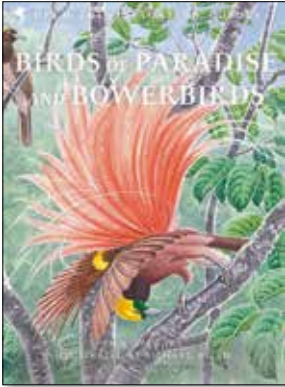
Terry Stevenson & John
Fanshawe

640pp
216 x 140 mm
Paperback
287 colour plates
£35
November 2019
Rights sold: USA (Princeton
University Press)

This comprehensive field guide deals exclusively with the birds of this spectacular region. It covers all resident, migrant and vagrant species found in Kenya, Tanzania, Uganda, Rwanda and Burundi. Over 1300 species are illustrated with full details all the plumages and major races likely to be encountered. Concise text describes identification, status, range, habits and voice with range maps for each species.

This authoritative book will not only be an indispensable guide to the visiting birder, but also a vital tool for those engaged in work to conserve and study the avifauna of this region. East Africa shelters a remarkable diversity of birds, many seriously endangered with small and vulnerable ranges. They form a constantly colourful, noisy and highly extrovert part of the landscape.

Between them the authors have 40 years of experience leading bird tours and conducting conservation work in the region.



Birds of Paradise and Bowerbirds

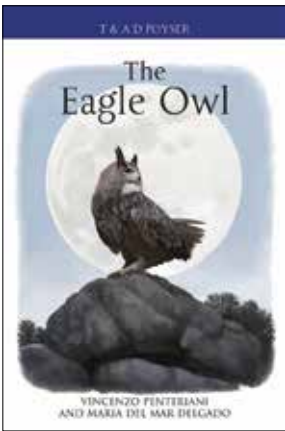
Phil Gregory

528pp
240 x 170mm
Hardback
Colour photography throughout
£50
March 2019
World rights available

For any naturalist, the name 'New Guinea' conjures up one group of animals above all others – the sensational birds of paradise, renowned for their dazzling and diverse plumages. This book, the first comprehensive monograph to the group this century, also includes the bower birds, a group that extends into Australia that is perhaps best known for the males' construction of 'bowers', structures of twigs and sticks used to tempt in females..

This Helm Identification Guide will cover the taxonomy, biology and conservation of these birds in great detail, including a series of plates packed with beautiful illustrations from Richard Allen, and hundreds of photographs covering the full range of racial and age-related plumage variety.

Phil Gregory is an ornithologist and tour leader based in Australia with decades of experience of the birds of New Guinea. Richard Allen is a world-renowned bird artist.



The Eagle Owl

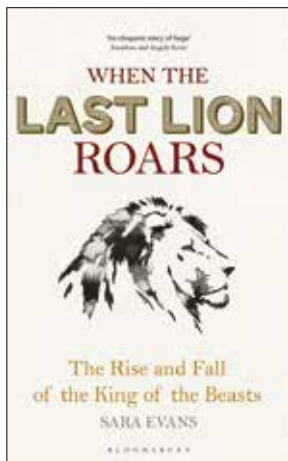
**Vincenzo Penteriani and
María del Mar Delgado**

368pp
234 x 156mm
Hardback
£50
March 2019
World rights available

The Eagle Owl is one of the biggest owls in the world and is considered the most eclectic in terms of habitat, nest site and diet. An undisputed top predator, it can prey on a range of mammals up to the size of foxes, and almost every species of bird, reptile, amphibian and fish, as well as a large spectrum of invertebrates. Surprisingly, it can also breed almost anywhere, laying its eggs on a variety of natural and artificial structures over an array of altitudes. Yet, despite being so adaptable, it is still a vulnerable species and has suffered widely from persecution as well as other threats including electrocution on power lines, decreasing prey availability, the effects of pesticides and pollutants, and habitat alteration.

Vincenzo Penteriani and María del Mar Delgado have studied this fascinating bird extensively across its vast Eurasian range. In this book, they detail its remarkable ecology, from distribution, breeding behaviour and foraging ecology, to interspecific interactions, dispersal and conservation issues.

Vincenzo Penteriani and **María del Mar Delgado** have studied the ecology and population dynamics of the Eagle Owl in Italy, France, Spain and southern Finland for more than 30 years. Vincenzo is a researcher with the Pyrenean Institute of Ecology (IPE) – part of the Spanish National Research Council (CSIC) – and is currently based at the Research Unit of Biodiversity (UMIB), where he is working on Brown Bears in the Cantabrian Mountains. María del Mar did her PhD on the Eagle Owl at EBD and has since spent several years as a postdoc researcher at the University of Helsinki in Finland. She is currently based at the UMIB, where she is undertaking research projects on snowfinches.



When the Last Lion Roars

The Rise and Fall of the King of the Beasts

Sara Evans

304pp

216 x 135mm

Hardback

£16.99

June 2018

World rights available

The illegal killing of Cecil – a famous and magnificent black-maned Zimbabwean lion – by an American big-game hunter in 2015 sparked international outrage. More significantly, it drew the world's attention to the devastating plight of Africa's lions.

A century ago, there were more than 200,000 wild lions living in Africa. Today, with that population reduced by more than 90 per cent, many experts believe that without effective conservation plans, Africa's remaining wild lions could be completely wiped out by the mid-half of this century.

When the Last Lion Roars explores the historic rise and fall of the lion as a global species, and examines the reasons behind its catastrophic decline. Interwoven with vivid personal encounters of Africa's last lions, Sara Evans questions what is being done to reverse (or at least stem) this population collapse, and she considers the importance of human responsibility in this decline and, more crucially, in their conservation.

From the Lion Guardians in Kenya to the Living Walls of Tanzania, and the Hwange Lion Research Project in Zimbabwe, Sara meets both lions and their champions, people who are fighting to bring this iconic species back from the brink of extinction.

Sara Evans is an award-winning writer, specialising in travel and wildlife. Her work has featured in numerous publications around the globe, including the *Sunday Telegraph*, *Saturday Telegraph Magazine*, *The Independent on Sunday*, *The Australian*, *The Boston Globe*, *BBC Wildlife Magazine* and *Africa Geographic*.

A former speaker at Bradt travel-writing seminars, she is also the author of *The Travel Industry Uncovered* and *The Real Life Guide to Travel and Tourism*. After spending much of her time travelling and looking for some of the world's most amazing animals, Sara now lives in the Fens with her family.



The Missing Lynx

The Past and Future of Britain's Lost Mammals

Ross Barnett

304pp

216 x 135mm

Hardback

£16.99

July 2019

World rights available

Big mammals divide opinion. Lynx are just one of a range of beasts that disappeared from Britain since the end of the last ice age and, alongside other megafauna, are plausible candidates for reintroduction.

In *The Missing Lynx*, Ross Barnett uses case studies, new fossil discovery maps, biomolecular evidence and more to paint pictures of these extinct species, and to explore the significance of their disappearance in ecological terms. He also discusses how the Britons that these animals shared their home with might have viewed them, and why some survived while others vanished.

Barnett also looks in detail and the realistic potential of reintroductions and even of resurrection – topics that capture public interest today. With Beaver now wild again in Devon and Galloway and even Great Bustard on Salisbury Plain, what about the return of sabretooths, mammoths and aurochs to modern ecosystems? Will we ever be able to bring these animals back? And should we?

At a time where rewilding is moving from pie-in-the-sky to actual reality, this timely and important book looks from a scientific perspective at the magnificent megafauna we've lost, why we lost it and what happened as a result, and how we might realistically turn the ecological tide.

Ross Barnett is a palaeontologist who specialises in seeking, analysing and interpreting ancient DNA. His area of true expertise is in the genetics and phylogeny of cats, especially the extinct sabre-tooths, and he has sequenced the entire genomes of a number of remarkable extinct European big cats. Ross's research has led to some remarkable findings in recent years, including some that have made the national press and have seen the nation stop, think and then say – 'gosh'. His DNA-based media appearances have involved rubbishing claims that the yeti is an ice-age polar bear, identifying an escaped lynx in Edwardian Devon, and the conservation genetics of river dolphins in the Ganges. An important figure in the online archaeology and palaeontology world, Ross is currently a lecturer at the University of Durham.



Wanderland

Jini Reddy

304pp
216 x 135mm
Hardback
£16.99
August 2019
World rights available

After years of secretly daydreaming about it, Jini Reddy, a journalist based in London but with global roots, finally dares to break free of convention and decides to take her 'soul for a stroll'.

Having kept her fascination with wildness under wraps for many years, she sets off with nothing but her inner compass to guide her, a compass that sends her ricocheting around the country.

Whether gazing upon ancient yews, hiking in the footsteps of the hidden folk, immersing herself in a silent soundscape, walking labyrinths, tasting revered waters, or meeting earth wisdom-keepers, Jini experiences Britain as a pilgrim, constantly exploring fresh territory: wild spaces that intrigue with their mythical or mystical overtones, or bewitch with their unearthly beauty. She also meets those who commune with the wild, through poetry or magic, these being her guides to experiencing the natural world in gentler, more enchanting ways.

Plotting a path through Britain's natural realm with candour, curiosity, trust and a touch of grit, this is a book in which the heart leads, all things are possible and the wild comes in from the cold, as Jini searches for the spirit of the magic of nature.

Jini Reddy is a journalist and travel writer. Born in London to parents of Indian descent and raised in Quebec, she studied Geography at McGill University in Montreal before a masters in English Literature at Avignon University in France. She then moved to London and worked in publishing for Penguin, before leaving to travel through India. Inspired by three months spent with Mother Teresa, she wrote her first travel piece, which was published in *The Times*.

Jini has spent more than a decade writing on adventure travel, more immersive journeys and eco-travel, visiting more than 70 countries.



Tracking The Highland Tiger

In Search of Scottish Wildcats

Marianne Taylor

272pp
216 x 135mm
Hardback
£16.99
June 2019
World rights available

A mysterious and rarely seen beast, the Scottish Wildcat is Britain's rarest mammal, and one of the most endangered carnivores in the world.

While looking somewhat like a beefed-up version of the familiar tabby cat, Scottish Wildcats are fierce and very wild – yet they're also the most endangered mammals in the world. Wildcats have endured centuries of habitat loss; they have been hunted for fur and been killed as vermin, with claims that they put rural livelihoods at risk with their interference in grouse shooting. They are now also threatened by inbreeding with domestic moggies. Nonetheless, the wildcat has long been the subject of human fascination and reverence – achieving iconic status in Scotland in particular, where it can be seen in clan crests dating back hundreds of years.

This new nature-writing narrative from Marianne Taylor is about the UK's solitary, elusive wild feline and includes personal accounts of Marianne's time spent in wildcat country searching in vain to see a Scottish Wildcat, as she assesses the current methods designed to ensure its survival – from camera-trap projects to captive breeding programmes.

Woven into her rich personal narrative, Marianne discusses Wildcat evolutionary history and their relationships to other wild cats and carnivores. She reveals the history of wildcats colonising Europe and then Britain, their response to ice ages, and the species' population crash and near extinction at the start of 20th century.

The Highland Tiger is a great read for anyone with an interest in Britain's wildlife and wild places, and especially to those who are fond of felines. Packed full of lore, legend and literature, as well as practical discussion regarding the wildcat's future, this narrative is sure to convey the importance of protecting this enigmatic carnivore.

Marianne Taylor is a freelance writer, illustrator, photographer and editor, and author of many natural history books, including *Way of the Hare*, *Dragonflight*, *British Birds of Prey* and *RSPB British Naturefinder*.



The Dark Stuff

Stories from the Peatlands

Donald S. Murray

256pp

216 x 135mm

Hardback

£16.99

April 2018

World rights available

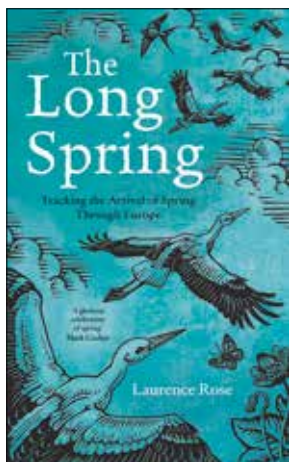
Donald S. Murray spent much of his childhood either playing or working on the moor, chasing sheep across empty acres and cutting and gathering peat for fuel.

The Dark Stuff is an examination of how this landscape affected him and others. Donald explores his early life on the Isle of Lewis together with the experiences of those who lived near moors much further afield, from the Highlands and Islands of Scotland to the Netherlands, Germany, Ireland and even Australia. Examining this environment in all its roles and guises, Donald reflects on the ways that for centuries humans have represented the moor in literature, art and folktale, and he reveals how in some countries, these habitats remain an essential aspect of their industrial heritage and working life today.

On his journey, Donald confronts the unexpected – how Europe's peatlands are part of the dark heart of that continent, playing a crucial role in the history of crime and punishment in several countries. He also examines our current perception of moorland, asking how – for the sake, perhaps, of our planet's survival – we can learn to love a landscape we have all too often in our history denigrated, feared and despised.

Donald S. Murray comes from Ness, at the northern tip of the Isle of Lewis, and now lives in Shetland. Donald is an award-winning writer, playwright and poet. His last book, *Herring Tales*, was one of the *Guardian's* nature books of the year in 2015, as was his previous book, *The Guga Stone*, in 2013.

@DonaldMurray56



The Long Spring

Tracking the Arrival of Spring Through Europe

Laurence Rose

272pp

216 x 135mm

Hardback

£16.99

March 2018

Rights sold: Dutch (Atlas Contact)

Exploring Europe's remarkable heritage of exceptional places and the wildlife, traditions and people associated with them, in February 2016 Laurence Rose crossed the Mediterranean from North Africa and set off on a series of journeys northwards towards the Arctic coast of Norway, all the while keeping pace with the arrival of spring.

Like a modern-day pilgrimage, he is accompanied by fellow wayfarers, migrating swallows and cranes and later, wild swans and eagles. He witnesses the awakening of a continent from its winter slumber and encounters new behaviours, such as storks that no longer migrate, exploring how they link to climate change. From Spain, Laurence headed north through France and Britain. Crossing over to Sweden, Finland and Norway, he ended his travels four months later as the long Arctic days stretched into continuous daylight.

In *The Long Spring*, Laurence evokes the landscapes, sounds and colours of the continent at its most vibrant. And as a lifelong naturalist, his journeys tracking the world's most significant and beautiful phenomenon – spring – were a chance to explore the past, present and future of our connections to nature, reflecting on three decades of work and travel in Europe and his own long relationship with wildlife.

Laurence Rose is a naturalist and conservationist whose work has ranged from creating urban greenspace to advocating global treaties. He has worked for the RSPB in roles as diverse as nature reserve management, international capacity building and community engagement. Laurence is also active in the arts, as a creator, curator and administrator, often working with artists inspired by nature.

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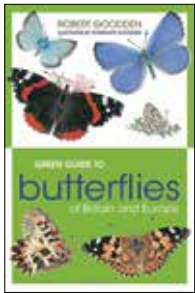
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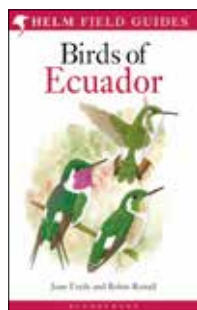
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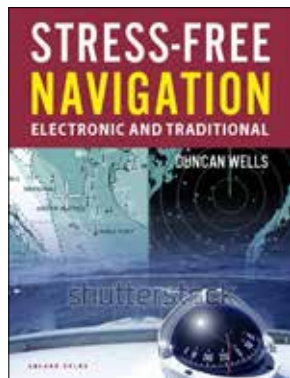
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Stress-Free Navigation

Duncan Wells

160pp
246 x 189mm
Paperback
£16.99
August 2019

All boaters, whether under sail or under power, need to be able to navigate safely on the water – both to keep themselves and their crew out of trouble and to avoid endangering others. Yet navigation has often been presented almost as a black art – complicated, full of tricky maths, and with alien concepts to get your head around.

Duncan Wells, author of the highly successful *Stress-Free Sailing* and *Stress-Free Motorboating*, now turns his attention to the presenting the tricky topic of navigation in an equally clear and accessible fashion. He makes concepts easy to understand and the practice of navigation perfectly achievable for all – with minimum stress.

The book covers the basic introductory elements clearly and simply for novices, and progresses through more advanced techniques for experienced navigators, so that there is something for everyone, whatever their skill level. Diagrams, quick-reference tables and flowcharts, explanatory step-by-step photographs, box features, top tips and QR codes – which give access to explanatory videos – are all features that have been much appreciated by readers of Duncan's other top-selling titles.



Stress-Free Mooring

Duncan Wells

96pp
216 x 138mm
Paperback
£12.99
May 2020

Stress Free Mooring is a quick-access very visual onboard practical guide to how to approach tricky mooring and berthing situations in a yacht or a motorboat. Duncan Wells, author of the highly successful *Stress Free Sailing* and *Stress Free Motorboating*, provides instant guidance to helmsmen seeking advice as to the best way of getting on and off pontoons, jetties and harbour walls in all types of wind and tide situations, as well as anchoring and picking up mooring buoys. With step-by-step photos, explanatory diagrams and concise text, helmsmen will have at their fingertips the answers they need to all manner of tricky mooring problems. Quick Tip boxes on each page provide helpful advice, and QR codes give access to video demonstrations. The techniques are applicable anywhere in the world, on any type and size of boat.

Duncan Wells is an RYA instructor and sailing school principal. He has written for many leading boating magazines in the UK and the US. He is the author of the bestselling *Stress-Free Sailing* and *Stress-Free Motorboating* (both also published by Adlard Coles Nautical), which have helped countless sailors and motorboaters learn helpful boat handling and berthing techniques. He lives in Buckinghamshire.

ALSO AVAILABLE

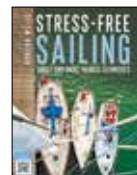
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Mountain Man

446 Mountains. Six months. One record-breaking adventure

James Forrest

240pp

234 x 153mm

Hardback

£16.99

May 2019

World rights available

Nicknamed 'Mountain Man' by the *Sunday Telegraph*, James Forrest is the record-breaking adventurer who climbed every mountain in England and Wales in just six months – the fastest ever time. Solo and unsupported, he walked over 1,000 miles and ascended five times the height of Everest during his 446-peak challenge. And he did it all on his days off from work, proving it is possible to integrate an epic adventure into your everyday life.

From collapsing tents and horrific storms to near-fatal mountaineering mishaps, James endured his fair share of hardship out in the hills. But the good times far outweighed the bad. He slept wild under the stars, met eccentric locals, and exchanged the 21st century social media bubble for a simpler, more peaceful existence. What did he learn along the way? That life is more fulfilling when you switch off your phone and climb a mountain.

Readers will be inspired and motivated by James's amazing adventure, and so the book concludes with a section on how YOU can achieve your next adventure – whether it's something to get the kids involved in at half term, a fun challenge to tackle solo or with friends, or, like James's, a record-breaking attempt of epic proportions, James will guide you through everything you need to do to plan and execute your adventure, as well as give you some great ideas too.

James Forrest is an NQJ-qualified journalist, a former newspaper reporter and freelance writer for outdoor magazines such as *Adventure Travel*, *Outdoor Enthusiast*, *Trail*, *The Great Outdoors*, *Cumbria*, *Lakeland Walker* and *Sidetracked*. He has won two 'Highly Commended' awards for his feature writing from the Outdoor Writers and Photographers Guild, in 2016 and 2017, and is a 2018 Ordnance Survey Get Outside Champion.



First Aid at Sea

7th edition

Douglas Justins and Colin Berry

30pp

170 x 250mm

Paperback

£12.99

October 2018

World rights available

This fully updated new edition of *First Aid at Sea* provides an easy-access instant guide to emergency first aid for all seafarers:

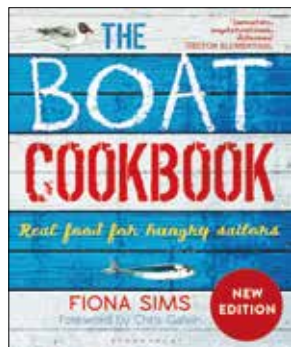
- Colour-coded thumb index of emergencies for quick reference
- Concise descriptions of medical conditions
- Prioritised list of treatments
- Ringbinding and waterproofed pages to withstand use at sea
- Fully updated in line with guidelines and best practice

'A highly practical on-board emergency tool written by doctors who sail' *Yachting Monthly*

'Everything you'd expect, from the CPR ratio you've forgotten... to cuts, injuries, poisoning and broken bones, is here' *Classic Boat*

Douglas Justins (MB BS, FRCA, FFPMRC) qualified in Australia and became a general practitioner in the Outback. He sailed non-stop from Sydney to Dover in the 1975 *Financial Times* Clipper Race, followed by many seasons of UK off-shore racing. A recently retired consultant anaesthetist at St Thomas' Hospital in London, he continues to cruise extensively.

Colin Berry (MB BS FRCA) completed his first global circumnavigation in 1982 and his second in 1990, both times as crew member and medic aboard Whitbread Round the World yachts. He has owned several sailing boats and cruised and raced extensively. He also spent time afloat as a medical officer in the Royal Navy.



The Boat Cookbook 2nd edition

Real Food for Hungry
Sailors

Fiona Sims

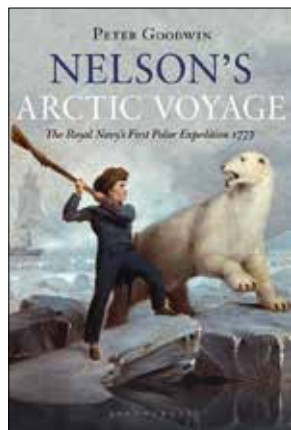
160pp
220 x 185mm
Paperback
£16.99
June 2019

Option publishers: Finnish (Gummerus), French (Delachaux), Spanish (Edunsa), Bulgarian (Gea Libris)

For anyone with a tiny galley kitchen and an appetite for fresh, gorgeous food, there's good news: no more tins or bland leftovers aboard.

This practical and beautiful book has been fully updated for this second edition, and the 80 tried-and-tested recipes still use a maximum two pots and take no longer than 30 minutes to prepare. All measurements are kept as basic as possible (handfuls or cups), and the recipes include baked eggs with salmon, chorizo and chestnut sausage rolls, spicy lamb burgers with tzatziki, herb-stuffed trout, salted caramel and banana crunch and an amazing rum punch. With contributions from top chefs including Chris Galvin and seasoned sailors like Sir Robin Knox-Johnson, this book promises simple, fresh ideas to revolutionise your on-board cooking.

Fiona Sims has written for *The Times*, *The Sunday Times*, *Food & Travel*, *Delicious*, *Decanter*, and more. The award-winning food and wine writer has interviewed many of the world's top chefs, including Alain Ducasse, Gordon Ramsay and René Redzepi, and accompanied Heston Blumenthal on his first trip to the legendary El Bulli. The idea for this book came after much nagging from her sailing-mad Dad, who kept losing her scribbled-down recipes for on board cooking in his rather basic galley.



Nelson's Arctic Voyage

The Royal Navy's first polar
expedition 1773

Peter Goodwin

320pp
234 x 153mm
Hardback
£25
February 2019
World rights available

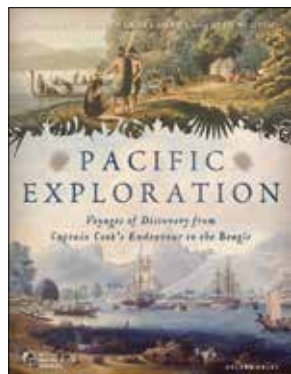
In the summer of 1773 the 14-year old Horatio Nelson took part in an expedition to the Arctic, which came close to ending his naval career before it had begun. The expedition was to find a navigable northern passage between the Atlantic and Pacific, and was supported by the Royal Society and King George III. Two bomb vessels HMS Racehorse and Carcass were fitted out and strengthened under the command of Captain Hon. Constantine Phipps. It was an extremely cold Arctic summer and the ships became locked in ice far from Spitzbergen and were unable to cut their way out until days later when the wind changed and the ice broke up. The ships were extricated and returned home.

On the trip, the young Nelson had command of one of the smaller boats of the ships, a four-oared cutter manned by twelve seamen. In this he helped to save the crew of a boat belonging to the Racehorse from an attack by a herd of enraged walruses. He also had a more famous encounter with a polar bear, while attempting to obtain a bearskin as a present for his father, an exploit that later became part of the Nelson legend.

Drawing on the ship's journals and expedition commander Phipps' journal from the National Archives, the book creates a picture of the expedition and life on board. Using the ships' muster books it also details the ship's crews giving the different roles and ranks in the ships. The book is illustrated using some of the ship's drawings and charts and pictures of many objects used on the ship, while a navigational chart of the route taken has been created from the logbooks.

The book also looks at the overall concept of naval exploration as set in train by Joseph Banks and the Royal Society. The fact that the expedition failed as a result of poor planning with potentially tragic results demonstrates the difficulties and uncertainties of such an expedition. It also looks at a great naval commander at the earliest stage of his career and considers how the experience might have shaped his later career and attitudes. Other great captains and voyages are discussed alongside Nelson, including Captain Cook and his exploration of the south seas and the later ill-fated northern journeys of Franklin and Shackleton.

Peter Goodwin is an authority on the sailing warship. His published titles include *The Construction and Fitting of the Sailing Man of War* (Conway, 1990), *The Naval Cutter Alert* (Conway 1992), *Nelson's Ships* (Conway 2002) and *The Ships of Trafalgar* (2005) and *HMS Victory Pocket Manual*. Peter was Keeper and Curator of HMS Victory for some 20 years and is a passionate advocate of Admiral Nelson.



Pacific Exploration

Voyages of Discovery from Captain Cook's *Endeavour* to the *Beagle*

Nigel Rigby, Pieter van der Merwe and Glyn Williams

256pp

246 x 189mm

Paperback

Colour photography throughout

£18.99

September 2018

World rights available

Captain Cook is generally acknowledged as the first great European scientific explorer. His voyage of exploration to the Pacific in 1768 lasted almost three years, recorded thousands of miles of uncharted lands and seas – including New Zealand, the east coast of Australia and many Pacific islands – and tested all Cook's skills as a navigator, seaman and leader. His voyages were among the first to take civilian scientists, notably Sir Joseph Banks, and they revealed to European eyes the mysterious and exotic lands, peoples, flora and fauna of the Pacific.

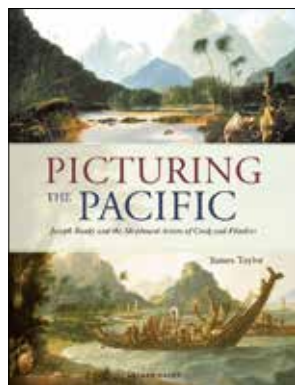
But while Cook understandably dominates the story of 18th-century Pacific exploration, the achievements of those who followed him on voyages of discovery into the Pacific have been deprived of the greater attention they deserve. Correcting this imbalance, *Pacific Exploration* explores the European voyages that continued Cook's work of not only charting but also starting to exploit and control the Pacific. These voyages, by William Bligh, George Vancouver, Matthew Flinders, Malaspina, Lapérouse and Arthur Phillip, span a period that saw Britain becoming the world's leading maritime power, a situation well in place by the time of Charles Darwin's voyage in Fitzroy's *Beagle*.

Recounting and illustrating these achievements and legacies using fascinating text and beautiful illustrations and artworks from the period, *Pacific Exploration* explores topics of scientific discovery, engagement with indigenous peoples, the use of shipboard artists and scientists, the growing professionalism of the hydrographic service, the vessels used and the colonial, commercial and imperial contexts of the voyages.

Dr Nigel Rigby is Curator of Exploration and former Head of Research at the National Maritime Museum, Greenwich, London.

Pieter van der Merwe served for over 20 years as the National Maritime Museum's General Editor. He has authored and edited a number of books on aspects of British maritime history, including *South* 2nd edition.

Glyn Williams is Professor Emeritus of History at Queen Mary, University of London, UK. He has authored and edited a number of books on imperial and maritime history, including *Naturalists at Sea* and *Arctic Labyrinth*.



Picturing the Pacific

Joseph Banks and the shipboard artists of Cook and Flinders

James Taylor

256pp

246 x 189mm

Hardback

£25

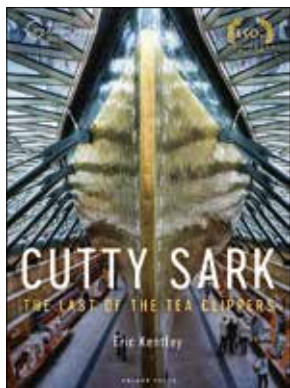
September 2018

For over 50 years between the 1760s and the early 19th century, the pioneers who sailed from Europe to explore the Pacific brought back glimpses of this new world in the form of oil paintings, watercolours and drawings – a sensational view of a part of the world few would ever see. Today these works represent a fascinating and inspiring perspective from the frontier of discovery.

It was Sir Joseph Banks, President of the Royal Society, who popularised the placement of professional artists on British ships of exploration. They captured striking and memorable images of everything they encountered: exotic landscapes, beautiful flora and fauna, as well as remarkable portraits of indigenous peoples. These earliest views of the Pacific, particularly Australia, were designed to promote the new world as enticing, to make it seem familiar, to encourage further exploration and, ultimately, British settlement.

Drawing on both private and public collections from around the world, this lavish book collects together oil paintings, watercolours, drawings, prints and other documents from those voyages, and presents a unique glimpse into an age where science and art became irrevocably entwined.

Because of his doctoral research into the work of William Westall, the landscape and figure painter who accompanied Commander Matthew Flinders on his ground-breaking voyages in the wake of Captain Cook, **James Taylor** was a consultant for the Pacific Encounters permanent gallery at the National Maritime Museum. He is the author of *Voyage of the Beagle* and *Pack Up Your Troubles*, both published by Bloomsbury.



Cutty Sark

The Last of the Tea Clippers (150th anniversary edition)

Eric Kentley

208pp

270 x 200mm

Paperback

£20

January 2019

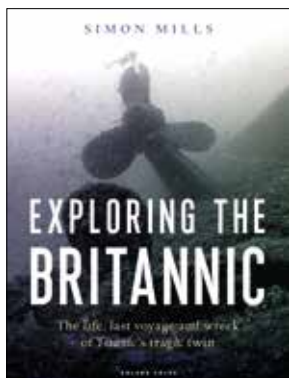
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An updated and expanded edition to celebrate the 150th anniversary of this iconic ship. The narrative spans her construction at Dumbarton in 1869; her famous tea voyages as well as those with other cargoes; her career under a Portuguese flag; her subsequent return to the Thames, Greenwich; and the dramatic fire, painstaking restoration and glorious reopening in April 2012.

The book has been developed from the outset with the Cutty Sark Trust and takes the form of a chronological career narrative but also presents detailed features on crew accounts, log entries, vignettes on seamanship, ports and cargoes and broader tall ship culture as well as an opportunity to focus on artefacts and fittings of the ship.

Features specially commissioned photography created as part of, and subsequent to, the clipper's restoration as well as the findings of resulting research.

Dr Eric Kentley was formerly a curator at the National Maritime Museum, in a variety of roles from ethnographer to Head of Ship Technology and Corporate Planner. After 16 years he moved to London's Design Museum as Assistant Director, responsible for the museum's curatorial and education programming. Since going freelance at the end of 2001, he has specialised in interpretation projects. His involvement with *Cutty Sark* began in 2003 when he assisted with the development of the plans for the conservation of the ship and he went on to play a major role in the interpretation of the ship, including authoring the exhibition content. Eric is the author of several books, including *Eyewitness Boat*, *Cornwall's Bridge* and *Viaduct Heritage* and *Discover the Titanic*. He lives in south London.



Exploring the Britannic

The life, last voyage and wreck of Titanic's tragic twin

Simon Mills

224pp

246 x 189mm

Hardback

£25

March 2019

World rights available

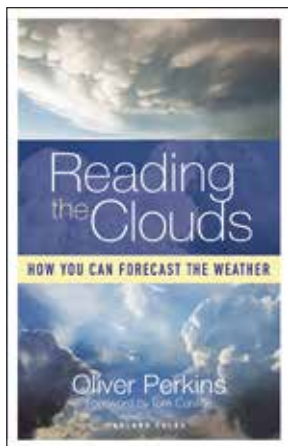
Launched in 1914, two years after the ill-fated maiden voyage of her sister ship, RMS *Titanic*, the *Britannic* was intended to be superior to her tragic twin in every way. But soon after her launch war intervened and in 1915 she was requisitioned as a hospital ship. Just one year later, while on her way to collect troops wounded in the First World War's Balkans campaign, she fell victim to a mine laid by a German U-boat and tragically sank in the middle of the Aegean Sea.

There her wreck lay, at a depth of 400 feet, until it was discovered 59 years later by legendary explorer Jacques Cousteau. Since then a succession of expeditions, including one by Robert Ballard who discovered the wreck of the *Titanic*, have uncovered more about the *Britannic* and life on-board ship than anyone could have hoped for. In 1996 the wreck was bought by maritime historian and author of this book, Simon Mills.

This book tells the complete story of the *Britannic*: her construction, launch and life, her fateful last voyage, her loss to a German mine, and the historical findings resulting from the exploration of the well-preserved wreck over a period of forty years. Fully illustrated with historical photos and diagrams, and scans, sonar images and stunning photographs of the wreck and the expeditions, the book will be an essential addition to the bookshelves of anyone with an interest in maritime history, First World War history, and all those interested in diving and maritime exploration.

Although much has been written on the exploration of the *Titanic*, to date there is nothing substantial on the similar work carried out on her sister ship. Until now.

Simon Mills bought the wreck of the *Britannic* in 1996. He is a maritime historian with decades of experience as an underwater camera technician. He has written books on all three Olympic-class ships and acted as consultant to many documentaries and films on the subject.



Reading the Clouds

Oliver Perkins

128pp

216 x 138mm

Paperback

£9.99

July 2018

World rights available

Wouldn't it be useful to be able to accurately predict the weather simply by reading the clouds? Well, with this book, you can!

TV forecasts, online predictions and smartphone apps are all based on the same data – a number-crunched overview of how air pressure and temperature affect the weather across a large geographical area. But to get an idea of how the weather will develop for the precise spot where you're standing (or walking, sailing, golfing, fishing, etc) you don't need any equipment or a wifi connection – you just need to look up.

This book will give you a broad understanding of why the clouds are symptoms of weather patterns, not causes. By reading these signs in the sky and referring to the explanatory colour photographs, you will discover exactly what those signs mean. An at-a-glance guide to the clouds for anyone anywhere in the world, on land or at sea, this book will enable you to predict the weather by recognising cloud types, shapes, colour and behaviour. It will be an invaluable companion for anyone who enjoys outdoor activities.

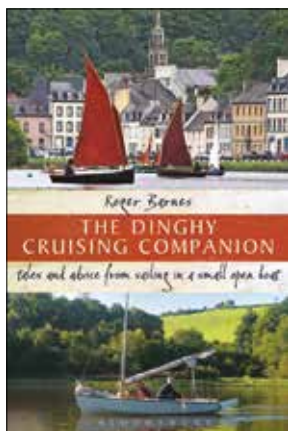
With a Foreword by Tom Cunliffe.

'Well researched - practical information in an easy to assimilate form'

Professor Richard Collier, former President of the Royal Meteorological Society

'So good that my Yachtmaster candidates would do well to read it. I learned something from this book. I bet you do too' Tom Cunliffe, author of *The Complete Day Skipper* and *The Complete Yachtmaster*

Oliver Perkins sails a Laser 4.7 for the British team. He writes for *Yachting Monthly* and *Practical Boat Owner*.



The Dinghy Cruising Companion

Tales and Advice from
Sailing a Small Open Boat

Roger Barnes

256pp

234 x 156mm

Paperback

£16.99

March 2014

World rights available

'You will venture into the fringes of the wilderness with the minimum of simple gear, to live with it on its own terms. You will know that one of the sure ways to contentment in this life is a small boat, a fair wind, and a new coast to explore.'

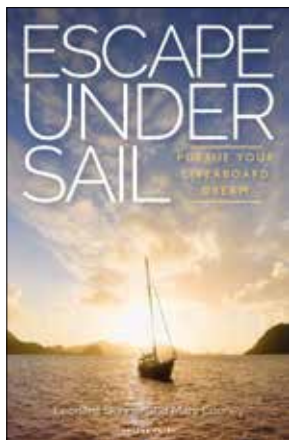
Dinghy cruising is a wonderful way to experience nature and new coastlines at close quarters and low cost. Sailing where larger boats cannot reach, and sleeping under canvas onboard or ashore, this is boating taken right back to the basics, and all the better for that. This guide, for all aspiring or already-enthusiastic dinghy cruisers, shows how to get started and how to expand your horizons.

The information and advice is interwoven with wonderfully evocative stories of the author's adventures afloat, from idyllic weeks pottering around secluded rivers and coastlines to hair-raising voyages to remote islands. The text covers:

- Finding a good boat
- Fitting out for daysailing
- Boatcraft under engine and oar
- Mooring and anchoring
- Preparing for open water
- Out at sea
- Coastal navigation
- Dinghy homemaking
- Keeping comfortable and safe

Illustrated throughout with inspirational colour photos and helpful illustrations, this book shows just why small boats are the perfect passport to remote and beautiful places.

Roger Barnes is President of the Dinghy Cruising Association, and lives out his passion year round, exploring beautiful and remote places in his dinghy *Avel Dro*. For many years, he had a monthly column in *Dinghy Sailing Magazine*, and he also writes for *Classic Boat* and *Watercraft*.



Escape Under Sail

Pursue Your Liveaboard Dream

Leonard Skinner and Mary Cooney

352pp

234 x 153mm

Paperback

£20

April 2019

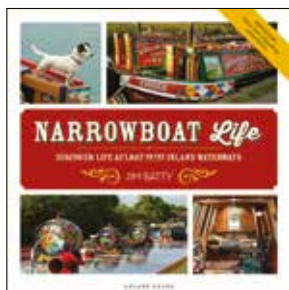
World rights available

Following in the footsteps of Bill and Laurel Cooper's *Sell Up & Sail*, generally acknowledged for years as the ultimate 'bible' for those wishing to make cruising a way of life, comes *Escape Under Sail* – a modern, up-to-date take on the how-to-make-your-liveaboard-dreams-a-reality guide, this time with children included.

Escape Under Sail will show you exactly how you can go from casual cruiser to liveaboard. The book covers all of the crucial topics, including budget and costs, how to choose a boat, making sure crew are equipped and trained, letting go both practically and psychologically, prep and provision, education and, most importantly, the challenges and rewards of living at sea.

Light-hearted but informative in approach, this is a practical handbook peppered with personal anecdotes to illustrate the authors' points. Questions and answers, lists and figures help to guide the reader to the crucial steps to take to make their liveaboard dreams come true.

Mary Cooney, Leonard Skinner and their 13-year-old twins live and travel aboard a 39-foot sailboat, *Faoin Spéir* (pronounced Fween Spare). Since embarking as liveaboards they have developed a growing YouTube channel with over 1,200 subscribers, making it the largest Irish sailing channel. Leonard has written for *Yachting Monthly*, *Practical Boat Owner* and the American magazine *Good old Boat*.



Narrowboat Life

Discover Life Afloat on the Inland Waterways
New edition

Jim Batty

224pp

220 x 220mm

Paperback

£20

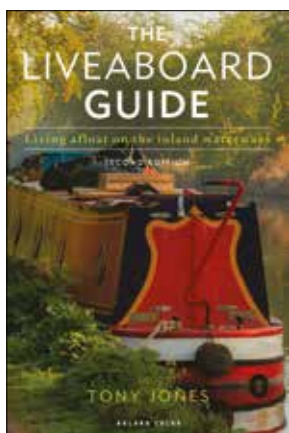
May 2019

World rights available

Full-time life on a narrowboat is a novelty for so many of us, and is endlessly fascinating. How do people downsize their lives and belongings into what looks like a large, crayon-coloured floating toy-box? *Narrowboat Life* answers all the questions we've wanted to ask about the ins and outs of liveaboard life on the inland waterways. The book is filled with beautiful, enthralling photography of the waterways themselves, the narrowboats that occupy them and, most importantly, every nook and cranny of their insides. Should you become seduced, the author gives solid hands-on advice about how to make a narrowboat your home.

This revised edition of *Narrowboat Life* features new and expanded sections on ecological living on the waterways – recycling, upcycling and living green – and living aboard in cities versus living on-land, as well as new profiles of more beautiful boats.

Jim Batty is a photographer, graphic designer and writer who has lived on, worked on and continuously cruised a 53-foot narrowboat with his partner and their cat for the past nine years.



The Liveaboard Guide

Living Afloat on the Inland Waterways
2nd edition

Tony Jones

192pp

234 x 156mm

Paperback

£16.99

July 2019

World rights available

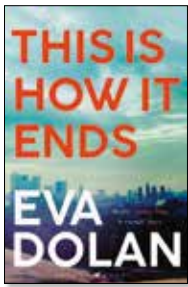
The romantic dream of downsizing, giving up the rat race, and living life at 4mph on the inland waterways is proving more and more attractive. But for tens of thousands of people it is not just a romantic dream but an actual lifestyle.

This second edition has been comprehensively revised to include updated or new information on costs (moorings, license, insurances etc), license fees for different types of craft, composting toilets and ecological living in general, living aboard in London and other cities (suddenly very popular), postal services, boat stretching, butties, and so on, as well as more anecdotes and profile stories about liveaboard life.

The aim of this book is to feed people's dreams by showing that every possible problem that could arise when living on a boat has a tried and tested solution. The dream is perfectly possible, and this book is the complete practical guide to achieving it.

Tony Jones has lived aboard his 50ft narrowboat for over 14 years, in which time he has traversed 500 miles of canals and rivers, navigated through 400 locks and moveable bridges, run aground 4 times, sunk once, and broken down more times than he can remember. He is a professional freelance writer, published regularly in *Waterways World*, *Canals and Rivers* and *Towpath Talk*.

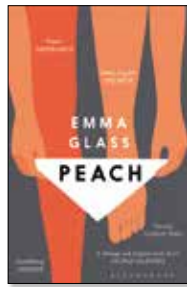
RECENTLY PUBLISHED AND HIGHLIGHTS



FICTION

This Is How It Ends Eva Dolan

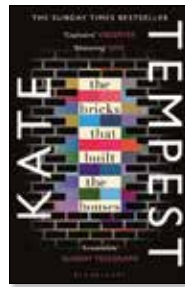
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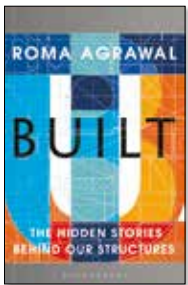
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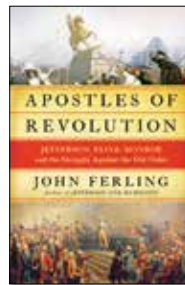
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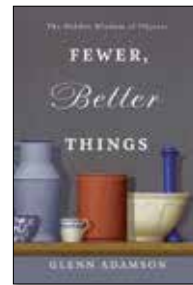
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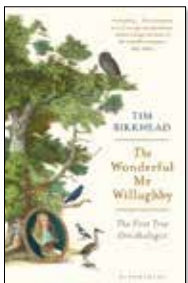
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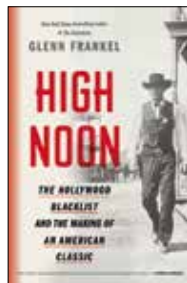
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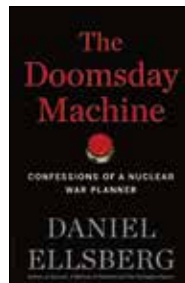
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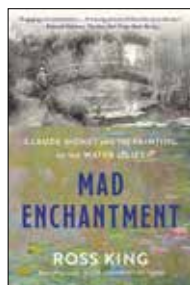
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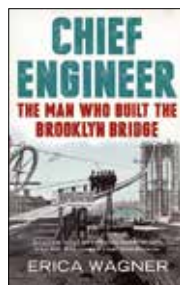
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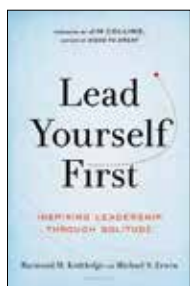
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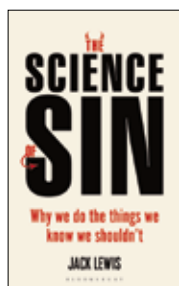
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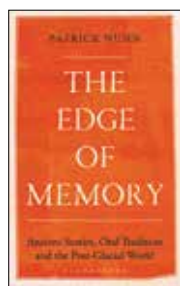
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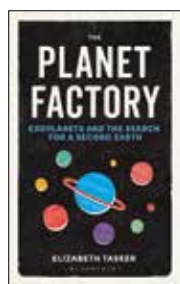
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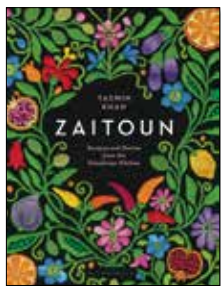
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Over 100 authentic and delicious Vietnamese recipes
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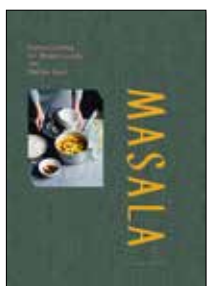
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Nuno Mendes

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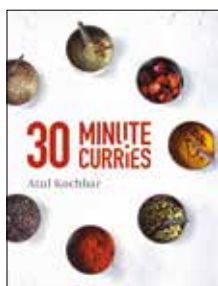
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Mallika Basu

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Atul Kochhar

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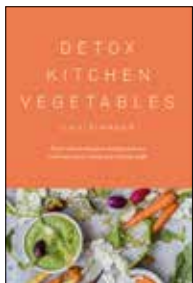
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A sourcebook of inspiring side dishes

Ed Smith

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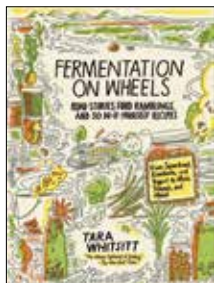
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Lily Simpson

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COOKERY

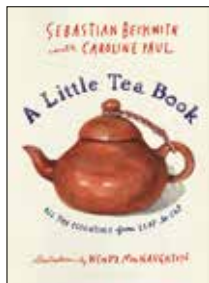
Fermentation on Wheels

Road Stories, Food Ramblings, and 50 Do-It-Yourself Recipes from Sauerkraut, Kombucha, and Yogurt to Miso, Tempeh, and Mead

Tara Whitsitt

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COOKERY

A Little Tea Book

All the Essentials from Leaf to Cup
Sebastian Beckwith with Caroline Paul, illustrations by Wendy MacNaughton

\$20

World rights available



COOKERY

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The Life, Art, and Cookbook of Cipe Pineles

Cipe Pineles

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RECENTLY PUBLISHED AND HIGHLIGHTS



COOKERY

The Flavour Thesaurus Niki Segnit

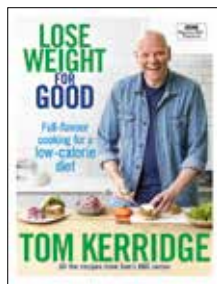
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COOKERY

River Cottage Much More Veg

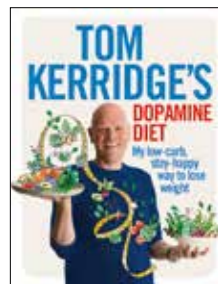
175 easy and delicious vegan recipes for every meal
Hugh Fearnley-Whittingstall
£26
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COOKERY

Lose Weight for Good

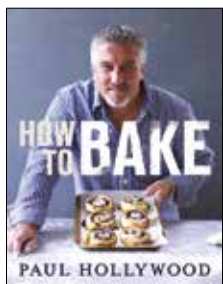
Full-flavour cooking for a low-calorie diet
Tom Kerridge
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COOKERY

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My low-carb, stay-happy way to lose weight
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COOKERY

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COOKERY

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Amazing sauces, butters, bases and preserves that will transform your everyday cooking
Alex Mackay
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COOKERY

Flour Christine McFadden

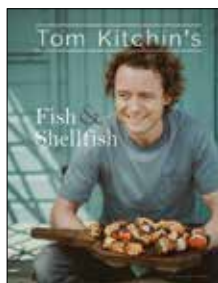
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COOKERY

Larder From pantry to plate - delicious recipes for your table Robin Gill

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COOKERY

Tom Kitchin's Fish and Shellfish Tom Kitchin

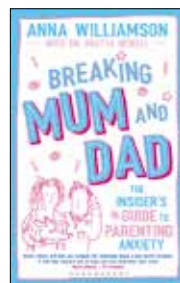
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COOKERY

Jack Stein's World on a Plate

Local produce, world flavours, exciting food
Jack Stein
£26
World rights available

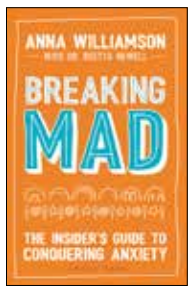


GREEN TREE

Breaking Mum and Dad The Insider's Guide to Parenting Anxiety Anna Williamson

£12.99
Rights sold: Spanish (Trillas)

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GREEN TREE

Breaking Mad

The Insider's Guide to Conquering Anxiety
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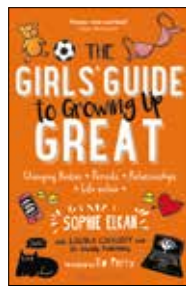
GREEN TREE

Fear-Free Food

How to ditch dieting and fall back in love with food
Nicola Jane Hobbs

£12.99

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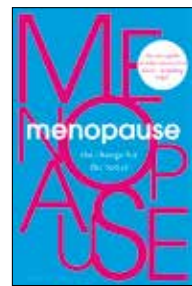
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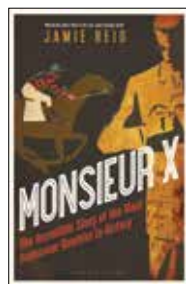
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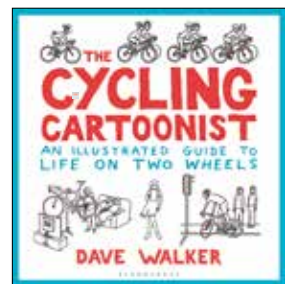
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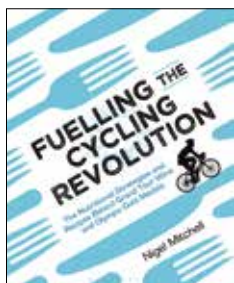
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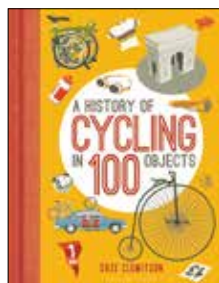
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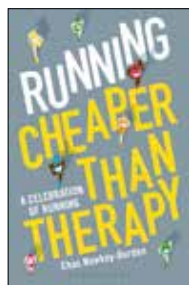


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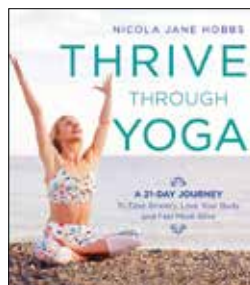


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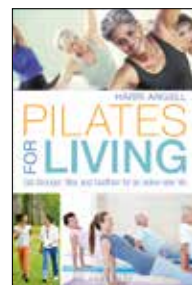
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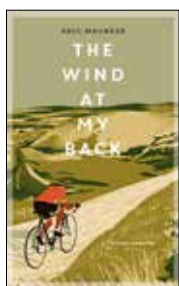


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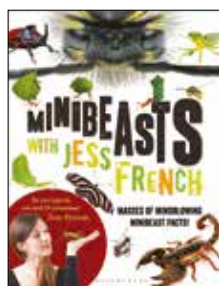


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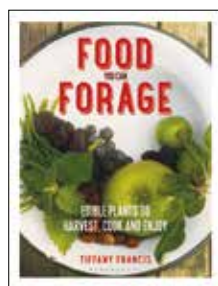


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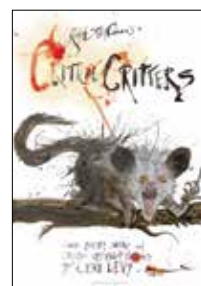


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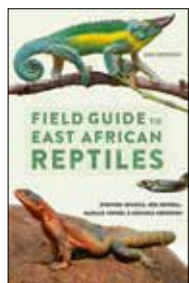


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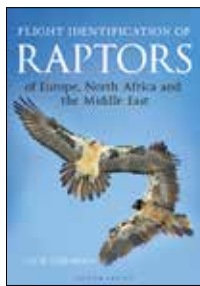
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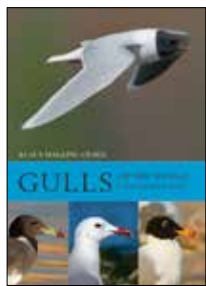


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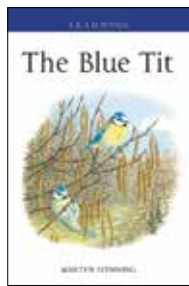
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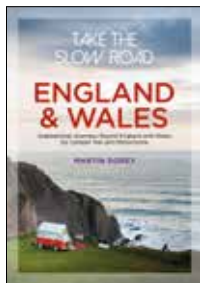
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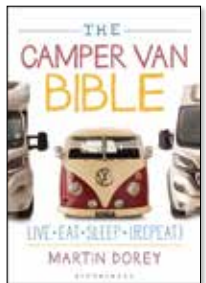
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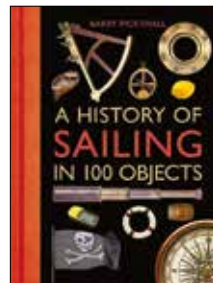
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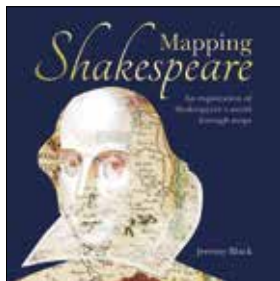
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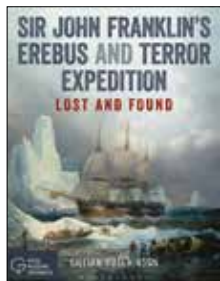
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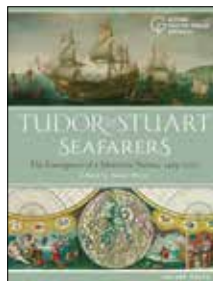
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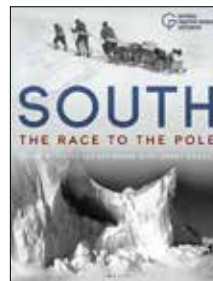
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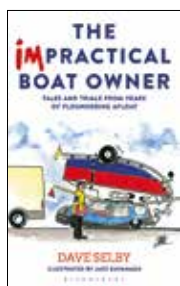
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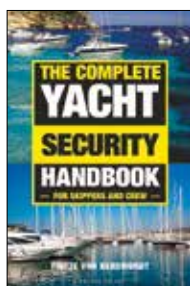
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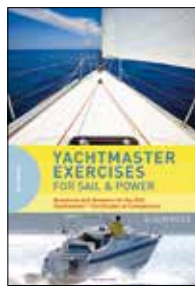
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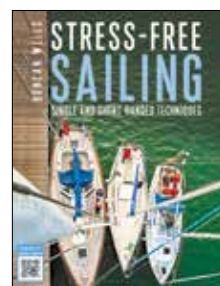
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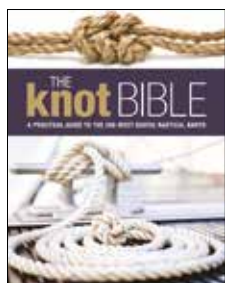
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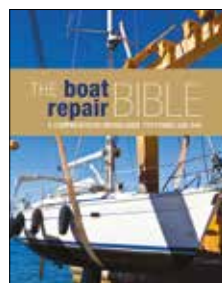
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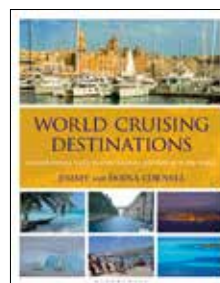


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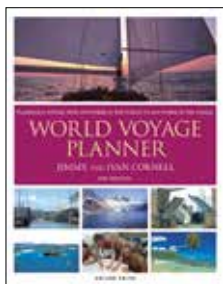
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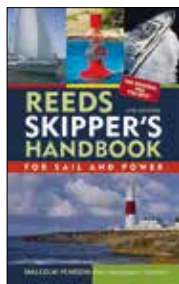
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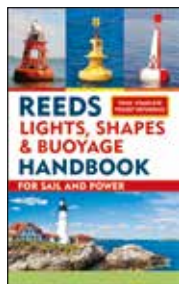


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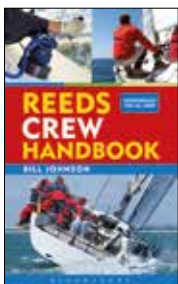
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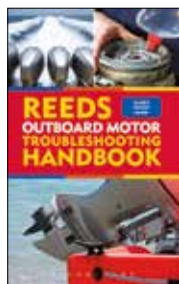


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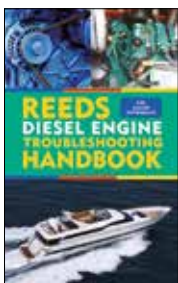


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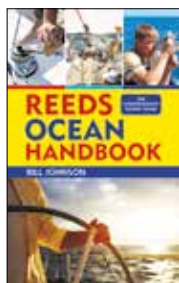


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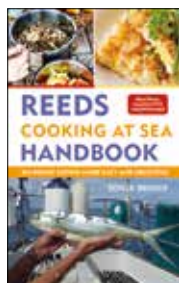


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