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# Quadrille

Fall 2019

*Hardie Grant*

QUADRILLE

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# Recent Bestsellers



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# Food & Drink

## Wild Mushroom Pierogi

**Makes about 25-30**  
**25 minutes**

### FILLING

4 large russet potatoes, about  
 4 1/2 lbs (2)  
 2 cups organic or  
 non-GMO oil  
 7 ounces, very finely chopped  
 wild and fresh ground  
 beef (3)  
 7oz Dashi  
 4oz / 1/2 cup plain  
 all-purpose flour, plus  
 extra for rolling  
 1 cup fine salt  
 1 large egg white or  
 egg yolk  
 1/2 cup oil

### TO SERVE

XXXXX / 1 cup olive oil  
 1/2 cup of hot sauce with  
 salt and black pepper  
 1/2 cup of large  
 2 cups chopped fresh  
 peas or beans

To make the filling, peel and quarter the potatoes. Bring a pan of water to the boil and cook the potatoes until tender, from three and a half to five.

Heat the oil in a frying pan, add the chopped onions and fry until softened and golden. Add the onion to the bowl with the meat, salt to taste, and season to taste.

To make the dough, top the flour with a large bowl with the oil and the salt. Roll in a rolling pin with 2 lbs of 1/2 cup of the reserved water. Gradually add enough of the water to make a soft dough, using a fork at first, then using the top of your fingers to bring it together.

Zip the dough out onto a clean, lightly floured work surface. Knead until the dough is smooth and elastic. Don't over-knead with a little extra flour every now and then so it doesn't stick.

Roll out the dough to about 3/16 to 1/8 inch thick. Using a 7 1/2" pizza peeler, roll out six 2 1/2" rounds.

Roll 3 per each round and bring it to a boil.

Taking one round of dough in your hand, roll a thickness of 1/8" filling in the center and bring the same edge of the dough together. Push toward the center edge from one end to the other. Continue until the pie is fully dough and filling.

They are called the dumplings once the boiling water, starting at the top so that they don't stick and slide to the bottom.

THE CHEF'S



## Eating out without freaking out!

The growing demand for vegan options in the menu means that more and more restaurants are switching up, stepping up and serving vegan dishes. But what if you find out that this "V" mark? Well, you have a few options.

You can skip the menu for an accidentally vegan dish, or something about vegan that you can attempt to make by requesting a substitution. Be mindful that restaurant dishes will be made with more or dairy products in advance - or include hidden dairy such as butter - and can't be changed last minute. You don't get to adjust to add to the menu, clear and direct. For the moment, just need to feel comfortable.

You can also skip the menu for ingredients. This sounds odd, but if you like the look of half of one dish and can't find the main protein, you could ask the waiter to connect with the kitchen and see if they are willing to create a vegan hybrid (using and matching of ingredients and dishes). Any of the words below will be up for the challenge.

You might feel like you shouldn't have to, but you'll find like a lot more (and make out more photos) if you take a helpful, one-to-one and polite approach to exploring the menu and asking your need. It would be more difficult if every restaurant could cater for every dietary and dietary requirement, but the truth is that they have to. However, if that really does want to meet you in the middle, you can always rely with your best and best.

Of course, if it's a pre-ordered night out, you can ring the restaurant ahead of time. Most places will be happy to accommodate with a bit of notice, particularly if you're clear about your needs. And consider more region-friendly restaurants, such as those specializing in Indian, Japanese, Thai, Vietnamese or even Mexican.

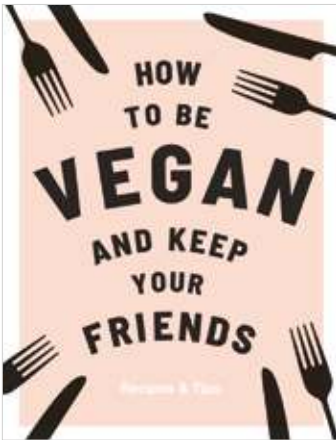
### Ordering Wine

Not all wine is vegan - most is clarified with fining agents like gelatin or egg white. If you're ordering a glass and cocktail menu to eat along with the wine, you can opt for a "natural" wine - more and more restaurants and bars are serving these. They are wines made without a fining or filtration process, avoiding the animal products all together. And they often come from forward-thinking, small producers, so you'll be supporting a little industry to boot.

THE CHEF'S

THE





# How to be Vegan and Keep Your Friends

Annie Nichols

September 2019 | HC | CKB125000  
\$19.99 | 9781787132740  
160pp | 6.3 x 8.3 | 1lb 3oz  
Full color photography throughout

I S B N 978-1-78713-274-0



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## Be a better vegan with recipes, tips and tricks for eating in, eating out, and living vegan

You're being healthy, considerate to the planet, and compassionate toward animals—so why is it so hard to navigate life as a vegan? From going out for dinner, to staying in with friends, it can be a challenge to cook, eat, and socialize vegan in a world of carnivores. *How to be Vegan and Keep Your Friends* arms you with 50 recipes you can cook for yourself, your friends, and your family (without hearing any complaints!), as well as tips, tricks, and hacks for being a better, more easygoing vegan.

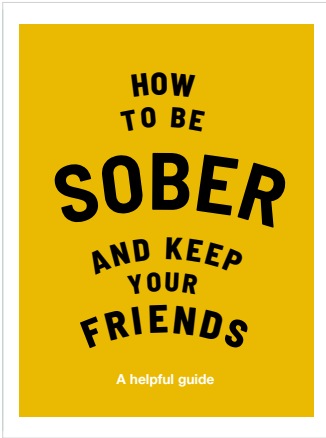
**Annie Nichols** is a food writer and stylist based in England. A trained chef, she has worked in restaurants worldwide and run a successful vegan supperclub. She's the author of five cookbooks, and contributes to magazines and publishers.

- Modern, fresh publishing aimed at people in their 20s/30s
- There's been a 600% increase in people identifying as vegan in the U.S in the last three years (*Global Data*)



**Also available**  
How to be Gluten Free and Keep Your Friends  
9781787132917





draft cover

# How to be Sober and Keep Your Friends

Flic Everett

December 2019 | HC | CKB008000  
\$19.99 | 9781787134225  
160pp | 6.3 x 8.3 | 1lb 3oz  
Full color photography throughout

I S B N 978-1-78713-422-5



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## Drink less or cut out alcohol completely with tips, tricks and mocktail recipes

Turning down a drink isn't easy. Not only do you have to deal with your own desire for that chilled and glistening glass of white, you also have to tackle the: "Why aren't you drinking?" "Are you pregnant?" "Go on... just one!" And the worst one of all: "You're no fun without a drink!"

Well here's the thing: you are fun! And this book shows you how and why you can still be the life and soul of the party, keep your friends, and be sober. Through a broad range of tips and tricks, you'll feel empowered to take on those trigger moments (stressful work day; challenging family life; break ups), as well as classic big occasions (the wedding toast; the bachelorette party; the Christmas dinner).

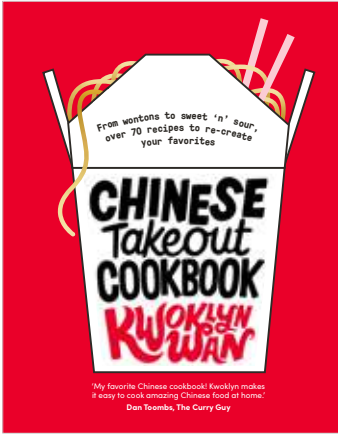
Through the tips, you'll learn more about yourself (why you're giving up/cutting back), how to keep your relationships tight (with your partner, colleagues, and friends) and ways to enjoy your new found sobriety, from understanding the benefit to your health to appreciating the improvement in your bank balance.

**Flic Everett** is a sober journalist. She regularly writes for UK national newspapers and magazines.

- Over a fifth of those aged 25-44 now don't drink at all, and 42% are drinking less than they did three years ago. *The Telegraph*
- Tips to ensure that choosing not to drink doesn't mean not socializing!
- Perfectly timed ahead of "dry January"

FOOD & DRINK





# Chinese Takeout Cookbook

From Wontons to Sweet 'n' Sour, Over 70 Recipes to Re-create Your Favorites  
**Kwoklyn Wan**

August 2019 | HC | CKB017000 | \$22.99  
9781787134195 | 160pp | 6.9 x 8.9 | 1lb 8oz  
Full color photography throughout

I S B N 978-1-78713-419-5



9 781787 134195

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## Take on the takeout at home, with Kwoklyn Wan's delicious Chinese dishes

Chinese is one of our favorite takeout foods—and it's those nostalgic, comfort-food creations that really get people salivating. Now you can make your favorite Chinese restaurant classics at home with Kwoklyn Wan's fabulous *Chinese Takeout Cookbook*. The book features 70 classic dishes, everything from sweet and sour chicken to char siu, wonton soup to chop suey, egg-fried rice to crispy seaweed—and most of them can be on the table in 20 minutes or less. Cook up a storm at home with Kwoklyn's fabulous take on food from the takeout.

**Kwoklyn Wan** is a professional chef, restaurateur and Kung Fu instructor. He grew up working in his family's Cantonese restaurant and he knows all the takeout trade secrets.

- Chinese food is a year-round takeout favorite
- Includes easy step-by-step instructions and a handy guide to ingredients
- Most recipes can be ready in 20 minutes!

'My favorite Chinese cookbook! Kwoklyn makes it easy to cook amazing Chinese food at home.'

—**Dan Toombs**  
*The Curry Guy*





draft cover

# Scandi Bites

60 Recipes for Sweet Treats, Party Food  
and Other Little Scandinavian Snacks

**Trine Hahnemann**

October 2019 | HC | CKB074000

\$19.99 | 9781787134072

144pp | 6.3 x 7.1 | 12oz

Full color photography throughout

I S B N 978-1-78713-407-2



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## Bite-size treats for teatime and special occasions

This is the perfect gift for Scandi-philes who want to bring a little Nordic charm into their kitchen. With over 60 sweet and savory recipes for all sorts of bite-size snacks, treats, fingerfood, bakes, and pastries, it will provide plenty of inspiration for every occasion throughout the year. Doyenne of Danish baking, Trine Hahnemann, shares all her favorite treats in this charming cookbook so that you can make your own delicious cardamom buns, almond cookies, honey bombs, coconut macaroons, miniature smoked salmon open sandwiches, and asparagus tartlets, among many others.

A chef and food writer, **Trine Hahnemann** writes for and appears regularly in the media in America and Britain. Trine has written seven cookbooks in English, including *Scandinavian Baking*, *Scandinavian Comfort Food*, and *Copenhagen Food*.

- A perfect little gift book for fans of Trine Hahnemann and Scandinavian baking
- Ideal for the holidays, birthdays and other special occasions throughout the year
- Trine's previous books have sold over 240k copies worldwide
- The best bite-size recipes from *Scandinavian Baking* and *Scandinavian Comfort Food*, brought together in a cute format



**Also available**  
Copenhagen Food  
9781849498869



Open Sandwiches  
9781787131255



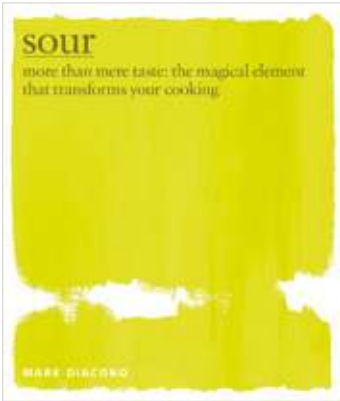
Scandinavian  
Comfort Food  
9781849498593



Scandinavian  
Baking  
9781849496650







# Sour

More Than Mere Taste: The Magical Element That Transforms Your Cooking

**Mark Diacono**

November 2019 | HC | CKB105000

\$35.00 | 9781787132269

272pp | 7.1 x 8.3 | weight tbc

Full color photography throughout

ISBN 978-1-78713-226-9



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**The definitive cookbook on all things sour, from kimchi to kefir, citrus to sourdough**

Sour foods have never been more popular. But what is it that makes sourness such an enticing, complex element of the eating experience? And what are the best ways to harness sour flavors in your own kitchen?

Mark Diacono sets out to demystify the sour world, and explore why everyone's so obsessed with kombucha and fermenting for good digestion. By grappling with gooseberries and turning his hand to sourdough, experimenting with ultra-cool shrub cocktails, and making his own yogurt, kefir and pickles, Mark tells the story of what makes things sour, and offers recipes that maximize the transformative power of this amazing taste.

**Mark Diacono** is a food writer, gardener and photographer. He has published two books to great acclaim and is also the author of three River Cottage Handbooks.

- Sour is the enduring taste trend of the last few years and this is the first comprehensive cookbook on the subject
- Sour and fermented foods have been proven to be beneficial to gut health; this isn't just for foodies, but for health-conscious consumers
- The book doesn't just cover ferments and pickles: there are also beautiful recipes to bring sour flavors into your everyday cooking and even cocktails

## FOOD & DRINK





# Leaf

Lettuce, Greens, Herbs, Weeds—120 Recipes that Celebrate Varied, Versatile Leaves

**Catherine Phipps**

October 2019 | HC | CKB105000

\$35.00 | 9781787132405

256pp | 6.8 x 9.7 | 12lb 4oz

Full color photography throughout

I S B N 978-1-78713-240-5



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## 120 enticing recipes for herbs, lettuces, greens, and everything in between

Leaves are a riot of color and texture—from the palest shades of white and yellow, through to the deepest, darkest greens, via rich purples, reds, and pinks. Tightly furled torpedoes; spiky, crinkly, curly, delicate, feathery.

From lettuce and herbs, through cabbages and even tea, Catherine Phipps explores the wonderful world of culinary leaves. With 120 recipes taking in soups, salads, brunches, starters, mains, desserts, baking, preserves, and drinks, this is the complete, definitive book of cooking with leaves of all kinds.

**Catherine Phipps** is a food writer, cookbook author and recipe developer who has frequently featured on TV and radio. She is the author of four books, including *Citrus* (Quadrille 2017).

- The definitive book for cooking with leaves of all kinds
- A beautiful package with high-end finishes
- Taps into the food waste movement and the shift towards making leaves the focus of a meal

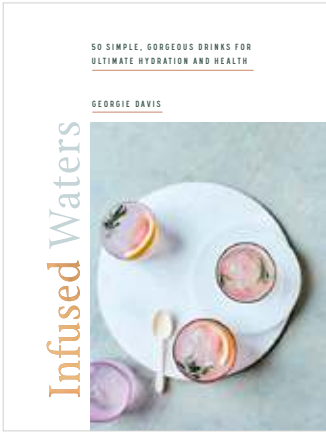


**Also available**

Citrus

9781849499002





draft cover

# Infused Waters

50 Simple, Gorgeous Drinks for  
Ultimate Hydration and Health  
**Georgina Davies**

August 2019 | HC | CKB008000  
\$14.99 | 9781787134201  
128pp | 6.3 x 8.3 | 1lb 2oz  
Full color photography throughout

I S B N 978-1-78713-420-1



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## Pretty, cool hydration with 2019's most Instagrammable drinks trend

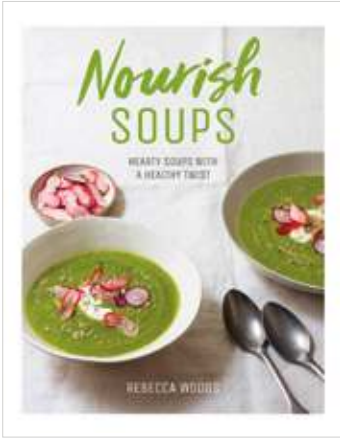
We all know we should drink more water—sales of reusable water bottles have soared as we seek to cut down on our plastic and maintain maximum hydration. But it hasn't been the most inspiring of drinks—until now.

*Infused Waters* offers 50 beautiful, healthy drinks that will help you get through the day's challenges. With recipes for fruit infusions, herbal waters, and spicier blends to relax, restore and revive, you'll find ways of adding a little vitamin C to your office bottle, and floral fragrance to the dullest of drinks.

**Georgina Davies** is a London-based chef, food stylist, and recipe writer who is passionate about delicious, healthy food made from fresh and seasonal ingredients. Her extensive knowledge of nutrition informs her recipes.

- Floral infusions in water have been highlighted as a major drinks trend for 2019
- Hot trend on Instagram: #infusedwater has over 380k tags





# Nourish Soups

Hearty Soups with a Healthy Twist

**Rebecca Woods**

November 2019 | HC | CKB079000

\$22.99 | 9781787132689

144pp | 6.9 x 8.9 | 1 lb 5 oz

Full color photography throughout

I S B N 978-1-78713-268-9



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## Nutritious soups that are good for body and soul

With these 60 nourishing soups, there's something for every season and every appetite. All the soups have an emphasis on well-being, with nutritious ingredients that include healthy whole grains, legumes, and fresh produce, and every one is packed full of wholesome flavor from herbs and spices and creative toppings. There are a number of dairy-free, vegetarian, and vegan options, with yet more that can easily be adapted for these diets. The book begins with soup-making tips, basic broths, and healthy toppings to get you started.

**Rebecca Woods** is a food stylist, recipe writer and developer who has worked for British press and leading brands.

- A beautiful, modern take on nutritious soups, aimed at the young, wellness-aware market
- Caters for various diets, including vegetarian, vegan, and dairy-free
- In the same fresh series as *Nourish Bowls* and *Nourish Cakes*



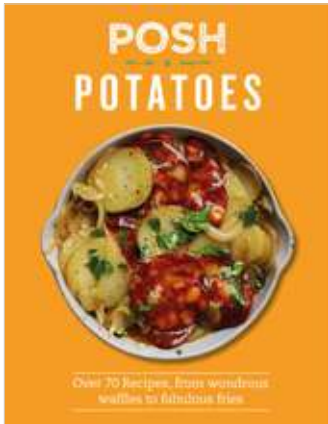
**Also available**  
Nourish Cakes  
9781787131163



Nourish Bowls  
9781849497985







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# Posh Potatoes

Over 70 Recipes, from Wondrous Waffles to Fabulous Fries

**Rebecca Woods**

September 2019 | HC | CKB085000

\$19.99 | 9781787133570

176pp | 6.3 x 8.3 | 1 lb 7 oz

Full color photography throughout

I S B N 978-1-78713-357-0



9 781787 133570

## Fun and creative ways with the world's favorite vegetable

Wedges, mash, rösti, gnocchi, baked potatoes, hash browns, roast potatoes, French fries, Dauphinoise—no other vegetable is so versatile, comforting and delicious. In this latest addition to the *Posh* series, we celebrate the humble potato in its many forms and offer amazing new ways to cook it. Through Breakfast & Brunch, Lunch, Snacks, Sides, and Mains, you'll discover a variety of dishes from around the world, and every recipe is accompanied by a tempting photo. Recipes include Poutine, Sweet potato falafel wraps, Latkes, Loaded potato skins, Fondant potatoes, Potato, rosemary and gorgonzola pizza, and Homity pie.

**Rebecca Woods** is a food stylist, recipe writer, and developer whose clients include the *Telegraph*, *The Sunday Times*, *BBC Good Food*, *Olive*, Harrods, and the *Daily Mail*.

- The latest in the *Posh* series (over 220k copies sold worldwide)
- Per person, 116 pounds of potatoes are consumed each year in the US
- Over 70 brilliantly inventive ideas from around the world



**Also available**  
Posh Toast  
9781849497008



Posh Eggs  
9781849497886



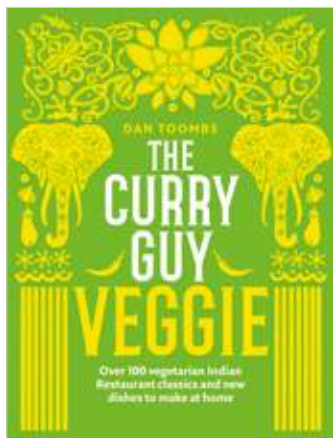
Posh Pancakes  
9781849498036



Posh Sandwiches  
9781787131194

FOOD & DRINK





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# The Curry Guy Veggie

Over 100 Vegetarian Indian Restaurant Classics and New Dishes to Make at Home  
**Dan Toombs**

November 2019 | HC | CKB044000

\$19.99 | 9781787132580

160pp | 6.9 x 8.9 | 1 lb 8 oz

Full color photography throughout

I S B N 978-1-78713-258-0



9 781787 132580

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## The Curry Guy goes veggie with over 100 amazing vegetarian recipes

Vegetarian food at Indian restaurants can often seem unimaginative—yet Indian veggie food is some of the most exciting in the world. *Curry Guy Veggie* showcases koftas, gnocchi, idli, dosas, stuffed breads and fried breads, as well as the classic vegetable and side dishes that we all know and love. All of the ingredients are accessible and easy to find in supermarkets or Asian stores—and with detailed step-by-step instructions, you'll be making your own vegetarian curry feasts in no time at all.

**Dan Toombs** (aka The Curry Guy) has perfected the art of replicating Indian restaurant cooking. Originally from California, he has spent over 20 years traveling and learning kitchen secrets in Indian restaurants. Dan has created recipes that taste amazing but can be made in less time and for less money than eating out.

- The Curry Guy's first book has sold over 100k copies worldwide
- Vegan alternatives offered throughout

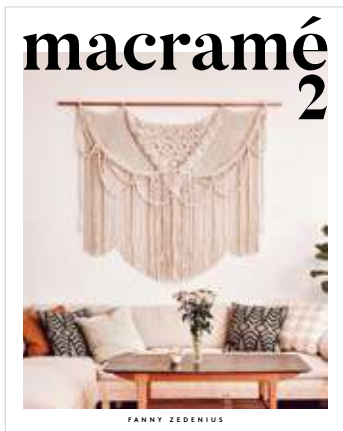


**Also available**  
The Curry Guy  
9781787131439



Craft





draft cover

## Macramé 2

Accessories, Homewares & More—How to  
Take Your Knotting to the Next Level

**Fanny Zedenius**

September 2019 | PB | CKB055000

\$19.99 | 9781787134102

144pp | 7.9 x 10 | 1 lb 5 oz

Full color photography throughout

I S B N 978-1-78713-410-2



9 781787 134102

5 1999

**Everything you need to take your knotting further  
through 20 striking homewares and accessories**

Fanny Zedenius is back and ready to take your macramé to the next level.

Beginning with the basics, Fanny will teach you 30 new knots and how to combine them, and inspiration on displaying your makes and the best way to calculate your rope lengths.

*Macramé 2*, includes a stunning collection of advanced projects such as beautiful wall hangings, an impressive canopy, backpack, top, and cushion cover. Fanny also provides tips on natural dyeing, weaving, and how to tackle large projects. All the projects are photographed and clearly illustrated.

**Fanny Zedenius** is the macramé artist and designer behind the Instagram profile @Createaholic (57k followers). She sells her beautiful creations online and hosts workshops. Her work is sought after by interior stylists and has featured in magazines and adverts.

- *Macramé 2* takes crafters to the next level with 30 more complex, new knots to master
- Includes a stunning range of projects such as wall hangings, bed canopy, cushion cover, backpack, and a top
- Fully illustrated with beautiful project photography and step-by-step instructions
- Follow up to the bestselling title that has sold over 25k copies in North America alone



**Also available**  
Macramé  
9781849499408

OCCASIONS

# Curved purse

So you've made yourself a beautiful bag (or maybe six!) but now that means your tatty old purse is really not cutting it any more... This curvy little one will fix that for you. In two sizes, the larger version can double as a small clutch for those times when you really only need your phone and card, or a handy little makeup bag!

## Materials

1m outer fabric (I've used medium weight canvas or washable paper fabric\*)  
 1m lignin fabric  
 10cm metallic zip for large purse or 12cm zip for small purse  
 Thread to match your fabric  
 Basic sewing kit  
 Template provided

## \*NOTE:

To give your paper fabric a crinkly, vintage-leather look simply press it through the washing machine at 45 degrees and then leave to dry!

## Cut out

For the large purse:  
 Outer:  
**Template A** two pieces  
 Lining:  
**Template A** two pieces  
 For the small purse:  
 Outer:  
**Template B** two pieces  
 Lining:  
**Template B** two pieces

28



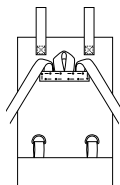
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TRAVEL



26

TRAVEL



- Cut two 75cm lengths of webbing for the main straps. Tuck one end of each strap under the strip printed at the top of your panel, on either side of the loop. Pin in place.
- Thread the other end of a strap through the corresponding strap adjuster, then through the ring front to back, then back up and over the central bar of the adjuster again (see STRAPS on page 7 for more detail on how to do this). With about 4cm of webbing sticking out of the strap adjuster fold the end under by 1cm and pin to the strap. Repeat this step for the second strap.
- Sew the ends of your straps closed (it also added a few stitches by hand at the sides to stop any frayed ends showing).
- Return to the strip holding your loop and the tops of your straps in place. Sew all the way around its edge, about 2-3mm in. Do this a couple of times to make it secure.

- 10 Lay the back panel of your backpack (the one you've just seen the straps to) face-up and arrange the straps in the middle so they don't overlap the edges. Lay your second outer panel on top, face-down. Pin along the sides and bottom edge, then sew along those three edges 1cm in.
- 11 Square off the bottom corners of your outer bag (see page 7 for detailed instructions and images), 3cm from the tips of the corners. Turn right side out.
- 12 Repeat steps 10 and 11 with your lining but don't turn it right side out.
- 13 Slip your lining piece into your outer and line up the seams. Fold the top edge of the outer piece in and the top edge of the lining out, both by 5cm all the way around, and pin together. Sew all the way around the top edge about 3mm in.
- 14 Add positive KAM snaps to your tabs about 6cm from the ends, making sure the caps are on the front. I find it useful to use a Bradawl or similar sharp tool to make a small hole first.
- 15 Fold the top of your bag over by about 10cm, so that the strip holding the loops and straps is at the top of the back. Check your tabs are both roughly the same distance from the side edges and mark where the KAM snaps meet the front of your bag. This is where the other halves of your KAM snaps will need to go.
- 16 Add the other halves of your KAM snaps to the front of your bag, where you've marked, making sure the caps are on the inside of your bag (see KAM SNAPS, page 7).

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draft cover

# Bags

Sew 18 Stylish Bags for Every Occasion

**Anna Alicia**

August 2019 | PB | CKB035000

\$19.99 | 9781787133761

144pp | 7.9 x 10 | 1 lb 5 oz

Full color photography throughout

ISBN 978-1-78713-376-1



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## Sew your own beautiful bags with 18 step-by-step projects for all levels

Whether you're a beginner crafter or experienced maker, *Bags* will help you build on your skill level as you create a stunning range of bags from a simple drawstring tote to a stylish fold-over backpack.

As you work your way through the 18 projects, you'll learn how to sew interesting shapes (such as a cubed bag or round bucket bag), work with different fabrics (cotton, canvas, linen, and more), and discover how to work in zips, pockets, straps, and other add-ons.

Step-by-step guidance, plus a wealth of tips and tricks, mean you'll build in confidence as you develop your technique, while modern designs and details will inspire you to get creative with your makes.

**Anna Alicia** is a designer-maker and craft-writer living in East London. Anna's label A Alicia, founded in 2008, offers an ever-evolving collection of handmade textile and ceramic jewelry, bags, and homeware. Anna writes regularly for craft magazines and has contributed to several craft books.

- A standard sewing pattern for a bag retails at between \$10—\$17 making this book an absolute bargain
- 18 stylish designs for all occasions—projects cover bag essentials for everyday, travel, and special occasions
- Build on your sewing skills and techniques as you work through the book



Wellbeing

Cows on Ice  
&  
Owls in Moss

The Weird and Wonderful  
World of Scandinavian Sayings

# Cows on Ice & Owls in Moss

The Weird and Wonderful World  
of Scandinavian Sayings

October 2019 | HC | HUM019000  
\$14.99 | 9781787134720  
128pp | 5.3 x 7.3 | weight tbc  
Full color illustrations throughout

I S B N 978-1-78713-472-0



draft cover

## Explore the world of hilarious, crazy Scandi sayings

Scandinavians are cooler, sexier and more stylish than the rest of us. They have a higher standard of living, greater economic opportunity and equality, the world's best restaurants, and moody TV dramas involving murders and sweaters.

But did you know, amidst the obsession with *hygge*, IKEA and *lagom*, that Scandinavian sayings are absolutely BIZARRE?!

Take the Swedish '*Skita i det blåa skåpet*', which roughly translates as 'You've done a sh\*t in the blue locker' ('You've really messed things up now'). Or, in Norway, '*Født bak en brunost*': 'He was born behind a brown cheese' (this chap is a bit slow on the uptake). In Denmark you might say instead: '*Han har roterende fis i kasketten*' (he's got rotating crap in his cap!).

This witty, enlightening book will give you 50 phrases you never knew you needed in your life, explaining their origin and literal translations, with fun color illustrations throughout.

- Humor book that capitalizes on the vogue for all things Scandinavian
- Similar title *Lost in Translation* (with sayings from all over the world) sold over 30,000 in the US
- Perfect Christmas gift appeal with cute package and illustrations



# Titania's Fortune Cards

36 Fortune Cards and How  
to Interpret Them

**Titania Hardie**

October 2019 | Book and Card Set | OCC008000

\$19.99 | 9781787132696

96pp | 4.4 x 6.5 | 12 oz

Full color illustrations throughout

ISBN 978-1-78713-269-6



9 781787 132696

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## Your fate lies in the cards...

From understanding the cards and deciphering their meanings, to finding out what direction your life will take, let Titania guide you through the Lenormand technique of fortune telling.

Though faithful to the symbolism of the original cards, this set offers a contemporary twist on ancient spiritual teachings to reflect our modern lives. Thirty-six striking cards combined with a book on layout and interpretation mean taking a glimpse at your past, present, and future has never been so easy.

Whether you've a history of magic or are new to the world of divination, *Titania's Fortune Cards* pave the way for a fresh look at the spiritual world and your place within it.

**Titania Hardie** is a third generation White Witch. Her family originates from Cornwall, England, and through her mother's guidance she nurtured her own psychic abilities. She is the successful author of a range of distinctive books on folklore, magic, and divination.

- The original edition sold 300k copies worldwide
- The perfect gift for someone curious about fortune telling or looking to expand their knowledge
- Caters for the current fascination with all things 'magic'
- New age has been rebranded as self-help for the social media age
- Book and card set, featuring 36 cards

# Superstition

Black Cats and White Rabbits—  
The History of Common Folk Beliefs

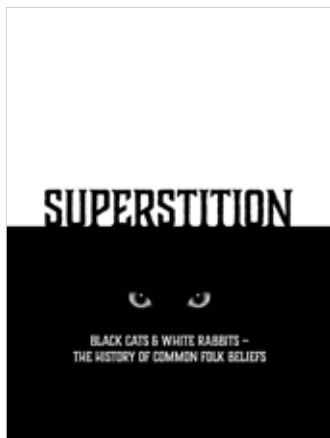
**Sally Coulthard**

October 2019 | HC | SOC011000

\$19.99 | 9781787133631

144pp | 5.3 x 7.3 | 1lb 4oz

Full color illustrations throughout



draft cover

I S B N 978-1-78713-363-1



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## A fascinating guide to superstitions and their history

Superstitions have captured our imaginations for centuries but we are often unaware of where they came from and why.

In her new book *Superstition*, Sally Coulthard explores the history and origins of 50 of these fascinating cultural behaviours; how they affect our every day lives and why many of these beliefs still permeate modern life. From opening umbrellas indoors to not putting new shoes on the table, Sally gets under the skin of these peculiar pastimes and reveals how they started and what made them so popular.

Best-selling author **Sally Coulthard** has spent her life designing, building and writing about craft, homes, and outdoor living.

- Examining 50 of the most common superstitions and folk beliefs from around the world
- We're still fascinated with folk rituals and ancient beliefs—25% of people in the US consider themselves superstitious
- Perfectly timed ahead of Halloween
- #superstition has over 139k tags on instagram



# The Little Book of Mindfulness II

Peace | Life | Calm

**Alison Davies**

August 2019 | HC | OCC010000

\$9.99 | 9781787133808

192pp | 4.1 x 5 | 6 oz

Text black throughout

I S B N 978-1-78713-380-8



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## Soothe the soul with 150 mindful tips and tricks

More and more of us are suffering from the daily stresses and strains of modern life. A follow up to the best-selling *Little Book of Mindfulness*, this book explores the ways in which we can achieve mindfulness in our daily lives and regain focus, whether through home and family, in nature, at work, in your relationships, or simply general wellbeing.

- The follow up to the bestselling *The Little Book of Mindfulness*—which has now sold over 1 million copies worldwide
- 150 new quotes, exercises, and tips to equip you with the tools to live a more mindful life
- The perfect, pocket-sized book for slowing down and embracing a new approach to life
- High-end finishes with cloth cover and ribbon marker



# The Little Book of Us

Sharing | Love | Happiness

**Alison Davies**

December 2019 | HC | FAM030000

\$9.99 | 9781787133785

192pp | 4.1 x 5 | 6 oz

Text black throughout

I S B N 978-1-78713-378-5



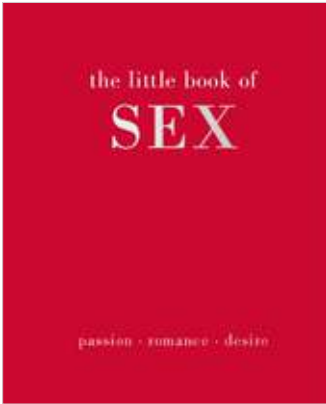
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## Appreciate your nearest and dearest

The ties that bind us don't have to be physical. Every time we meet someone, we forge a bond, a spiritual cord that ties us together. *The Little Book of Us* is a collection of inspiring quotes and practical exercises that capture the spirit of togetherness. Whether celebrating friends, family, or 'the one', let this book guide you through the many forms of love.

- A celebration of 'us' through 150 quotes and exercises
- The perfect Valentine's Day gift: Americans spent \$19.6 billion on Valentine's Day 2018
- High-end finishes with cloth cover and ribbon marker





# The Little Book of Sex

Passion | Romance | Desire

**Joanna Gray**

August 2019 | HC | HEA042000

\$9.99 | 9781787134096

192pp | 4.1 x 5 | 6 oz

Text black throughout

I S B N 978-1-78713-409-6



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## Make your sex life sizzle with cheeky quotes and tips

Succumb to your primal desires with *The Little Book of Sex*. From the first signs of attraction to the post-coital glow, explore the wonderful world of sex through raunchy quotes, tales of history's most insatiable lovers, and sensual tips to get you in the mood for lurve.

- 150 quotes, exercises and tips to spice up your love life
- The perfect pocket-sized gift for Valentine's Day, anniversaries, or bachelorette parties
- High-end finishes with cloth cover and ribbon marker



**Also available**  
The Little Book  
of Mindfulness  
9781849494205



The Little Book  
of Happiness  
9781787131125



The Little Book  
of Mindful Travel  
9781849497695



The Little Book  
of Quiet  
9781849495165



The Little Book  
of Love  
9781849495615



The Little Book  
of Tidiness  
9781787131132

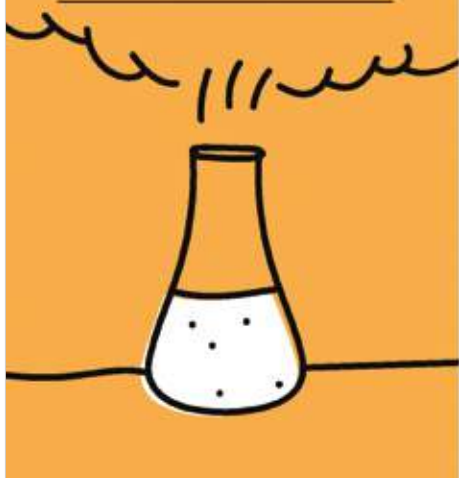


The Little Book  
of Friendship  
9781849495356



The Little Book  
of Confidence  
9781849495158

## Chapter 01: Fart Chemistry



### The basics: what is a fart?

**E**verybody farts. It's a completely natural, healthy part of your digestion, with a typical person farting around 10-15 times a day, producing an average of 1.5 litres/2½ pints of gas. We fart less at night but more as we start to eat a meal because of reflex actions from the stomach that kick-start the colon. Women fart less than men by volume but tend to produce smaller gas, and both volume and smell are closely related to the food you eat. Bigger, stinkier farts are no more or less healthy than smaller, smell-free farts.

Around 25% of your fart gas is simply swallowed air that has gone all the way through your body, but the other 75% is made by various digestive processes, mainly the breakdown of dietary fibres by your gut bacteria. The best fart fuel comes in the form of complex carbohydrates, especially molecules called oligosaccharides (carbohydrates with 3-15 sugar units) mainly found in beans, peas, vegetables, onions, branlike such as cabbages and radish flowers, fruit and dairy products. The process is known as fermentation, saccharolysis, mastic or digestion, and it's anaerobic, meaning that it happens without oxygen (some of the 100 trillion microbes in your gut won't survive in oxygen-rich environments).

Just to be clear, you're carrying around 100 trillion little alien creatures in your colon that are not human.



40

Fart Biology

### Digestion Stage 1: Chewing – mechanical breakdown

Your saliva runs a ton (a ton of up to 10kg/200lb) as you bite down on your food, and you'd be forgiven for thinking that this mechanical breakdown with its crunching, crushing and squishing is the most important part of the digestion process, but you'd be wrong. All you're really doing is increasing the surface area of the food so that the next stage of digestion can happen. This isn't the most dramatic and enjoyable part of eating is the sensory experience in your mouth, so the act of grinding particles into bits. As we chew our food we enjoy the smell and taste of the diverse molecules as they interact with our chemoreceptors, and we might recognise as the food activates our mechanoreceptors. We'll also sense the heat via our thermoreceptors and note the sound of our food (especially crunchiness as it interacts with our neural receptors) from perception is actually a hypersensitivity to cracks! The sense of these particles of food has nutritional value other than its encourage us to enjoy foods with lots of energy. Interestingly, the process of eating a meal engages your nervous system in neural pathways in your large intestine that encourage you to go to the toilet, which is useful as the food you're eating is still leaving away from going anywhere near your colon. At least it keeps that nerve firing.



Fart Biology

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### Digestion Stage 2: Saliva – enzymatic breakdown

You produce about 2 litres/7½ pints of saliva a day, containing 94-99.5% alongside an enzyme called amylase, which starts breaking down your food into its component parts. Saliva also contains small amounts of calcium, bicarbonate, magnesium, sodium, iron and potassium (potassium well-known).

#### Try this easy demo:

Mix up some instant custard and spit it into two glasses. Spit into one glass 4-5 times (I usually get several people to spit into it, which they find surprisingly revolting) and stir it in with a teaspoon, then pour both custards down on to a chopping board held at an angle. The spit-mixed custard will be very watery while the control custard will still be thickly viscous. The saliva has broken down complex sugars in the custard, making it very watery, and the reaction happens very quickly.

### Digestion Stage 3: Swallow food via the oesophagus

Around 30 pairs of muscles are involved in the complex process of preparing and swallowing your food. As the food is pushed towards the back of your mouth, a swallowing response is triggered.





# Fartology

The Extraordinary Science Behind  
the Humble Fart

**Stefan Gates**

September 2019 | HC | HUM000000

\$14.99 | 9781849499682

144pp | 5.1 x 7.3 | 14 oz

Two color illustrations throughout

ISBN 978-1-84949-968-2



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**Everything you ever wanted to know about farting  
but were afraid to ask**

What is a fart? What would happen to you if you didn't fart? Why do farts smell? Why do we find them so embarrassing... and so darned funny?!

Obsessive fartologist Stefan Gates tackles these pressing issues in *Fartology*, the first book to take a scientific look at the body's methane-making abilities. Stefan looks at the journey from food to fart, the weird science behind intestinal gas, the sounds, smells, and all things in between. With fart recipes, musings on the greatest farters in history, farts in literature, and fart euphemisms, *Fartology* offers mind-blowing fun for all the family.

**Stefan Gates** is a food and science writer and British TV presenter. He is a leading science communicator, creating live shows (including *Fartology* on stage) at high-profile science fairs.

- The ideal gift for the big kid in your life!
- Brilliantly combines humor and popular science
- Eternally popular "toilet" book—literally, in this case



draft cover



**Also available**  
Be More Cat  
9781849499521



Be More Unicorn  
9781787131224



Be More Sloth  
9781787132276



Be More Witch  
9781787133389

# Be More Dog

Life Lessons from Man's Best Friend

**Alison Davies**

September 2019 | HC | SEL021000

\$12.99 | 9781787134546

144pp | 4.7 x 6.1 | 10 oz

Full color illustrations throughout

ISBN 978-1-78713-454-6



9 781787 134546

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**Sleep, eat, wag, repeat! Let dogs show you how to find ultimate happiness**

Embrace your inner canine and *Be More Dog!* From finding your wag to barking loudly and making friends, this book will show you how to say 'woof' to life.

Whether it's a mad dash around the local park or sneaking an errant sausage off the BBQ, the world is a wagtastically wonderful place full of fun and treats if you're willing to open your heart. From Great Danes to Miniature Dachshunds, Poodles to Chihuahuas, there's no such thing as an underdog—every pup has something to offer!

This book reveals the different doggie traits that you can adopt to *Be More Dog* and live a happier, healthier, more 'courageous canine' existence. Packed with practical tips and exercises, interspersed with folklore and fun facts about our loyal, loving companions, there's something for everyone. So, throw yourself a bone, use the power of the paw, and learn the art of being more dog.

**Alison Davies** runs workshops at universities showing academics, students and early years practitioners how stories can be used as tools for teaching and learning and writes for a wide range of magazines.

- The perfect gift for the dog-lover in your life, full of heart-warming tips for happiness
- Following on from the best-selling *Be More Cat* (over 10k copies sold in North America alone)
- There are 89.7 million pet dog in the US



# Sing

Your Way to a Healthier, Happier Life

**Rosie Dow**

January 2020 | HC | SEL031000

\$12.99 | 9781787134157

144pp | 4.7 x 6.1 | 10 oz

Two color illustrations throughout

I S B N 978-1-78713-415-7



draft cover

## A practical guide to put the song back into your heart

It's official: singing is good for you. Singing delivers a host of physical and emotional benefits including lower heart pressure, increased aerobic exercise, improved breathing, posture, mindset, confidence, and self-esteem. Whether you do it alone or in a choir, *Sing* will put a spring back into your step.

Drawing on singing teacher Rosie Dow's extensive work and experience in vocal exercises, this book offers expert guidance and practical tips to cultivate emotional and physical wellbeing.

Crucially, anyone can do it—you just need to find your voice.

**Rosie Dow**, an experienced singer, choir leader and community musician, also works with people affected by ill-health and women in the military community, using singing as a way to offer support, fulfilment, and friendship. She has worked with universities to publish research on the social, biological, and mental health benefits of singing.

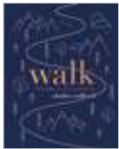
- Singing can boost your confidence, happiness and wellbeing
- Covering all the fundamentals of singing from the science, to taking control of your voice and discovering your creativity
- Includes practical vocal exercises from an expert author



**Also available**  
Breathe  
9781849497749



Laugh  
9781849499569



Walk  
9781787130999



Sleep  
9781787132764



## JELLYFISH

We make a big deal about Jellyfish being so defenseless. And it's unfortunate they are on the wrong side - between 80% and 90% in truth. But then adult Humans average around 20-30% water and infants can be as much as 80%, which, if you think about it, is kind of hilarious. Small children are basically Fudiles (page 75) with a sort of equid-like face attached - no wonder they rarely make sense. Anyway, back with the jellyfish, or Cnidarians (look for "sea anemone" to give them their proper name). We should really be lauding their desire to keep things uncomplicated. They're no fans of systems, for example they don't bother with a central nervous system, a respiratory system or a circulatory system. A brain is also deemed superfluous to requirements, which is a bold step for any animal. However, with ancient-cold species drifting about the oceans and one of the longer family trees on Earth - some of their land-based ancestors are nearly 600 million years old - one can hardly maintain that it's a formula that hasn't worked for them. Sure, some Jellyfish like to sea things up by having eyes, or by being really big (some are larger than Humans), and these matters that sting gossamer cells that liberally explode on contact with prey or an unwary swimmer's leg, but most recognize that they're just simple plankton, floating about being Zen. It's so well they don't have much of an awareness of time, really, since most of them shuffle off their mortal gossamer-scarf cavity within a year and particularly tiny ones may only hang around for a few days. Which does rather put everything into perspective.

### NATURE'S LESSON

Stay hydrated.

101

## SLUG

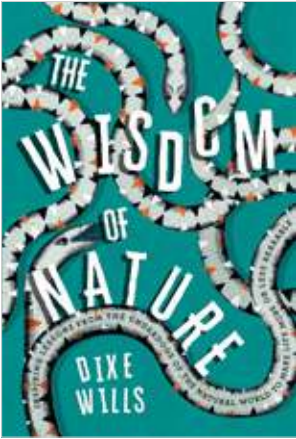
"Humilis Inaif, 'ruler of slime', 'unpleasant made flesh' - if ever there were a creature in need of a top-flight PR agency it is the Slug. And yet those poor-spirited creatures are more like Humans than we might care to imagine - not only do they have a lung and kidneys but, like most Humans, a heart too. Despite this, for many centuries, those same humans were mislead while as a remedy for a wide range of ailments such as toothache, warts and rheumatism. Howdays the Slug's fat, all too often, is a more precise rubbing-out at the hands of some unwholesome gardener. If they're lucky, this outside being right to twist by a well-aimed spade or perhaps the same hapless victim is an Aquella-Christie anecdote. But more terrible by far is death by salt - the staple of the Slug world - for this process draws out all the moisture from within the poor beast, literally desiccating it alive. No one wants that.

### NATURE'S LESSON

Slugs, like us, yearn to be the object of a little Human love and sympathy. Unlike Slugs, you have a choice of this dream coming true. Also, here will not kill you. Not immediately, anyway.



16



# The Wisdom of Nature

Inspiring Lessons From the Underdogs of the Natural World to Make Life More or Less Bearable

**Dixie Wills**

November 2019 | HC | REF007000

\$19.99 | 9781787132221

160pp | 5.3 x 7.3 | 1lb 5oz

Two color illustrations throughout

I S B N 978-1-78713-222-1



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**Curiously uplifting messages, inspired by the underdogs of the natural world—from bacteria to woodlice**

Dixie Wills likes to champion the underdog. In this new book, he celebrates 70 things from the world of nature that are maligned by humans and yet manage to beat the odds in some inspiring way. From bacteria and bluebottles, to puddles and wasps, there's so much we can learn from the natural world around us. Take the slug: "Slugs, like us, yearn to be the object of a little human love and sympathy. Unlike slugs, you have a chance of this dream coming true. Also, beer will not kill you. Not immediately, anyway."

**Dixie Wills** is an author, travel journalist and radio performer. He writes for the media in the UK and regularly features on BBC radio. He is the author of several bestselling books.

- Will appeal to all nature lovers
- Dixie charts new ground by mining the fertile—and often funny—subject of the natural world in his much-loved style





# Stationery

## FIX YOUR EYES ON THE PREY AND SLOWLY MOVE TOWARDS IT!

Apply the cat's hunting ethos to other aspects of your life and make a list of three goals to achieve over the next year.

With each one write three things you can do to help you move towards this goal.

1.

2.

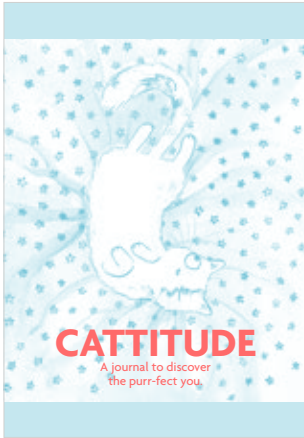
3.



## 'CAT DO' ATTITUDE

Remove the words 'I can't' from your vocabulary and replace it with 'I can' or if you prefer 'I cat'. Whenever you hear your inner voice speaking, say 'stop' in your head and replace it with something positive. This will help you develop an open-minded flexible approach and a 'cat do' attitude in all aspects of your life.





draft cover

# Cattitude

A Journal to Discover the Purr-fect You  
**Alison Davies**

August 2019 | HC  
\$12.99 | 9781787134478  
144pp | 5.9 x 8.5 | 1lb 2oz  
Full color illustrations throughout

ISBN 978-1-78713-447-8



Perfect for all cat lovers, this journal (from the same author who brought us *Be More Cat*) provides a playful space in which to record your everyday thoughts, to-do lists, goals, and aspirations, and is dotted with inspiring feline quotes, exercises, and motivational prompts to help you sit back, relax, and find the purr-fect you.

**Alison Davies** runs workshops at universities showing academics, students, and early years practitioners how stories can be used as tools for teaching and learning and writes for a wide range of magazines.

- Combination of lined, dot matrix, and blank pages
- The perfect gift for cat lovers



**Also available**  
Be More Cat  
9781849499521

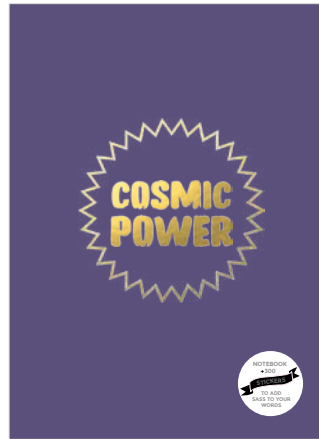
# Sticker Power



Add some personality to your journal with this new sticker-led series. 300 specially illustrated, themed stickers are gummed into the front of the journal for easy removal once used. The journal then has 128 internal pages featuring a combination of lined, dot matrix, and blank 2 color designs.



draft cover



draft cover

## Girl Power

October 2019 | HC  
 \$16.99 | 97817871344461  
 128pp | 5.3 x 7.3 | 16oz  
 Full color stickers throughout

ISBN 978-1-78713-446-1



Spread the word of female empowerment by adorning your journal with stickers promoting all things girl power. The future is female, so stick with it.

## Cosmic Power

October 2019 | HC  
 \$16.99 | 97817871344454  
 128pp | 5.3 x 7.3 | 16oz  
 Full color stickers throughout

ISBN 978-1-78713-445-4



Bringing mysticism into the modern day, these cosmic stickers will add a bit of magic to your journal. Stick with the celestial and live in the now age.



draft cover

# One Rant a Day

A Cathartic Daily Journal

September 2019 | HC  
\$14.99 | 9781787134577  
192pp | 4.6 x 6.5 | 11oz  
Two color throughout

ISBN 978-1-78713-457-7



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Feeling cantankerous, grouchy, irritable or just downright bad-tempered? An antidote to the plethora of saccharine journals exhorting us to be relentlessly happy, *One Rant a Day* provides the much-needed space to record your daily diatribes in private. No judgement, no audience, and no repercussions. And you never know, you may even feel better afterwards.



## I Like Birds

I Like Birds is an award-winning Scottish brand producing bird-themed designs with universal appeal. Distilling the natural world into something simple and beautiful, I Like Birds blends a passion for aerial wildlife with fresh design to create products that are fawned over by nature lovers and the design cognoscenti alike. All the stationery products are printed on environmentally friendly FSC paper.



## I Like Birds: River, Estuary & Shore

Boxed Set of 3 Bird-Themed Journals

August 2019 | Box set of PB  
\$14.99 | 9781787133716  
96pp each | 4.1 x 5.8 | 11oz  
Full color illustrations

ISBN 978-1-78713-371-6



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A beautiful slip-cased set of 96-page paperback journals, one lined, one plain, one graph, featuring three different bird designs.



# I Like Birds: A Puffinry of Postcards

A Collection of 20 Bird-Themed Postcards

August 2019 | Postcards  
 \$14.99 | 9781787133709  
 20pp | 4.1 x 5.8 | 5oz  
 Full color illustrations

I S B N 978-1-78713-370-9



20 stunning postcards with 10 different bird-themed designs.



**Also available**  
 I Like Birds:  
 A Parliament of Owls  
 Family Planner  
 9781787132399



I Like Birds:  
 An Alphabet of Birds  
 Address Book  
 9781787131491



I Like Birds:  
 Flying Puffins Guest Book  
 9781787132382



I Like Birds:  
 Flying Puffins  
 Spot & Jot  
 9781787131484



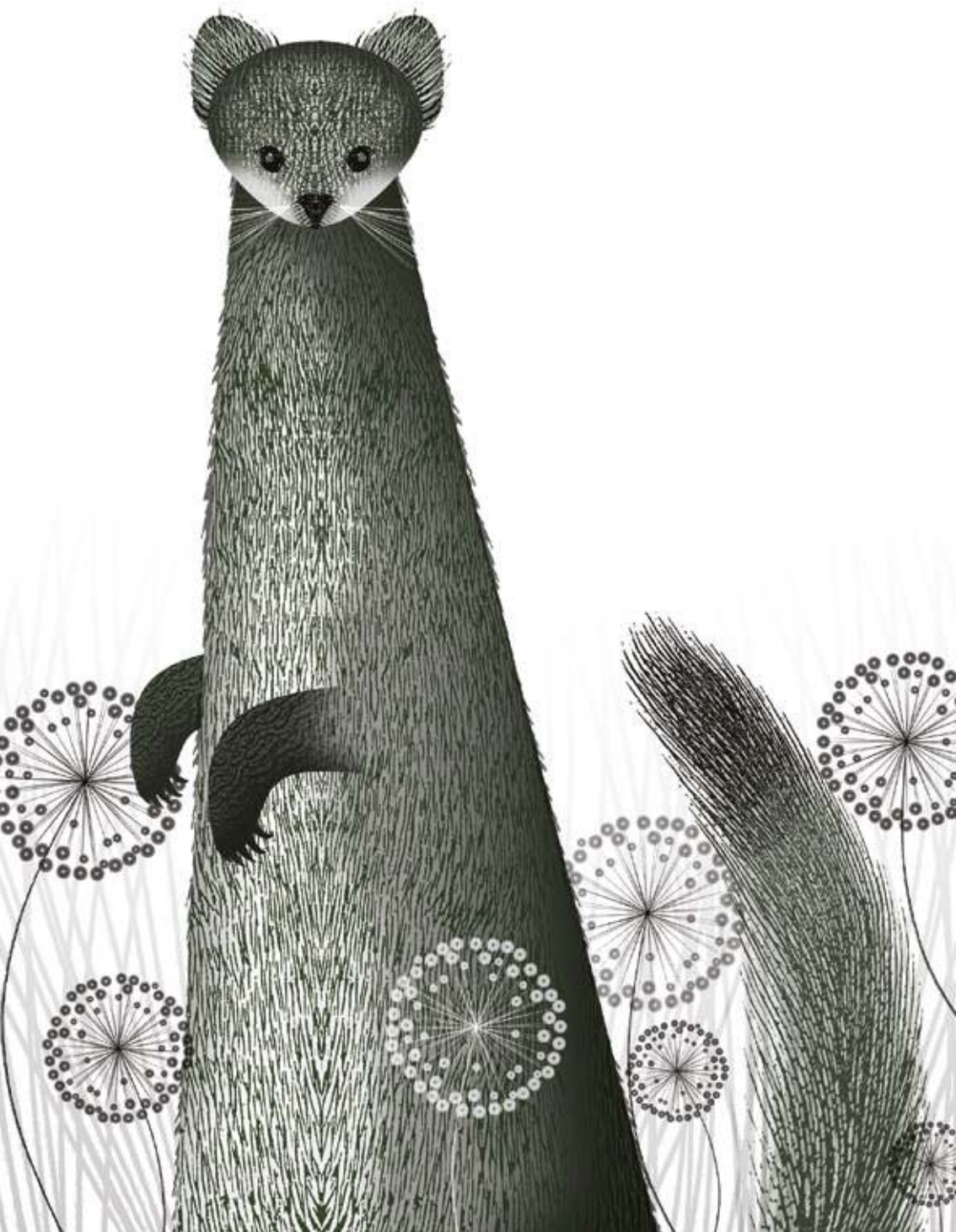
I Like Birds:  
 Nesting Set of 2  
 Paperback Notebooks  
 9781787132375



I Like Birds:  
 Swallows On a Line  
 Hardback Notebook  
 9781787131514



I Like Birds:  
 Oyster Catcher  
 Boxed Notecards  
 9781787131507





# Backlist

## BACKLIST

### INTERNATIONAL COOKERY



#### Andina

MARTIN MORALES

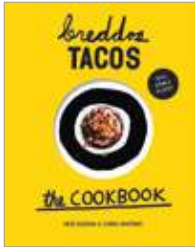
9781849499941 | \$35.00  
CKB099000 | HC | 256pp  
7.5 x 9.75 x 0.9in | 1lb 10oz



#### Black Sea

CAROLINE EDEN

9781787131316 | \$35.00  
CKB092000 | HC | 288pp  
6.6 x 9.7 x 1.3in | 2lb 4oz



#### Breddos Tacos: The Cookbook

NUD DUDHIA &  
CHRIS WHITNEY

9781849497992 | \$22.99  
CKB056000 | HC | 176pp  
7 x 9 x 1in | 1lb 7oz

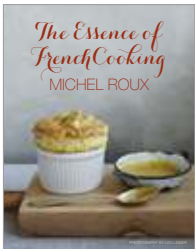


#### Copenhagen Food

Culture, tradition  
and recipes

TRINE HAHNEMANN

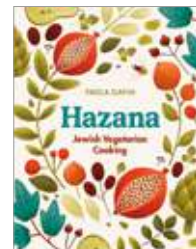
9781787131279 | \$35.00  
CKB074000 | HC | 288pp  
7.7 x 9.4 x 1.5in | 12lb 9oz



#### The Essence of French Cooking

MICHEL ROUX

9781849496629 | \$45.00  
CKB034000 | HC | 272pp  
8.5 x 11 x 1.1in | 3lb 10oz



#### Hazana

PAOLA GAVIN

9781787130425 | \$35.00  
CKB049000 | HC | 288pp  
7.5 x 9.75 x 1.4in | 2lb 9oz



#### Hong Kong Diner

JEREMY PANG

9781849499927 | \$22.99  
CKB090000 | HC | 176pp  
7 x 9 x 0.75in | 1lb 7oz



#### I Love India

ANJUM ANAND

9781849495639 | \$29.99  
CKB044000 | HC | 224pp  
8 x 10 x 0.75in | 2lb 2oz



BACKLIST



**Just a French Guy Cooking**  
ALEXIS GABRIEL AÏNOUZ  
9781787132238 | \$19.99  
CKB074000 | HC | 176pp  
7 x 9 x 0.8in | 1lb 7oz



**Lagom**  
STEFFI KNOWLES-DELLNER  
9781787130371 | \$29.99  
CKB074000 | HC | 192pp  
7.9 x 10in | 2lb



**Open Sandwiches**  
TRINE HAHNEMANN  
9781787131255 | \$19.99  
CKB074000 | HC | 144pp  
6.3 x 8.3in | 1lb 4oz



**Polska**  
ZUZA ZAK  
9781849497268 | \$35.00  
CKB065000 | HC | 256pp  
7.5 x 9.8 x 0.9in | 1lb 10oz



**Scandinavian Baking**  
TRINE HAHNEMANN  
9781849496650 | \$35.00  
CKB074000 | HC | 288pp  
7.75 x 9.25 x 1.5in | 2lb 9oz



**Scandinavian Comfort Food**  
TRINE HAHNEMANN  
9781849498593 | \$35.00  
CKB074000 | HC | 288pp  
7.75 x 9.25 x 1.5in | 2lb 9oz



HEALTHY EATING



**15 Minute Vegan**  
KATY BESKOW  
9781849496637 | \$22.99  
CKB086000 | HC | 160pp  
7 x 9 x 0.75in | 1lb 7oz



**15 Minute Vegan: Comfort Food**  
KATY BESKOW  
9781787131064 | \$22.99  
CKB086000 | HC | 160pp  
7 x 9 x 0.75in | 1lb 7oz



# BACKLIST



## 15 Minute Vegan: On A Budget

KATY BESKOW  
9781787132559 | \$22.99  
CKB125000 | HC | 160pp  
6.9 x 8.9 x 0.75in | 1lb 7oz



## Breakfast Love

DAVID BEZ  
9781849497145 | \$22.95  
CBK010000 | HC | 192pp  
7 x 8.75 x 0.6in | 10oz



## Eat More Greens

ZITA STEYN  
9781849499163 | \$24.99  
CKB085000 | HC | 160pp  
7 x 9 x 0.75in | 1lb 7oz



## Eat Your Way to Happiness

DALE PINNOCK  
9781787130449 | \$14.99  
CKB039000 | HC | 144pp  
6.5 x 8.25 x 0.75in | 1lb 3oz



## Eat Your Way to a Healthy Gut

DALE PINNOCK  
9781787130456 | \$14.99  
CKB039000 | HC | 144pp  
6.5 x 8.25 x 0.75in | 1lb 3oz



## Eat Your Way to a Healthy Heart

DALE PINNOCK  
9781787131415 | \$14.99  
CKB104000 | HC | 144pp  
6.5 x 8.25in | 1lb 3oz



## Eat Your Way to Managing Diabetes

DALE PINNOCK  
9781787131422 | \$14.99  
CKB025000 | HC | 144pp  
6.5 x 8.25in | 1lb 3oz

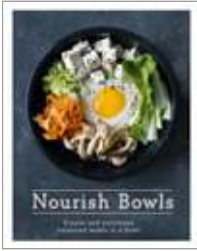


## How To Be Gluten Free And Keep Your Friends

ANNA BARNETT  
9781787132917 | \$19.99  
CKB11000 | HC | 160pp  
6.3 x 8.3 x 0.75in | 1lb 6oz



# BACKLIST



## Nourish Bowls

9781849497985 | \$22.99  
CKB039000 | HC | 160pp  
7 x 9 x 0.75in | 1lb 9oz



## Nourish Cakes

MARIANNE STEWART

9781787131163 | \$22.99  
CKB004000 | HC | 144pp  
7 x 9in | 1lb 7oz



## Superfoods Superfast

JULIE MONTAGU

9781849497862 | \$24.95  
HEA017000 | HC | 176pp  
6.8 x 8.9 x 0.8in | 1lb 10oz



## Vegan Christmas

GAZ OAKLEY

9781787132672 | \$19.99  
CKB086000 | HC | 176pp  
8.9 x 6.9in | 1lb 7oz



## Vegan 100

GAZ OAKLEY

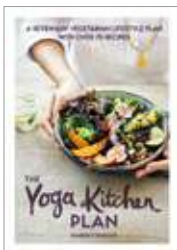
9781787131248 | \$24.99  
CKB086000 | HC | 224pp  
7.4 x 9.75in | 2lb 4oz



## The Yoga Kitchen

KIMBERLY PARSONS

9781849498999 | \$24.99  
CKB039000 | HC | 192pp  
7 x 9.5 x 1in | 1lb 12oz



## The Yoga Kitchen Plan

KIMBERLY PARSONS

9781787133211 | \$24.99  
CKB086000 | HC | 192pp  
6.8 x 9.7 x 1in | 1lb 12oz



# BACKLIST

## FOOD & DRINK



### Aperitif

KATE HAWKINGS

9781787131262 | \$22.99  
CKB088000 | HC | 160pp  
6 x 9.2 x 0.8in | 1lb 4oz



### The Art of the Pantry

CLAIRE THOMSON

9781787130470 | \$29.99  
CKB023000 | HC | 320pp  
6.75 x 9.75 x 1.25in | 2lb 4oz



### Baked With Love

PEGGY PORSCHEN

9781787130463 | \$9.99  
CKB004000 | HC | 64pp  
5.5 x 5.5 x 0.4in | 7oz



### Batched & Bottled

MAX & NOEL  
VENNING

9781787131552 | \$24.99  
CKB088000 | HC | 192pp  
6.5 x 9.2 x 0.9in | 1lb 9oz



### Big Salads

KAT MEAD

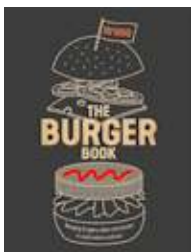
9781787132108 | \$24.99  
CKB073000 | FC | 176pp  
7.9 x 10 x 0.75in | 1lb 3oz



### Bread & Butter

RICHARD SNAPES,  
GRANT HARRINGTON  
& EVE HEMINGWAY

9781787131736 | \$29.99  
CKB009000 | HC | 224pp  
7.4 x 9.8 x 1.4in | 2lb 9oz



### The Burger Book

DJ BBQ (CHRISTIAN  
STEVENSON)

9781787133648 | \$19.99  
CKB005000 | FB | 160pp  
6.3 x 8.3in | tbc



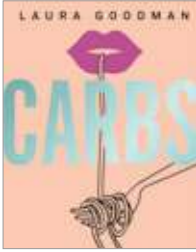
### Brew

JAMES MORTON

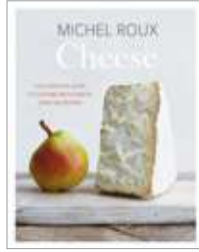
9781849497275 | \$24.99  
CKB007000 | HC | 160pp  
7.5 x 9.75 x 0.9in | 1lb 11oz



BACKLIST



**Carbs**  
LAURA GOODMAN  
9781787132573 | \$22.99  
CKB127000 | HC | 192pp  
6.9 x 8.9 x 0.75in | 1lb 7oz



**Cheese**  
MICHEL ROUX  
9781849499668 | \$24.99  
CKB096000 | HC | 256pp  
7 x 9 x 1.25in | 2lb



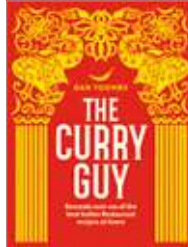
**The Cider Insider**  
SUSANNA FORBES  
9781787130036 | \$19.99  
CKB088000 | HC | 224pp  
5.3 x 7.3in | tbc



**Citrus**  
CATHERINE PHIPPS  
9781849499002 | \$29.99  
CKB035000 | HC | 256pp  
7 x 9.75 x 1in | 2lb 4oz



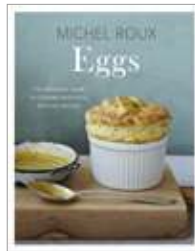
**Cocoa**  
SUE QUINN  
9781787132603 | \$35.00  
CKB018000 | HC | 256pp  
6.8 x 9.7in | tbc



**The Curry Guy**  
DAN TOOMBS  
9781787131439 | \$19.99  
CKB044000 | HC | 160pp  
6.9 x 8.9in | 1lb 8oz



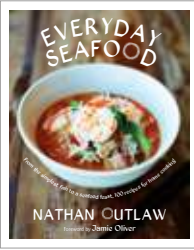
**Drink More Fizz!**  
JONATHAN RAY  
9781787130791 | \$19.99  
CKB088000 | HC | 176p  
5.9 x 8.7 x 0.8in | 1lb 6oz



**Eggs**  
MICHEL ROUX  
9781787131149 | \$24.99  
CKB105000 | HC | 256pp  
7 x 9in | 2lb



BACKLIST



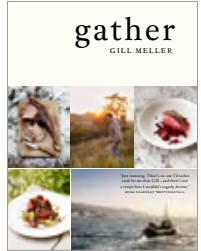
**Everyday  
Seafood**  
NATHAN OUTLAW  
9781849499156 | \$29.99  
CKB076000 | HC | 224p  
8 x 10 x 0.9in | 2lb 8oz



**The Farmhouse  
Cookbook**  
SARAH MAYOR  
9781849497329 | \$29.99  
CKB101000 | HC | 228pp  
8 x 9.6 x 1.1in | 2lb 4oz



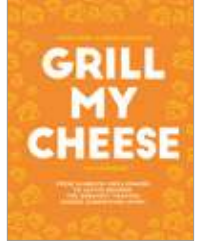
**Fire Food**  
DJ BBQ  
9781787131545 | \$22.99  
CKB005000 | HC | 192pp  
6.9 x 8.7in | 1lb 12oz



**Gather**  
GILL MELLER  
9781849499170 | \$35.00  
CKB077000 | HC | 288pp  
7.5 x 9.8 x 1.4in | 2lb 9oz



**Goat**  
JAMES WHETLOR  
9781787131187 | \$29.99  
CKB054000 | HC | 224pp  
6 x 9.2in | 1lb 10oz



**Grill My Cheese**  
NISHA PATEL &  
NISHMA CHAUHA  
9781849499422 | \$16.99  
CKB105000 | HC | 144pp  
6.5 x 8.25 x 0.75in | 1lb 3oz



**Ice Kitchen:  
Poptails**  
CESAR & NADIA  
RODEN  
9781849499583 | \$19.99  
CKB024000 | HC | 128pp  
6.3 x 8.3in | 1lb 2oz

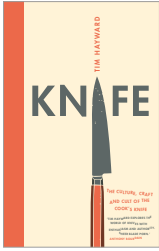


**The Ivy Now**  
FERNANDO PEIRE  
9781849498463 | \$40.00  
CKB115000 | HC | 256pp  
8 x 10 x 1.25in | 2lb 13oz





# BACKLIST



## Knife

TIM HAYWARD

9781849498913 | \$29.99  
CKB000000 | HC | 224pp  
6 x 9.25 x 1.25in | 1lb 10oz



## The Modern Kitchen

TIM HAYWARD

9781787130906 | \$29.99  
CKB030000 | HC | 208pp  
6 x 9.2in | 1lb 10oz



## New Kitchen Basics

CLAIRE THOMSON

9781787132542 | \$35.00  
CKB023000 | HC | 320pp  
6.8 x 9.7 x 1.25in | 2lb 4oz



## Pies & Tarts

ANNIE RIGG

9781787131873 | \$29.99  
CKB063000 | HC | 224p  
6.8 x 9.7 x 1.1in | 2lb 2oz



## Pleesecakes

JOE MORUZZI &  
BRENDON PARRY

9781787132498 | \$22.99  
CKB014000 | HC | 160pp  
6.9 x 8.9 x 0.75in | 1lb 7oz



## Posh Eggs

9781849497886 | \$19.95  
CKB070000 | HC | 176pp  
6.5 x 8.5 x 0.8in | 1lb 7oz



## Posh Pancakes

9781849498036 | \$19.99  
CKB101000 | HC | 160pp  
6.5 x 8.5in | 1lb 7oz



## Posh Sandwiches

9781787131194 | \$19.99  
CKB009000 | HC | 176p  
6.5 x 8.5 x 0.8in | 1lb 7oz



## BACKLIST



### Posh Toast

9781849497008 | \$19.99  
CKB009000 | HC | 176pp  
6.5 x 8.5 x 0.8in | 1lb 7oz



### Round to Ours

**LAURA JACKSON  
& ALICE LEVINE**  
9781849499590 | \$35.00  
CKB029000 | HC | 272pp  
7.4 x 9.8 x 1in | 2lb 7oz



### Sheet Pan Magic

**SUE QUINN**  
9781787130487 | \$19.99  
CKB070000 | HC | 160pp  
7 x 9 x 0.75in | 1lb 7oz



### That's The Spirit!

**JONATHAN RAY**  
9781787132641 | \$22.99  
CKB088000 | HC | 176pp  
5.9 x 8.7 x 0.8in | 1lb 6oz



### The Ultimate Wood-Fired Oven Cookbook

**GENEVIEVE TAYLOR**  
9781787131774 | \$19.99  
CKB081000 | HC | 192pp  
6.9 x 8.9 x 1in | 1lb 10oz



### Where To Drink Wine

**CHRIS LOSH**  
9781787132252 | \$29.99  
CKB126000 | HC | 288pp  
6 x 9.2 x 1.25in | 1lb 11oz



## CRAFT, LIFESTYLE & FASHION



### Anthology of Flowers

**JANE FIELD-LEWIS &  
RICHARD MAXTED**  
9781849497893 | \$19.99  
NAT013000 | HC | 128pp  
6.5 x 8.25 x 0.75in | 1lb 4oz



### Baskets

**TABARA N'DIAYE**  
9781787132702 | \$19.99  
CRA002000 | PB | 144pp  
7.9 x 10 x 0.5in | 1lb



BACKLIST



**Botanical Inks**  
**BABS BEHAN**  
 9781787131569 | \$22.99  
 CKRA007000 | PB | 192p  
 7.9 x 10 x 0.8in | 1lb 10oz



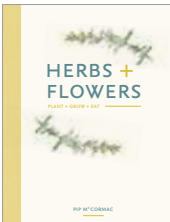
**Breaking the Pattern**  
**LAURA & SAARA HUHTA**  
 9781787131835 | \$35.00  
 CRA035000 | FB | 192p  
 7.9 x 10 x 1.2in | 2lb



**Cath Kidston® Sewing Book**  
**CATH KIDSTON**  
 9781849496674 | \$24.95  
 CRA035000 | PB | 160pp  
 8.3 x 11.2 x 0.6in | 1lb 11oz



**Crafted**  
**SALLY COULTHARD**  
 9781787132566 | \$29.99  
 CRA000000 | HC | 244pp  
 6 x 9.2 x 1in | 1lb 10oz



**Herbs & Flowers**  
**PIP MCCORMAC**  
 9781849499392 | \$12.99  
 GAR009000 | HC | 144pp  
 5 x 6.5 x 0.6in | 9oz



**The Little Book of Cacti and Other Succulents**  
**EMMA SIBLEY**  
 9781849499149 | \$14.99  
 NAT048000 | HC | 144pp  
 6 x 7 x 0.6in | 12oz



**The Little Book of House Plants and Other Greenery**  
**EMMA SIBLEY**  
 9781787131712 | \$14.99  
 GAR010000 | HC | 144pp  
 6.5 x 7 x 0.6in | 12oz



**The Little Guide to Birds**  
**TOM FROST**  
 9781787131644 | \$12.99  
 NAT043000 | HC | 96pp  
 5.5 x 5.5 x 0.6in | 8oz



# BACKLIST



## The Little Guide to Bugs

TOM FROST

9781787131637 | \$12.99  
NAT017000 | HC | 96pp  
5.5 x 5.5 in | 8oz



## The Little Guide to Butterflies

TOM FROST

9781787130340 | \$12.99  
NAT005000 | HC | 96pp  
5.5 x 5.5 in | 8oz



## The Little Guide to Leaves

TOM FROST

9781787130333 | \$12.99  
NAT034000 | HC | 96pp  
5.5 x 5.5 in | 8oz



## Macramé

FANNY ZEDENIUS

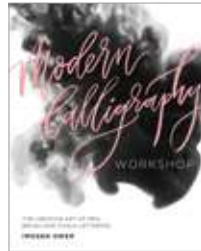
9781849499408 | \$16.99  
CRA05000 | PB | 144pp  
8 x 10 x 0.5 in | 1lb



## The Maker's Atelier

FRANCES TOBIN

9781849499040 | \$35.00  
CRA035000 | PB | 144pp  
8.5 x 11 x 1.25 in | 2lb



## Modern Calligraphy Workshop

IMOGEN OWEN

9781849499071 | \$19.99  
ART003000 | PB | 144pp  
8 x 10 x 0.75 in



## Natural Beauty with Coconut Oil

LUCY BEE

9781849498944 | \$14.99  
HEA003000 | HC | 96pp  
6.5 x 7 x 0.6 in | 12lb



## Paint Box

TRICIA GUILD

9781849499903 | \$35.00  
HOM003000 | HC | 192pp  
8.5 x 11 x 1 in | 2lb 11oz



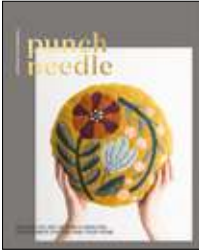
BACKLIST



**Planting for Honeybees**  
SARAH WYNDHAM  
-LEWIS  
9781787131460 | \$16.99  
GAR000000 | HC | 144pp  
6.5 x 8.25in | 1lb 4oz



**Pompomania**  
CHRISTINE LEECH  
9781849496742 | \$16.95  
CRA000000 | HC | 96pp  
6 x 7 x 0.6in | 12oz



**Punch Needle Workshop**  
AROUNNA  
KHOUNNORAJ  
9781787132788 | \$19.99  
CRA033000 | PB | 144pp  
7.9 x 10 x 0.5in | 1lb



**Root, Nurture, Grow**  
ROSE RAY &  
CARO LANGTON  
9781787132184 | \$24.99  
GAR010000 | HC | 208pp  
6 x 9.2 x 1.25in | 1lb 10oz



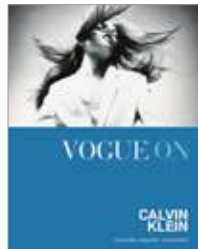
**Scandinavian Home**  
ELIZABETH WILHIDE  
9781849497497 | \$29.99  
DES010000 | HC | 192pp  
8 x 10.75 x 0.9in



**Tilly and the Buttons: Stretch!**  
TILLY WALNES  
9781787131170 | \$29.99  
CRA035000 | FB | 192pp  
8 x 10in | 2lb 3oz



**Vogue On Coco Chanel**  
BRONWYN  
COSGRAVE  
9781849491112 | \$19.99  
DES005000 | HC | 160pp  
6.5 x 8.25 x 0.75in | 1lb 6oz



**Vogue On Calvin Klein**  
NATASHA FRASER-  
CAVASSONI  
9781849499705 | \$19.99  
DES005000 | HC | 160pp  
6.5 x 8.25 x 0.75in | 1lb 6oz



BACKLIST



**Vogue On  
Giorgio Armani**  
KATHY PHILLIPS

9781849494687 | \$19.99  
DES005000 | HC | 160pp  
6.3 x 8.3 x 0.8in | 1lb 6oz



**Vogue On  
Vivienne  
Westwood**

LINDA WATSON  
9781849493109 | \$19.99  
DES005000 | HC | 160pp  
6.3 x 8.3 x 0.8in | 1lb 6oz



WELLBEING



**Wreaths**

TERRI CHANDLER  
& KATIE SMYTH

9781787131200 | \$22.99  
CRA010000 | PB | 144pp  
7.9 x 10 x 0.25in | 1lb 4oz



**Be More Cat**  
ALISON DAVIES

9781849499521 | \$12.99  
SEL031000 | HC | 144pp  
5 x 6.5 x 0.6in | 9oz



**Be More Sloth**

ALISON DAVIES

9781787132276 | \$12.99  
SEL031000 | HC | 128pp  
4.7 x 6.1 x 0.6in | 9oz



**Be More Unicorn**  
JOANNA GRAY

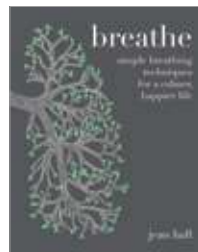
9781787131224 | \$12.99  
HUM000000 | HC | 144pp  
5 x 6.5in | 9oz



**Be More Witch**

ALISON DAVIES

9781787133389 | \$12.99  
OCC026000 | HC | 144pp  
4.7 x 6.1 0.75in | 9oz



**Breathe**

JEAN HALL

9781849497749 | \$12.99  
HEA032000 | HC | 144pp  
5 x 6.5 x 0.6in | 9oz



BACKLIST



**Brutally Honest**  
MELANIE BROWN  
WITH LOUISE  
GANNON

9781787133525 | \$26.99  
BIO013000 | HC | 256pp  
6.1 x 9.2 in | 1lb 8oz



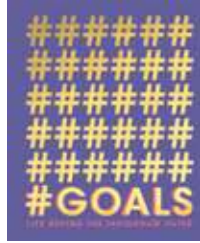
**Crystals**  
YULIA VAN DOREN

9781787130357 | \$14.99  
OCC004000 | HC | 144pp  
6.3 x 7.1in | 14oz



**Dreams**  
ALISON DAVIES

9781787133396 | \$16.99  
OCC006000 | HC | 144pp  
5.3 x 7.3 x 0.75in | 1lb 4oz



**#Goals**

9781787132283 | \$9.99  
SEL021000 | HC | 144pp  
4.1 x 5 x 0.7in | 6oz



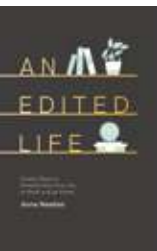
**Gone For Lunch**  
LAURA ARCHER

9781849499910 | \$12.99  
SEL031000 | HC | 144pp  
5 x 6.5 x 0.75in | 8oz



**How to be a Modern Princess**

9781787132627 | \$9.99  
FAM029000 | HC | 144pp  
4.1 x 5 x 0.7in | 6oz



**An Edited Life**  
ANNA NEWTON

9781787132429 | \$22.99  
HOM019000 | HC | 208pp  
5.4 x 8.5 x 1in | 1lb 3oz



**The Little Book of Confidence**

TIDDY ROWAN  
9781849495158 | \$9.99  
SEL023000 | HC | 192pp  
4.1 x 5 x 0.75in | 6oz



## BACKLIST



### The Little Book of Friendship

TIDDY ROWAN

9781849495356 | \$9.99  
FAM021000 | HC | 192pp  
4.1 x 5 x 0.75in | 6oz



### The Little Book of Happiness

ALISON DAVIES

9781787131125 | \$9.99  
SEL016000 | HC | 192pp  
4.1 x 5in | 6oz



### The Little Book of Love

TIDDY ROWAN

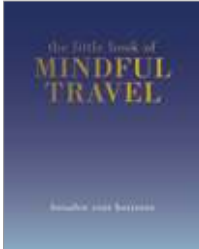
9781849495615 | \$9.99  
FAM029000 | HC | 192pp  
4.1 x 5 x 0.75in | 6oz



### The Little Book of Mindfulness

TIDDY ROWAN

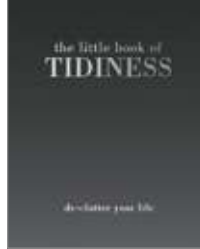
9781849494205 | \$9.99  
OCC010000 | HC | 192pp  
4.1 x 5 x 0.75in | 6oz



### The Little Book of Mindful Travel

TIDDY ROWAN

9781849497695 | \$9.99  
OCC010000 | HC | 192pp  
4.1 x 5 x 0.75in | 6oz



### The Little Book of Tidiness

ALISON DAVIES

9781787131132 | \$9.99  
HOM019000 | HC | 192pp  
4.1 x 5in | 6oz



### The Little Book of Quiet

TIDDY ROWAN

9781849495165 | \$9.99  
OCC019000 | HC | 192pp  
4.1 x 5 x 0.75in | 6oz



### Live Green

JEN CHILLINGSWORTH

9781787133198 | \$12.99  
SEL039000 | HC | 160pp  
4.7 x 6.1 x 0.75in | 9oz

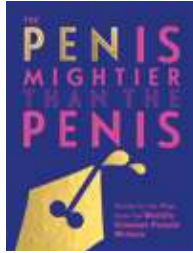




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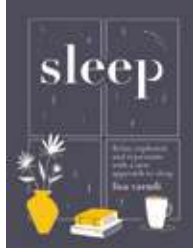
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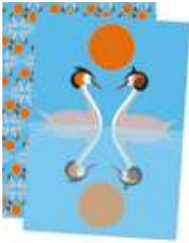
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