



RAINCOAST BOOKS
ALWAYS CONNECTED

EARLY SPRING 2018 QUADRILLE

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or visit www.raincoast.com*

Quadrille Early Spring 2018



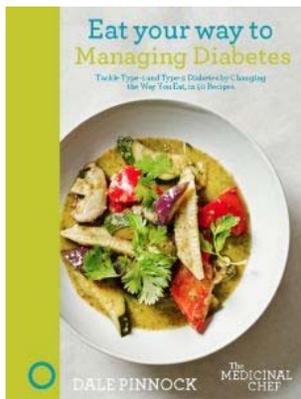
Nourish Cakes

Baking with a Healthy Twist
by Marianne Stewart

Quadrille • On Sale: Feb 6/18 • 7 x 9 • 144 pages
9781787131163 • \$32.50 • cl • Cooking / Methods / Baking

The 50 simple recipes for cakes and bakes, both large and small, focus on nourishing ingredients such as nuts, vegetables, and dried fruit, plus flours such as rye or buckwheat. Many of the recipes are allergy- or intolerance-friendly, using wheat-free flours and unrefined sugars. Each recipe is clearly coded to show you which diet it will suit, along with an index to show you vegan, wheat-free, and dairy-free cakes at a glance.

The emphasis is on including exciting new ingredients, rather than on cutting things out (...)



Eat Your Way to Managing Diabetes

Tackle Type-1 and Type-2 Diabetes by Changing the Way You Eat
in 50 Recipes

by Dale Pinnock

Quadrille • On Sale: Feb 20/18 • 6.5 x 8.25 • 144 pages
9781787131422 • \$20.99 • cl • Cooking / Health & Healing / Diabetic & Sugar-Free

In this title, Dale investigates the explosion in diabetes and attempts to find out why and what you can do about it. The title is intended to help relieve both type-1 and type-2 diabetes - using nutrition alongside conventional medicine - but, importantly, Dale believes diet alone can heal type-2 diabetes. In the first half of the book, Dale unpicks the physiology and anatomy of diabetes, showing how the modern diet causes insulin resistance and - ultimately - type-2 diabetes. But his mission is to correct that and, in the second (...)

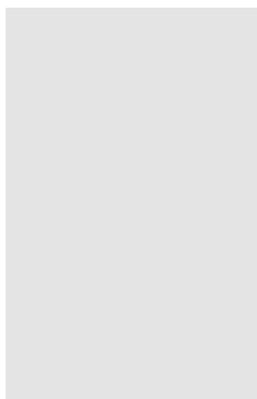


Eat Your Way to a Healthy Heart

Tackle heart disease by changing the way you eat, in 50 recipes
by Dale Pinnock

Quadrille • On Sale: Feb 20/18 • 6.5 x 8.25 • 144 pages
9781787131415 • \$20.99 • cl • Cooking / Health & Healing / Heart

Heart disease is at epidemic proportions and rising, and this book attempts to find out why - and what we can do about it. His approach - using nutrition alongside conventional medicine - is to avoid the dietary baddies that may contribute to the problem. And Dale has some revolutionary ideas about what those might be. Dale shows how the heart works and gives you the tools you need to help yourself. His approachable, readable style reveals cardiovascular workings clearly. Dale peers inside the modern western kitchen cupboard and shows what should be (...)



Round to Ours

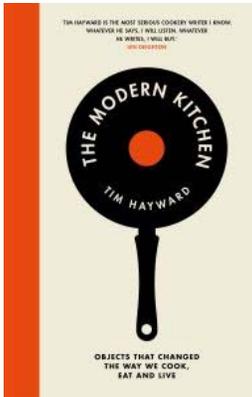
Setting the Mood and Cooking the Food: Menus for Every
Gathering

by Laura Jackson and Alice Levine

Quadrille • On Sale: Apr 3/18 • 7.4 x 9.75 • 272 pages
9781849499590 • \$50.00 • cl • Cooking / Entertaining

If you love planning menus, styling your home for a party and spending laidback time in your kitchen, then you need to come *Round to Ours*. Supper club superstars Jackson & Levine like to keep it simple. They do all the hard work for you, offering over 20 ready-made menu ideas, with more than 100 recipes that celebrate the pleasures of cooking for friends and family. This cookbook has the perfect combination of menu ideas and recipes for every occasion. It is the home cook's ultimate secret weapon; whether you're (...)





The Modern Kitchen

Objects that Shape the Way We Cook, Eat and Live
by Tim Heyward

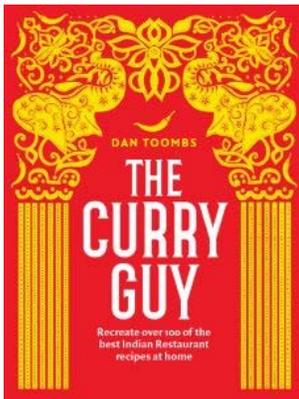
Quadrille • On Sale: Apr 3/18 • 6 x 9.2 • 208 pages
9781787130906 • \$41.99 • cl • Cooking / Essays

The kitchen is the heart of the home - it's where we spend leisure time as a family, where we feed ourselves and where we entertain our friends. The average western family spends more money on the kitchen than they do on a car or a vacation. We fill our kitchens with objects and tools that reflect our needs, tastes and desires. There is nowhere else in daily domestic life where design impinges quite as much as in the kitchen.

Every item in the kitchen has its own story. Through 100 (...)



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The Curry Guy

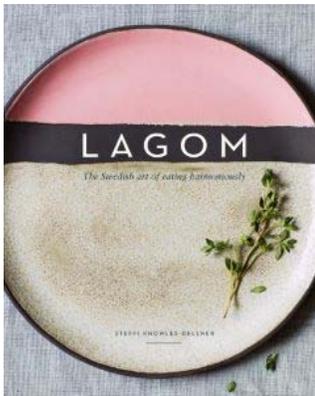
Recreate 100 of the Best Indian Restaurant Recipes at Home
by Dan Toombs

Quadrille • On Sale: Apr 17/18 • 6.9 x 8.9 • 160 pages
9781787131439 • \$27.99 • cl • Cooking / Indic

The Thinking Man's Guide to Life compiles the latest insights from psychology and neuroscience on every aspect of life. Covering rest, play, work, and leisure, Alfred Tong compiles interviews with experts of different fields such as psychologists, jetlag experts, and philosophers, creating an insightful guide for upwardly mobile men (...)



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Lagom

The Swedish Art of Eating Harmoniously
by Steffi Knowles-Dellner

Quadrille • On Sale: Feb 6/18 • 7.9 x 10 • 192 pages
9781787130371 • \$41.99 • cl • Cooking / Regional & Ethnic / Scandinavian

Lagom: n. just the right amount, balanced, harmonious.

This beautiful, fresh cookbook offers genuine insight into how Swedes eat and cook - with recipes that fit around the seasons, occasions, times of day, and appetite. Eating and cooking in tune with lagom" means embracing food that is good for body and soul, unfussy, delicious and sustaining, and all in harmony. The Swedes understand that balance is everything - that you crave comforting food when a bitter wind is howling outside, that refreshing (...)



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Vegan 100

100 Amazing Recipes from @avantgardevegan
by Gaz Oakley

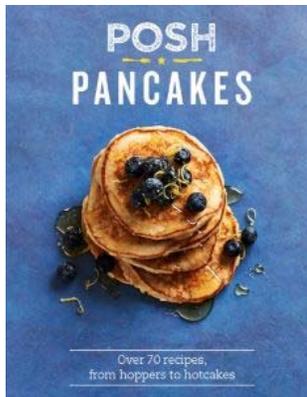
Quadrille • On Sale: Feb 20/18 • 7.4 x 9.75 • 224 pages
9781787131248 • \$34.99 • cl • Cooking / Vegetarian

Tempted to try your hand at vegan food but don't know where to start? Or even just to make meat-free Monday a regular thing? Long gone are the days of vegan food being dull and worthy: *Vegan 100* is bold, vibrant and gorgeous. The emphasis in Gaz's 100 tempting vegan recipes is first and foremost on FLAVOR. From Deep Purple Soup to Sage and Smoked Chilli Dog", through vegan "Fish and Chips" to Chocolate Tart and Raw Cacao "Cheesecake", it's all incredible-tasting food that just happens to be (...)



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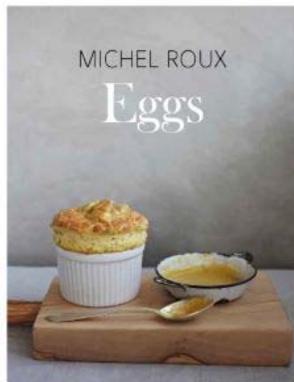
Posh Pancakes

Over 70 recipes, from hoppers to hotcakes
by Quadrille

Quadrille • On Sale: Feb 6/18 • 6.5 x 8.5 • 160 pages
9781849498036 • \$27.99 • cl • Cooking / Courses & Dishes / General

From Paris to Palm Springs, pancakes are set to be the hot new food trend in 2018. People have discovered the joy of Sri Lankan hoppers, Keralan dosas, Japanese okonomiyaki, Vietnamese banh xeo, as well as the humble buttermilk, buckwheat and blini.

Posh Pancakes brings you over 70 recipes from around the world for this simple, quick meal on a plate. Breakfast, brunch, lunch, dinner and dessert, the dishes include Chinese pancakes with duck and hoisin sauce, spicy Mexican hotcakes (...)



Eggs

by Michel Roux

Quadrille • On Sale: Apr 3/18 • 7 x 9 • 256 pages
9781787131149 • \$34.99 • cl • Cooking / Specific Ingredients / General

There are over 76 billion eggs sold and eaten in the US every year. The egg is the simplest and most complete food - versatile enough for the quickest of meals to the smartest of dinner parties and the favorite of patissiers and dessert chefs. With more than 30 years experience as a chef at the top of his profession Michel Roux has garnered a vast wealth of culinary knowledge and expertise. Trained in the classic French style, but an inveterate global traveller with a passion for different cuisines, Michel uses (...)

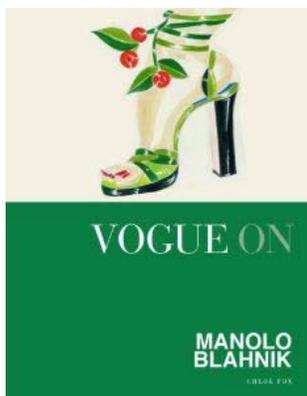


Tilly and the Buttons: Stretch!

Make Yourself Comfortable Sewing with Knit and Jersey Fabrics
by Tilly Walnes

Quadrille • On Sale: Mar 20/18 • 8 x 10 • 192 pages
9781787131170 • \$41.99 • pb • Crafts & Hobbies / Sewing

Make Yourself Comfortable offers perfect proof that easy-to-wear clothes can be seriously stylish with a collection of outfits that combine the comfort of stretch fabrics with Tilly Walnes' signature look. Even experienced stitchers are often wary of working with stretch knit fabrics, but in this book Tilly demystifies the techniques needed and shows how to sew stretchy makes on a regular sewing machine - no need for a fancy overlocker. Aimed at dressmakers who have grasped the basics and want to expand their sewing horizons, Tilly's tried-and-tested (...)



Vogue on Manolo Blahnik

by Chloe Fox

Quadrille • On Sale: Apr 17/18 • 6.5 x 8.25 • 160 pages
9781849499712 • \$27.99 • cl • Design / Fashion • Vogue On

Fashion's leading shoemaker, Manolo Blahnik is one of the handful of designers whose name is synonymous with their product. His success has lasted from setting up as a shoe designer in a Chelsea boutique in the 1970s to the present day, with American *Vogue*'s Anna Wintour declaring 'The truth is, I wear no other shoes except his'. Blahnik has collaborated with many leading fashion designers - from Ossie Clark at the start of his career and John Galliano at Dior at its height - but Blahnik's greatest achievement is to have (...)



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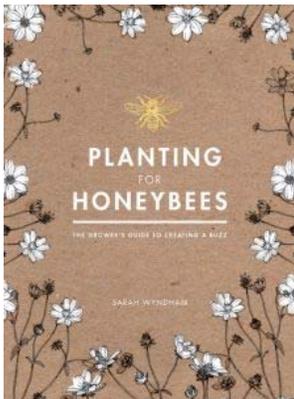
Vogue on Dolce & Gabbana

by Luke Leitch and Ben Evans

Quadrille • On Sale: Apr 17/18 • 6.5 x 8.25 • 160 pages
9781849499729 • \$27.99 • cl • Design / Fashion • Vogue On

Domenico Dolce and Stefano Gabbana are the most successful design partnership in fashion history. Since they burst on to the scene in Milan in the eighties, their multi-million-dollar empire has become one of the dominating forces in Italian - and world - fashion. Every year, the opulent and dramatic presentations of their successful 21st-century haute couture line Alta Moda are rapturously received by the fashion press. Their

theatrical style is inspired by the Sicily of Visconti's 1963 film *The Leopard*, by Catholic imagery, and by the Italian screen sirens (...)



Planting for Honeybees

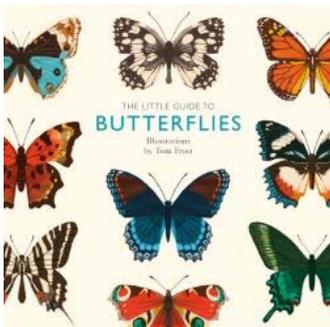
The Growers Guide to Creating a Buzz

by Sarah Wyndham-Lewis

Quadrille • On Sale: Mar 20/18 • 6.5 x 8.25 • 144 pages
9781787131460 • \$23.99 • cl • Gardening / General

Bees and plants have been on earth for more than 80 million years, developing a sophisticated and delicate synergy. In recent times, the honeybee has struggled to survive with limited forage and the shrinking of green spaces. *Planting for Honeybees* will show you how to help these delightful pollinators and create a thriving garden at the same time.

No matter how small or large your space, from a window ledge in the city to a country garden, discover a collection (...)



The Little Guide to Butterflies

illustrated by Tom Frost

Quadrille • On Sale: Apr 17/18 • 5.5 x 5.5 • 96 pages
9781787130340 • \$18.50 • cl • Nature / Butterflies & Moths

Enter the secret world of the butterfly with this handy pocket guide. Beautifully illustrated throughout, *The Little Guide to Butterflies* offers a modern reference to identifying these glorious insects.

Featuring 40 of the most distinctive butterflies from around the world, this book is the perfect companion for anyone looking to reconnect with nature, whether that's when out walking or from the comfort of an armchair.

Each butterfly has been exquisitely illustrated by printmaker Tom Frost and is accompanied



The Little Guide to Leaves

illustrated by Tom Frost

Quadrille • On Sale: Apr 17/18 • 5.5 x 5.5 • 96 pages
9781787130333 • \$18.50 • cl • Nature / Trees & Forests

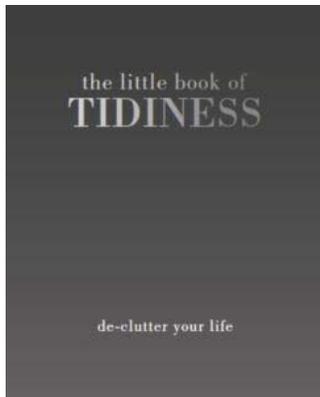
Discover the intriguing world of the leaf with this handy pocket guide. Beautifully illustrated throughout, *The Little Guide to Leaves* offers a fresh perspective on identifying the trees and plants around you.

It features 40 of the most spectacular leaves from around the world, including the common tree leaves we know and love, as well as exotic palms, ferns, and houseplants.

Each leaf has been delicately illustrated by printmaker Tom (...)



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The Little Book of Tidiness

Declutter Your Life

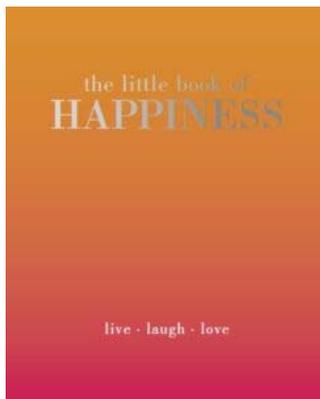
by Quadrille

Quadrille • On Sale: Jan 2/18 • 192 pages

9781787131132 • \$13.99 • cl • House & Home / Cleaning & Caretaking

Be careless in your dress if you must, but keep a tidy soul." - Mark Twain

Do you often feel like you're drowning in your to-do lists, or becoming overwhelmed by the number of possessions you own? Tidying presents opportunities, to not only transform the spaces around us, but also to free the mind of daily stresses. This inspirational book simplifies the art of tidying, and reveals the benefits you will experience from getting yourself in order. Negative thoughts can (...)



The Little Book of Happiness

Live. Laugh. Love

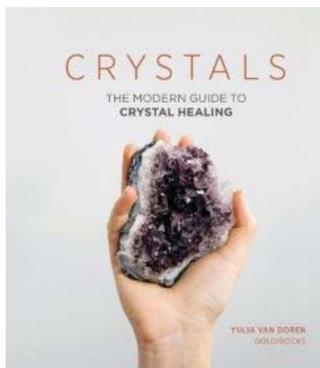
by Quadrille

Quadrille • On Sale: Jan 2/18 • 192 pages

9781787131125 • \$13.99 • cl • Self-Help / Personal Growth / Happiness

Most folks are as happy as they make up their minds to be." - Abraham Lincoln

Happiness is contagious, and it can change our emotions even when we're feeling sad. More than just a passing mood, it can sometimes feel out of reach as we become bogged down in daily stresses and become consumed by negativity. *The Little Book of Happiness* will show you how to live in the moment, flourish as an individual, and improve your wellbeing. Through uplifting tips (...)



Crystals

The Modern Guide to Crystal Healing

by Yulia Van Doren

Quadrille • On Sale: Jan 2/18 • 6.3 x 7.1 • 144 pages

9781787130357 • \$20.99 • cl • Body, Mind & Spirit / Crystals

From choosing and using to programming, charging, and cleansing, *Crystals* is a modern guide to enhancing your life with these enchanting stones.

Often referred to as 'wisdom keepers', crystals hold millions of years of the Earth's history within them. Through emitting steady vibrations, they will help you to become more centered and balanced, creating spaces of Zen around you and your home. Featuring 51 of the most common and interesting crystals, this is a practical guide that will teach you (...)



Be More Unicorn

by Joanna Gray

Quadrille • On Sale: Apr 3/18 • 5 x 6.5 • 144 pages

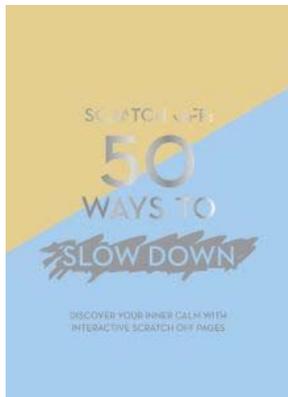
9781787131224 • \$18.50 • cl • Humor / General

Unicorns are rare, wonderful, shimmery creatures. A mascot for the millennials and a symbol of magical positivity, there is a lot we can learn from these fabulous mythical ponies.

Be More Unicorn offers a dose of glittery escapism. Embodying happiness and uniqueness in abundance, this book will show you how to let go by embracing your inner unicorn and gain a deeper understanding of yourself and others. Unleash your playfulness and uncover the secret to positivity, through a collection of (...)



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Scratch Off: 50 Ways to Slow Down

by designed by Quadrille

Quadrille • On Sale: Apr 10/18 • 6 x 8.5 • 128 pages
9781787131392 • \$21.99 • journal/ diary/blank book • Non Classified • Scratch Off

This interactive, customizable, hardback journal contains 50 creative prompts, inspirational quotes, checklists, aphorisms, and exercises interspersed with scratch-off elements to help you find respite from your relentlessly busy modern life, become calmer, and make time for those things that matter (...)

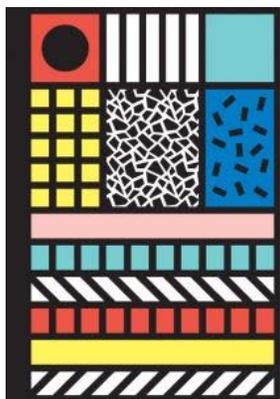


Tribal Pop Art Notecard Set

by designed by Camille Walala

Quadrille • On Sale: Apr 17/18 • 3.7 x 8.3
9781787130586 • \$22.50 • notecards • Non Classified

This set of bold, colorful printed postcards includes 16 postcards in 4 different designs with matching envelopes, gummed into a wallet holder and sealed with an elastic closure. The notecards have sprayed edges for an extra pop of color (...)



Tribal Pop Art Organizer

by designed by Camille Walala

Quadrille • On Sale: Apr 17/18 • 5.8 x 8.3 • 128 pages
9781787130593 • \$22.50 • stationery • Non Classified

Stay organized with this 128pp flexibound, lined A5 notebook with elastic closure and 6 die-cut pockets to store invitations, business cards or tickets (...)



Tribal Pop Art Memo Pad

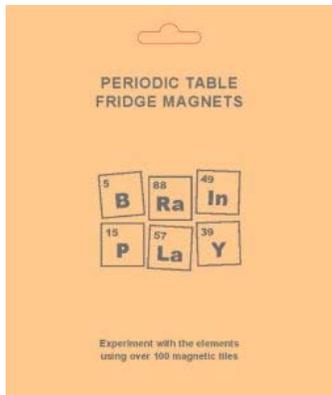
by designed by Camille Walala

Quadrille • On Sale: Apr 17/18 • 6.85 x 6.5
9781787130609 • \$18.99 • notepad • Non Classified

Ensure you never forget to write anything down with this bright, graphic memo pad holder, containing a 'To Do' list and 3 sets of sticky notes (...)



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Science Museum Fridge Magnets

by designed by Quadrille

Quadrille • On Sale: Jan 16/18 • 7.87 x 6.7
9781787130616 • \$18.99 • magnet • Non Classified

Part of the periodic table inspired stationery range, this set contains 118 magnetic tiles featuring all the periodic elements plus a handful of helpful punctuation symbols to enable you to spell out a huge number of everyday words. Get a reaction by creating fun messages on your fridge while you're waiting for the kettle to boil (...)

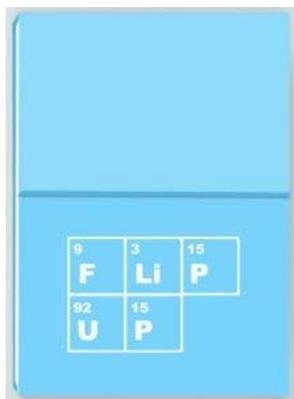


Science Museum Paperback Notebooks

by designed by Quadrille

Quadrille • On Sale: Jan 16/18 • 5.8 x 8.3 • 48 pages
9781787130623 • \$14.99 • journal/ diary/blank book • Non Classified

Part of the periodic table inspired stationery range, this set of 48pp notebooks, one lined and one dot matrix, is a must-have for anyone needing to write daily ideas and reminders (or even sparks of genius (...))

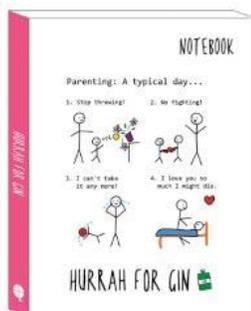


Science Museum Jotter Pad

by designed by Quadrille

Quadrille • On Sale: Jan 16/18 • 4.3 x 5.5 • 128 pages
9781787130630 • \$14.99 • notepad • Non Classified

Part of the periodic table inspired stationery range, this jotter pad has 128pp with a flip top? cover and magnetic closure, perfect for shopping lists or even the theory of everything (...)



Hurrah for Gin Small Notebook

by designed by Katie Kirby

Quadrille • On Sale: Feb 6/18 • 5.3 x 7 • 96 pages
9781787130722 • \$11.99 • journal/ diary/blank book • Non Classified

The perfect size to fit into a handbag, this 96pp paperback notebook is an indispensable place for notes on the go (or for your toddler to scribble in when you're trying to have a quiet cup of coffee (...))



Quadrille Early Spring 2018

NOTECARDS SET

Parenthood: when going out
for some milk alone...
feels like a trip to the spa!



HURRAH FOR GIN 

Hurrah for Gin Notecard Set

by designed by Katie Kirby

Quadrille • On Sale: Feb 6/18 • 5.5 x 7
9781787130739 • \$22.50 • notecards • Non Classified

Box set of 16 cards with matching envelopes in 4 different designs. Perfect for writing to all those friends you don't see enough of since you've had children (...)



Hurrah for Gin Tabbed Journal

by designed by Katie Kirby

Quadrille • On Sale: Feb 6/18 • 5.8 x 8.3
9781787130753 • \$27.99 • journal/ diary/blank book • Non Classified

Hardback ring bound notebook with 5 tabbed dividers and elastic closure for all the lists of things you may, or may not, get around to doing. Writing the lists will make you feel better though (...)



Sally Kelly Notecard Set

by designed by Sally Kelly

Quadrille • On Sale: Mar 20/18 • 5.5 x 7
9781787130869 • \$22.50 • notecards • Non Classified

Box set of 16 cards with matching envelopes in 4 different designs (...)



Sally Kelly Address Book

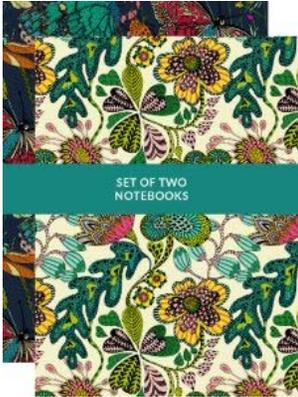
by designed by Sally Kelly

Quadrille • On Sale: Mar 20/18 • 4.1 x 5.8
9781787130876 • \$22.50 • address book • Non Classified

Small enough to fit into a handbag or large pocket, this address book has a luxurious cloth cover, satin-finish ribbon marker, and alphabetical index (...)



Quadrille Early Spring 2018



Sally Kelly Paperback Notebooks

by designed by Sally Kelly

Quadrille • On Sale: Mar 20/18 • 5.8 x 8.3 • 48 pages

9781787130890 • \$18.99 • journal/ diary/blank book • Non Classified

This set of two 48pp saddle stitched notebooks, one lined and one blank, features colored pages, colored thread stitching on the spine, and come bellybanded together (...)

