



Raincoast Books

EARLY SPRING 2021

HARDIE GRANT

This edition of the catalogue was printed on August 21, 2020.

To view updates, please see the Early Spring 2021 Raincoast eCatalogue or visit www.raincoast.com



hardie grant books

Design Secrets

How to design any space and make it your own

by Kit Kemp

With most of the world being forced into lockdown in 2020, never before has there been more of a focus on the insides of our homes. And once lockdown lifts, there's a sense that people may be entertaining in their houses more than ever, so there's a real appetite for an interior to be proud of.

In *Design Secrets*, hotelier and interior designer Kit Kemp shares her ideas and inspiration for creating the perfect space. Kit will cover a range of topics, from specific advice on how to dress a shelf, choose curtains and create a collection to ideas on how to get inspired, such as using objects from your travels, books or a rug as the starting point for curating your room. She will also offer solutions to common design problems that many people face, including how to decorate a small space, choose colour and bring light to a dark room. All of this will be illustrated with images from Kit's stunning hotels and personal projects, which are dotted across the globe.

An essential for lovers of interior design, and anyone looking for clever ways to update their space *Design Secrets* is full of exciting ideas on how to update your space and make your house a home.

Author Bio

Award-winning interior designer Kit Kemp is known for her stylish and witty interiors. With her husband, Tim, she owns Firmdale Hotels, a group of luxury hotels including Ham Yard, Haymarket, The Soho, Charlotte Street, Dorset Square, Knightsbridge and Number Sixteen in London, and Crosby Street and The Whitby in New York. As included, One Denman Street, a London apartment, and Rossferry, a Caribbean hideaway. She has collaborated with prestigious brands around the world, including tableware for Wedgwood, furniture and accessories for Anthropologie, fabrics and wallpapers for Christopher Farr, Chelsea Textiles and Andrew Martin, and carpets for Wilton Carpets. She has also created the RIKRAK range of bath and body products.

Hardie Grant

On Sale: Apr 13/21

9.8 x 7.4 • 240 pages

9781784884246 • \$50.00 • cl

Architecture / Interior Design / General

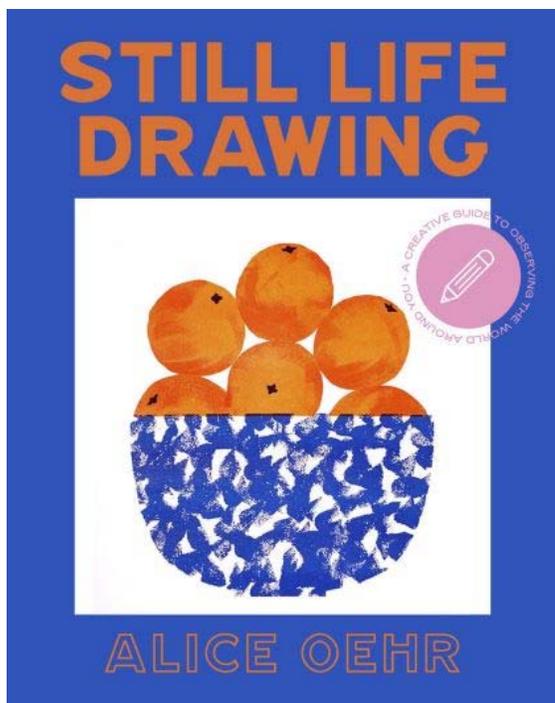
Notes

Promotion



9 781784 884246





Hardie Grant

On Sale: Apr 13/21

8.7 x 6.9 • 288 pages

9781743796986 • \$28.99 • pb

Art / Techniques / General

Notes

Promotion



hardie grant books

Still Life Drawing

A creative guide to observing the world around you

by Alice Oehr

A workbook of creative and mindful exercises inspired by still life.

Many people say they can't draw, but everyone can. Still Life Drawing reminds us that putting pen to paper is a simple pleasure, available to anyone. And when it comes to combining colours, playing with pattern and exploring shapes, there are no rules. Taking inspiration from the objects we encounter is a great place to start, and can help us to find creativity and meaning in our everyday lives.

Since the dawn of time, humans have drawn the items that surround them. Ancient Roman paintings of fruits and flowers kicked off a tradition adopted by artists from Caravaggio to Van Gogh. Still life requires us to slow down and pay attention to often-overlooked details – an art in itself. Colours, patterns and textures are everywhere, and noticing the shape of the coffee cup on our desk or the orange of a pumpkin at the market can spark all kinds of ideas.

This beautiful book of quick, achievable and fun exercises from graphic artist and designer Alice Oehr will inspire you to put your own spin on still life and create artworks with what you have. Learn to:

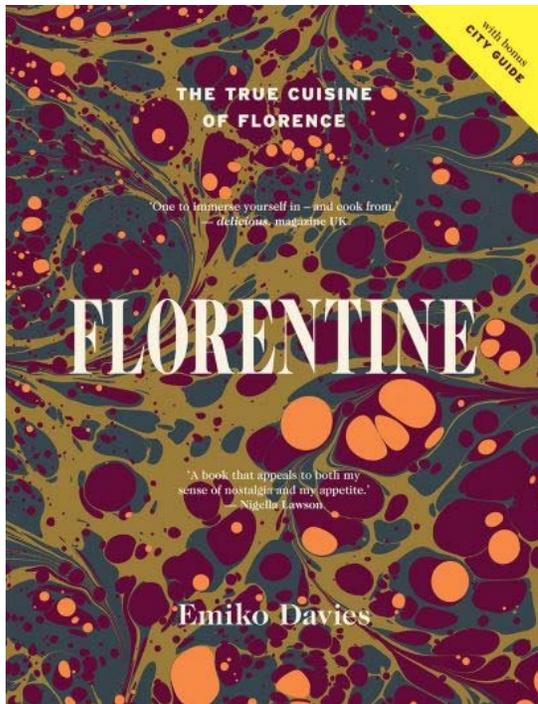
Use uncomplicated techniques to represent objects on paper,

- Experiment with pattern and colour,
- Create texture with different mediums: collage, paint or even pixels,
- Take the time to appreciate the small things and build creativity into your routines,
- And of course use artistic license and invent your own rules!

Author Bio

Alice Oehr is a graphic artist and designer from Melbourne. Her distinctive colourful style incorporates her love of food, pattern, collage and drawing. She works with clients all around the world, and her ideas and illustrations have made their way onto textiles, homewares, magazines and more than twenty books, including her own, *The Art of Cake* (Thames & Hudson, 2020). Alice runs workshops for all ages with both HB pencils and Apple pencils.





Hardie Grant
 On Sale: Feb 9/21
 10 x 7.9 • 272 pages
 9781743796764 • \$42.99 • cl
 Cooking / Italian

Notes

Promotion



hardie grant books

Florentine

The True Cuisine of Florence

by Emiko Davies

Florentine is a book that appeals both to my sense of nostalgia and my appetite. It's a beautiful book, with gorgeous pictures of Florence, and snatches of Florentine life, but is far from being a coffee-table book: the recipes take you there just as evocatively.' Nigella Lawson

Stroll through the streets of Florence with the 2020 edition of Emiko Davies' award-winning Florentine. This new format cookbook beautifully packages Emiko's recipes, photographs and insights, each informed by her experience of Tuscany's capital over more than a decade. As well, it includes new neighborhood itineraries - from 24 Hours in Florence, to Day Trips Outside the City Centre, to Best Bistecca and Pastry Shops, to Shopping for Cook's Tools.

Emiko's recipes transport readers to the piazzas of Florence. From her torta di mele - a reassuringly nonna-esque apple cake - to ravioli pera e ricotta, mouthwateringly buttery pear and ricotta ravioloni - she shares an enchanting culinary tour of the city. Visit pastry shops bustling with espressosippers, hole-in-the-wall wine bars, busy food vans and lunchtime trattorias, and learn how and why the people of Florence remain so proudly attached to their unchanging cuisine.

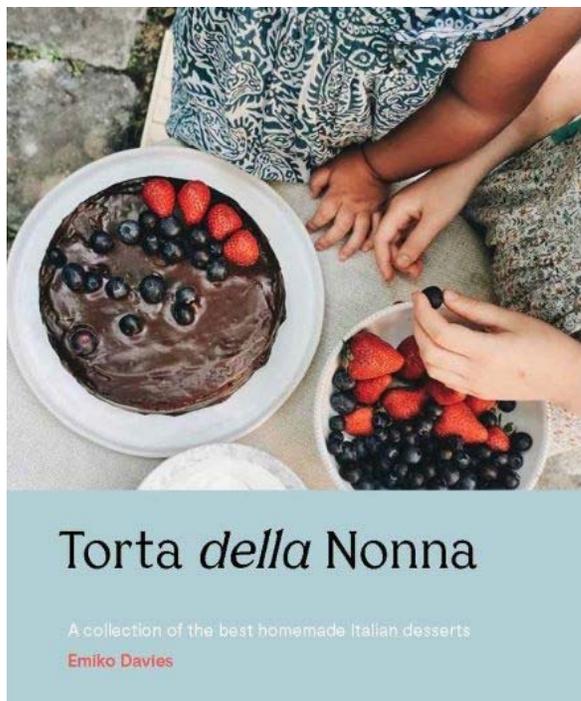
It's a cuisine that tells the unique story of its city, dish by dish. From the morning ritual of la pasticceria (the pastry shop) and il forno (the bakery), the tantalizing fresh produce of il mercato (the market) and il macellaio (the butcher) through to the romance of la trattoria.

With a nod to Florence's rich history, Florentine offers traditional dishes beloved in homes across the region too, including schiacciata fiorentina (orange and vanilla cake), apricot jam crostata (apricot jam pie), piselli alla (...)

Author Bio

Emiko Davies was raised in an international household with a Japanese mother and an Australian father, and spent her childhood and adolescence between Australia and China. So it was inevitable that she found herself halfway around the world later in life, to the US for a Fine Art degree that then let her to Florence, Italy, as a twenty-year-old. She fell in love with Florence instantly and returned a few years later to study art restoration and photography for a year and soak in the Florentine lifestyle (learning Italian along the way). But then she met her sommelier husband Marco, and that year turned into sixteen (and counting). They live in Florence with their two





Hardie Grant
 On Sale: Mar 9/21
 9.1 x 7.5 • 176 pages
 9781743796849 • \$35.99 • cl
 Cooking / Courses & Dishes / Cakes

Notes

Promotion



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Torta della Nonna

A Collection of the Best Homemade Italian Sweets

by Emiko Davies

Torta della Nonna brings together the best Italian sweets recipes from Emiko Davies' books, *Florentine*, *Acquacotta*, and *Tortellini at Midnight*, plus five brand new recipes.

Across eight chapters, this stunning collection features classic well-known recipes, as well as family recipes passed from generation to generation. Recipes include sweet Italian breakfasts (including Lemon and ricotta cake, Italian brioche croissants, and Little custard and quince jam pies); classic treats from nonna's oven (Hazelnut cake, Chocolate and amaretti flan, Stuffed peaches); snacks (Rosemary and sultana buns, Sweet breadsticks, Strawberries and wine); biscuits (Red crown biscuits, Almond biscotti, Polenta biscuits); recipes for celebrations (Florentine cake; Honey and nut pastries; Chocolate-filled sponge roll); treats to eat with a spoon (Baked rice pudding; Coffee-laced ricotta; Zuppa Inglese); frozen treats (Milk gelato; Plum sorbet; Giandua semifreddo); and five essentials any Italian cook needs up their sleeve.

Full of beautiful photographs, all shot in Italy, and Emiko's evocative words, *Torta della Nonna* will bring the sweet tastes and romance of Italy into your home.

Author Bio

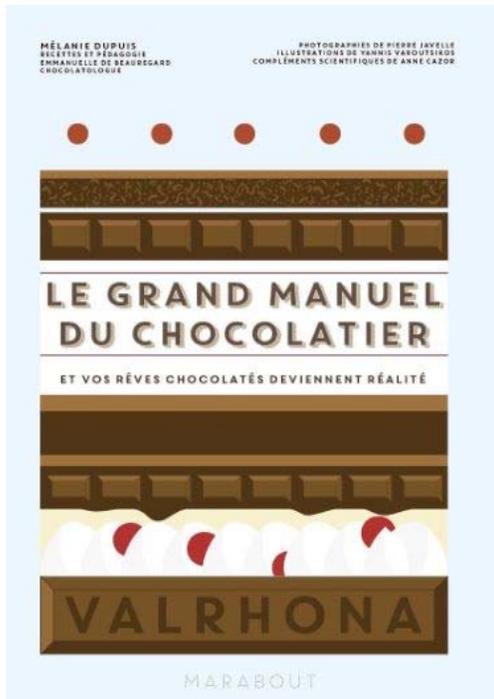
Emiko Davies was raised in an international household with a Japanese mother and an Australian father, and spent her childhood and adolescence between Australia and China. So it was inevitable that she found herself halfway around the world later in life, in the US for a Fine Arts degree that led her to Florence, Italy, as a twenty-year-old. She fell in love with Florence instantly and returned a few years later to study art restoration and photography, and soak in the Florentine lifestyle (learning Italian along the way). But then she met her sommelier husband, Marco, and that year turned into sixteen (and counting). They live in Florence with their two daughters.

Emiko has previously authored three cookbooks: *Florentine* (2016), *Acquacotta* (2017), and *Tortellini at Midnight* (2019). She continues to write about regional Italian food and travel on her blog, as well as for publications such as *Gourmet Traveler*, *Conde Nast Traveler*, *Food52* and Italian newspaper, *Corriere della Sera*



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The Ultimate Book of Chocolate

Make your chocolate dreams become a reality

by Melanie Dupuis

In *The Ultimate Book of Chocolate* trained pastry chef Melanie Dupuis will teach you how to make your chocolate dreams become a reality. Learn how to temper, mould and decorate like a pro with the complete guide to everything chocolate.

Starting with the basics, Melanie will take you through all the different varieties of chocolate you will be working as all the other basic ingredients required. She then explains in detail, accompanied with step-by-step pictures, all the various techniques in the book, from tempering to making ganache, chocolate mousse, creme anglaise, biscuit bases, meringue and more. The main recipes include every chocolate dessert you could ever imagine, plus more, from caramel bonbons and millionaire's shortbread to Easter eggs, truffles, macarons, cakes, Swiss rolls, eclairs and more: this truly is a chocoaholic's dream book!

With step-by-step photographs and beautiful illustrations, this is a masterclass in making chocolate desserts, from an expert pastry chef. This stunning, large volume with delight anyone with a sweet tooth, or any home cook who wants to take their dessert skills to the next level.

Author Bio

Melanie Dupuis trained as a pastry chef and caterer in France and worked in the country's best hotels and restaurants (Helene Darroze, Benoit Castel, Nomad Food & Design) before embarking on a second career as a food writer. Her first book, *Patisserie*, was published in 2014 and has been an international success.

Yannis Varoutsikos is an illustrator and graphic designer. He is artistic director at Woll Beer and founder of the website Good Manners, which sells bags and accessories for men. His favorite coffee is a cafe burundi with his grandmother. He lives in France.

Hardie Grant

On Sale: Mar 16/21

12.9 x 10 • 288 pages

9781784883799 • \$72.00 • cl

Cooking / Courses & Dishes / Chocolate

Notes

Promotion



Raincoast Books

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Ciudad de Mexico

Recipes and Stories from the Heart of Mexico City

by Edson Diaz Fuentes

As the late Anthony Bourdain said in 2014, 'Mexico has the most misunderstood, underrated, underrepresented cuisine on earth.' But now, you just need to take a spin around your local supermarket, health food shop or online store to see how an interest in Mexican home cooking has gathered pace in the UK, Europe and beyond – and if anyone knows how to marry authenticity with accessibility, it's Edson Diaz-Fuentes. Having spent years recreating the food of home with the ingredients to hand in New York and London, Edson has had the unique opportunity of breaking down his native cuisine to the basics – flavours, textures, aromas – to truly understand how, and why, Mexican food can be replicated in every home kitchen, regardless of location.

Author Bio

The brains behind Santo Remedio, Edson Diaz-Fuentes is arguably the most revered Mexican chef in London - but his life in the kitchen began much earlier, at a young age in his hometown of Mexico City. After travelling around the country (in pursuit of the very best food), he learned the ropes at the eponymously named Casa Oaxaca, which has consistently graced the 50 Best list of restaurants in Latin America. From there, by way of New York, he moved to London to take on the role of Head of Menu Innovation at Thomasina Miers' renowned Wahaca chain, where he worked until 2016, when he opened his own restaurant, the aforementioned Santo Remedio in London's Shoreditch - a new spin on his cult Brooklyn supperclub of the same name.

Translating as 'Holy Remedy' - a reference to satisfying the craving for the dishes that he missed from home - Santo Remedio was met with a chorus of glowing reviews from the likes of Jay Rayner, Grace Dent and Fay Maschler, and has since relocated to London Bridge, with a second site in the pipeline for 2020.

Hardie Grant

On Sale: Apr 27/21

9.8 x 7.5 • 256 pages

9781784883935 • \$53.00 • cl

Cooking / Regional & Ethnic / Mexican

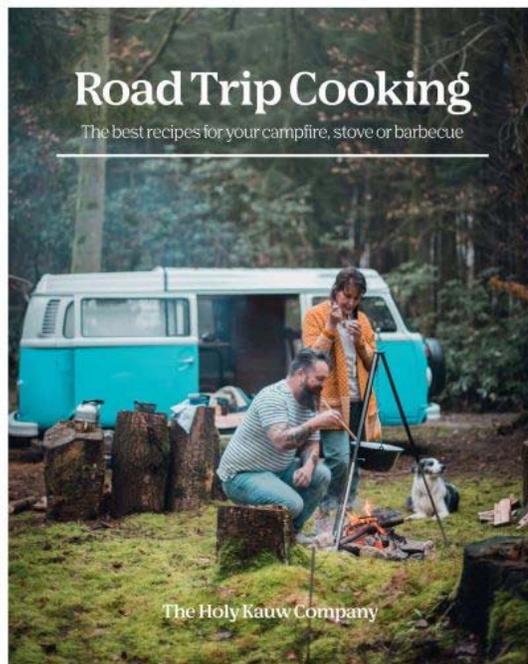
Notes

Promotion



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Road Trip Cooking

The Best Recipes for Your Campfire, Stove or Barbecue

by The Holy Kauw Company

Road trips are the ultimate freedom: long roads, beautiful vistas, good conversations and singing along with the radio.

And when you choose to stop somewhere out in nature, you'll want something tasty and nutritious to cook on your camping stove, campfire or portable barbecue. In *Road Trip Cooking*, Arno and Mireille of the Holy Kauw Company in the Netherlands take you along in their campervan. Their motto is simple: cooking and eating well is possible anytime, anywhere.

All recipes in this cookbook are simple to prepare, and don't require a well-equipped kitchen or well-stocked supermarket nearby. From the ultimate hangover breakfast and salad in a jar, to campfire nachos and 'apple pie to go', these recipes make the most of classic and comfort-food dishes from around the world. Yet they only require some wood blocks, a few ingredients and a box of matches to prepare.

Also included is information on outdoor cooking techniques and recommended road-trip life hacks.

Arno and Mireille hope their book will make outdoor cooking even more fun than it already is. Let the journey begin!

Author Bio

Arno and Mireille started their catering company, The Holy Kauw Company, in the Netherlands in 2016. They work with food in creative ways and have always had a passion for people, animals and the environment. Arno has been a cook his whole life, while Mireille used to work as a social worker. They have previously authored three books for Dutch publisher Snor, *Lemonade*, *Sunday* and *Christmas*. The couple have three daughters and a grandson.

Hardie Grant

On Sale: Feb 9/21

8.3 x 6.7 • 160 pages

9781741177374 • \$35.99 • pb

Cooking / Methods / Outdoor

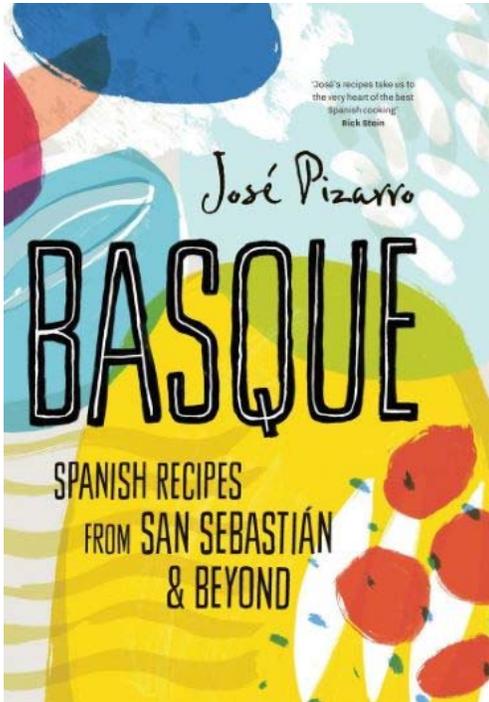
Notes

Promotion



Raincoast Books

Sales Rep



Hardie Grant

On Sale: Mar 2/21

8.7 x 6.7 • 256 pages

9781784883683 • \$32.99 • cl

Cooking / Regional & Ethnic / Spanish

Notes

Promotion



hardie grant books

Basque Compact Edition

Spanish Recipes from San Sebastian and Beyond

by Jose Pizarro

If you visit the Basque Country, you will undoubtedly fall in love. Located on the Spanish-French border in Northern Spain, it is home to some of the world's finest restaurants, spectacular modern architecture and dramatic scenery.

In Basque, the leading Spanish chef, Jose Pizarro, takes readers on a journey around this magical place, taking inspiration from traditional dishes and local ingredients, and adding his own unique twist. From the delicious bite-sized morsels known as pintxos Basque-style tapas to more hearty main meals and sumptuous desserts, Jose shows you how easy it is to prepare Spanish food at home. The cuisine of this region is wonderful to share with family and friends but it's also about informality and not being a slave to your stove.

Set to the backdrop of the stunning views of San Sebastian and the rest of the Basque Country, Basque is a culinary jaunt around one of Spain's most colorful and exciting destinations.

Author Bio

Jose Pizarro is an award-winning chef and bestselling author. He worked at Meson de Dona Filo in Madrid before coming to London, where he co-founded the Brindisa restaurants with the Eyre Brothers. He now runs the successful tapas and sherry bar 'Jose' and restaurant 'Pizarro' in Bermondsey Street and 'Jose Pizarro' on Broadgate, and a pub called The Swan Inn in Esher. He regularly appears on BBC's Saturday Kitchen and Channel 4's Sunday Brunch. His first book, Seasonal Spanish Food won a Gourmand World Cookbook Award and was nominated for the IACP and Cordon Bleu awards. Basque was one of Observer Food Monthly's 'Books of 2016'





Hardie Grant
 On Sale: Mar 2/21
 9.8 x 7.4 • 224 pages
 9781743796412 • \$31.99 • pb
 Cooking / Methods / Slow Cooking

Notes

Promotion



hardie grant books

Slow Victories

A Food Lover's Guide to Slow Cooker Glory

by Katrina Meynink

A slow cooker cookbook for people who love to cook.

Slow Victories removes the angst from the dinner rut with creative ways to use slow cookers for surprising results. It throws off the idea that cookbooks directed by convenience are necessarily virtuous or bland, instead delivering ideas for across the week that readers may not have associated with this indispensable kitchen appliance. (And in doing so, does away with the antiquated view that slow cookers are exclusively for time-poor or lazy cooks.)

Mother of three Katrina Meynink embraces the chaos and sometimes hilarity of life with a line-up of 90-plus recipes that suit in all moments, with chapters dedicated, individually, to: grains, soups, condiments, batch cooking, noodles, vegetables, sweets, fancy things, and the dreaded end-of-week what's-for-dinner-dilemma - so-called Fragile Fridays at her house. Highlights are numerous and hard to pick, but include: Chamomile and Honey Lamb Shoulder; Dan Dan Inspired Laksa; Heirloom Bean Stew with Barley and Green Harissa; Braised French Onion Chicken with Gruyere; and Yuzu Lemon Curd and Crumble Cake.

Slow Victories also offers meal plans, advice on stocking pantries and fridges for slow cooking greatness, and insider tips from leading chefs on hacks that are a further reminder of how the slow cooker can be every food lover's friend. Because it's not about getting out of the kitchen, it is about using time there efficiently and with maximum creativity and flavour.

Author Bio

Katrina Meynink loves nothing more in the world than food: sourcing it, cooking it, talking about it, eating it, and writing about it. The Queensland-based food writer, recipe developer and cook has written two books previously and appears regularly as a columnist in Good Food. As a mum of three, she embraces fast, slow and in-between food, but concedes to a particular affection for her hard-working slow cooker.

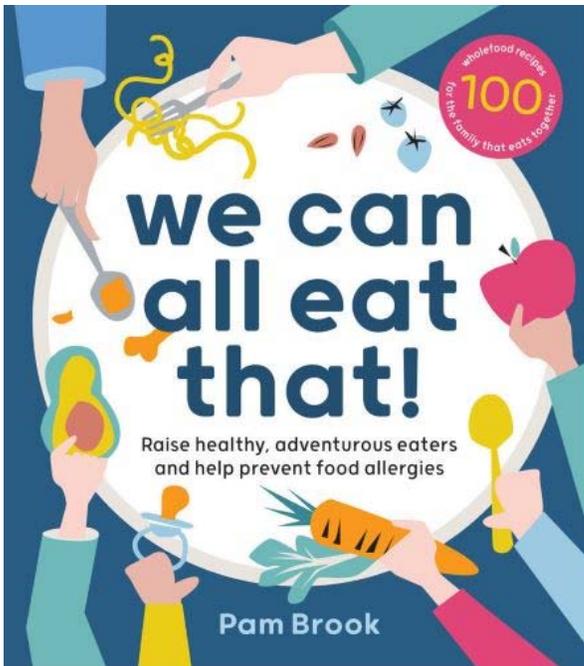


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We Can All Eat That!

Raise healthy, adventurous eaters and help prevent food allergies - 100 wholefood recipes for the family that eats together

by Pam Brook

Combining education, guidance and exciting, fresh recipes the whole family will love, *We Can All Eat That!* is the food allergy prevention bible that's a joy to use.

We Can All Eat That! Serves up creative, delicious and informed ideas for introducing allergens to your children from when it matters most - the beginning. A must for parents of children four to twenty-four months, this book proves that raising healthy, adventurous eaters doesn't have to be hard work.

Developed in conjunction with leading wholefood chefs Sarah Swan and Sam Gowing, and with advice from some of the world's leading allergy experts, *We Can All Eat That!* includes everything you need to know about major food allergies and introducing the common food allergens.

Beautifully photographed and joyfully curated, *We Can All Eat That!* makes feeding your family easy, with nutritious and exciting meals the whole family can enjoy presented across seven recipe chapters: Breakfast; Soups and salads; Rice, Polenta and pasta; Vegetables dishes and sides; Meat and fish; Cakes, puddings and desserts; and Dips, dressings and sauces.

Author Bio

Pam Brook is co-founder of Brookfarm, a family business based in Byron Bay, New South Wales. Together with her husband, Martin Brook, she has transformed a rundown, weed-infested dairy farm into a spectacularly beautiful patch of land that follows regenerative farming practices and produces premium nationally recognized macadamia products. She is a great believer in a nutritionally balanced diet and a healthy, sustainable food chain. In a previous career, she worked as a dentist.

In the creation of the book, Pam has consulted peer-reviewed international research, the advice of the Australasian Society of Clinical Immunology and Allergy (ASCIA) and the team at Sydney's Royal Prince Alfred Hospital Allergy Unit. Particularly the late pediatric allergist Dr. Velencia Soutter (who the book is now dedicated to), as well as Velencia's colleagues, dietitian Dr. Anne Swain, and Dr. Robert Loblay.

Hardie Grant

On Sale: Mar 9/21

9.4 x 8.3 • 256 pages

9781743795798 • \$42.99 • pb

Cooking / Cooking For Kids

Notes

Promotion



Raincoast Books

Sales Rep



hardie grant books

Max's Picnic Book

An ode to the art of eating outdoors, from the authors of Max's Sandwich Book

by Max Halley and Benjamin Benton

Irreverent, eccentric, and oh so timely, Max's Picnic Book is the follow up the Sunday Times Bestseller, Max's Sandwich Book. Both an ode to the long-standing art of eating outdoors, and a typically entertaining and frivolous reinvention of it, Max and Ben will first dissect the highs and lows of picnic history, before creating 24 themed menus of portable dishes, of every shape and size, that you can prepare ahead of time and serve cold or at room temperature when you get to your destination, wherever that destination might be.

Including ingenious hacks – think flavoured salts for dipping boiled eggs and pre-cut crudites, soft-serve ice cream with a shot of espresso and dash of whisky for dessert, and how a pot of curry powder in your pocket is an impromptu picnic must-have – as well as twists on familiar picnicking favourites, this book is as much about how and why to picnic as it is about providing the recipes to do so.

Ransacking the annals of time, Max and Ben will interpret the ways in which we can eat our doors through the spirited eyes of their picnicking heroes – Hunter S Thompson and Frida Kahlo to Fergus Henderson and Delia Smith, to name a few, that will leaving the reader with a broadened perception of what a picnic is, and a desire to never miss an opportunity to do so.

Author Bio

Max Halley is the name behind Max's Sandwich Shop, somewhat of a cult restaurant in north London. He has appeared on Sunday Brunch, where he has a regular spot as their chief 'sandwicher', This Morning, and often pops up on Chris Evans' BBC Radio Two Breakfast Show. He has also made several films for Vice He has also written for The Guardian, Sunday Times and Fire and Knives, and will begin a weekly column in Evening Standard from June.

Ben is the perfect foil, an experienced and whip-smart restaurateur (his partner in Max's sandwich shop) and chef who has worked at the likes of Rochelle Canteen, The Dock Kitchen and Le Coq. The sandwich shop was winner of an OFM cheap eats award in 2015.

Hardie Grant

On Sale: Mar 16/21

8.5 x 5.9 • 256 pages

9781784884215 • \$28.99 • cl

Cooking / Courses & Dishes / Sandwiches

Notes

Promotion



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Sustainable Gifting

Upscale, hand-make & get creative with zero-waste presents & packages

by Michelle Mackintosh

Sustainable Gifting is a beautiful, creative guide to gifting, bringing to it ideas for crafting, cooking and baking and the perfect wrapping arts.

Michelle Mackintosh is on a mission to encourage people to reconnect with each other with thoughtful, creative and sustainable gifts. Put together with Michelle's beautiful aesthetic, Sustainable Gifting brings back the art of crafting packages with love and care.

Containing ideas for sustainable gifts like potted plants grown from seeds, baked goods, beautiful handmade journals and clever tote bags, this thoughtful guide to gifting also features self-made and recycled packaging ideas from delightful labels, string ties, wrapping paper, cards, origami boxes and reused containers.

With projects that are easy to achieve with step-by-step instructions and templates, Sustainable Gifting will inspire everyone to think sustainably about creating zero-waste gifts with love.

Author Bio

Michelle Mackintosh is a Melbourne-based book designer and illustrator with a passion for mixing up the discarded with the new, and collaging vintage, cute and modern aesthetics into something truly unique. She has designed dozens of books on a wide range of topics, from cookbooks and craft to city guides and diaries. She has illustrated six books written by her husband Steve Wide, and has worked on books for authors as diverse as Beci Orpin, Antonia Kidman, Margaret Fulton, Louise Fulton Keats, John Marsden, Gabriel Gate, Jane Rocca and Pip Lincolne.

Hardie Grant

On Sale: Apr 13/21

8.7 x 7.5 • 160 pages

9781743796818 • \$21.99 • cl

Crafts & Hobbies / General

Notes

Promotion

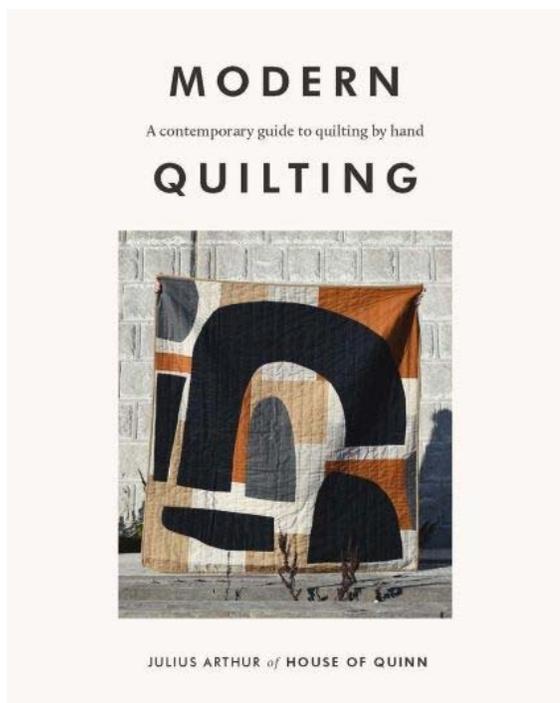


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Raincoast Books

Sales Rep



Hardie Grant
 On Sale: Apr 13/21
 10 x 7.9 • 144 pages
9781784883942 • \$32.99 • pb
 Crafts & Hobbies / Quilts & Quilting

Notes

Promotion



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Modern Quilting

A contemporary guide to quilting by hand
 by Julius Arthur

A quilt is about home, daily life, where you've been and who you've known. It's about stories and history. A quilt is imbued with the power to rediscover memories, open up conversations and bring people together. For Julius Arthur of House of Quinn, this idea extends into our design ethos bringing together stories and narratives to create everyday items and objects.

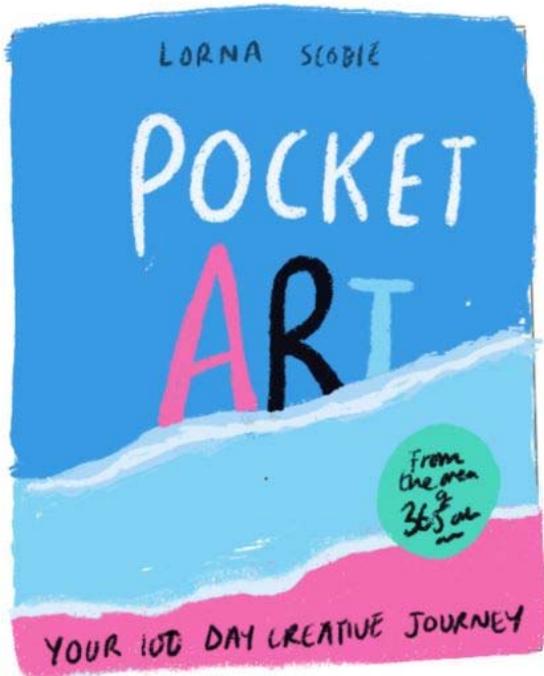
Modern Quilting highlights how traditional quilting and sewing techniques can be utilised to create contemporary items and objects for the home. Showcasing 20 stunning projects, Julius shows you the beauty of renewing textiles and materials by giving them a new life. Contemporary quilting honours the traditional processes but allows you to create the rules of what you want to create.

With a more creative and free approach to working with textiles, quilts and making, Julius guides the reader through four skill based workshops, and techniques, such as stitching, quilting, collage and mark making, before opening up into a range of modern quilt-based projects that can be created from combining these fundamental skills. With stunning photography and step-by-step illustrations throughout, fall in love with this age-old craft and discover how to create meaningful items for your own living spaces, places and daily rituals

Author Bio

Julius Arthur is a designer and maker residing in Sussex, England, after growing up in his home county of Cornwall. Graduating with a masters in fashion design, Julius's focus soon turned to contemporary craft practice and textile design. With a close connection to his rural upbringing and the memories of making things with his parents at a young age, Julius looked to textiles, interiors and traditional crafts as a way to experiment and design with different ways of working. In 2016 Julius launched House of Quinn, a design studio with a considered approach to making handmade objects for living spaces. Items that are reflective of our daily rituals and become part of personal collections and narratives. Working with renewed and consciously sourced textiles, House of Quinn quilt collections center on using traditional (quilting and applique) techniques to create contemporary objects with a sense of place and function. After launching in 2016 with the first quilted textiles collection 'Renewed', House of Quinn has become synonymous for its signature hand-made quilts, soft furnishings and interior products. This is his first book.





Pocket Art

Your 100 Day Creative Journey

by Lorna Scobie

Pocket Art features 100 art activities to do whilst you are out and about. Bringing creativity into daily life in a easily accessible format, Lorna Scobie encourages you to react to the present, and to live more in the moment through simple, observational-based art activities. Through simple prompts and quick-sketches – which you can then use to develop bigger, more detailed artworks at home – activities will incorporate mindfulness and gratitude, to help you to appreciate your surroundings and the world around you. Providing you with the space and guidance you need to explore your creativity and record your experiences through drawing, sketching and painting, Pocket Art will build your confidence as an artist and is the perfect spring-board to create your very own sketch book.

Author Bio

Lorna Scobie grew up in the depths of the English countryside, climbing trees and taking her rabbit for walks in the fields. She is an illustrator and designer, now based in south London. Growing up surrounded by nature has heavily influenced her illustrations and her work often revolves around the natural world and animal kingdom.

Lorna draws every day, and always has a sketchbook close to hand when she's out and about, just in case. She illustrates her work by hand rather than digitally, as she enjoys the spontaneity and also the 'happy mistakes' that can happen along the way. Her favorite places to draw are museums and botanical gardens.

Hardie Grant

On Sale: Mar 16/21

7 x 5.5 • 144 pages

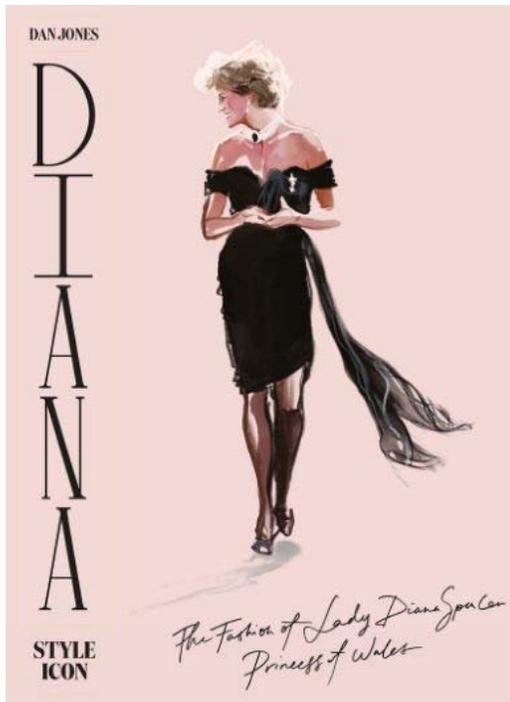
9781784883980 • \$29.99 • journal/ diary/blank book

Design / Decorative Arts • Non Returnable

Notes

Promotion





Hardie Grant
 On Sale: Mar 23/21
 7.3 x 5.3 • 192 pages
 9781784883812 • \$28.99 • cl
 Design / Fashion

Notes

Promotion



hardie grant books

Diana: Style Icon

A Celebration of the fashion of Lady Diana Spencer, Princess of Wales

by Dan Jones

With famous fans such as Rihanna still referring to Lady Di as one of her style icons, and Hailey Bieber paying homage to her athleisure looks, it's clear that Princess Diana is one of the most influential style icons of the 20th century. Throughout the 80s and 90s she was known as a loving mother, philanthropist, 'Princess of the People' and daring and bold fashionista. In *The Legend of Di* Dan Jones celebrates the style evolution of Lady Diana Spencer - from the innocent see-through skirt faux-pas, to the off-the-rack blue David Sassoon suit and pussy bow ensemble worn on her engagement to Prince Charles, the 25-foot train on her Elizabeth and David Emmanuel wedding dress, the 1996 black Christina Stambolian 'revenge dress', bike pants with Virgin Atlantic sweatshirt going-home-from-the-gym look, and more.

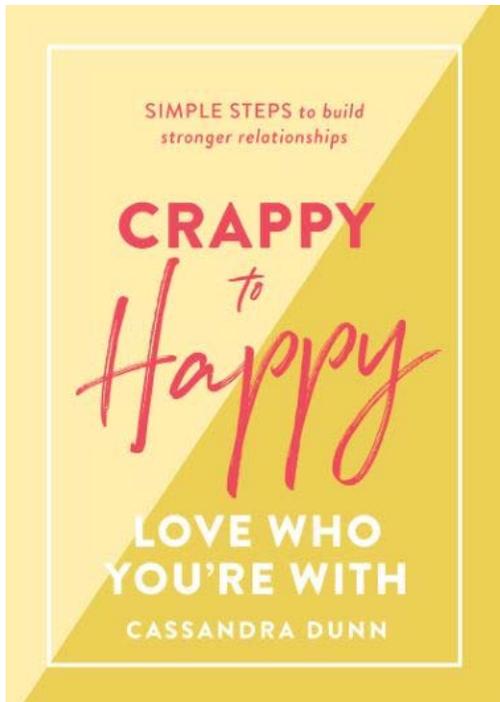
Dan will chart how Di's style evolved from the twee Laura Ashley-loving 19-year-old when she first joined the monarchy in 1981, to a bold and confident fashion influencer in the 90s. Diana had the the knack of following Royal Etiquette yet making up her own fashion rules, influencing millions of women across the globe along the way. From her frilly pussy bow blouses, to one-shoulder spangly dresses, statement chokers, colourful suits and jeans with blazer ensembles, this is a collection of her best-loved fashion moments - from the red carpet to heading home from the gym and walking through minefields.

Beautifully illustrated throughout, and featuring over 50 of Diana's most iconic looks, as well as profiles of her go-to designers, this is a keepsake for die-hard Di fans and fashion-lovers alike.

Author Bio

Dan Jones is a writer and editor living in London. Formerly the shopping editor at i-D magazine, Time Out's Style editor and Senior Men's Editor at ASOS, he's an expert in style, grooming and booze. He is the author of a number of books including *The Mixer's Manual*, *Man Made* and *Gin: Shake, Muddle, Stir*.





hardie grant books

Crappy to Happy: Love Who You're With

Simple Steps to Build Stronger Relationships

by Cassandra Dunn

Cassandra Dunn, host of the hit podcast Crappy to Happy, shares practical tips for getting the best out of your relationships.

Friendships, partners, family: relationships are a defining part our lives, giving us joy and essential support for our physical and mental health. But they can also be complicated and difficult. And although our busy lives and social media mean we are interacting with more and more people all the time, are we really fostering our relationships in a way that is meaningful?

Psychologist Cass Dunn has helped thousands of people get from Crappy to Happy with her hit podcast and bestselling books. In her third book, Crappy to Happy: Love Who You're With, Cass provides practical tools for good relationships, helping you to understand attachment, have courageous conversations, set healthy boundaries and even walks you through what to do when a relationship has run its course.

It's time for you to get connected with the people that matter most.

Author Bio

Cassandra Dunn is a clinical and coaching psychologist and an experienced mindfulness educator, workshop facilitator and keynote speaker. Cass is the expert psychologist for trainer Tiffany Hall's online health and fitness program, tiffxo.com, and she regularly shares her insights on happiness, mindfulness and wellbeing in print and digital media. She also hosts the wildly popular *Crappy to Happy* podcast, and is the author of *Crappy to Happy* and *Crappy to Happy: Love What You Do*. Cass lives on the Sunshine Coast in Queensland with her husband, daughter and a menagerie of rescued animals.

Hardie Grant

On Sale: Mar 9/21

7.2 x 5.1 • 192 pages

9781743796795 • \$21.99 • cl

Family & Relationships / General

Series: Crappy to Happy

Notes

Promotion

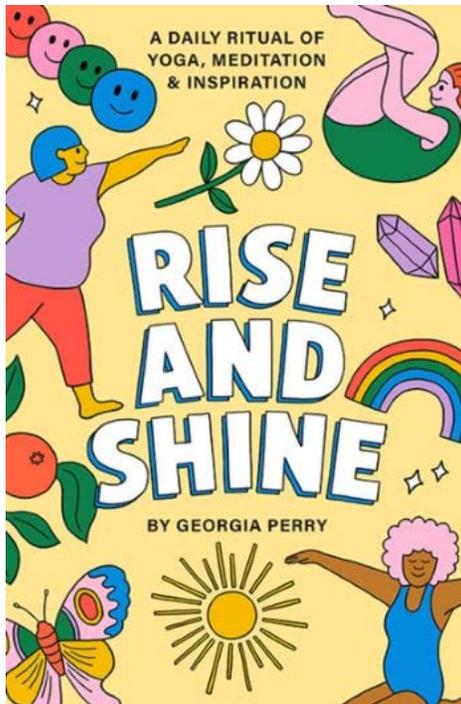


9 781743 796795



Raincoast Books

Sales Rep



Hardie Grant
 On Sale: Feb 9/21
 6.1 x 4 • 64 pages
9781743796894 • \$29.99 • card deck
 Health & Fitness / Yoga • Non Returnable

Notes

Promotion



Rise and Shine

A Daily Ritual of Yoga, Meditation and Inspiration
 by Georgia Perry

Rise and Shine is a vibrant deck of illustrated cards to mix and match your own unique morning ritual of yoga, meditation and inspiration. Start your morning by putting on some relaxing music, light some incense and select your 10 cards for the day. Then all you have to do is follow the flow.

The deck is separated into three section - FLOW, SLOW and GROW.

FLOW: 40 YOGA POSES
 SLOW: 10 MEDITATIONS
 GROW: 10 INSPIRATIONAL QUOTES

Simply pull 7 yoga cards, 2 meditation cards and 1 quote and your morning ritual is set all in 10 cards.

Author Bio

Georgia Perry is an Australian illustrator and accessories designer based in Melbourne. Georgia is known for her bold, playful and colorful aesthetic that exudes love and positivity. She has collaborated with brands such as Colette (Paris), Clinique, BONDS, Shop Bop and Nordstrom on custom limited edition products. Her eponymous line of accessories is stocked all over the world.





hardie grant books

Pleasure Oracle

Love, sex and pleasure deck

by Jerico Mandybur

Here is a modern-day guide to relationships, focusing on intimacy, sex and relationships. Conversations around radical self-love, dating, relationships, and sex are finding whole new audiences in new ways, thanks to social media and a new wave of self-development-focussed and spiritually-curious young people. It's time they're given a practical and insightful tool to not only have these conversations (alone or with their friends or partners), but to inspire them to think differently, to try new things - whether emotionally intelligent or all-out steamy - and to explore the unexplored at the intersection of the mystical, the tender, and the seductive. This offering will be an inclusive oracle deck with accompanying guidebook, designed to be read a single, themed card at a time, or in a spread. Think original, sensuous wisdom, made for the astute, witty, and feminist modern reader. Beautifully-design with modern graphic text treatments and complementary illustrations, each card will be an answer, an insight, a call to action, or all of the above relating to themes across love, dating and relationships, sex and pleasure, and erotic intelligence

Author Bio

Jerico Mandybur was the founding editorial director of Girlboss, and is now a tarot reader, spiritual coach, speaker, and advocate for self-care and all things witchy. She's the author of *Neo Tarot: A fresh approach to self-care, healing and empowerment* (Hardie Grant, 2019) and *Daily Oracle* (Hardie Grant, 2019), hosts the hit podcast, *Self Service*, and writes across the fields of wellness, feminism, LGBTQI+ conversations, and social justice. She's written for *Vogue*, *Bustle*, *Mashable*, and more, and her work has been profiled in *Refinery29*, *The Guardian*, and *Marie Claire*, to name a few. Mandybur has spoken on stage at events like *Girlboss Rally*, *Teen Vogue Summit*, *Pinterest's In The Making* summit, and many more.

Hardie Grant

On Sale: Mar 30/21

52 pages

9781784883911 • \$29.99 • card deck

Family & Relationships / Love & Romance • Non

Returnable

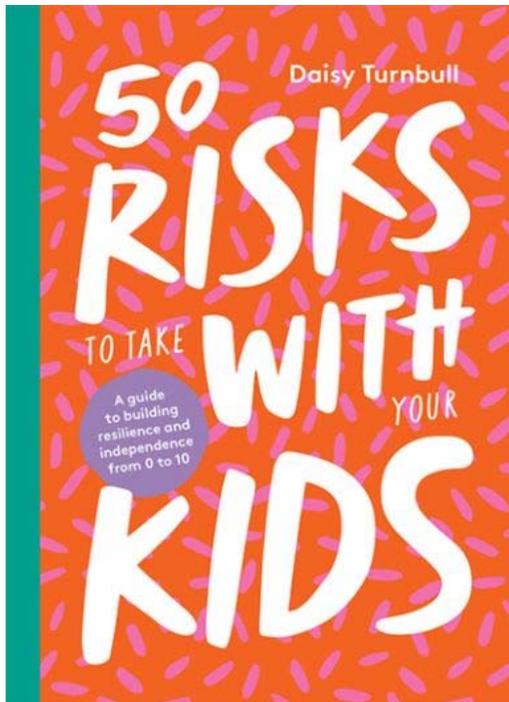
Notes

Promotion



9 781784 883911





Hardie Grant
 On Sale: Feb 9/21
 7.2 x 5.1 • 208 pages
 9781743796344 • \$21.99 • cl
 Family & Relationships / Parenting

Notes

Promotion



hardie grant books

50 Risks to Take With Your Kids

A how-to guide for building independence and resilience from 0 to 10

by Daisy Turnbull

When we take risks with our kids, we teach them to be better adults.

50 Risks to Take With Your Kids teaches parents and carers how to nurture resilience in their kids as they learn to take their own risks. It may sound counterintuitive to say that the longer you let kids be kids, the better they will 'adult' in the future, but it's true. The more children are allowed to play in the mud, create games and find their own solutions to problems, the more they will thrive later in life.

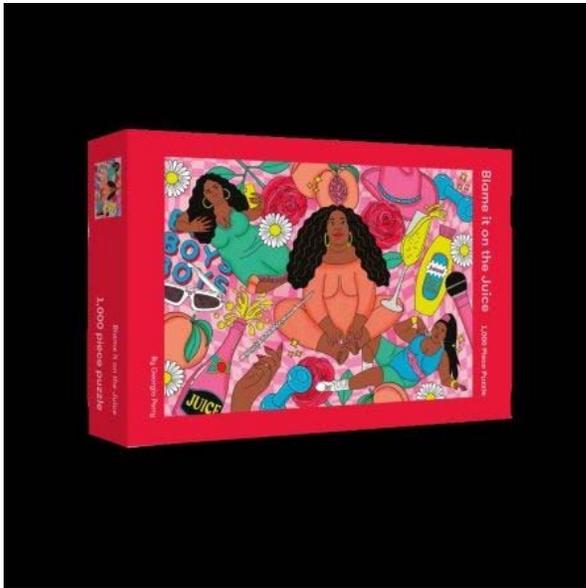
Written to combat a growing generation of kids who have not been given the room to learn and grow in their own time, 50 Risks to Take With Your Kids gives parents and carers an easy-to-use framework with simple, practical challenges for children aged up to 10 years old. In this book, you'll find risks that develop physical and social skills, responsibility and character. You'll also find some all-important parenting risks that will encourage you to step outside your comfort zone and think a little differently about raising kids.

Peppered with Daisy Turnbull's own experiences in parenting, teaching and wellbeing, this warm and funny book is not about developmental KPIs, and it's certainly not about judgement. It's about nurturing independence and resilience, teaching kids to recognize and assess risks themselves, and readying them to take on life and all that it brings. And it's about (...)

Author Bio

Daisy Turnbull Brown is the Director of Wellbeing at St Catherine's School in Sydney, where she has also been a teacher for eight years. She has taught across school systems, including at a behavioral school working with students with varying challenges. Before going into teaching, she worked in interactive advertising as a producer and in strategy roles. Daisy is an accredited Lifeline crisis support counsellor and regularly volunteers on the crisis support line. She is the mother of two children, and holds a Combined Bachelors degree in Arts/Commerce, a Graduate Diploma of Secondary Teaching, and a Masters of Arts in Theological Studies. She is also an obsessive crocheter and a terrible runner.





hardie grant books

Blame It On The Juice: 1,000 Piece Puzzle

illustrated by Georgia Perry

Blame It On The Juice is a joyful 1000 piece puzzle celebrating the iconic musician Lizzo. Illustrated by Georgia Perry.

The finished puzzle is 27 x 19.3 in and will take 3-10 hours to complete.

Reduce your screen time and start mindful gaming. Puzzling is meditative, rewarding and satisfying. It is also a great social activity as it's uncompetitive in nature and you can have as many players as you want.

The Piece Full puzzle series is a collection of illustrated puzzles by artists from all over the world. You are compelled to piece the puzzle together as the images are so beautiful - you will want to frame them! A perfect gift as well as self purchase.

Author Bio

Georgia Perry is an Australian illustrator and accessories designer based in Melbourne. Georgia is known for her bold, playful and colourful aesthetic that exudes love and positivity. She has collaborated with brands such as Colette (Paris), Clinique, BONDS, Shop Bop and Nordstrom on custom limited edition products. Her eponymous line of accessories is stocked all over the world.

Hardie Grant

On Sale: Feb 9/21

1000 pages

9781743797013 • \$29.99 • puzzle

Games / Puzzles • NON-RETURNABLE

Series: Piece Full

Notes

Promotion





hardie grant books

London Map 500 Piece Puzzle

illustrated by Hardie Grant Travel Hardie Grant Travel

Put London Bridge back together again while brushing up on your city knowledge with the London Map Puzzle. The perfect gift or keepsake for Anglophiles of all ages (5 years and up).

This 500-piece square puzzle (20.1 x 20.1 in) is part of the new Map Puzzle series: puzzles featuring a beautiful overview map, accompanied by fun illustrations and facts. Collect the Japan and New York City Map Puzzles to complete the series!

Author Bio

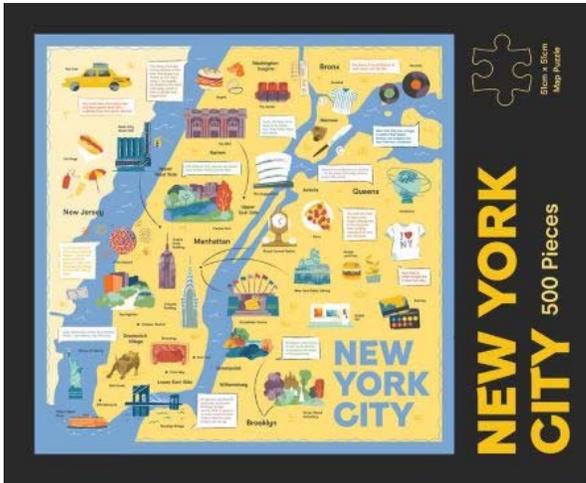
Hardie Grant Travel is a division of Hardie Grant Publishing with expertise in generating high-quality maps and inspirational travel content. Our diverse range of directories, guides, books, maps, atlases and other travel-related products are published under the UBD Gregory's, Explore Australia and Hardie Grant imprints. Our products are essential reference tools, whether on the road or at home and our photographic, inspirational books and puzzles are the ideal self-purchase or gift item.

Hardie Grant
On Sale: Feb 9/21
500 pages
9781741177428 • \$20.99 • puzzle
Games / Puzzles • NON-RETURNABLE
Series: Map Puzzle

Notes

Promotion





hardie grant books

New York City Map 500 Piece Puzzle

500-Piece Jigsaw Puzzle

illustrated by Hardie Grant Travel Hardie Grant Travel

Piece together the Big Apple while you brush up on your borough knowledge with the New York City Map Puzzle. The perfect gift or keepsake for NYC fans of all ages (5 years and up).

This 500-piece square puzzle (20.1 x 20.1 in) Is part of the new Map Puzzle series: puzzles featuring a beautiful overview map, accompanied by fun illustrations and facts. Collect the Japan and London Map Puzzles to complete the series!

Author Bio

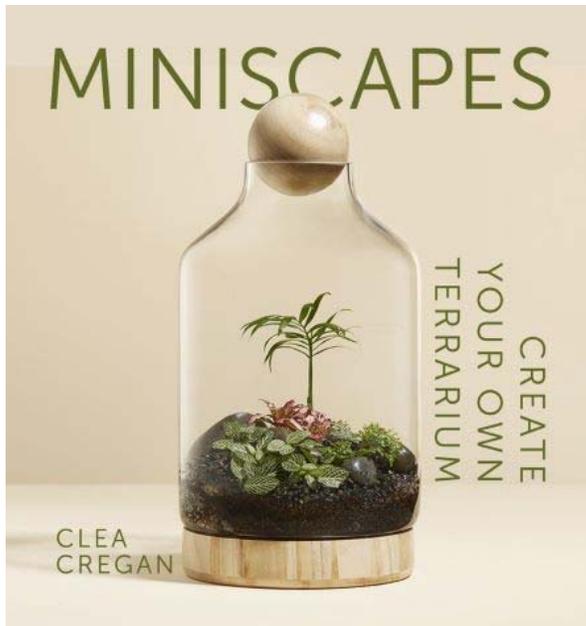
Hardie Grant Travel is a division of Hardie Grant Publishing with expertise in generating high-quality maps and inspirational travel content. Our diverse range of directories, guides, books, maps, atlases and other travel-related products are published under the UBD Gregory's, Explore Australia and Hardie Grant imprints. Our products are essential reference tools, whether on the road or at home and our photographic, inspirational books and puzzles are the ideal self-purchase or gift item.

Hardie Grant
On Sale: Feb 9/21
500 pages
9781741177411 • \$20.99 • puzzle
Games / Puzzles • NON-RETURNABLE
Series: Map Puzzle

Notes

Promotion





hardie grant books

Miniscapes

Create your own terrarium

by Clea Cregan

Do you love the greener things in life but don't have the time or space for endless gardening? Open *Miniscapes: Create your own terrarium* and discover the creativity and fun of making your very own indoor garden encased in glass.

Miniscapes will inspire you with sixteen projects covering four biomes (Desert, Forest, Carnivorous and Air plants) and equip you with the knowledge you need about soil and rocks, moss, tools, propagation, choosing your plants and containers, and designing your tiny landscape. Between these covers is everything you need to create and maintain healthy, happy terrariums that are cheap to make and easy to maintain (you can even upcycle things you already have at home).

Whether you're a city dweller starved of nature or simply lacking the time or patience for maintenance, *Miniscapes* will guide you to create beautiful living sculptures that can be adored all year round, whatever the weather outside.

Author Bio

Clea Cregan caught the terrarium bug in 2007. Browsing through a country op-shop she stumbled upon a beautiful, worn book about terrarium gardening from 1975. The pages were filled with photos of captivating miniature environments, tiny little landscapes enclosed in glass. It was appealing that, once established, these gardens would be self-sufficient, needing little care: perfect for the lazy gardener. The connection was instant-soon Clea was filling any glass vessels she could find with these littlegreen worlds. She scoured the internet, thrift shops and markets for interesting glass shapes and quirky objects to put inside her miniature gardens. Terrariums brought together her love of design, nature and anything 'mini'. She was hooked by the tactile nature of the craft-working with her hands and making something beautiful, organic and sustainable.

Soon she had created *Miniscapes*, her terrarium-making business, while still working full-time in the film industry. As the popularity of terrariums started to grow it wasn't long before Clea was fielding requests from workplaces, events companies and even restaurants. *Miniscapes* continues to be at the forefront of the terrarium revival and remains one of the leaders in terrarium gardening. *Miniscapes* is regularly featured in magazines and newspapers.

Hardie Grant

On Sale: Apr 13/21

7.1 x 7.1 • 160 pages

9781743796863 • \$21.99 • cl

Gardening / House Plants & Indoor

Notes

Promotion



9 781743 796863



Raincoast Books

Sales Rep



Get Up and Grow
by Lucy Start

Vegetable gardening often gets a bad rap when it comes to ease, accessibility, and style – the perception being a pastoral idyll, wax jackets, dirty fingernails, and humble, hearty produce being whipped up into something less Alison Roman, more Mrs Beeton. Good news then that Lucy Start – aka She Grows Veg – is here to turn this stereotype upside down.

As Lucy showcases in this truly innovative book, vegetable gardening doesn't always require outdoor space – let alone a significant patch of land. Through clever uses of space and containers, understanding of growing conditions and a unique, design-led approach, Lucy showcases how anyone can grow pretty much anything in their back garden, courtyard, balcony or kitchen, bringing every ounce of happiness that the great outdoors can provide with her.

The book begins with an explanation of her approach to edible gardening, followed by helpful how-tos for novice gardeners, explanations of planting seasons, and a list of the most practical herbs and vegetables to grow. Next, Lucy walks us through 20 edible gardening projects, from living vegetable walls that will thrive in even the shadiest corner, to hydroponics basics (an indoor growing technique that uses water instead of soil; Selfridges, Lakeland, Conran Shop, Ikea and Amazon all sell kits, among many others), from how to turn a set of shelves into a stunning indoor edible garden to indoor squash arches and home grown spices that have all the decorative style and visual interest of ornamental house plants.

As more and more people become aware and concerned about provenance, and the considerable financial, environmental and health benefits (...)

Author Bio

Lucy Start was once recognized as one of the rising stars of the fashion industry, and the go-to couture jewelry designer for the likes of Rihanna, Kylie Minogue and Cheryl Cole. Under her eponymous jewelry label, Lucy Hutchings, she was extensively featured in Vogue and other fashion publications, included in Red magazine's '30 under 30' list, and was recognized as one of the designers to watch by the Evening Standard.

But now, she is known by a different name: She Grows Veg. Lucy's transformation story has seen her transition seamlessly from leading jewelry designer to Instagram gardening sensation. Lucy has always found that gardening, in particular growing edibles, has made her happy, which she took to the next level in 2018 by becoming a part of the vast Instagram gardening community; her following is now up to 67k, and she has recently launched her

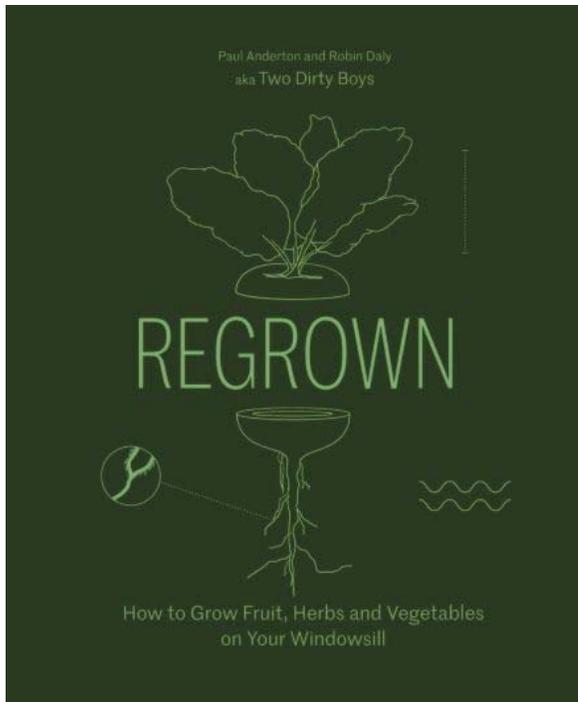


Hardie Grant
On Sale: Apr 27/21
9.1 x 7.5 • 160 pages
9781784883928 • \$34.99 • cl
Gardening / Vegetables

Notes

Promotion





hardie grant books

Regrown

How to Grow a Garden on Your Windowsill

by Paul Anderton

Regrown is a beginner's guide to growing fruit and vegetables from kitchen scraps. With a focus on repurposing food produce found in any supermarket, the text shows how to regenerate, propagate and give new life to cuttings otherwise bound for the waste bin. Many of the examples can be grown indoors- no matter how small your home.

Ranging from fruits and herbs that will sprout in a matter of days, to vegetables that will delight in later seasons, this easy-to-follow book includes everything from spring onions and garlic to ginger, avocado and even pineapple. Paul and Robin guide budding gardeners through the simple process of reusing everything from carrot tops and mushroom stalks to cabbage and bok choy leaves from their weekly shop to grow plants that are every bit as delicious as their first incarnations. What's more, all you need is a small jar or container, and a tapful of water, before letting nature do its thing

Paul and Robin prove that busy urban living is by no means prohibitive to simple vegetable and herb gardening, with their fuss-free approach even the most time-and-space poor can grow food indoors.

Author Bio

A professional in the arts by weekday, a passionate allotmenteer by weekend, Paul Anderton grows fruit and veg in his East London patch with friend Robin, and documents their trials and tribulations on the Instagram account @TwoDirtyBoys.

Hardie Grant

On Sale: Mar 30/21

9.1 x 7.5 • 160 pages

9781784884031 • \$35.99 • cl

Gardening / Vegetables

Notes

Promotion

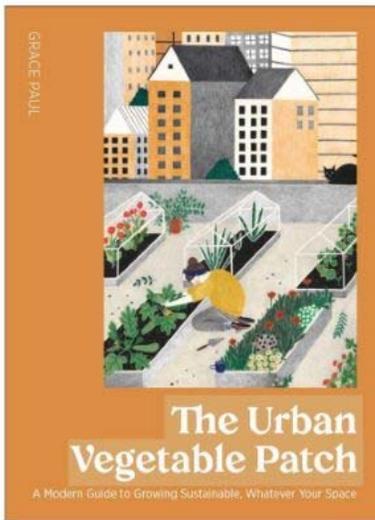


9 781784 884031



Raincoast Books

Sales Rep



hardie grant books

The Urban Vegetable Patch

A Modern Guide to Growing Sustainable, Whatever Your Space
by Grace Paul

Don't know where to begin when it comes to growing vegetables and want to live more sustainably? Then this is the modern-day gardening book for you.

The Urban Vegetable Patch is a practical and eco-friendly guide to growing green, no matter your space. Starting with the basic knowledge on how to set your vegetable patch up and what to grow – be it on a windowsill, a rented flat share balcony in a high-rise building or even an allotment – you will learn how to make the most of your space, whatever the size. Not only will you learn how to grow and cook your own vegetables, but you'll also discover how to live a happier and more sustainable life, to not only nourish yourself but the planet as well.

From how to grow a variety of vegetables organically – be it from seed or even food scraps – to making your own fertiliser from waste, to practical tips on how to eat, store, share and donate your haul, reduce your use of plastics and water, and even how to deal with pests humanely and planting for wildlife, this book will teach and inspire you to grow your way to a more sustainable and green way of living, so dig in.

Author Bio

Grace Paul is an editor and writer who grew up around plants. Having been lucky enough to have a family allotment, she spent her childhood helping her Mum grow vegetables and plants and it has been something that has stayed with her ever since.

Hardie Grant

On Sale: Mar 16/21

7.3 x 5.3 • 144 pages

9781784884277 • \$24.99 • cl

Gardening / Vegetables

Notes

Promotion





hardie grant books

The Path to Longevity Plan

by Luigi Fontana

This easy-to-follow, practical book outlines a lifestyle plan that includes more than 80 recipes that integrate the principles of nutrition with a healthy longevity diet. There is also an exercise plan, that includes weight bearing exercises, stretch exercises, and yoga for everyday health. And lastly there are many wellbeing tips including how to get better sleep, be less stressed, and to encourage good brain health.

The Path to Longevity Plan is based on Luigi Fontana's previous book which was a summary of more than 20 years of research, clinical practice and Luigi Fontana's accumulated knowledge on healthy longevity, using an evidence-based approach. Doctor Fontana shows us how we can avoid the chronic illnesses in our society, and live long, healthy and happier lives by taking the simple steps in this plan.

Author Bio

Professor Luigi Fontana, M.D., Ph.D. is a highly skilled physician scientist who is recognized as the leading world expert on longevity. Professor Fontana recently was invited to join the University of Sydney as the Leonard Ullmann Chair of Translational Metabolic Health and Director of the Healthy Longevity Research and Clinical Program at the Charles Perkins Centre. He was for many years Professor of Medicine at Washington University, one of the four most highly regarded medical universities in the USA. Credited with conducting the foundational research that gave rise to the 5:2 diet, Professor Fontana's revolutionary work is leading the world on longevity and the factors involved in living a long and healthy life.

Hardie Grant

On Sale: Feb 9/21

9.2 x 7.1 • 224 pages

9781743796825 • \$37.99 • pb

Health & Fitness / Diets

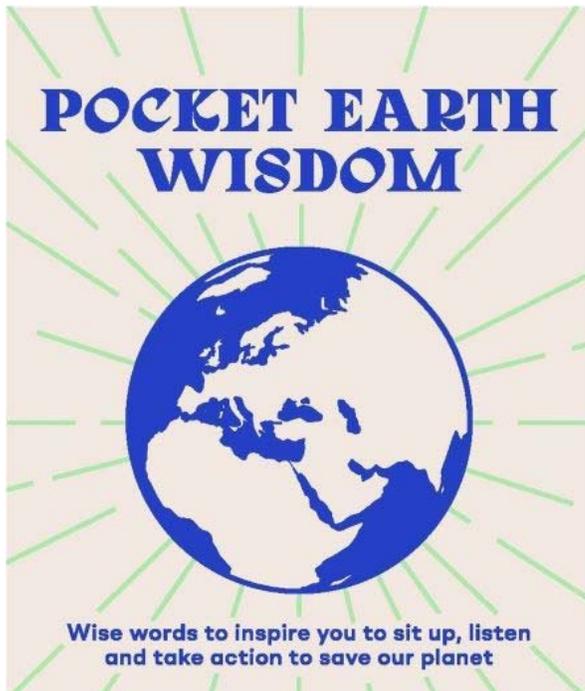
Notes

Promotion



9 781743 796825





Pocket Earth Wisdom

Sit-up, listen and take action to save our planet
by Hardie Grant

'Our house is still on fire. Your inaction is fueling the flames by the hour.' Greta Thunberg

Our planet is in danger. Sea levels are rising, natural habitats are being destroyed and the global temperature is rising. There is some good news though: we can halt climate change if we work together.

Let Pocket Earth Wisdom inspire and teach you how you can make a change however small. Now more than ever it's imperative that we take a stand and speak out. Thankfully activists, celebrities, world leaders and environmentalists have been doing so for many years. Pocket Earth Wisdom is a collection of some of the most impactful and inspiring quotes about planet Earth will be the call to arms you need to step up as there's no planet B. Together we have the power to make a difference

Hardie Grant

On Sale: Mar 30/21

5.2 x 4.3 • 96 pages

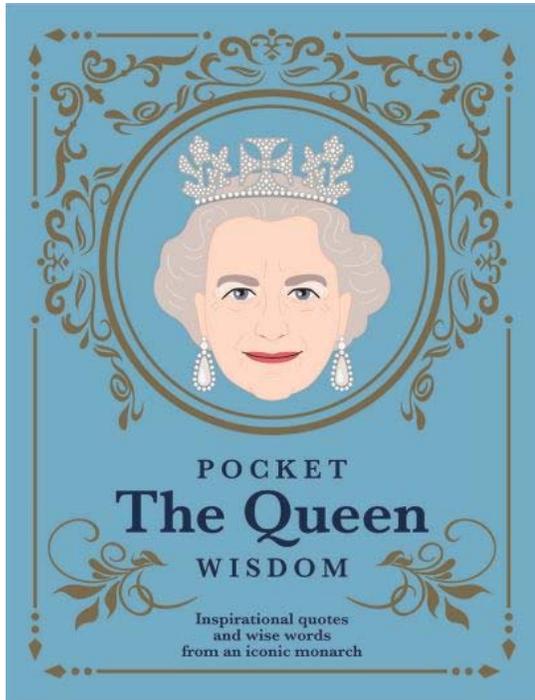
9781784884260 • \$14.99 • cl

Nature / Environmental Conservation & Protection

Notes

Promotion





Pocket The Queen Wisdom (US Edition)

Inspirational quotes and wise words from an iconic monarch by Hardie Grant

Queen Elizabeth II is one of the most important cultural and political icons in modern British history. As the United Kingdom's longest reigning monarch, she is known for her poise, wit and class.

Pocket The Queen Wisdom is an inspiring collection of her majesty's best loved quotes on life, family, politics, fame and history, and celebrates her immense legacy.

Some quotes from Queen Elizabeth II:

'Grief is the price we pay for love.'

'The world is not the most pleasant place. Eventually your parents leave you and nobody is going to go out of their way to protect you unconditionally. You need to learn to stand up for yourself and what you believe and sometimes, pardon my language, kick some ass.'

'I cannot lead you into battle. I do not give you laws or administer justice but I can do something else - I can give my heart and my devotion to these old islands and to all the peoples of our brotherhood of nations.'

'I have to be seen to be believed'

Hardie Grant

On Sale: Feb 2/21

5.2 x 4.3 • 96 pages

9781784883898 • \$14.99 • cl

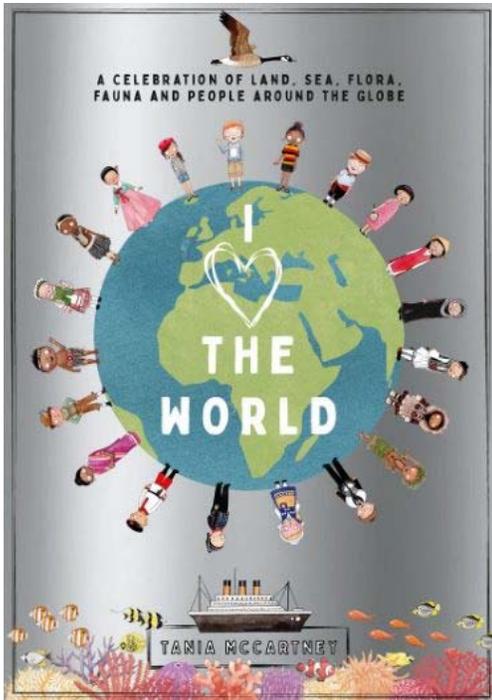
Humor / Form / Parodies

Series: Pocket Wisdom Series

Notes

Promotion





I Love the World

A Celebration of Land, Sea, Flora, Fauna and People around the Globe

by Tania McCartney

Ready for a global adventure? Pack your passport and a sense of wonder as you travel our amazing world through the gorgeous pages of this book!

I Love the World is your ticket to the breathtaking flora, fauna, people, sights and eye-popping wonders of our land, sea and sky. Featuring the beautiful illustrations of award-winning author and illustrator, Tania McCartney, this book will rekindle your sense of wonder for our amazing world and have you trotting the globe page by page.

Author Bio

Tania McCartney is an Australian author, illustrator and editor. She has worked on over 40 picture books, non-fiction and junior fiction titles, and has received various awards including several CBCA Notable books, the SCBWI Crystal Kite Award (2017) and the CBCA Laurie Copping Award for Distinguished Service to Children's Literature (2017). She has also created illustrated maps with Hardie Grant Travel, *Australia: Illustrated Map* (December 2017), *World: Illustrated Map* (June 2018) and *Australia Map Puzzle* (June 2019)

Hardie Grant

On Sale: Feb 9/21

11.8 x 8.7 • 88 pages

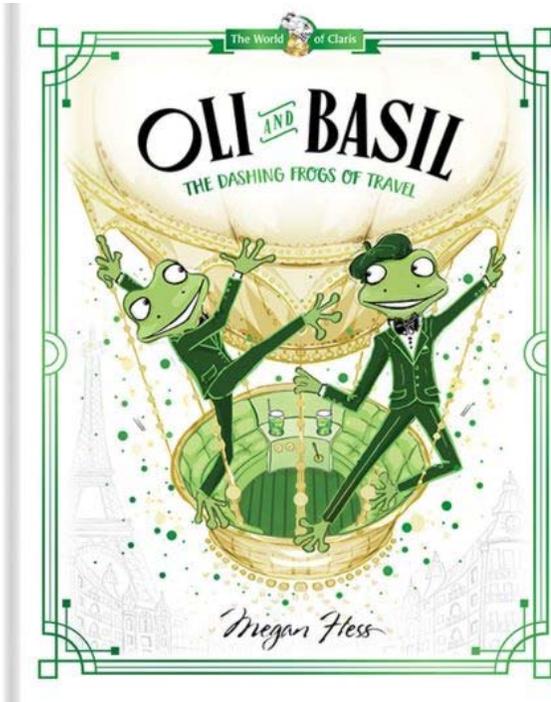
9781741177398 • \$28.99 • cl

Juvenile Nonfiction / People & Places / General • Ages 6-10 years

Notes

Promotion





Hardie Grant
 On Sale: Mar 9/21
 11 x 9.4 • 48 pages
9781760507671 • \$24.99 • cl
 Juvenile Fiction / Social / Friendship • Ages 3-10 years

Notes

Promotion



hardie grant books

Oli & Basil

The Dashing Frogs of Travel

by Megan Hess

Meet Oli and Basil, the dashing frogs of travel, in Megan Hess's first Friends of Claris story!

Oli is an artist who dreams up wild, fabulous machines, but he doesn't know how to build them. And Basil is a master craftsman who can build anything from scratch – except he doesn't know what to build. If only there was a way that these two dashing frogs could become friends . . .

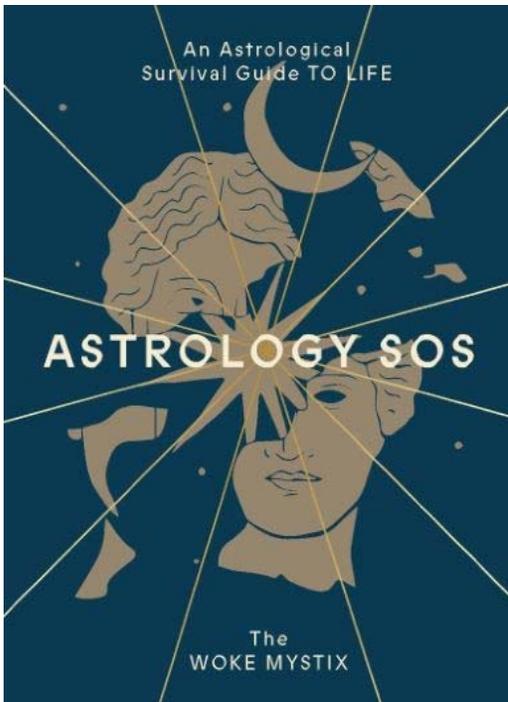
From the beloved creator of Claris: The Chicest Mouse in Paris comes a thrilling, heart-warming adventure about friendship, sharing and collaboration.

Author Bio

Megan Hess is the beloved author and illustrator of the best-selling Claris books for children, as well as numerous books for adults. She is also an acclaimed fashion illustrator who works with some of the most prestigious designers and luxury brands around the world - including Chanel, Dior, Prada, Cartier, Fendi, Louis Vuitton and Tiffany & Co. - and she illustrated the iconic cover of New York Times-bestselling novel *Sex and the City*, written by Candace Bushnell. Megan has since illustrated portraits for *Vanity Fair* and *The New York Times*, created animations for Prada in Milan, and illustrated the windows of Bergdorf Goodman in New York.

Visit Megan at meganhess.com





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Body, Mind & Spirit / Astrology / General

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hardie grant books

Astrology SOS

An astrological survival guide to life

by The Woke Mystic

Who understands what you *really* need better than you? Well, the stars. With their help, you can become your glowiest self, inside and out.

Astrology SOS is the ultimate guide to surviving the elements: from navigating the Planetary Retrogrades to harnessing the power of the Summa Soltice, to every day uncertainties in work, love and the day-to-day, this book aims to bring clarity during life's disruptions.

It covers:

Saturn Return

Planetary Retrogrades

Pluto in Transit

Eclipses

Equinoxes and Solstices

Moon Transits

Day-To-Day Survival

Featuring self-care rituals and hacks, helpful tools, prompts and practices to help you work through various challenges, this book aims to bring calm and clarity during times of transition and change. Welcome to the upgrade you never knew you needed!

Author Bio

The Woke Mystix is a podcast by co hosts Ellen Bowles and Imani Quinn, with a focus on creating a safe space on the discussion of spirituality, astrology, magic, self-care, and divinity. Ellen is an astrology and tarot reader, and Imani is a Quantum Oracle Healer, both based out of Los Angeles, CA. They have been invited to speak at Second Home co-working space, Apple's bespoke advertising agency (Media Arts Lab), and featured in Holisticism and have become a staple for listeners who are on their spiritual journey and looking for approachable knowledge and guidance with a bit of humour.

@thewokemystix





hardie grant books

Your Moon Sign

by Narayana Montufar

We all know our own star sign. Your star (or sun) sign represents which sign the sun was in when you were born. The earth takes 30-31 days to change signs as it orbits around the sun, so you share your sun sign with everyone born in that month-long time span.

Your sun sign – also known as star sign – dictates the brush strokes of your personality, your outer self. However, it's your moon sign which reveals the real you, and the private person inside that you know yourself to be. The moon only stays in each sign for around two days, so it's a much more variable aspect of your birth chart, it largely explains why you are so different to the other people you know who share your sun sign.

Your moon sign reflects the cauldron of emotions, fears, longings and obsessions bubbling below the surface of your sun sign-driven persona. It's about the private self and its motivations and anxieties. It impacts heavily upon your relationships and bonds with others, and how you FEEL about stuff. It's deep.

By going beyond the meaning of the sun and linking this luminary to both the moon and the rising sign in a person's chart, this book takes the reader on a reflective, inner exploratory journey towards the next level of astrological self-discovery. By diving into the endless astrological dance between these cosmic luminaries - the sun, the moon & the rising - this book takes the reader on a self-reflective, mind-blowing journey that leads to fully integrating the inner and outer manifestations of their celestial power in order to live their best life.

Author Bio

Originally from Mexico City, Narayana has been living in San Francisco for the last fourteen years. She started her editorial career as an intern for local record labels and lifestyle printed publications like 7x7 Magazine and California Home & Design to later move to websites owned by SPIN Media. Her astrological knowledge dates back to 2011 when she started her first astrological-focused position as the Spanish Editor for Horoscopo.com to then become the Associate Editor and later Managing Editor of Horoscope.com* and Astrology.com. She currently serves as the Senior Astrologer for both brands as well as the editor of Astrology.com, a position that has allowed her to deepen her knowledge and extend her writing and editing skills in the field of astrology.

As a brand ambassador, she has been featured in numerous lifestyle publications like Bustle, Refinery 29, Vogue Mexico, Brit+Co, Yahoo, Pop Sugar, Women's Health, Teen Vogue, and more. As an editor, she strives to make astrology fun and approachable as well as impactful. She works with the best astrologers and writers in the field while creating content for the millions



9 781784 883904

Hardie Grant

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8.3 x 6.3 • 224 pages

9781784883904 • \$28.99 • cl

Body, Mind & Spirit / Astrology / General

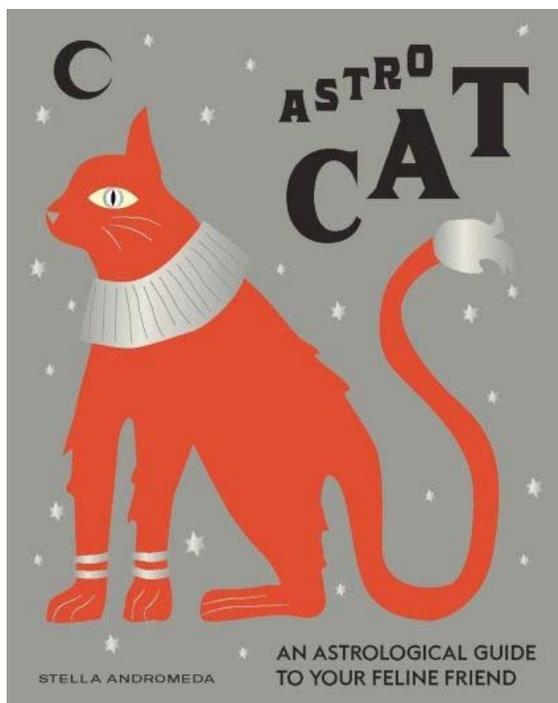
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Promotion



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Sales Rep



Hardie Grant

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7 x 5.5 • 96 pages

9781784883874 • \$21.99 • cl

Body, Mind & Spirit / Astrology / Horoscopes

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Promotion



hardie grant books

Cat Astrology

Decode your pet's personality with the power of the zodiac

by Stella Andromeda

Like us, every cat is born under an astrological sun sign which depends on their date of birth. Just knowing their sun sign will give you some insight into your cat's personality and character, which can be helpful to your relationship and understanding how you might clash or chime with your kitty.

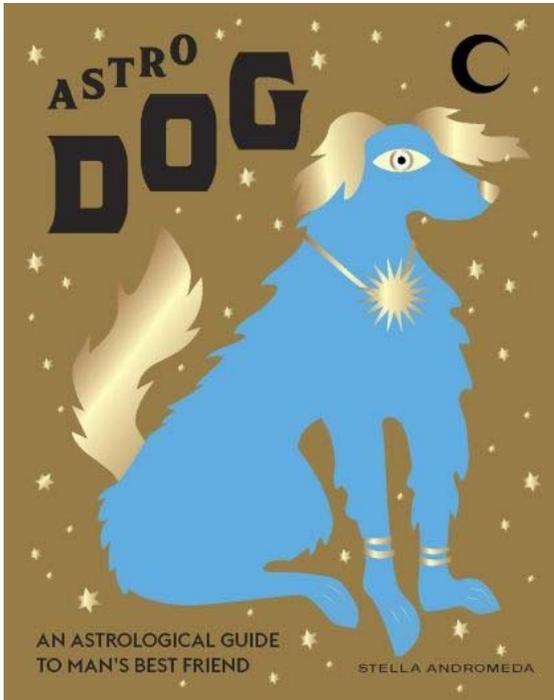
In *Cat Astrology* Stella Andromeda answers all the burning questions you may have about your current - or future - pet, such as: Will an Aries cat suit your fiery Leo personality? Which star sign makes the lap cat? What's your kitty's lucky day of the week and favourite colour? Stella also shares insights into the breeds that may best suit your personality, and shares that, if you know the time and place of your cat's birth, you can even have their astrological birth chart drawn up which yields even more information.

Fun and insightful, *Cat Astrology* will allow you to get to know your cat on a deeper level, by harnessing the power of the zodiac.

Author Bio

Stella Andromeda has been studying astrology for over 30 years, believing that a knowledge of the constellations of the skies and their potential for psychological interpretation can be a useful tool. This extension of her study into book form makes modern insights about the ancient wisdom of the stars easily accessible, sharing her passion that reflection and self-knowledge only empowers us in life. With her sun in Taurus, Aquarius ascendant and moon in Cancer, she utilizes earth, air and water to inspire her own astrological journey.





Hardie Grant

On Sale: Mar 2/21

7 x 5.5 • 96 pages

9781784883881 • \$21.99 • cl

Body, Mind & Spirit / Astrology / Horoscopes

Notes

Promotion



hardie grant books

Dog Astrology

Decode your pet's personality with the power of the zodiac
by Stella Andromeda

Like us, every dog is born under an astrological sun sign which depends on their date of birth. Just knowing their sun sign will give you some insight into your dog's personality and character, which can be helpful to your relationship and understanding how you might clash or chime with your pooch.

In Dog Astrology Stella Andromeda answers all the burning questions you may have about your current - or future - pet, such as: Will an Aries dog suit your fiery Leo personality? Which star sign makes the best therapy dog? What's your pooch's lucky day of the week and favourite colour? Stella also shares insights into the breeds that may best suit your personality, and shares that, if you know the time and place of your dog's birth, you can even have their astrological birth chart drawn up which yields even more information.

Fun and insightful, Dog Astrology will allow you to get to know your dog on a deeper level, by harnessing the power of the zodiac.

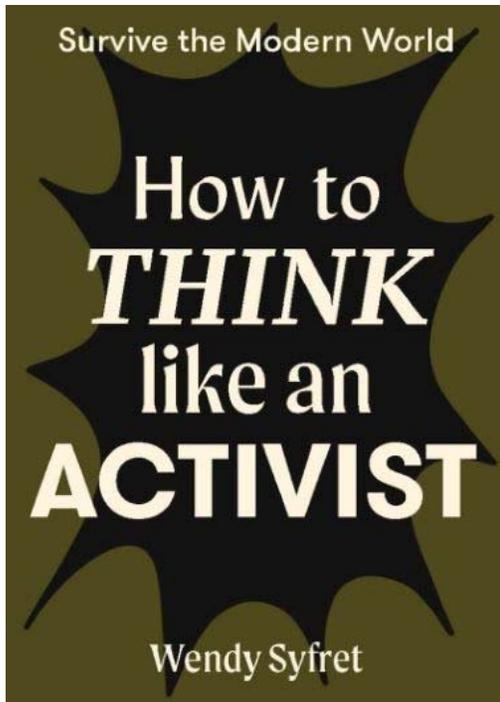
Author Bio

Stella Andromeda has been studying astrology for over 30 years, believing that a knowledge of the constellations of the skies and their potential for psychological interpretation can be a useful tool. This extension of her study into book form makes modern insights about the ancient wisdom of the stars easily accessible, sharing her passion that reflection and self-knowledge only empowers us in life. With her sun in Taurus, Aquarius ascendant and moon in Cancer, she utilizes earth, air and water to inspire her own astrological journey.



Raincoast Books

Sales Rep



Hardie Grant
 On Sale: Apr 13/21
 7.2 x 5.1 • 144 pages
 9781743796627 • \$21.99 • pb
 Political Science / General
 Series: Survive the Modern World

Notes

Promotion



hardie grant books

How to Think Like an Activist

by Wendy Syfret

How to Think Like an Activist is the first step in your life as an activist.

Right now, we're experiencing a new chapter in the history of activism. The social, environmental, and political stakes are larger than ever. But so is the impact that we can have as individuals and as communities. To have a voice in society once meant power, money and, status. But now, with the rise of social media and the internet we all have the ability to defend the causes that matter most to us and reshape the world.

But during a time where everyone calls themselves an activist, what does the title actually mean? And how do you begin to make an impact on issues that feel so huge and overwhelming?

How to Think Like an Activist offers a space for budding activists to learn from the past and look to the future. A lot of talk around changing the world gets stuck in theory, but this is about action. From small daily commitments to larger ongoing projects, this book offers tangible ways to start building the world you want to live in - now.

Filled with inspirational quotes from past leaders, historical facts about important movements as well as daily protests, How to Think Like an Activist will help set you on the path to your new activist life.

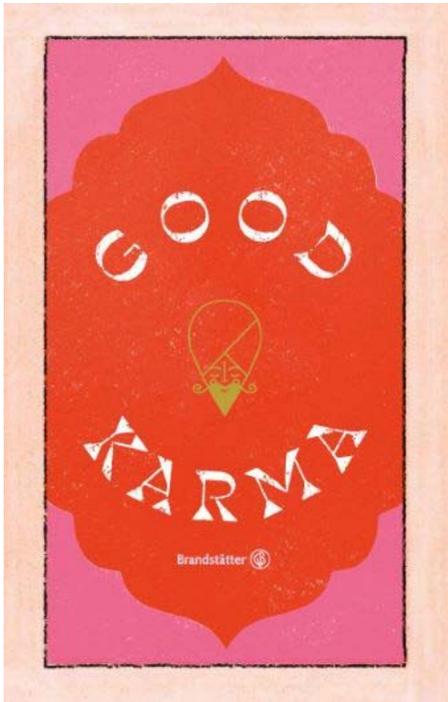
The Survive the Modern World series tackles the big subjects and issues we face today in a fun and digestible way. The tone is frank and chatty, but the content is comprehensive. This series is action all about taking action. Read these books to better yourself and the world around you.

Author Bio

Wendy Syfret is an award winning Melbourne based writer and editor. She formerly served as the Managing editor of *VICE Asia*. Before taking on that role she was the Head of Editorial for *VICE Australia*, and Australian editor of pioneering fashion publication *i-D*.

She is a contributor the *Guardian*, the *ABC*, *Crikey*, *The Saturday Paper*, and *frankie* magazine.





Good Karma

How you can make the world a better place with 100 small positive actions

by Simone Raihmann and Adi Raihmann

Every little decision that we make has an impact on the world around us, and inevitably comes back on us in some form. This resulting karma can either be positive or negative, depending on the intention and action.

Good Karma contains over 100 practical ideas to help you to make better decisions in your everyday life. From buying local and wasting less to using mindfulness and gratitude practices, there are a number of suggestions that can be implemented. Plus, it also contains easy Ayurvedic recipes and yoga stretches.

With the help of Good Karma, you will learn that it doesn't need to be a challenge to navigate through life whilst doing good along the way.

Author Bio

Adi and Simone Raihmann have been dedicating themselves intensively to the issue of sustainability ever since studying business and economics together. They founded KARMA FOOD based on the values of sustainability, honesty, and social awareness. In addition to their six delis, they pass on their knowledge at events like the Karma Selfcare Club and Ayurvedic cooking classes.

Hardie Grant

On Sale: Feb 2/21

168 pages

9781784883843 • \$28.99 • cl

Self-Help / General

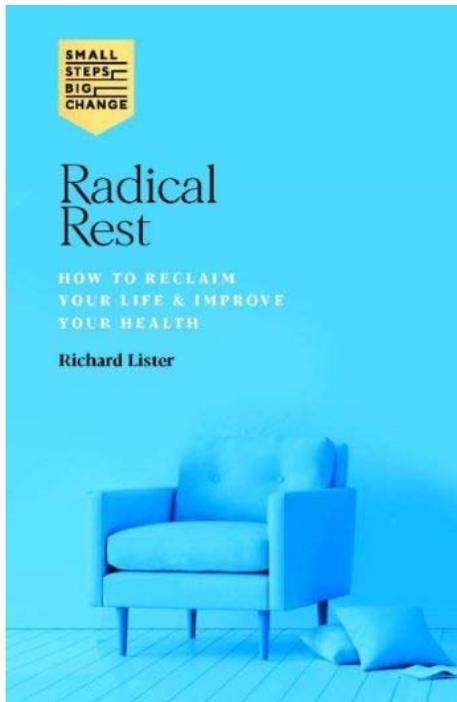
Notes

Promotion



9 781784 883843





Radical Rest

Get More Done by Doing Less

by Richard Lister

We live in a hectic world that demands us to always be 'on'. Whether it is pressure at work with deadlines to meet and projects to complete, or families to look after and communicate with – that most of us feel like we're failing at every day – rest is almost always an afterthought. In our busy lives, we've been led to believe that rest, or the notion of rest, is quite the indulgence – something that you get around to only when everything that needs to be done is done, right?

Treating rest as a passive activity that comes secondary to work, undermines our chances for a rewarding and meaningful life. In *Radical Rest*, trained nurse and holistic coach Richard Lister, will provide you with a series of simple, effective ways to take responsibility for your own health and wellbeing. Through powerful, practical tools and healing modalities, along with easy yet transformative techniques that you can apply to your every day routine and life, *Radical Rest* will enable you to cultivate a relationship with rest, to help your body heal and more importantly, stay in its optimum operating state. So that you can rest AND get more done.

Author Bio

Rich Lister is a Registered Nurse, a health and feel-better Coach, Master NLP practitioner, Integrated health and rehab specialist and a yoga teacher, yoga nidra practitioner, massage therapist and Ayurveda practitioner. He has worked in the NHS for 15+ years, and still does, most of which in the ER/ED. He suffered a breakdown himself back in 2013 which led him to study alternative health care, and discover that rest is indeed radical, so he now works with his feet firmly in both camps which means he's able to provide a whole-istic approach to health care and wellness. Richard speaks regularly on mental health, meditation, men's issues, and presents radical rest, yoga nidra and medicine for modern times workshops and retreats. This is his first book.

Hardie Grant

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7.8 x 5.1 • 176 pages

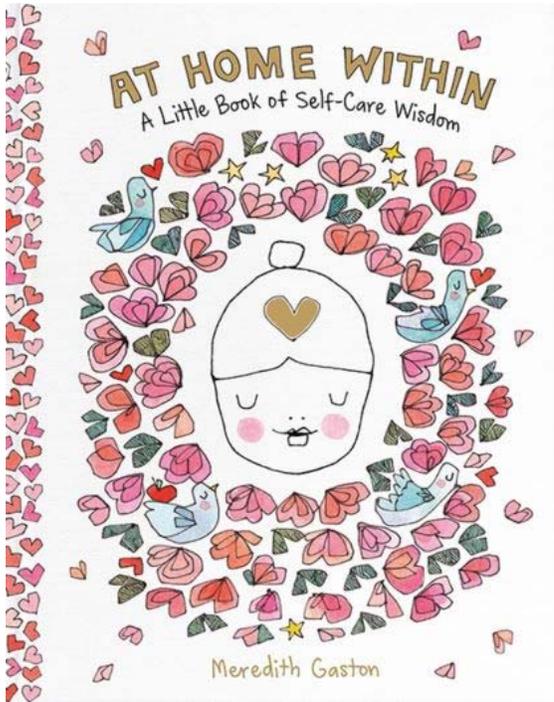
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Self-Help / Stress Mgmt

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Promotion





Hardie Grant

On Sale: Feb 9/21

7 x 5.5 • 144 pages

9781743796887 • \$21.99 • cl

Self-Help / Personal Growth / General

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hardie grant books

At Home Within

A Little Book of Self-Care Wisdom

by Meredith Gaston

Explore pathways to peace, balance and contentment in your daily life with At Home Within.

Feeling at home within ourselves involves caring for ourselves in loving, thoughtful and joyous ways; noticing, honoring and meeting our unique needs. In this beautiful book, acclaimed artist Meredith Gaston will show you how to nurture your inner world with kindness and compassion. The affirmations and inspirations in these ten chapters will assist you to create positive change within. As you change within, your perceptions of the world around you will transform in a positive way too.

At Home Within shows you the small steps you can take on your journey to living your best life.

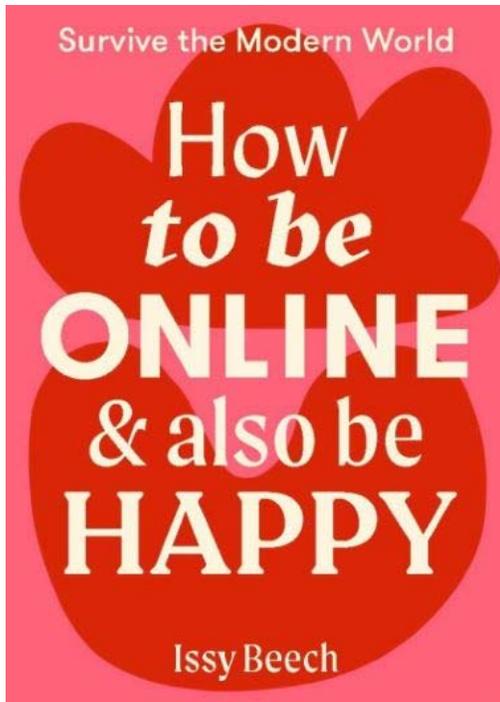
Author Bio

Meredith Gaston is an internationally acclaimed Australian artist, best-selling author and passionate wellness advocate. Meredith's playfully sophisticated signature style and inspirational words bring comfort and joy to many. Her lovingly illustrated books are translated into foreign languages, and her original artworks and limited edition prints collected worldwide. While exhibiting her artwork locally and abroad from a young age, Meredith graduated from the University of Sydney, majoring in Art History and Theory and Gender and Cultural Studies. Having continued her education as an Integrative Nutrition Health Coach, Meredith frequently features in the media and public sphere discussing wellbeing, self-care, mindfulness and creativity in daily life. Meredith lives amongst nature with her beloved husband and spirited poodle. She has recently launched her label 'Love Meredith' - boutique giftware inspired by nature, and devoted to women's wellbeing.



Raincoast Books

Sales Rep



Hardie Grant
 On Sale: Apr 13/21
 7.2 x 5.1 • 144 pages
 9781743796610 • \$21.99 • pb
 Self-Help / Personal Growth / General
 Series: Survive the Modern World

Notes

Promotion



How to Be Online and Also Be Happy

by Issy Beech

How To Be Online and Also Be Happy is your playful guide on how to use the internet in a productive, rewarding, and meaningful way.

Being online can be one of the most fulfilling aspects of our lives. It's where we socialise, where we share, where we find solace, where we date, where we work, and where we play. It's also a source of great discontent. But there's no reason to believe that the internet itself is making us sad. In fact, studies have shown the opposite - that our internet use is making us happier! So then why do we feel this way? Why do we feel dependent, unproductive, anxious, annoyed, lonely, numb? Maybe the internet isn't the problem; maybe it's the way some of us are engaging with it.

How To Be Online and Also Be Happy is here to show you how to cultivating a conscientious and good-feeling relationship with the internet and social media, filled with tips on how to extricate yourself when you need to; advice on how to follow and engage more purposefully; and helpful suggestions on how to use the World Wide Web to ultimately make you happier.

The Survive the Modern World series tackles the big subjects and issues we face today in a fun and digestible way. The tone is frank and chatty, but the content is comprehensive. This series is all about taking action. Read these books to better yourself and the world around you.

Author Bio

Issy Beech is a Melbourne-based freelance writer and editor whose previous roles have included Senior Culture Writer at *VICE*, Editor of Australian and New Zealand *Thump*, Associate Editor at *Three Thousand*, and Editor at Large of independent publication Goodbooks. Issy has extensive experience in creative and production, and is the host of three web series made by *VICE*-*Come Here Often*, *The Comedown Show*, and AHM's *Are You Ready To Be Thirty*. She's a pop culture nerd and lives on the internet-so much so that she acquired a back injury from too much iphoning.





100 Days Happier

by Domonique Bertolucci

100 Days Happier is a collection of inspirational messages and quotes, based on the bestselling book *The Happiness Code* and its Ten Keys, motivating and encouraging the reader to be the best they can be.

Author Bio

Domonique Bertolucci is the best-selling author of *The Happiness Code: 10 Keys to Being the Best You Can Be*, and has a client list that reads like a who's who of CEOs and business identities, award-winning entrepreneurs and celebrities. Passionate about the getting the life you want and loving the life you've got, Domonique's workshops and online courses are attended by people from all walks of life, from all around the world.

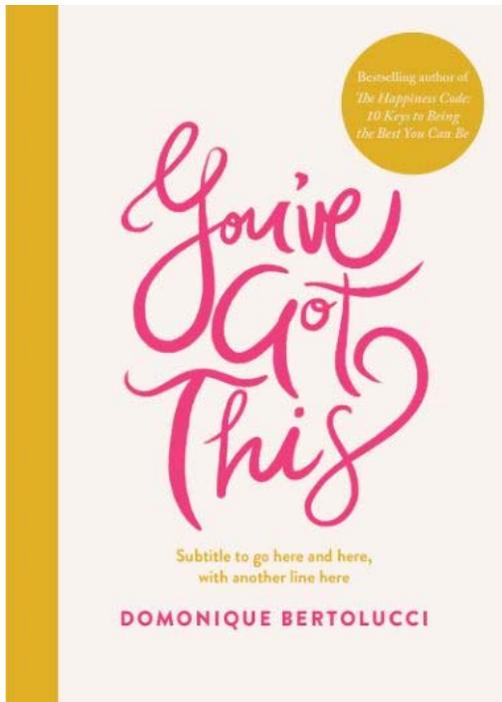
Domonique helps her clients define their personal happiness prescription and then shows them exactly how to make it their reality. More than ten million people have seen, read or heard her advice. Domonique has a global reach, coaching people in Australia, New York, London, Amsterdam, Paris, Toronto, Singapore and Hong Kong. Her weekly newsletter *Love Your Life* has readers in more than sixty countries. When she is not working, Domonique's favorite ways to spend her time are with her husband and two children, reading a good book, and keeping up the great Italian tradition of feeding the people that you love. Her very popular website and blog is www.domoniquebertolucci.com

Hardie Grant
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6.5 x 4.4 • 208 pages
9781743797129 • \$21.99 • cl
Travel / Special Interest / Ecotourism

Notes

Promotion





hardie grant books

You've Got This

by Domonique Bertolucci

You've Got This is a collection of inspirational messages and advice that encourages you to fully enjoy life by worrying less and believing in yourself more.

You've Got This is packed with straightforward and inspiring advice from bestselling author Domonique Bertolucci that encourages us to enjoy life more by being kinder to ourselves. All too often, we find ourselves asking 'why don't I have what others have?' In You've Got This, Domonique refocuses our attention to the things we might already have: a home filled with laughter, a child's love, compassionate friends, good health that lets us live life to the full – there is much to be thankful for. Turning our minds to what we have, rather than what we don't have, brings back the joy of living.

You've Got This shows us how to be generous to ourselves and gain more time and energy to enjoy the things that really do matter. It invites us to make simple changes to the way we think: changes that will leave us feeling more relaxed, calm and confident, instead of stressed and overwhelmed, and over time, make our lives happier.

Author Bio

Domonique Bertolucci is the best-selling author of **The Happiness Code: 10 Keys to Being the Best You Can Be**, and has a client list that reads like a who's who of CEOs and business identities, award-winning entrepreneurs and celebrities. Passionate about the getting the life you want and loving the life you've got, Domonique's workshops and online courses are attended by people from all walks of life, from all around the world.

Domonique helps her clients define their personal happiness prescription and then shows them exactly how to make it their reality. More than ten million people have seen, read or heard her advice. Domonique has a global reach, coaching people in Australia, New York, London, Amsterdam, Paris, Toronto, Singapore and Hong Kong. Her weekly newsletter Love Your Life has readers in more than sixty countries. When she is not working, Domonique's favorite ways to spend her time are with her husband and two children, reading a good book, and keeping up the great Italian tradition of feeding the people that you love. Her very popular website and blog is www.domoniquebertolucci.com

Hardie Grant

On Sale: Feb 9/21

6.5 x 4.4 • 224 pages

9781743796801 • \$21.99 • cl

Self-Help / Personal Growth / General

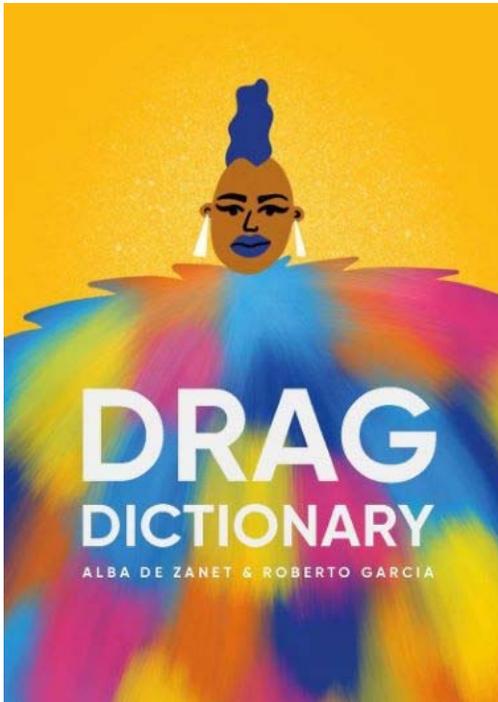
Notes

Promotion



Raincoast Books

Sales Rep



Drag Dictionary

An illustrated glossary of hilarious Queen slang
by Alba De Zanet and Roberto Garcia

'No tea no shade, Judy, but your mug looks pretty badly beaten!'

With RuPaul's Drag Race catapulting drag into the mainstream, queens are well and truly owning the spotlight, and introducing us to their quirky and hilarious slang. But are you struggling to keep up with the lingo? Desperate to 'throw shade' and 'spill the tea' but not quite sure how to work it into a sentence? Well never fear: The Drag Dictionary is here to save you!

Featuring bright, fun illustrations of your best-loved girls, as well as all those classic phrases explained - from 'death drop' to 'squirrel friends', 'tuck' and more - this explains 45 of the best phrases you've been gagging over since the dawn of Lady Bunny. This is a tribute to all things drag, and the amazing artists and superheroes who add sparkle and glitz to our lives

Author Bio

Alba De Zanet is a illustrator and graphic designer based in Switzerland.

Roberto Garcia is the owner of a successful film and video agency, Freshcom. Both have a fascination with the history and evolution of drag.

Hardie Grant

On Sale: Feb 2/21

7.3 x 5.3 • 112 pages

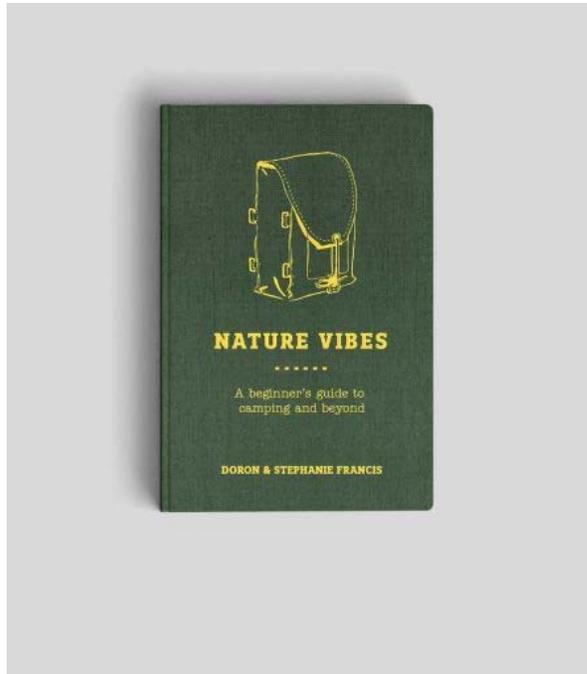
9781784884253 • \$22.00 • cl

Social Science / Gender Studies

Notes

Promotion





hardie grant books

Nature Vibes

A Beginner's Guide to Camping and Beyond

by Doron Francis and Stephanie Francis

A practical guide to inspire you to get out into nature.

Many of us are seeking a more adventurous and centered life, away from modern distractions and stresses. Nature Vibes is a handy, pocket-sized guide packed full of useful tips, activities and fun projects to help you rediscover your natural sense of wonder, develop new skills and ultimately, build resilience.

Learn the basics of camping, what to take, when to go and how to set up. Master chopping wood, making a campfire and cooking in the wild. Develop some basic wilderness skills and gaze up to the heavens and navigate by the stars, the easy way. Discover mindfulness and inner peace with nature's own soundscape, and search for your supper and learn to forage for wild food safely. Use a map and compass to guide your hiking adventure, take part in the world's biggest outdoor treasure hunt, and understand basic first aid and other useful skills that will help you thrive in the wild.

With a wealth of illustrations, Nature Vibes will give you the tools to kick-start your outdoor lifestyle. Suitable for children 10 and up.

Author Bio

Doron and Stephanie Francis launched Homecamp in 2014, an outdoor lifestyle brand that aims to inspire people to get outside and experience nature as much as possible. Homecamp has since built up a legion of loyal followers and customers who want to enjoy the outdoors equipped with products and skills that will last a lifetime. Doron and Stephanie live in Victoria, Australia and go out into nature as often as they can, and feel most at home when on the road. This is their second book for keen campers, following their first book, *Homecamp* (Hardie Grant, 2017)

Hardie Grant

On Sale: Feb 9/21

7.4 x 5 • 240 pages

9781741177213 • \$28.99 • pb

Sports & Recreation / Camping

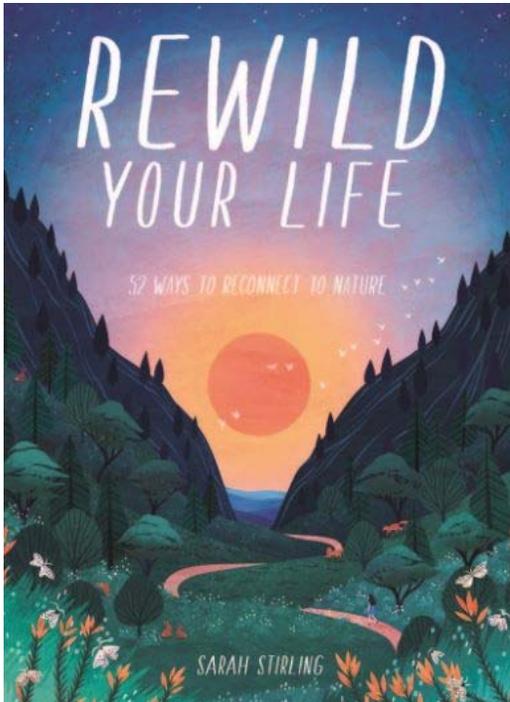
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Raincoast Books

Sales Rep



Hardie Grant

On Sale: Mar 2/21

7.3 x 5.3 • 176 pages

9781784883973 • \$28.99 • cl

Crafts & Hobbies / Nature Crafts

Notes

Promotion



hardie grant books

Rewild Your Life

52 Ways To Reconnect With Nature

by Sarah Stirling

Do you sometimes feel that your life is missing something simple yet fundamental? Would you love to reconnect more with the natural world, get in on the theatre of wildlife and seasons going on outside your window? Do you struggle to find the time to start? You're not alone. Over-attached to technology, cosseted in our homes, the Western world has never been so disconnected. However, increasingly, we are realising that our relationship with nature is the most important thing in our lives, and that it is at stake.

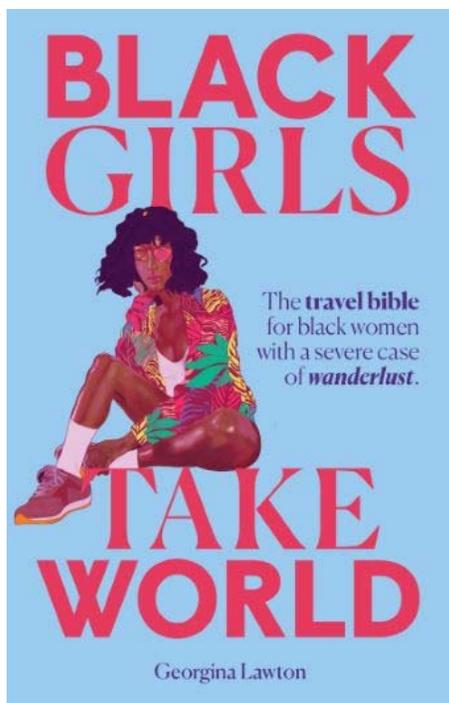
Rewild Your Life will help you to rediscover your instinctive connection to the great outdoors, both in your own gardens and further afield. With 52 projects from bushcraft to generations old craftery, journalist and wild swimming enthusiast Sarah Stirling will show you how reconnecting with the natural world is key to keeping the environment alive, while simultaneously bringing the wonder back into the every day. Becoming more in tune with the environment does not require a lot of time, energy or money and with projects include spoon carving to foraging in the hedgerows, making and mending to forest bathing – this book will help you to focus on the many small ways you can retune your innate human senses that have become blunted by modern life, and really reconnect. Perfect for anyone who wants to get closer to the nature that's all around them, Rewild Your Life will give you an appreciation for nature's seasonal changes as well as improve your overall happiness and wellbeing.

Author Bio

Sarah Stirling has been a full-time outdoor storyteller for 15 years and is an acclaimed magazine writer and editor in her field. She particularly enjoys exploring cultures and landscapes, telling tales of adventure and delving into topical environmental issues. Increasingly, her focus is on illuminating the natural world in order to encourage reconnection to it. For several years, Sarah was Editor of The Outdoor Adventure Guide, a British magazine focusing on everything from bush craft to wildlife watching and family adventure. For the past seven years she has been Assistant Editor of the UK's most widely read outdoor magazine, Summit. Working freelance allows her the freedom to write about the outdoors for a range of other publications, too, such as Lonely Planet books, the Observer, the Telegraph and a wide range of British outdoor magazines.

Sarah lives in a quarryman's cottage in Snowdonia with her husband, Rob. This is her first book.





Hardie Grant
 On Sale: Mar 9/21
 8.5 x 5.4 • 192 pages
 9781741177022 • \$24.99 • cl
 Travel / Special Interest / General
 Series: Girls Guide to the World

Notes

Promotion



hardie grant books

Black Girls Take World

The Travel Bible for Black Women with a Sense of Wanderlust
 by Georgina Lawton, illustrated by Rachelle Baker

A book to inspire wanderlust (or just some fun armchair travel) for young women of color.

Black Girls Take World is the global travel bible for young women of color. Packed full of insider knowledge, travel tips and tricks, plus advice on how to handle the pros and cons of traveling when you stand out, this book is the perfect accompaniment for adventurous women with a serious case of wanderlust.

Chapters include 'Why you deserve to travel' and 'How not to travel like a basic bitch', and there are also recommendations for DNA heritage tours, the top 5s for solo travel, advice on how to travel ethically, plus self-care tips to stay safe and deal with micro-aggressions abroad.

Writer and avid traveler, Georgina Lawton also incorporates her own unique travel experiences, as well as Q&As with other black female travel pioneers. As black travel continues to grow as a collective movement across the world, this book is essential reading for curious travelers seeking both adventure and solace. Features illustrations by Detroit artist Rachelle Baker.

Author Bio

Georgina Lawton is a 27-year-old journalist, speaker, travel writer and former *Guardian Weekend* columnist. She writes about the intersection of travel and identity, as well as ethical, adventure and solo travel, and has been featured in publications such as *The Independent*, *Ref29*, *Stylist*, *Travel + Leisure*, *VICE*, *Suitcase*, and *Time Out London*. Her first book *Raceless* (Sphere), a memoir on family and identity, is released in September 2020. Georgina's love of travel began when she was a child, with holidays across Europe with her family. But at 22, after losing her father, Georgina uncovered more about her black heritage and began travelling on her own, with intention. She travelled to places in which she saw herself reflected (Cuba, Dominican Republic, Nicaragua, Costa Rica) and she travelled to learn more about who she was. Volunteering, immersing herself in Spanish home-stays, embarking upon safaris in South Africa and adventures in the Galapagos Islands, Georgina documented her experiences on her old blog (girlunfurl) and in the mainstream press. Travel for Georgina has always been fun, but it's also been a catalyst for piecing together a personal identity, and healing and restoring herself.

Rachelle Baker is a multi-disciplinary artist from Detroit, MI, who works across





The Art of Being a Tourist at Home

Satisfy Your Wanderlust Without Leaving Your Home City or Town

by Jenny Herbert

A thoughtful book that celebrates 'staycations' at a time when the world is grappling with the future of travel.

In *The Art of Being a Tourist at Home*, Jenny Herbert takes us on a journey through our neighborhood streets and our local parks, through museums and libraries, art galleries and bookshops. There's wonder to be found in the theatre and music-making all around us, vibrancy in fresh-food markets, new friends to meet through hobbies and clubs, and so many lifetime learning opportunities to be had - all without the stress involved in planning a holiday.

After all, why do we travel in the first place? It's an urgent question in these days of climate crisis and global instability. Staying closer to home makes good sense: it's cheaper, easier, less stressful and better for our health as well as the health of the planet. But Jenny doesn't suggest that we should abandon all future travel plans. Instead, she shows travelers of all kinds how we can still harness the spirit of travel through the art of the 'staycation'.

With beautiful illustrations throughout, *The Art of Being a Tourist* demonstrates that travelling at home offers the greatest potential for us to discover what contributes to our wellbeing and our happiness.

Author Bio

With over 20 years working in the tourism industry, and as a keen traveler herself, Jenny Herbert knows tourism from both sides. Her 2008 book *The Intelligent Traveller* was a guide to travelling well, how we might distinguish real travel from 'McTourism', and how we need to be respectful and responsible travelers. Much about world tourism has changed since 2008 and Jenny recognizes the need to revisit the reasons why we travel, and the urgency to consider alternatives, without foregoing wonder, excitement and adventure. With a PhD in writing behind her, Jenny has turned her attention to demonstrating that much of what drives wanderlust can be satisfied right here at home. And without costing the earth.

Hardie Grant

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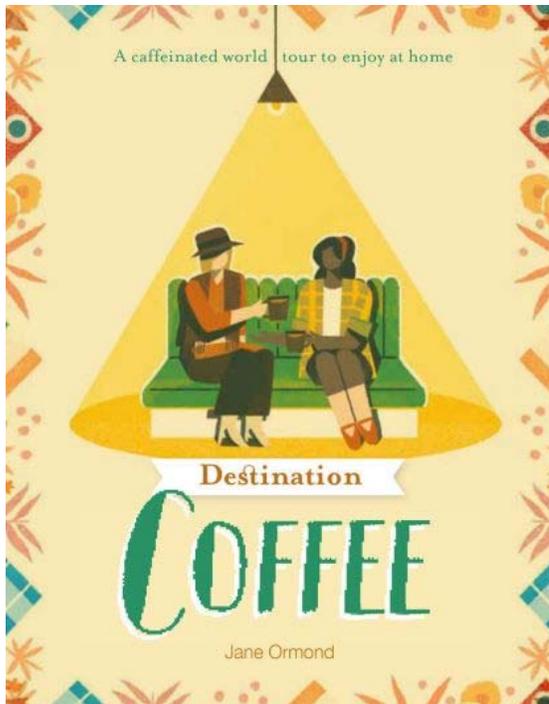
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Travel / Special Interest / Ecotourism

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Promotion





Destination Coffee

A Little Book for Coffee Lovers

by Jane Ormond, illustrated by Wenjia Tang

A gorgeous gift book or self-purchase for coffee lovers.

Have you ever planned a trip with a friend and watched them sniff out the best cafes first, and the accommodation second? A caffeinated gourmand who loves to explore new scenes and try new flavors? *Destination Coffee* is a book for the coffee and travel lover. It showcases the world's greatest coffee cities, from Portland to Trieste, Melbourne to Rome, and uncovers coffee-drinking histories from around the world. It will guide you to the best cafe enclaves and help you to choose what to drink when you get there.

Beautifully illustrated, *Destination Coffee* is a gift book that percolates with information on coffee styles and equipment, and includes insights from baristas and cafe latte artists on coffee's unshakeable place in popular culture, and why we're so completely obsessed with this mystical brew. Illustrations by Manhattan-based artist Wenjia Tang.

Author Bio

Jane Ormond is an Australian food and travel writer who lives in one of the world's best coffee cities-Melbourne-and is thankful for it every day. She has written for *Lonely Planet*, *Jetstar's* and *Icelandair's* in-flight magazine, as well as *Luxury Travel Magazine*, *Gourmet Traveller*, *The Age Good Food Guide*, *The Age Good Cafe Guide* and *Cheap Eats*. Jane loves nothing more than stumbling across a good local cafe in an unexpected place.

Wenjia Tang was born in China, and moved to the US when she was 15. She graduated from MICA (Maryland Institute College of Art) in 2017 and now lives in New York. She describes herself as an animal lover, and her previous work includes creating all the artwork for the educational app *Mammals*. Wenjia's artistic style is influenced by printmaking. Her work can be found on her website wenjiatang.com and her Instagram [@wtangart](https://www.instagram.com/wtangart).

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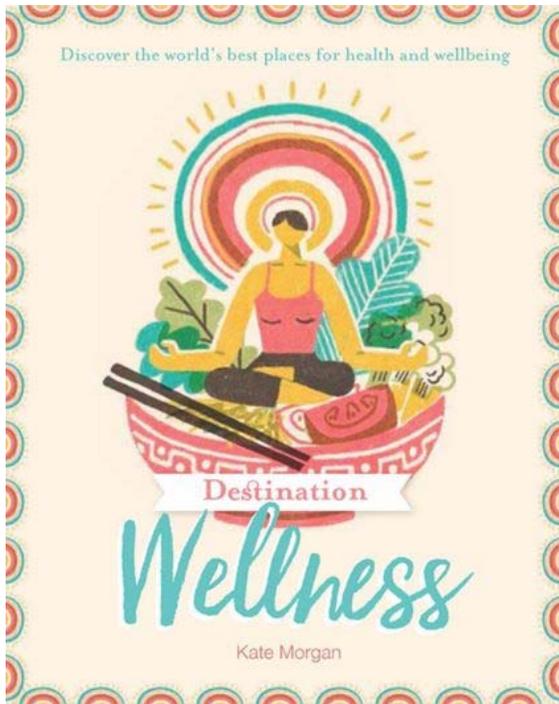
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Series: Destination series

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Promotion





hardie grant books

Destination Wellness

A Little Book for Those Who Want to Relax and Reset
by Kate Morgan, illustrated by Wenjia Tang

A gorgeous gift book or self-purchase to inspire your next wellness escape.

Destination Wellness offers ideas and inspiration for reducing your stress and finding your zen, listing travel destinations where you can do just that, from week-long meditation retreats and intensive creative workshops to luxury day spas and Ayurvedic health centers. Across the modern world, many of us are feeling the urge to get away from it all, take time out from the chaos of everyday life and reset. Smart phones and devices, endless meetings, work, appointments, children, pets and chores dominate our days, and stress is becoming an increasing health issue. It's time to put yourself first, indulge, detox, relax and find some inner calm.

With stunning illustrations and tips on health and wellness, Destination Wellness will help you to start relaxing with a bit of armchair travel before you've even set off on your trip to a better you. Illustrations by Manhattan-based artist Wenjia Tang.

Author Bio

Kate Morgan is a freelance travel writer and editor based in Geelong, Australia. She has traveled to and written about destinations all over the globe from Kyoto, Zimbabwe and Amsterdam, to Phuket and India. Kate has also had the grueling task of receiving facials and body scrubs in luxury day spas, and has indulged in massages and meditative yoga in wellness retreats, all in the name of research. She has worked in-house at Lonely Planet as a commissioning editor, and also written for various travel guidebooks, online and in magazines for companies such as Lonely Planet, BBC Travel, Conde Nast Traveler, Broadsheet Media, Waitrose Magazine in the UK and Tourism Australia.

Wenjia Tang was born in China, and moved to the US when she was 15. She graduated from MICA (Maryland Institute College of Art) in 2017 and now lives in New York. She describes herself as an animal lover, and her previous work includes creating all the artwork for the educational app Mammals. Wenjia's artistic style is influenced by printmaking. Her work can be found on her website wenjiatang.com and her Instagram [@wtangart](https://www.instagram.com/wtangart).

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