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BOOKS

# Hardie Grant Books

Spring 2022



# About Us

Hardie Grant Books is an independent, global publisher of non-fiction. With offices in Melbourne, Sydney, London and San Francisco, our books are sold all over the world.

We make beautiful books across a range of subjects including food and drink, humor, design, popular culture, and travel—working with the best authors to create award-winning books that tell a story and reflect the way we live.

To find out more, visit [hardiegrantbooks.com](http://hardiegrantbooks.com)

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# Hardie Grant Books

Spring 2022

*Hardie Grant*

PUBLISHING

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# Food & Drink



draft

# The Miller's Daughter

Unusual Flours &  
Heritage Grains: Stories  
and Recipes from  
Hayden Flour Mills  
Emma Zimmerman

April 2022

ISBN 9781743797105

CKB098000

\$29.99 | Hardcover

224 pages | 7.5 x 9.8 in

Full color photography  
throughout

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**The very true story of how author Emma Zimmerman restarted Arizona's historic Hayden Flour Mills.**

*The Miller's Daughter* is a cookbook at the forefront of America's heritage grain movement, with 80 glorious recipes and beautiful, candid stories that celebrate community, agriculture, sustainability, and the place of grains at every table.

Emma Zimmerman, with her father, Jeff, is a rebel and a dreamer on the outskirts of rural Phoenix. In a country overrun by corporate, homogenized grain farming, the daughter-father team are champions of rare and near-extinct varieties of ancient grains.

In *The Miller's Daughter*, Emma shares her stories of entrepreneurship and personal growth alongside stunning documentary photography. Her insights show readers how grains can and should be used to elevate our meals every day.

This is the true and captivating story of a mill restarted, of near-extinct grains rescued, and a whole host of nourishing dishes created and enjoyed along the way.

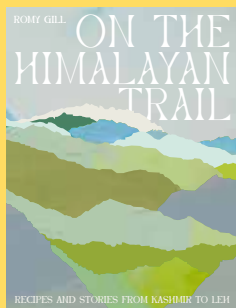
**Emma Zimmerman** co-founded Hayden Flour Mills in Arizona, USA, with her father, Jeff Zimmerman, in 2011. Today, Hayden Flour Mills grows multiple different heritage and ancient grains. Hayden Flour Mills' products have a loyal following and are available in 500+ retail stores including Whole Foods Markets and Eataly. Their flours have also been featured in *Martha Stewart Living*, *Eating Well*, *Saveur*, *Bon Appetit*, and *Marie Claire*.

- *The Miller's Daughter* taps into the global heritage grain renaissance and the growing awareness of their wide adaptability and cooking potential.
- The recipes are creative, delicious, and offer a new way of thinking about grains. They are also cookable, simple, and use easy to find ingredients (wherever you are).
- Hayden Flour Mills supplies specialty flours to restaurants across America. As well as selling to chefs, they have created a line of accessible heritage grain retail products.

ISBN: 978-174379710-5







draft

# On the Himalayan Trail

Recipes and Stories  
from Kashmir to Leh  
Romy Gill

April 2022

ISBN 9781784884406

CKB044000

\$42.00 | Hardcover

272 pages | 7.5 × 9.8 in

Full color photography  
throughout

In *On the Himalayan Trail* Indian food writer and chef Romy Gill tells the story of Kashmir's unique and tantalizing cuisine, sharing over 80 extraordinary recipes that can be re-created in your own home kitchen.

From succulent meat curries like the *Dahiwala Korma* (chicken cooked in yogurt and saffron gravy) or *Gosht Durbari* (goat cooked in a thick onion sauce), to aromatic vegetable dishes such as the *Kanguch Yakhni* (morels cooked in spicy gravy), these recipes shine a light on the magnificent, little-known cuisine of Kashmir, celebrating its land, its ingredients, and its heritage. Heavily influenced by Mughal, Persian, Afghan, and Central Asian styles of cooking, Kashmiri Cuisine offers up a diverse range of dishes reveling in a fusion of flavors and influences.

Set against the backdrop of the snow-capped Himalayas, with stunning travel photography throughout, this first-of-its-kind book offers an intimate window into the life and the history of the Kashmiri people, and why food is at the heart of this incredible place.

**Romy Gill** is a British/Indian chef, food writer, author, and broadcaster. In 2016 she was appointed an MBE in the Queen's 90th birthday honors list. Author of *ZAICA: Vegan recipes from India* (one of the *Observer's* 20 Best Food Books of 2019), she regularly appears on TV and contributes to national and international publications, including *The New York Times*. Romy was invited to speak at the MAD Symposium in 2018 and recently was invited to cook at the prestigious James Beard Foundation in New York.

- Romy Gill is a well-respected name in the industry and is one of the leading voices of Indian food.
- An intimate window into one of the most remarkable places in the world, showcasing its food, people, and history.
- This book aims to evoke the true spirit of Kashmir and to unlock the mystery surrounding Indian ingredients and flavors.
- Location photography by Indian photographer Poras Chaudhary, who shoots for *The New York Times*.

ISBN 978-1-78488-440-6







draft

# Kin Thai

Modern Thai Recipes  
to Cook at Home  
**John Chantarasak**

**May 2022**

ISBN 9781784884802

CKB083000

\$35.00 | Hardcover

224 pages | 7.5 × 9.8 in

Full color photography and  
illustrations throughout

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**Accessible, modern, and classic Thai recipes with a flexible edge from one of London's leading chefs.**

*Kin Thai* translates as “Eat Thai” and is a collection of 80 delicious recipes that shine a light on lesser known Thai cuisine as well as more popular Thai food classics.

Chapters are structured by type of dish, from snacks and relishes to curries, stir-fries, and salads, so you can easily find your favorites—from Roast Duck and Lychee Red Curry (*gaeng daeng bpet*) and Langoustine and Rhubarb Hot and Sour Soup (*dtom yum goong*) to Red Fire Greens with Yellow Soybean Sauce (*pak kheo fai daeng*) and Assorted Flavor One-bite Royal Snack (*miang kham*).

As well as using ingredients native to Thailand, John explores the origins of the western ingredients, explaining their place in Thai cuisine, and how the competent home cook can use them to achieve Asian flavors.

**John Chantarasak** is a half-Thai, half-British chef, based in London. After training at Le Cordon Bleu in Bangkok, John worked in the kitchens of David Thompson, whose restaurant Nahm is one of the most highly regarded Thai restaurants in the world. His reputation has grown through numerous sell-out pop-ups and residencies across the UK, Europe, North America, and SE Asia.

- Having grown up in the UK with his Thai family, and then subsequently living and working in Thailand, John has a strong understanding of what ingredients we can all realistically get our hands on and creates recipes that people can confidently cook.
- John has been listed in *Thailand Tatler's* “The Future List 2021” that recognizes 100 of the brightest Thai people who are destined to change Thailand for the better.

ISBN 978-1-78488-480-2









draft

# Lanka Food

Serendipity & Spice  
**O Tama Carey**

**April 2022**

ISBN 9781743797259

CKB044000

\$40.00 | Hardcover

288 pages | 7.9 x 10 in

Full color photography and  
illustrations throughout

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**Master and marvel at the enthralling, multi-layered food of Sri Lanka.**

*Lanka Food* is a comprehensive guide to Sri Lankan cooking from acclaimed Sydney chef and restaurateur O Tama Carey.

Sitting on the edge of the Indian Ocean, just below India, is a tiny teardrop-shaped island called Sri Lanka. It is a country full of contradictions, and the food is equally hard to pin down.

In *Lanka Food*, O Tama Carey brings her knowledge together with recipes that demystify vegetable-dominant curries, hoppers, and the full range of spices and curry powders that enliven Sri Lankan dishes.

With stunning photography and essays that further contextualize the cuisine, this cookbook is a guide for people wanting a deeper understanding of the culture and the central place of food in it, and serves as a wonderful starting point for cooking and sharing Sri Lankan feasts with friends and family at home.

**O Tama Carey** first learnt to cook the food of her Sri Lankan heritage at her mother's and grandmother's sides. In 2018 she opened Lankan Filling Station, her first solo venture, in Sydney's inner city Darlinghurst. It's here that she spends most of her time pounding spices, working the floor and communicating the flavors of her Sri Lankan heritage.

- *Lanka Food* looks in-depth at Sri Lankan food, the building blocks of the cuisine and culture, and how it has evolved.
- Sri Lankan cuisine is distinct and delicious, inclusive of non-native ingredients, and, while often compared to Indian food, there is so much more to it.
- The recipes are varied and delicious, and include some step-by-step instructions, as well as advice on how to put together a meal.
- O Tama Carey is widely respected as a chef in Australia, and the quick success of her restaurant Lankan Filling Station makes her a go-to expert on the food of Sri Lanka.

ISBN: 978-1743797259





**FRAGRANT  
SPICE MIX**

**MAKES APPROXIMATELY 190 G  
(1/2 OZ)**

This spice mix has a hint of chili but it's not overpowering, so it's balanced enough to use with quite a heavy hand, either as a coating or as a curry powder. Use it to roast a piece of fish before pan-frying or rub it over meat before grilling or roasting. Alternatively, you can use it quite liberally as the base of a potato or fish curry. The spices do need to be ground properly so the beauty of this mix is the differing textures.

- 70 g (2½ oz) coriander seeds
- 35 g (1½ oz) fennel seeds
- 22 g (¾ oz) cumin seeds
- 22 g (¾ oz) fennel seeds
- 22 g (¾ oz) tips removed, dried white chilies
- 15 g (½ oz) black papagercorns
- 10 g (⅓ oz) salt flakes
- 20 g (¾ oz) chili powder

Place a wide shallow frying pan over a medium-high heat, add the coriander seeds and roast gently, tossing regularly for even cooking. After about 2 minutes, reduce the heat and keep roasting for another 4–5 minutes until the seeds start to darken and the aroma becomes stronger. Tip them into a bowl.

Add the fennel seeds and roast in the same way for a total of 3–4 minutes. Tip into a separate bowl.

Repeat with the cumin seeds and tip into a third bowl. Leave all the seeds to cool completely.

Now to the grinding.

Grind the coriander seeds until they are broken down but still quite coarse.

Grind the fennel seeds and white chilies until they are semi-coarse.

Grind the cumin seeds, papagercorns and salt to a fine powder.

Combine all the ground spices with the chili powder, and store in an airtight container.

**PEPPER SPICE MIX**

**MAKES APPROXIMATELY 190 G  
(5 OZ)**

This simple little mix makes a great seasoning for finished dishes (and is also very good on hot chips). It's a handy way to taste different types of pepper and use the contrasting yet complementary way they work together. Use it whenever you would normally add salt and pepper for a little extra flavor. It has a hint of heat, similar to what you would expect from a good grinding of pepper.

- 25 g (1 oz) black papagercorns
- 20 g (¾ oz) white papagercorns
- 15 g (½ oz) long black pepper
- 15 g (½ oz) coriander seeds
- 10 g (⅓ oz) fennel seeds
- 5 g (⅓ oz) cinnamon quill, roughly crushed
- 20 g (1 oz) salt flakes

Place a wide shallow frying pan over a medium-high heat, add all these types of pepper and the coriander and fennel seeds and roast gently, tossing regularly for even cooking. After about 2 minutes, reduce the heat and keep roasting for another 2–3 minutes until the spices release a lovely strong aroma.

Add the cinnamon and roast for another minute, then tip the spice mix into a bowl and allow to cool completely.

Add the salt to the spices and grind to a slightly coarse texture. Store in an airtight container.

**SEENT SAMBOL  
SPICE MIX**

**MAKES APPROXIMATELY 21 G  
(⅓ OZ)**

As the name suggests, this spice mix is specifically for making seent sambol (see page) but it works well as a fragrant seasoning for meats before grilling. It has a good

hint, but is not too hot. None of the ingredients need roasting so it's very quick to put together.

- 2 g (⅓ oz) chili powder
- 2 g (⅓ oz) salt flakes
- 2 g (⅓ oz) cinnamon quill, roughly crushed
- 3 g (½ oz) cardamom seeds
- 3 g (½ oz) black papagercorns
- 1 g (⅓ oz) whole clove (go a little under rather than over with this measure if needed)

Combine all the ingredients and grind to a fine powder. Store in an airtight container.

**SWEET SPICE MIX**

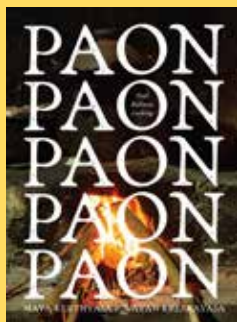
**MAKES APPROXIMATELY 16 G  
(1/2 OZ)**

This all-purpose mix can be used in the base of any sweet recipe that requires a little spiciness, particularly outside or poached fruit. It has quite a gentle flavor so the spices are unobtrusive, making it appropriate for desserts, but the pepper does give a little heat. The salt is good for balancing out overly sweet flavors.

- 4 g (½ oz) salt flakes
- 2 g (⅓ oz) white papagercorns
- 2 g (⅓ oz) star anise
- 2 g (⅓ oz) cinnamon quill, roughly crushed
- 2 g (⅓ oz) freshly grated nutmeg
- 2 g (⅓ oz) cardamom seeds
- 2 g (⅓ oz) whole cloves (go a little under rather than over with this measure if needed)

Combine all the spices and grind to a fine powder. Store in an airtight container.





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## Paon

Real Balinese Cooking  
**Tjok Maya Kerthyasa  
and I Wayan Kresna Yasa**

**May 2022**

ISBN 9781743797532

CKB124000

\$40.00 | Hardcover

288 pages | 7.5 × 10.2 in

Full color photography  
throughout

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**Direct from the traditional home kitchens of Bali,  
*Paon* is a showcase of true Balinese food and recipes.**

Sharing more than 80 dishes alongside essays and beautiful photography capturing life, culture and food from across this widely beloved island, Balinese locals Tjok Maya Kerthyasa and I Wayan Kresna Yasa shine a light on the depth and diversity of Balinese cuisine, with insight into food and worship, sacred fare, and zero-waste cooking.

Journey through rice fields, food forests, coastal towns and bustling markets in six chapters: Foundations; From the Fields; From the Land; From the Sea; From the Pasar; and Rare and Ceremonial.

With dishes ranging from elaborate ceremonial cuisine such as Bebek Betutu (Ubud-style smoked duck) to dishes that rely only on the simplest ingredients enjoyed at their unadorned best, such as Be Panggang (grilled spiced snapper), *Paon* reveals a largely untold story of the island. This is an essential cookbook for lovers of Indonesian food and culture.

**Tjok Maya Kerthyasa** has hosted culinary-based events, starred in an Indonesian food-based web series called Masakan Rumah, and has spoken about Balinese cooking for various media platforms.

**I Wayan Kresna Yasa** trained and worked in the US for six years, cooking at the likes of Acadia in Chicago and New York's Blue Hill Stone Barns.

Both cooks work for Indonesian lifestyle and hospitality group Potato Head, creating culinary tours for visiting chefs with Room4Dessert's Will Goldfarb.

- The goal of *Paon* is to show the depth and breadth of the cuisine—and for readers to feel empowered to cook the recipes at home.
- Maya and Wayan were raised in homes with traditional kitchens and are well placed to explore the universe of micro-cuisines between and around their two villages.

ISBN: 978-1743797532







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# One-Pot Vegan

Easy Vegan Meals  
in Just One Pot  
**Sabrina Fauda-Rôle**

**February 2022**

ISBN 9781784884833

CKB125000

\$19.99 | Paperback with flaps

192 pages | 8.1 × 8.7 in

Full color photography  
throughout

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**Bringing together classic dishes and fresh recipe ideas, *One-Pot Vegan* teaches you how to 80 vegan one-pot meals.**

From weeknight essentials to gatherings and celebrations, there's something for every occasion. Start your day with Banana and Almond Pancakes, try your hand at a speedy Gnocchi and Spinach Pasta, ready in just 15 minutes, and cook up a rather impressive Dried Tomato Risotto. Filled with inspiration for simple, healthy, delicious vegan meals, *One-Pot Vegan* contains a wide variety of ingenious recipes, perfect for any night of the week.

If you are time-poor, stuck in a food rut, or simply hate doing the dishes, *One-Pot Vegan* is the book for you.

**Sabrina Fauda-Rôle** is an author and a food stylist. She is also the author of *Cookies in a Pan*, *Crumbles*, *One-Pot Pasta*, and *One-Pot Vegetarian*.

- Over 80 recipes that are all super-straightforward and guarantee you a delicious vegan meal in record time—some from pot to plate in as little as 10 minutes.
- Fuss-free, weeknight dishes with minimal cleaning up.
- Veganism is no longer just a trend—it has officially entered the mainstream, with commercial supermarkets and health authorities alike prioritizing balanced vegan meals as the go-to diet.
- *One-Pot Vegetarian* has sold over 17,000 copies to date in North America.



**Also available**  
**One-Pot Vegetarian**  
9781784882570  
\$19.99 | 2019



**Also available**  
**One-Pot Pasta**  
9781784880576  
\$11.99 | 2016

ISBN 978-1-78488-483-3



beans and pulses

## HARICOT BEANS IN TOMATO SAUCE

Preparation: 10 minutes + overnight soaking  
Cooking time: 1 hr 15 mins

64



serves 4

250 g (9 oz) haricot beans soaked overnight  
in a large quantity of cold water  
200 g (7 oz) tinned chopped tomatoes  
1 onion, thinly sliced  
1 garlic clove, thinly sliced  
1 tablespoon wholegrain mustard  
2 tablespoons olive oil

200 g (7 oz) sun-dried tomatoes  
1 tablespoon oregano  
12 sage leaves  
2 bay leaves  
1 (3.4 fl oz/1 cup) water  
1 pinch of salt  
26 cm (10 in) casserole dish



65

method

Put the drained haricot beans in the casserole dish with all the other ingredients.  
Cook over a low heat for about 1 hr 15 mins. Serve hot.

stews

## SWEET POTATO CURRY

Preparation: 10 minutes  
Cooking time: 30 minutes

78



serves 4

250 g (9 oz) sweet potato, peeled  
and cut into large cubes  
500 g (1 lb 2 oz) potatoes, peeled  
and cut into large cubes  
1 yellow pepper, cut into large strips  
1 green chilli, cut into rounds  
1 onion, thinly sliced  
1 garlic clove, chopped  
2 cm (¾ in) ginger, peeled and chopped  
1 lemongrass stalk, split in half

1 tablespoon yellow curry paste  
400 ml (1 ⅓ fl oz/generous ⅔ cups) coconut milk  
500 ml (1 ⅔ fl oz/2 cups) water  
1 pinch of coarse salt  
1 bunch of coriander (cilantro), to serve  
20 g (¾ oz) coconut flakes, to serve  
26 cm (10 in) sauté pan

method

Put all the ingredients in the casserole dish except for the coriander and coconut flakes.  
Bring to a boil then simmer over a low heat for 30 minutes.  
Serve with the fresh coriander and coconut flakes.

79





# Mabu Mabu

An Australian Kitchen  
Cookbook  
Nornie Bero

March 2022

ISBN 9781743797280

CKB097000

\$35.00 | Hardcover

224 pages | 6.8 × 9.7 in

Full color photography  
throughout

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## Australian Indigenous ingredients and recipes for the modern cook.

In *Mabu Mabu*, charismatic First Nations chef Nornie Bero champions the tastes of native flavors in everyday cooking by unlocking the secrets of Australian herbs, spices, vegetables and fruits.

Nornie grew up on the island of Mer in the Torres Strait, and her home now are her restaurants Mabu Mabu and Big Esso, renowned in Melbourne and beyond for their innovative and delicious Australian Indigenous food.

*Mabu Mabu*—which means help yourself—reflects Nornie's approach to cooking: simple, accessible, delicious, and colorful! Her pantry (explored in a comprehensive glossary of native ingredients) includes seeds, succulents, nuts, plants and herbs, and her recipes range from Pumpkin and Wattleseed dampers (for which she is known) to Kangaroo Tail Bourguignon, Saltbush Butter, Quandong Relish, Pickled Karkalla and Pulled Wild Boar.

Nornie also shares her knowledge of foraging, sourcing, and substitutions, as well as the story of her formative years foraging, fishing, and cooking alongside her beloved father on Mer.

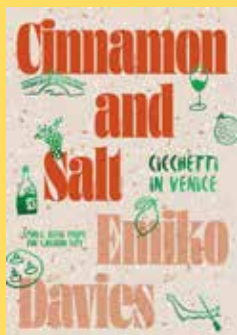
**Nornie Bero** is a chef and business owner of Mabu Mabu and Big Esso in Melbourne. Originally from Mer Island in the Torres Strait, Nornie has been a professional chef for more than 20 years, working in Melbourne and London. Her style of cooking is all about generosity and flavor. She has been creating dishes using native ingredients for much of her career.

- *Mabu Mabu* taps into the growing desire to better understand First Nations cultures.
- The title means 'help yourself' in author Nornie Bero's Meriam language, and that sums up the book's ethos.
- As well as more than 50 recipes, the book includes a glossary explaining the flavor profiles of ingredients so that cooks can learn to experiment themselves. And, crucially, advice on sourcing—which is increasingly easy online.

ISBN: 978-1743797280







# Cinnamon and Salt: Cicchetti in Venice

May 2022  
ISBN 9781743797310  
CKB047000  
\$29.99 | Hardcover  
240 pages | 6.8 × 9.7 in  
Full color photography  
throughout

Small Bites from the  
Lagoon City  
**Emiko Davies**

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**Explore Venice and its distinctive cicchetti via this collection of recipes, stories, and photographs.**

*Cinnamon and Salt* invites you to tour beautiful Venice through its beloved cicchetti.

Cicchetti (pronounced chi-ke-tee) are little morsels; think of them as appetizers, aperitivo, hors d'oeuvres or, if you absolutely must, as Spanish tapas—but cicchetti are undeniably, distinctly Venetian and a delicious nod to Venice's casual way of life.

In *Cinnamon and Salt*, Italy-based food writer Emiko Davies delves into the rich multicultural history of Venice and its unique cuisine, sharing more than 60 classic and modern recipes, from fried to sweet and from small plates to drinks.

Try Sweet and Sour Radicchio, or Mackerel, Walnuts and Black Olive Pâté. Indulge in Venetian Soft-Shell Crab before moving on to Rose Petal Jam. You'll even find recipes for a spritz, a bellini, and a thick hot chocolate, and be let in on the secrets to creating your own authentic cicchetti.

**Emiko Davies** lives and writes in Florence with her husband and two daughters. She continues to write about regional Italian food and travel on her blog, as well as for publications such as *Gourmet Traveller*, *Condé Nast Traveler*, Food52, and Italian newspaper *Corriere della Sera*.

- *Cinnamon and Salt* showcases a distinctive element of Venetian cuisine—the little-known cicchetti.
- Venice and its cuisine have a rich, deep history, which is widely beloved and is explored through recipes and stories.
- Emiko is the author of four other cookbooks inspired by her adopted country: *Florentine*, *Acquacotta*, *Tortellini at Midnight*, and *Torta della Nonna*.
- Emiko has 69.5k followers on Instagram. She is a go-to expert on the food of Italy and was recently named one of the 50 most powerful women in food by Italy's leading newspaper, *Corriere della Sera*.



**Also available**  
**Florentine**  
9781743796764  
\$29.99 | 2020



**Also available**  
**Torta della Nonna**  
9781743796849  
\$24.99 | 2021

ISBN: 978-1743797310









draft

# The Amalfi Coast

A Collection of  
Italian Recipes  
**Katie Caldesi and  
Giancarlo Caldesi**

**May 2022**  
ISBN 9781784885021  
CKB047000  
\$23.99 | Hardcover  
272 pages | 7 × 8.7 in  
Full color photography  
throughout

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**Over 100 delicious recipes and stunning photographs  
from Italy's picturesque Amalfi coast.**

The Amalfi coast is one of Italy's magical spots: a sun-drenched land that looks like a glamorous film set, bursting with lemon trees, breathtaking scenery, and food fit for a king.

Join Katie Caldesi and her husband Giancarlo in *The Amalfi Coast* as they tackle the daring driving, precariously perched restaurants and hidden back alleys in search of the food that defines the area. From Positano to Ravello, be inspired by Katie's recipes, as well as the quirky locals she meets along the way. Feast on crispy pizza garnished with clouds of creamy mozzarella and fresh basil, delicious pastas drenched with tomato sauce and fresh seafood, and homemade tarts that taste like they're straight out of nonna's kitchen.

Illustrated with stunning photographs that capture the elegance and glamour of this favorite destination, this cookbook is a glorious and decadent celebration of the Amalfi coast.

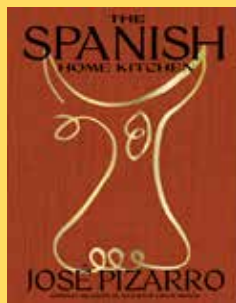
Owners of London's Caffé Caldesi, Caldesi in Campagna in Bray, and the Marylebone La Cucina Caldesi cooking school, **Katie and Giancarlo Caldesi** have a passion for Italian food. They have taught alongside some of the biggest names in Italian cuisine, including Gennaro Contaldo, Ursula Ferrigno, and Valentina Harris.

- Compact edition of *The Amalfi Coast*, which was published in 2013.
- From breakfast to cocktail hour, there's a recipe to suit every occasion.
- The Amalfi coast is one of the most popular vacation destinations in Italy.

ISBN 978-1-78488-502-1







# The Spanish Home Kitchen

The Spanish Home Kitchen: Simple, Seasonal Recipes from Spain  
**José Pizarro**

**May 2022**  
ISBN 9781784884475  
CKB080000  
\$42.00 | Hardcover  
256 pages | 7.5 x 9.8 in  
Full color photography throughout

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**A collection of simple but stunning recipes from José Pizarro's home kitchen in Extremadura, Spain.**

José Pizarro grew up in central-western Spain, in the tiny village of Talaván. His family had been farmers for generations and he spent his childhood on his parents' farm, helping his father produce vegetables, dairy products, and different meats. Life in this small village centered on dinner, with great recipes passed from generation to generation through his grandmother, to his mother, and now him.

In *The Spanish Home Kitchen*, José Pizarro travels back to his mother's house to draw inspiration from the flavors he grew up with, and shares over 70 of his favorite recipes, which he has gathered from all over Spain. From nostalgic childhood dishes that his mother fed the family to more modern recipes with an inventive twist, there's a recipe here for everyone.

**José Pizarro** is an award-winning chef and best-selling author. He worked at El Meson de Doña Filo in Madrid before coming to London. He runs the successful tapas and sherry bar José and restaurant Pizarro as well as restaurant José Pizarro, at the royal academy of arts in London, and The Swan in Surrey. This is his fifth cookbook.

- Easy, accessible recipes the whole family will love.
- Authentic, generation-spanning dishes.
- Location photography of author's home and family.



**Also available**  
**Basque**  
9781784883683  
\$22.99 | 2021

ISBN 978-1-78488-447-5



5 4 2 0 0

9 781784 884475

SERVES 4

1 HOUR PLUS MARINATING



## Zorongollo

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### INGREDIENTS

3 giant red peppers  
2 large ripe tomatoes  
3 cloves garlic in their paper  
1 small red onion, finely sliced  
Olive oil to drizzle  
Sherry vinegar  
2 serrano ham thighs, leaves striped

### TO SERVE

2 free-range eggs  
hard-boiled, sliced  
6-8 anchovies (optional)  
Thin capers  
4 pieces of toast from fresh crusty bread  
Sherry vinegar  
Extra virgin olive oil to drizzle

Heat the oven to 200°C. Fan 200°C. Put the peppers, tomatoes and garlic on a baking sheet and rub all over with oil and season well. Roast for 45 minutes until they are softened and well roasted. Put into a bowl and cover with cling film and leave until cold. Remove all the skins, keep the juice of peppers for the marinade. Put the tomato flesh and garlic in a pestle and mortar and crush. Toss the pepper into long strips. Toss the tomatoes and peppers together with the juices from the peppers, the onion and the sherry leaves. Add the sherry vinegar and allow it to sit overnight in a cool place.

The next day serve the Zorongollo with sliced hard-boiled egg, torn anchovies and a scattering of capers on fresh toast. Drizzle with a little sherry vinegar and extra virgin olive oil and serve.



112

THE SPANISH HOME KITCHEN

MEAT

113

SERVES 8-10

2 HOURS BUT AT LEAST A MONTH TO ALLOW THE CHERRIES TO SOAK IN THE SYRUP



## Cherries in Aguardiente Syrup with Pistachio Ice Cream

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### INGREDIENTS

600g ripe cherries  
250g aguardiente  
200ml water  
150ml aguardiente

### FOR THE ICE CREAM

200g shelled pistachios  
600ml whole milk  
150g water sugar  
6 free-range egg yolks  
300ml double cream  
40g ribbed pistachios

To make the cherries, remove the stalks and pit each cherry once with a cocktail stick. Put the sugar and water into a pan and put over a low heat until the sugar melts. Bring up to a simmer and bubble until you have a thick syrupy uncoloured mixture.

Add the cherries and cook for a couple of minutes.

Strain the cherries and put them into jars. Allow the syrup to cool then add the aguardiente and pour this back over the cherries and seal the jars. Allow to macerate for at least a month, but the longer the better.

For the ice cream, whip the shelled pistachios with half the sugar in a food processor until you have a fine powder.

Heat the milk with the pistachio mixture in a pan until almost boiling, remove from the heat and set aside for at least an hour to infuse, up to about 4 hours.

Beat the eggs with the rest of the sugar until light and fluffy. Pour the milk and pistachio into a bowl lined with muslin over a bowl and squeeze out as much of the milk as you can into the bowl. Gradually pour the pistachio milk over the eggs and mix well.

Return to the pan and cook over a medium heat until you have a very thick custard that coats the back of a spoon.

Strain into a bowl or jug and chill completely for a few hours. Add the double cream and ribbed pistachios to the chilled mixture then



pour into an ice cream maker and churn until set. Scoop into a lidded container and freeze.

When the cherries have been soaking in the syrup a good while you can serve them with spoonfuls of the pistachio ice cream.

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THE SPANISH HOME KITCHEN

SWEET

143



draft

## Wild Meat

From Field to Plate –  
Recipes from a Chef  
who Hunts  
**Ross O'Meara**

**May 2022**

ISBN 9781743796405

CKB056000

\$35.00 | Hardcover

240 pages | 7.5 x 9.8 in

Full color photography and  
illustrations throughout

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**The must-have guide for understanding and enjoying  
game meat.**

*Wild Meat* is an illustrated guide to game meat for the mindful hunter and cook by respected chef and game harvester Ross O'Meara. This cookbook is ideal for hunters who care as much about what happens in the kitchen as they do in the field, and cooks who want to know more about where their food has come from.

Step-by-step harvesting techniques, complete with illustrations, feature alongside more than 80 delicious recipes covering a broad range of species. *Wild Meat* will take you back to the meaning of making something from scratch, with sumptuous recipes including Rabbit Terrine, Goat Rendang, Camel & Green Olive Tagine and Crispy Five-spice Goose.

*Wild Meat* is a rich and useful resource for anyone (hunter or not) who aspires to reduce their consumption of farmed meat in favor of free-range, cruelty-free, organic, hormone-free, grass-fed alternatives.

**Ross O'Meara** has been a pig farmer for 10 years and a chef for 33. He is sought out by chefs across Australia as a leading source of local knowledge in the field of game meat harvesting. Ross is also known as one of three hosts of the long-running SBS television series *Gourmet Farmer*.

- *Wild Meat* is a book for the modern eater who is increasingly mindful of the impact our food choices have on the world, and who wants to explore alternatives.
- This book is for newcomers to game harvesting, as well as people who have no intention of harvesting themselves, but see different meats at the butcher or store and want to explore delicious ways to cook and enjoy it.
- Hunting is not a new practice. In the US, more than 15 million Americans participated in some form of hunting in 2019.

ISBN: 978-1743796405









# Live Fire

Seasonal Recipes and  
Stories of Barbecue  
Traditions, Old and New  
**Helen Graves**

**April 2022**

ISBN 9781784884789

CKB005000

\$40.00 | Hardcover

256 pages | 7.5 x 9.8 in

Full color photography  
throughout

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**A barbecue cookbook from one of the UK's most prominent voices in food, celebrating the live fire traditions of food cultures from around the world.**

In this homage to live fire traditions, author Helen Graves showcases the very best of barbecue throughout the seasons. Using seasonal produce, including lots of vegetables alongside meat and fish, Helen also interviews chefs and home cooks from the multiple diaspora communities cooking with live fire, exploring the techniques that define and unite the way we grill. Helen's talent for combining evocative writing with bold flavors makes this a truly immersive, practical book that will have even the barbecue novice running for the coals.

From Chicken Wings with Tahini and Za'atar and Pork Cheek Tacos to grilled Baby Artichokes with an Anchovy Dip and New Potato Salad with Onions and Herbs, every recipe in *Live Fire* is as achievable as it is enticing.

**Helen Graves** is a freelance food and travel writer and recipe developer based in South East London. She is author of the award-winning website Food Stories and the editor of *Pit* magazine, a celebration of live fire cooking lauded by *The Observer* and *The Times* food critics Jay Rayner and Marina O'Loughlin, and shortlisted for Launch of the Year at the Stack Magazine Awards 2017.

- *Live Fire* includes 150 seasonal recipes introducing the idea of the barbecue as an extension to the kitchen, not just in summer, but in fall and winter, too.
- Includes recipes developed with her favorite chefs and home cooks from the multiple immigrant communities cooking with live fire around the UK.
- A series of essays written by Helen explores the flavors that are essential to her own barbecue cooking, through the voices of the people who cook with them most.

ISBN 978-1-78488-478-9









# Natural Harry

Delicious Plant-Based  
Summer Recipes  
Harriet Birrell

March 2022  
ISBN 9781743797891  
CKB125000  
\$29.99 | Hardcover  
176 pages | 7.5 × 9.8 in  
Full color photography  
throughout

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**Delicious plant-based recipes from one of Australia's best-loved and most authentic wholefood vegan authors.**

*Natural Harry* is a recipe book full of creative, simple, and life-affirming plant-based recipes coupled with tips on shopping, planting, and self-care.

With a focus on nutrition and quality ingredients, *Natural Harry* offers up more than 70 organic recipes and a new way to think about food.

What started as a beach-side van serving smoothies and raw desserts has grown into this book, which also includes breakfasts, mains, desserts, and even recipes for the body and home—all free from meat, gluten, dairy, and refined sugar.

**Harriet Birrell** is a woman on a mission to share the joys of a plant-free, tox-free, and low-waste life. Based on Victoria's Bellarine Peninsula, Harriet started her food journey serving organic smoothies and raw desserts from a caravan on a bush block. *Natural Harry* is the culmination of her caravan project.

- The original eponymous cookbook from the author of *Whole* and *Home* by *Natural Harry*, *Natural Harry* is infused with the same down-to-earth aesthetic. This book was shot in the caravan that served as its inspiration, at the beach, and at the delightful sustainable beachside home Harriet built with her partner.
- Includes gorgeous lifestyle photography of one of Australia's most beautiful stretches of coastline, which is an inspirational backdrop to the mouthwatering food shots.
- Harriet has a dedicated following of 43.6k on Instagram.



**Also available**  
**Whole**  
9781743795163  
\$35.00 | 2019



**Also available**  
**Home** by  
Natural Harry  
9781743796207  
\$24.99 | 2020

ISBN: 978-1743797891









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## Green Kitchen: Quick & Slow

100 Joyful Vegetarian  
Recipes to Make Busy  
Weekdays Easy and Long  
Weekends Fantastic  
**David Frenkiel and  
Luise Vindahl**

**May 2022**  
ISBN 9781784884901  
CKB039000  
\$42.00 | Hardcover  
256 pages | 8 × 10 in  
Full color photography  
throughout

**A modern, flavor-led vegetarian cookbook by  
best-selling authors David Frenkiel and Luise Vindahl,  
aka *Green Kitchen Stories*.**

In *Green Kitchen: Quick & Slow* David Frenkiel and Luise Vindahl showcase over 100 modern vegetarian recipes that capture the quick and slow moments of life, as well as in the kitchen.

From the QUICK low-effort weekday dinner when you don't want to spend the whole day in the kitchen but still want to eat something delicious, to the SLOW moments when cooking becomes the best part of the day, these recipes will teach you how to cook great-tasting, modern vegetarian food and show you how to find joy in the process.

Featuring stunning photography, and packed with cooking tips and fun flavor twists throughout, *Green Kitchen: Quick & Slow* will not only inspire you with *what* to cook on any night of the week, but it will show you *how* cooking can be your best therapy, friend, and ultimate joy.

**David Frenkiel and Luise Vindahl** are the globally influential faces behind the hugely successful blog *Green Kitchen Stories*. Luise is the nutritional therapist with a degree from the School of Nutritional Medicine in Stockholm and David is the photographer and design eye behind their work.

- The *Green Kitchen* books have sold over 160k copies worldwide.
- Combines quick and simple recipes for weeknights, low-effort high-impact dishes, and standout, slower meals for the relaxed weekend cook.
- *Green Kitchen* sets a new standard in vegetarian recipes with an impactful, next-level approach to vegetable cooking.
- Over 100 clever and joyful vegetarian recipes that taste incredible and do you good.



**Also available**  
**The Green Kitchen**  
9781784884703  
\$22.99 | 2021



**Also available**  
**Green Kitchen  
at Home**  
9781784880842  
\$40.00 | 2017



**Also available**  
**Green Kitchen  
Smoothies**  
9781784880460  
\$19.99 | 2016

ISBN 978-1-78488-490-1









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# The Green Barbecue Cookbook

Over 80 Modern Vegetarian Grill and BBQ Recipes  
**Martin Nordin**

**March 2022**  
ISBN 9781784885472  
CKB086000  
\$29.99 | Hardcover  
240 pages | 6.8 × 9.7 in  
Full color photography throughout

**An inspiring collection of vegetarian recipes for the barbecue or grill.**

*The Green Barbecue Cookbook* is a collection of mouthwatering vegetarian recipes, all of which are cooked with fire.

From grilling directly onto fire to cooking with indirect fire, it covers everything that you need to know about making great food over the flame. Plus, it also includes wood-fired pizza and burger recipes.

With atmospheric photography and charming illustrations, Martin's approach to meat-free cooking is anything but boring.

With a background in advertising and communication, **Martin Nordin's** passion for perfecting the art of the ultimate veggie burgers has garnered him a loyal following on Instagram.

- A collection of recipes from *Fire*, *Smoke*, *Green* and *Green Burgers*, which have sold over 23k copies in total.
- Barbecues are more popular than ever, with more people willing to experiment and try new recipes.
- Perfect for anyone looking to cut down their meat consumption.
- Martin's recipes are simple yet full of flavor.

ISBN 978-1-78488-547-2



## GRILLED CORN with creamy pecorino sauce

### Serves 4

4 corn cobs in their husks  
150 g (5 oz/1½ cup) unsalted butter at room temperature  
2 garlic cloves, finely chopped  
sea salt flakes

### Lemon oil

steamed packet of ½ unsalted lemon  
100 ml (3½ fl. oz./about ½ cup) rapeseed (canola) oil

### Pecorino sauce

2 shallots, finely chopped  
2 tablespoons unsalted butter  
1 tablespoon white wine vinegar  
200 ml (7 fl. oz./about 1 cup) whipped cream  
200 g (7 oz) grated (shredded) pecorino or alternative hard sheep's cheese

### To serve

fermented tree onions or garlic cloves, see recipe on p. 174

- 1 Bring a large saucepan of lightly salted water to the boil.
- 2 Fold down the leaves on the corn and remove any threads between the leaves and corn. Place the cobs in the water with the tip facing down and boil for around 5 minutes. Remove the corn from the pan and fold the leaves back around the cobs.
- 3 Mix the butter and garlic in a bowl using a fork. Set aside.
- 4 Heat the lemon peel and oil in a small saucepan. Remove the pan from the heat when it starts to simmer and leave to stand for around 10 minutes so that the oil takes on the flavour of the lemon. Remove the lemon skin from the oil and set aside.
- 5 Fry the shallots in butter on a low heat so that they soften but do not start to brown then add the vinegar. Continue stirring until the shallots have absorbed the vinegar. Mix in the cream and cook for another 3 minutes. Using a hand-held blender or food processor, blend the sauce until smooth and stir in the grated cheese. Season with salt.
- 6 Light the barbecue (grill). Place the corn on the barbecue while the charcoal is still burning. If you prefer, you can put them straight onto the burning charcoal. Grill the corn until the leaves are almost completely black – they act as a protective cover on the corn.
- 7 Remove the corn from the barbecue, fold down the leaves and spread the corn with the garlic butter.
- 8 Spoon a little of the sauce onto a plate and place a cob on top. Drizzle with lemon oil and top with some chopped Fermented Tree Onions or garlic cloves.



## BEER-MARINATED AUBERGINE with tomato sauce and shiitake mushrooms tossed in butter

### Serves 4

#### Beer-marinated aubergine

3 large aubergines (eggplants)  
350 ml (12 fl. oz./½ cup) beer, e.g. brown ale  
2 garlic cloves, lightly crushed  
2 tablespoons malt vinegar

#### Tomato sauce

4 large tomatoes  
2 tablespoons olive oil  
2 small yellow onions, finely chopped  
1 tablespoon tomato purée (paste)  
1 tablespoon white wine vinegar  
1 tablespoon powdered sea buckthorn  
100 ml (3½ fl. oz./about ½ cup) mushroom stock  
salt (optional)

#### Shiitake mushrooms tossed in butter

2 tablespoons rapeseed (canola) oil  
300 g (10½ oz) shiitake mushrooms  
2 tablespoons unsalted butter  
1 tablespoon whisky, preferably Balmoral from Speyside (optional)  
salt

### To serve

2–5 sprigs of coriander (cilantro)

- 1 Cut the aubergine into slices 1–1½ cm (½ in) thick. Mix the rest of the ingredients for the marinade together in a plastic bag then add the slices of aubergine. Rub the aubergine through the bag so that the marinade is evenly distributed. Leave to rest in the refrigerator for 7–8 hours. Take it out a few times and rub

the aubergine or shake the bag to ensure the aubergine is evenly coated in the marinade.

- 2 Halve the tomatoes then coarsely grate them into a bowl. Once you have finished grating, you should only have the tomato skin left in your hand.
- 3 Add the olive oil to a frying pan (skillet) on a medium heat and gently brown the onions. Add the tomato purée and raise the temperature slightly. Stir with a wooden spoon for around 5 minutes so that the tomato purée takes on a more intense, darker colour. Add the vinegar, powdered sea buckthorn, mushroom stock and the grated tomatoes. Reduce the heat, add salt to taste, if required, and leave to simmer for 20–30 minutes. Strain the tomato sauce so that it is smooth – I usually use a sieve (fine-mesh strainer).
- 4 Light the charcoal in the barbecue (grill) and let it take on a steady, fine glow. Take the aubergine slices out of the marinade. Place them on paper towels and blot the cut edges until dry. Grill the aubergine slices until they turn a deep colour and have a crust.
- 5 Heat the rapeseed oil in a frying pan and wait until it is smoking. Add the mushrooms and fry them until they begin to colour. Lower the heat slightly and add the butter. Stir to ensure that the mushrooms are covered in the butter, and season with salt. I usually add some whisky when frying mushrooms, so add a tablespoon or so if you have any. Continue frying for a few more minutes and then set the mushrooms aside.
- 6 Serve either on a plate or in a bowl. Pour out a little tomato sauce, place the aubergine slices in the sauce and top with the mushrooms and coriander.





# Good Food Outdoors

Recipes for Picnics,  
Barbecues, Camping  
and Road Trips

**Katy Holder**

**March 2022**

ISBN 9781741177688

CKB060000

\$14.99 | Flexibound

160 pages | 6.3 × 8.3 in

Full color photography  
throughout

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**The ultimate cookbook for outdoor eating and  
COVID-safe gatherings.**

Showcasing 50 recipes that can either be made at home and then brought with you, on the barbecue or campfire, *Good Food Outdoors* is your go-to guide for outdoor eating of any kind.

Bringing together the best of food writer and stylist Katy Holder's recipes from *A Moveable Feast* and *Hungry Campers Cookbook*, Katy's recipes are accessible, interesting, and contemporary. There are mini morsels such as sesame-crusted tuna squares that are perfect for parties, salads, and filled baguettes that are ideal for picnics, and foil-wrapped fish done over the campfire that would be a hit on any camping trip. There's also a chapter for kids' cooking and desserts to finish.

**Katy Holder** has had a long and successful career as a food writer and stylist. She has been the food director of *Family Circle* of magazine, ghost-written several cookbooks and written the food pages for Australia's *Marie Claire* magazine. Her own cookbooks include *Hungry Campers Cookbook*, *A Moveable Feast* and *Dinner Like a Boss* (Hardie Grant).

- The pandemic has brought on a new trend in al fresco dining.
- Katy has made sure recipes transports well to enjoy in outdoor spaces.
- There are also recipes to be prepared outside on the barbecue or during a camping or road trip.

ISBN: 978-174117768-8

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# Wild Drinks

The New Old World  
of Small-Batch Brews,  
Ferments and Infusions  
**Sharon Flynn**

**June 2022**

ISBN 9781743796115

CKB100000

\$29.99 | Hardcover

176 pages | 7.5 × 9.1 in

Full color photography  
throughout

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**Journey into the world of wild fermented drinks and magical brews.**

*Wild Drinks* is the definitive book on infusing, brewing, and fermenting delicious and often nutritious things to drink, from mead to kombucha to cider to kvass. With the entertaining and assuring voice of fermentation expert Sharon Flynn, it is a perfect jumping-off point for anyone who is curious to learn more about this magical and witchy world.

Across six chapters, *Wild Drinks* features more than 60 recipes. Learn the basics of wild fermentation and read about the equipment you need to start your fermentation journey. Discover drinks made from grain, including doburoku (farmhouse sake), wild beer and kvass; explore recipes for wild apple cider, country wine and wild soda; try water kefir, kombucha, ginger beer and fruit vinegars; and come to understand the art of imparting flavor, from shrubs to flavored waters to syrups and liqueurs. And in the spirit of reducing waste, the final chapter shows how to use fermentation byproducts.

Recipes include fascinating historical context and quick tips, and Sharon considers the traditions associated with these ancient fermentation practices too.

**Sharon Flynn** is a foremost authority on fermentation. Sharon immersed herself in various fermentation techniques during 20 years living abroad in Malaysia, Japan, the US, and Europe as an expat. This led her back to Australia, and to the birth of her business, The Fermentary, in 2013.

- *Wild Drinks* has a playful vibe, aiming to appeal to people who want to get back to basics and see drinks as a good place for their fermenting journey to start.
- Designed with a striking gift package, the book partners well with Sharon's widely successful first book, *Ferment for Good*.



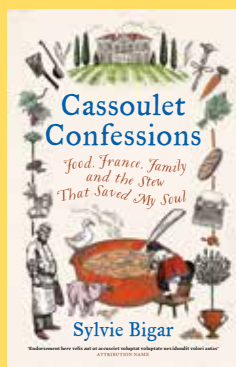
**Also available**  
**Ferment for Good**  
9781743792094  
\$29.99 | 2017

ISBN: 978-1743796115









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# Cassoulet Confessions

Food, France, Family  
and the Stew that  
Saved My Soul  
**Sylvie Bigar**

**May 2022**

ISBN 9781743797969

BIO026000

\$24.99 | Hardcover

160 pages | 5.3 × 8.3 in

Text only

**A touching memoir on searching for the meaning of an authentic French cassoulet and uncovering much more.**

*Cassoulet Confessions* is an enthralling memoir by award-winning food and travel writer Sylvie Bigar that reveals how a simple journalistic assignment sparked a culinary obsession and transcended into a quest for identity.

In *Cassoulet Confessions*, Sylvie travels across the Atlantic from her home in New York to the origin of cassoulet—the Occitanie region of Southern France. There she immerses herself in all things cassoulet: the quintessential historic meat and bean stew. From her first spoonful, she is transported back to her dramatic childhood in Geneva, Switzerland, and finds herself journeying through an unexpected rabbit hole of memories.

Sylvie's simple but poetic prose immerses us in her story: we smell the simmering aromas of French kitchens, empathize with her family dilemmas, and experience her internal struggle to understand and ultimately accept herself.

**Sylvie Bigar** was born in Geneva, Switzerland, and lives in New York City. Her writing has appeared widely, including in *The New York Times*, *The Washington Post*, *Food & Wine*, *Forbes.com*, *Saveur*, *Bon Appetit*, *Food Arts*, *Departures*, *Travel & Leisure*, and *National Geographic Traveler*. In French, Sylvie has contributed to *Le Figaro Magazine*, *Histoire Magazine*, *Le Temps*, and *FrenchMorning.com*.

- Now more than ever, Francophiles crave new stories set there, and this book appeals even more broadly to those with interests in travel, eating, and cooking in France.
- Sylvie has an extensive international network of chefs (Daniel Boulud, Alain Ducasse, David Chang, Jean-Georges Vongerichten, Dorie Greenspan to name a few) who she will want to engage to endorse the book, speak on record about cassoulet, and host events at their restaurants.
- A literary feast, *Cassoulet Confessions* should be placed on bookshelves next to the beloved *Language of Baklava* by Diana Abu-Jaber, Elizabeth Gilbert's *Eat, Pray, Love*, and Gabrielle Hamilton's *Blood, Bones & Butter*.

ISBN: 978-1743797969



# Home & Lifestyle



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## Style

The Art of Creating  
a Beautiful Home  
Natalie Walton

June 2022

ISBN 9781743797976

ARC007000

\$42.00 | Hardcover

240 pages | 8.5 × 11.1 in

Full color photography  
throughout

**Style and create your own special space using what you have.**

*Style: The Art of Creating a Beautiful Home* is the interior styling book that shows you how to transform your living spaces using what you own and love. Styling, unlike designing, doesn't have to equal a big investment; instead, it allows you to elevate your spaces with what's at your fingertips.

This book is at once beautiful and practical: it demystifies styling so that everyone can enjoy inspiring, welcoming, and authentic interiors. It shows you how to express your own personal style and teaches you that it is both an art and a science—and that you can learn both.

The inviting chapters explore identifying your style; design principles; transforming spaces; visual storytelling; and nurturing your craft. As well, author and renowned interior stylist Natalie Walton steps through significant rooms in the house to show how you can create styling moments in each.

**Natalie Walton** is a leading interior stylist, designer, and author of best-selling books *This is Home: The Art of Simple Living* and *Still: The Slow Home*. She teaches students in more than 40 countries how to create with confidence through her popular online courses, and is also the founder and creative director of homewares store Imprint House.



**Also available**

Still

9781743795705

\$42.00 | 2020



**Also available**

This Is Home

9781743793459

\$40.00 | 2018

- *Style* follows on from the success of author Natalie Walton's first book, the international bestseller *This Is Home*.
- Natalie is a leading interior stylist and designer with a loyal and growing following. She has 61.4k followers on Instagram.
- Natalie's style is warm, authoritative, and encouraging, and in *Style* she shows readers that styling is a skill that is both attainable and transformative.
- While the book features different homes, the focus is on showing various vignettes, and beautiful interiors and images, rather than the individual owners and their stories.

ISBN: 978-1743797976



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# The Life Eclectic

Highly Unique Interior  
Designs from Around  
the World  
**Alexander Breeze**

**April 2022**

ISBN 9781784884444

HOM003000

\$50.00 | Hardcover

272 pages | 10 × 12 in

Full color photography  
throughout

***The Life Eclectic* is a stunning interiors book celebrating the vibrant, eclectic homes of creatives from around the world.**

Featuring homes from 20 of the world's most well-respected creatives, including Studio MacLean, Martin Brudnizki, and Valentina Buscicchio, *The Life Eclectic* is a showcase of individuality and embracing the joy that fluidity in taste can bring.

*The Life Eclectic* is an interiors book that, through carefully selected case studies of homes from the UK, US, Australia, Italy, France and beyond, shows how highly regarded designers, artists, film directors, and musicians curate their treasured (and varied) possessions to glorious effect. How often have you leafed through an interiors book and wondered how you might be able to re-create the eclectic, joyful, and chic style of famed designers, when your mismatched belongings seem to juxtapose in all the wrong ways? Look no further than this book for all the inspiration you need to turn your best-loved objects into a curated collection.

**Alexander Breeze** is a creative director and stylist with more than 15 years' experience. Previously a men's fashion journalist, Alex became a stylist for *House & Garden* before going freelance in 2015. He is lucky enough to make a career from his "eye", working internationally on everything from recipe books and drinks advertising to perfume campaigns, furniture catalogs, and interior design magazines and books.

- Includes homes in the US, UK, Australia, France, Italy, and Germany.
- From famed Hollywood designers to British artists, each homeowner has a unique perspective on eclectic interior design, from maximalist clashing prints to monotone styling.
- In essence, this is the art of styling, and an expression of planet-conscious design, in a time when "repurpose not replace" is the mantra.

ISBN 978-1-78488-444-4



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# The Wild Craft

Mindful, Nature-Inspired  
Projects for You and  
Your Home  
**Cat Seixas**

**April 2022**

ISBN 9781784884932

CRA053000

\$23.99 | Flexibound

144 pages | 7.9 × 10 in

Full color photography and  
illustrations throughout

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**A creative almanac to encourage you to slow down and reconnect with the changing rhythms of the year.**

From botanical cookies, acorn coffee, and wild green pesto, to making your own calendula salve, crafting a bird feeder, and building your own herb drying rack, *The Wild Craft* is filled with seasonal nature-based projects designed to reignite your love of the natural world and connect you to the earth.

Divided into three sections: In The Kitchen, Making, and Gardening, each project will celebrate the wonder and beauty of nature and encourage readers to reconnect to the wild in a holistic and gentle way. With step-by-step instructions throughout, Cat Seixas will take you through each project, so that even beginners can enjoy the mood-boosting benefits of a craft-filled year.

Peppered with seasonal, nature notes, and stunning photography, *The Wild Craft* will inspire the reader to develop their connections with the world around them and bring the spirit of nature into their own home.

**Cat Seixas** is a land steward, mother, knitter, folk herbalist, and writer, living in the hills of central Portugal, her native land, with her partner and daughter. Over the last six and a half years, she and her partner have built their own house by hand and grown a garden. Cat has been a contributor to publications such as *Flow*, *Pom Pom Mag*, *Making Stories*, *Ginza Mag*, and *Plants are Magic*, among others.

- Creativity and nature are two ways we can get back to our true selves and feel connected.
- Cat has a very strong and engaged following of over 60k.
- Featuring 28 simple craft projects, this book shows you how nature can be a remedy to the pressures of modern day living.
- Perfect for beginners, this book celebrates the mood-boosting benefits of a craft-filled year.

ISBN 978-1-78488-493-2



5 2 3 9 9

9 781784 884932





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# Cut Flower Growing

A Beginner's Guide to Planning, Planting and Styling Cut Flowers, No Matter Your Space  
**Marianne Slater**

**April 2022**

ISBN 9781784885250

GAR004000

\$24.99 | Hardcover

144 pages | 7.5 x 9.1 in

Full color photography throughout

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**An accessible and easy guide to growing and arranging cut flowers at home, no matter how small your space.**

Split into three sections: Planning & Preparing, From Seed to Cutting, and Styling Your Blooms, this book takes you through the very basics of cut flower growing: how to plan your space and what you want to grow, what varieties to look for, as well as some essential tips and tricks for maintaining healthy plants.

Including information on small spaces, Marianne Slater shares simple methods on how to keep your cutting garden as eco-friendly and sustainable as possible and gives advice on harvesting and conditioning your blooms to increase their longevity.

Featuring simple ideas on how you can enjoy the spoils of your hard work with 12 beautifully inspiring, seasonal, and stylish cut-flower arranging projects, this stunning guide provides all the information you need to get started with your own cutting garden.

**Marianne Slater** is a wedding and event floral designer and cut-flower workshop host who is from the Peak District, UK. Marianne started her journey to cut-flower growing with a simple floristry class, which soon blossomed into a wedding florals business, Frances and Rose, established in 2013.

- A beginner's guide to growing and harvesting a cutting garden at home.
- Tips and advice for growing sustainably in small spaces from pots and containers.
- Easy step-by-step projects, including how to make seasonal bouquets, floral wreaths, and decorative centerpieces.
- Romantic and aspirational floristry design and a must-have for any flower-lover's shelf.

ISBN 978-1-78488-525-0



5 2 4 9 9





## WHAT TO *grow*

It's easy to get bogged down in technical info about the different types of plant. I tend to get the best results from categorising the ones I work with into the five groups listed below and I make sure I have a balance of them on my plot. The bulk of what I grow (about 80 per cent) is hardy annuals, biennials, bulbs, tubers, corms and roses; these are topped up with perennials and foliage plants such as shrubs and climbers.

## ANNUALS

These are plants that germinate, grow, flower and die within a single year. They come from seeds sown either in autumn or in spring, bloom in late spring and give flowers throughout the summer into autumn, until the frost comes. Once they die, they go to seed, which means the plant turns its energy from the production of flowers to the production of seeds. These

seeds can be harvested for sowing next year, to maintain your stock. I mainly grow hardy annuals, because they do better in the cool weather we get here in the UK. These are a cut-flower-grower's bread and butter, and what I will concentrate on in this book. Examples are *Ammi*, *Nigella* and *Sweet Peas*. Half-hardy annuals, like *Phlox* and *Cosmos* are also great for cut flowers, they don't like the wet and cold of the winter so must be started off and grown under cover before they are planted out after frost. They will not last as late into the season as the hardy annuals should, dying off as soon as it gets too cold.

## BIENNIALS

Plants that don't flower in their first year but do in their second. These are really useful when planted towards the end of summer, when they will develop a leafy mass that lasts through winter and then gives you flowers next spring, helping to fill any gaps from annuals yet to bloom. Examples are foxgloves, sweet william, honesty, wallflowers.

Chlorine  
bromine  
fluorine  
iodine  
nitrogen  
oxygen  
phosphorus  
sulfur

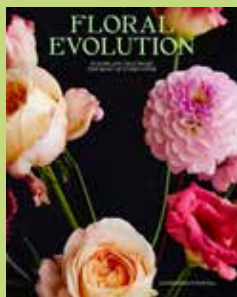
CHAPTER 1. PLANNING &amp; PREPARING



## EASY-GROW SINGLE-VARIETY *flower bunches*

This is a great project if you have limited growing space, or are just starting out with annuals and have chosen to focus on one or two varieties. It gives you the same sense of achievement as the Wrapped Gift Flowers project on page XX, but it's much cuter. Not everyone has vast amounts of space to grow lots of different varieties, and it really is just as nice to grow a whole pot of something gorgeous like sweet peas! This project is great for all the easy-to-grow seeds mentioned on page XX.

CHAPTER 3: CREATING WITH FLOWERS



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# Floral Evolution

20 Displays that Make  
the Most of Every Stem  
**Catherine Foxwell**

**April 2022**

ISBN 9781784884369

CRA010000

\$24.99 | Paperback with flaps

160 pages | 7.9 × 10 in

Full color photography  
throughout

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***Floral Evolution* shows you how to use accessible flowers to make beautiful floral designs.**

Author Catherine Foxwell believes that flowers and beautiful arrangements should be accessible to all, and this book takes you through some simple projects using sustainable techniques to achieve this.

She uses readily available, inexpensive flowers in straightforward projects that teach you how to repurpose the bloom into four different displays. Chapters are broken down into Flowers for the Home, Flowers to Give, Flowers to Wear, Flowers for Celebration, Large Arrangements, DIY Wedding Flowers and Special Project.

With this step-by-step, extremely accessible approach, anyone can arrange blooms like a pro.

**Catherine Foxwell** has been providing revolutionary flowers since she qualified from floristry school in 2015. Since then, Catherine worked in the industry in floristry shops and freelanced on many large-scale projects while setting up her own wedding and events business, *Floral Evolution*, based in South East London, in 2016.

- Catherine has an extremely versatile style, meaning her arrangements appeal to traditional brides as well as those looking for statement arrangements in modern homes.
- Straightforward projects that use materials that can be found online or at floristry and craft suppliers.
- The projects endeavor to maximize the life span of the flowers—the first project in the chapter uses the most flower content, then the following projects show you how to get the most out of the materials as the flowers begin to fade.

ISBN 978-1-78488-436-9



## Flowers in a vase

For a vase arrangement when you are using a support mechanism it is good to have a nice mixture of focal, filler and line flowers, so I suggest buying single flower bunches and combining them rather than buying a mixed bunch of flowers. The ingredients detailed below are a guide only and you may need more or fewer flowers dependant on the size of your vase.

### FLOWERS AND FOLIAGE

Some greensery from your garden, foraged or purchased from your local florist-

- Five Stocks
- Five Roses
- Five Alstroemeria
- Five Lisianthus
- Five Carnation blooms
- Three sprigs
- Chrysanthemums

### OTHER ITEMS

- Your favourite vase
- Florists' scissors, secateurs and knife
- Support material of your choice (optional)

See guide to support mechanisms on pages x-x.



## Structural hand-tied bouquet

I like any florist am drawn to the most beautiful abundant blooms each season can offer, but what if you aren't a florist and you cannot access these blooms- How can you still create a beautiful, interesting, different hand-tied bouquet- The answer is to keep it simple and use what is accessible to you.

This bouquet really concentrates on grouping the different flower types together, allowing you to enjoy the forms and shapes of flowers without the use of much foliage. Don't be put off by the misconceptions of others who deem some of these flowers unpopular. When using this combination of unexpected and readily available flowers prepare to be surprised. You can vary the number of flowers used dependant on what size bouquet you wish to make. The ingredients below will make a medium sized bouquet.

### FLOWERS AND FOLIAGE

- Five Lilies
- Six stems of foliage or twigs from your garden, foraged or purchased from your local florist
- Ten Roses
- Five Carnation
- Five Alstroemeria
- Five Gerbera

### OTHER ITEMS

- Florists' scissors, secateurs and knife
- String
- Gift wrapping material such as tissue paper, newspaper or brown paper
- Sellotape
- Scissors





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# Living Green in the City

Ophélie Damblé

March 2022

ISBN 9781784885007

GAR006000

\$22.99 | Hardcover

176 pages | 6.3 × 8.3 in

Full color photography and  
illustrations throughout

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**A practical guide to help you make your surroundings greener.**

Discover 50 practical actions on how you can make your environment greener.

With suggestions for your home, your building, your neighborhood, and your city as a whole, *Living Green in the City* is full of smart ideas on how you can revegetate the area around you.

With illustrated tutorials and testimonials, this is the perfect guide for anyone wanting to bring more greenery around them.

**Ophélie Damblé** is the founder of the blog and YouTube account *Your Mother Nature*. She is also the author of the comic book *Guerilla Green*.

- There is a growing concern for green issues, with 46% of 18–24-year-olds being “very concerned” about climate change in 2020.
- Contains smart ideas on how you can become greener.
- Full of fun illustrations and photography to showcase the actions.

ISBN 978-1-78488-500-7





13

## JE CONSERVE MIEUX MA BOUFFE



En 2019, j'ai entamé une collaboration avec Too good to go pour sensibiliser au gaspillage alimentaire. J'ai pu y apprendre, entre autres, que si le gaspillage alimentaire était un pays, il serait le 3<sup>e</sup> plus gros pollueur au monde... Et ça, je peux vous dire que ça m'a fouilli une sacrée rage. On va donc s'attaquer à un problème de FOND (de placard), qui une fois résolu pourrait nous faire gagner du temps ET de l'argent, j'ai nommé : la conservation de notre nourriture.

40



60



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# Flowers Forever

Transform Your Space  
with Stunning Dried  
Floral Designs  
**Bex Partridge**

**May 2022**

ISBN 9781784884345

CRA010000

\$29.99 | Hardcover

224 pages | 6.8 × 9.7 in

Full color photography  
throughout

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**Stunning dried floral designs that stand the test of time.**

From the author of *Everlastings* comes *Flowers Forever*—a book that will inspire you to create beautiful floral displays with long-lasting, dried flowers.

Packed to the brim with information on dried flowers, the book includes a section on the process of growing, drying, and working with flowers that last, plus guidance on textures, tones, and colors, as well as advice on how to source materials sustainably. *Flowers Forever* also showcases 10 modern designs including an Autumn Bounty Fireplace, a Winter Solstice Wall-Hanging, and a breathtaking Tablescape.

This is a book for those who question the origin and sustainability of all we consume and are seeking to educate themselves while creating these beautiful projects.

Founder of Botanical Tales and author of *Everlastings*, **Bex Partridge** is a floral artist specializing in dried flowers whose work is continually inspired by nature, the ebb and flow of the seasons, and sustainability. Alongside making her own dried flower art, Bex runs creative workshops as well as sharing advice and inspiration on her blog and social media channels.

- The popularity of dried flowers continues to grow, with Etsy stating that searches for dried flowers on their website have increased by 93% in 2020 alone.
- There is a movement towards more sustainable floristry, which dried flowers play a huge role in.
- With no worry about wilting, *Flowers Forever* appeals to a wide range of audiences, including shop owners, brides, and interiors obsessives, allowing even those who have not worked with dried flowers before to create their own masterpiece.
- Bex is the author of *Everlastings* and has 62.7k Instagram followers.



**Also available**

**Everlastings**

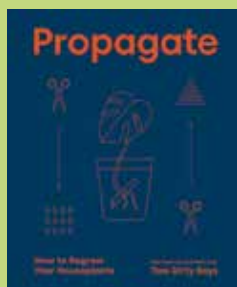
9781784883393

\$20.99 | 2020

ISBN 978-1-78488-434-5







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# Propagate

How to Regrow  
Your Houseplants

**Paul Anderton  
and Robin Daly**

**April 2022**

ISBN 9781784884925

GAR010000

\$24.99 | Hardcover

160 pages | 7.5 × 9.1 in

Full color photography  
throughout

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## A step-by-step guide to propagating your houseplants.

Learn how to make cuttings and regrow everything from houseplants to select garden vegetables with this simple, step-by-step guide to propagation.

The second title from the authors of *Regrown*, in *Propagate*, Paul Anderton and Robin Daly show just how easy home propagation is, with instructions on how to regrow your favorite houseplants, garden plants, and community garden crops.

Conversational, approachable, and aiming to inspire their readers, the authors explore 25 propagation projects, from multiplying plants such as monstera and rubber plants in a small city apartment through to making dozens of ready-to-go tomato plants from budding side-shoots in the community garden.

With stunning photography and clear, detailed illustrations, the book also includes historical, anecdotal, and personal stories about the marvel of propagation, along with a handful of bitesized interviews with other propagators, showing just how easy it is to share the joy of plant parenting.

Professionals in the arts by weekday, passionate community gardeners by weekend, **Paul Anderton and Robin Daly** grow fruit and veg in their East London patch and document their trials and tribulations on the Instagram account @TwoDirtyBoys. This is their second book.

- The Two Dirty Boys are back with a beginner's guide to home propagation of houseplants, garden plants, and community garden crops.
- Explores regrowing 15 plants, including indoor favorites such as monstera, rubber trees, succulents, devil's ivy, and more.
- The authors' first book, *Regrown*, was an Amazon bestseller in gardening after its release in April 2021.



**Also available**

Regrown

9781784884031

\$24.99 | 2021

ISBN 978-1-78488-492-5





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Propagate

## Rubber Tree Plant

Cutting Propagation and Greenhouse Method

### Growing speed

Medium

### Difficulty level

Difficult

### Position

Bright but indirect

### Temperature

Room temperature

### Container

Small / Medium

The rubber plant goes by a few different names including rubber fig, rubber tree, Indian rubber bush and if you're feeling fancy ficus elastica.

When we were kids in the 1980s, rubber plants tended to be leggy and dusty hangovers from another era. They'd lurk worryingly in the corners of dentist waiting rooms and stuffy travel agents. Almost enough to put you off rubber for life.

Since then, and thanks to seductive period TV dramas like HBO's *Mad Men*, the rubber plant has made a come-back along with mid-century furniture and dirty martinis. Now it's one of those plants that can turn an empty room into a designer space. Its lush round leaves are already giving the popular fiddle leaf fig a run for its money.

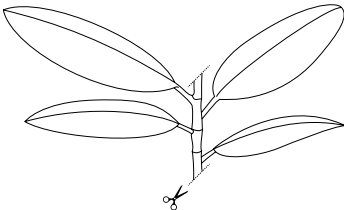
Happily rubber plants are really easy to propagate, so if you're in the mood for free love (and free plants) this is a great place to start. Better still, an indoor rubber plant will need pruning once in a while so this is the perfect time to turn those pruned cuttings into brand new plants.

Difficult

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## You will need

- Clean secateurs or pruning knife
- Rooting hormone (optional)
- 4-inch diameter plant pot
- Potting soil
- A recycled clear plastic crate with lid
- Water misting spray



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Propagate

## How to Propagate a Rubber Tree Plant

- 1 Cut a section of branch from the mother plant that measures about 6 inches in length and contains two sets of leaves on its stem.
- 2 Carefully remove the bottom set of leaves, leaving the top leaves intact.
- 3 Leave your cutting to dry, but out of direct sunlight, for 24 hours. This step should help to avoid bacterial infections in the wounds of the cutting.
- 4 At this point you can dip the bottom part of your cutting in a chosen rooting hormone (see page XX), but this isn't entirely necessary.
- 5 Fill a 4-inch diameter plant pot (with draining holes) with potting soil. Dampen the soil with fresh water.
- 6 Next insert your cutting about two inches into the soil.

Difficult

21



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# With Nature

The Landscapes of  
Fiona Brockhoff  
Fiona Brockhoff

May 2022

ISBN 9781743796856

GAR006000

\$55.00 | Hardcover

304 pages | 9.1 × 11.2 in

Full color photography  
throughout

***With Nature* is an inspirational look at garden design and landscaping.**

In this beautifully photographed book, Fiona Brockhoff takes us through her gardens in Australia—some never before seen—with tips, design guidance, and inspiration to help you create your own sustainable, naturalistic, and holistic gardens. From small-space inner-city gardens to coastal and rural properties, Fiona's work is full of new and creative ideas.

Fiona Brockhoff's name has become synonymous with environmentally sustainable garden design in Australia. Her adventurous use of plants clipped like topiary, exotic plants climatically suited to locations, and use of texture gives her gardens a very distinctive flavor. Most of her gardens survive on the rain nature sends them, and are relatively low maintenance, with the exception of vegetable gardens and chicken runs, which she encourages clients to include.

*With Nature* will surprise and delight, with its inspiring ideas and planting styles designed to challenge the norm.

**Fiona Brockhoff** is a garden designer whose work is considered, grounded and surprising. Her own garden has been profiled all over the world and is widely regarded as an iconic contemporary garden. Drawing on local indigenous plants and local materials used sustainably, her plant selection considers providing a habitat for wildlife as well as creating rich pictures through foliage color, texture, and form.

- From well-known Australian garden designer Fiona Brockhoff, this book features 14 private gardens in various different styles alongside information on her design ideas and approach to each property.
- Perfect inspiration on low-maintenance garden design that can be replicated anywhere in the world.
- From small-space to coastal and rural properties, Fiona's work is inspiring and full of creative ideas.
- Highly photographic and in a luxe package.

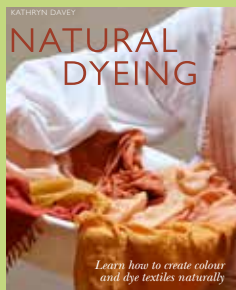
ISBN: 978-1743796856



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# Natural Dyeing

Learn How to  
Create Color and  
Dye Textiles Naturally  
**Kathryn Davey**

**February 2022**  
ISBN 9781784884949  
CRA007000  
\$22.99 | Paperback with flaps  
144 pages | 7.9 × 9.8 in  
Full color photography  
throughout

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**A complete guide to modern dyeing with simple projects, techniques, and troubleshooting.**

*Natural Dyeing* reveals the endless possibilities of plant-based dyes and how they will inspire you for years to come.

*Natural Dyeing* explores the versatility of plant-based dyes, from understanding, choosing, and preparing your fiber for dyeing to foraging for your dyes and the different dyeing methods used. You can then put your skills to the test with eight projects, including a Silk-dyed Bandana, Furoshiki-inspired bag, and a Korean-style Cloth used to wrap gifts.

*Natural Dyeing* inspires you to experiment with natural dyes to give old garments a new lease of life, to create beautiful tablecloths and napkins from offcuts of linen, and to inject a pop of color into your cushions.

**Kathryn Davey** is a self-taught designer and natural dyer based in Dublin, Ireland. Kathryn spent a few years living in North Carolina and first learned about the beauty of natural dyes in the North Bay of San Francisco. Upon returning to Ireland, Kathryn launched her plant-based dye business. She sells her products around the world and runs workshops on the natural dyeing process.

- Kathryn spent a number of years living in North Carolina and it was in the North Bay of San Francisco where she first learned about the beauty of natural dyes.
- She has 26.7k followers on Instagram, strong industry connections, and is a leading authority on the subject.
- *Natural Dyeing* will be popular among millennials looking at taking up new hobbies, or enhancing existing hobbies, who are mindful of the sustainability and eco effects.

ISBN 978-1-78488-494-9





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## SILK-DYED BANDANA

This project is a simple one to practise dyeing with tree parts and working with animal fibres. I have used eucalyptus bark but you can replace the bark with the twigs or nuts from a different tree. As eucalyptus bark is high in tannic acid, mordanting is optional but I have included it here as a step. The piece requires some sewing to hem the edge of the bandana. If you have never sewn before, you can use a running stitch to tack your hem in place, just make sure to use a thin-headed needle. You will need to prepare your dye bath a few days before dyeing to extract the dye. Plan on pre-soaking your bark in the dye pot at least 1–3 days ahead of dyeing.

## YOU WILL NEED

**fabric:** 100% silk  
1 piece measuring 62 x 62 cm (24 x 24 in)

**dye material:** eucalyptus bark

**how much to use:** as animal fibres will take the dye quite intensely, for a rich shade use 2 parts bark : 1 part fibre. For a lighter shade, use equal parts bark to fibre.  
Ply silk weighs 25 g (1 oz), so I measured out 50 g (2 oz) of the bark.

**mordant:** mordanting is optional and can be added to increase colour fastness, but it is not required.  
For animal fibres use 2 heaspoon alum : 100 g (3½ oz) fibre.  
As my silk weighed 25 g (1 oz), I used 1½ heaspoon alum.

**equipment:**  
thin-headed needle  
scissors and thread  
measuring tape  
iron for pressing  
container for pre-soaking  
dye pot  
sieve  
wooden spoon

**TIME** 3–12 hrs + soaking  
& mordanting

Soaking and mordanting can be done prior to dyeing. It will take a few days to prepare your dye bath but the dye only needs 1–2 hours to extract if you have soaked it.

Your stitches do not need to be perfect, especially if you are a novice sewer. Keep them consistent and take your time when stitching.



MEDIUM

SOME SEWING



SOME SEWING

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**1.** Weigh, scour and mordant your fibre following the instructions on pages 22 and 25. Once dry, note the weight, then weigh the corresponding amount of bark. Tear the bark into pieces about 7.5–13 cm (3–4½ in) in length. Add to the pot and cover with boiling water. Leave to stand for 1–3 days.



**2.** When ready to start dyeing, lay your prepared piece of silk on a flat surface and cut out a square measuring 62 x 62 cm (24 x 24 in).



**3.** Press onto the hem. Measure 5 mm (¼ in) in from the edge, then fold and press in place using an iron. Fold this in another 5 mm (¼ in) and press again. Repeat until all four edges have been pressed in place.



**4.** Begin your sewing by anchoring your first stitch, then using small, consistent stitches, sew your hem in place. Repeat on the remaining three sides.



**5.** Once you have hemmed all the edges, presoak your silk in a container of water for 1–2 hours while you prepare your dye bath.



**6.** Top up the pot containing the soaked bark until it is three-quarters full of water. Place the pot on the heat and simmer for 1–2 hours until there is a change in the colour of the liquid. Turn off the heat, leave to cool completely then strain out the bark.



**7.** Squeeze out the excess water from your silk and slowly add to your dye bath. Use the wooden spoon to submerge the fibres fully, working out any air pockets. Return the dye pot to a very gentle heat for 30 minutes, stirring frequently.



**8.** When your fibre becomes the colour you like, remove the pot from the heat and leave to cool. Squeeze out the excess dye and remove from the pot. For richer colours, leave overnight. Rinse your silk in pH-neutral soap and hang to dry.

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# How to Play Your Best Golf

Insights from a Tour Pro  
Nick O'Hern

May 2022

ISBN 9781743798041

SPO016000

\$19.99 | Hardcover

240 pages | 6.3 × 8.3 in

Full color photography  
throughout

***How to Play Your Best Golf* is the essential golf handbook to help any golfer understand and improve their game.**

In this guide, highly respected pro golfer Nick O'Hern takes you through the strategies to golfing success. He reveals the key secrets of professional golfers, discusses how playing to your strengths can yield a better result, and describes all the tactics you can use to score, from course strategy and club selection to pre-game preparation and harnessing the power of mindset.

*How to Play Your Best Golf* is the perfect gift not only for the golfer of old but for the new generation of golfers.

Packaged in a handsome hardback format with beautiful photography, this book is both practical and revealing in helping golfers reach their true potential.

**Nick O'Hern** is a pro golfer who was based in the US for most of his career and recently returned to Australia. He spent two decades playing professional golf across the globe at the highest level. Starting his career on the PGA Tour of Australasia, he went on to a successful career on the European Tour before heading to the US to compete on the PGA Tour for nine years. O'Hern represented Australia at two World Cups and was a member of the International team at two Presidents Cups. He is the only man to have beaten Tiger Woods twice in the World Match Play Championship.

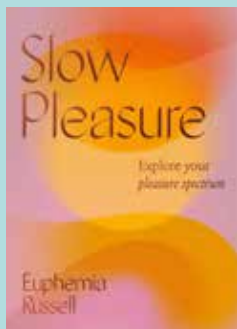
- An attractive, modern spin on golfing books.
- Offers inspiration and advice that any golfer will find helpful, no matter your skill level.
- Written by highly respected pro golfer Nick O'Hern.
- A handsome gift in hardback with photography throughout, it's the perfect self-purchase or gift for the golf-lover.

ISBN: 978-1743798041



# Wellness & Inspiration





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## Slow Pleasure

Explore Your Pleasure  
Spectrum  
Euphemia Russell

May 2022

ISBN 9781743796900

HEA042000

\$19.99 | Hardcover

224 pages | 5.1 x 7.2 in

Full color photography  
throughout

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### Slow down and tune into your body.

*Slow Pleasure* is a practical exploration of pleasure, teaching you how to prioritize and integrate pleasure into daily life.

In this book, pleasure coach and educator Euphemia Russell teaches us that, despite our collective challenges, we *can* cultivate pleasure and connection. Starting with the philosophy of pleasure, Euphemia deepens your understanding and then helps you interrogate what is impeding your ability to feel the whole pleasure spectrum. *Slow Pleasure* will help you establish a pleasure practice of your own, expand your pleasure dial, help you understand your desires and teach you how to continue to explore the depths and boundaries of your pleasure. Woven throughout the book are reflection questions and pleasure practices.

*Slow Pleasure* teaches us that pleasure goes way beyond sex and should be cultivated and celebrated in every moment.

**Euphemia Russell** is a Pleasure Educator and founder of I Wish You Knew, based in the San Francisco Bay Area. They're dedicated to resourcing people with practical pleasure and embodiment tools through coaching, writing, and facilitation. They gently support others to investigate inherited beliefs and "deshamifying", self-regulation and embodiment, kinky explorative techniques, pain and trauma, and communication with one's self and others.

- Pleasure is regenerative and essential to our health. That's why sex is considered a form of self-care. It's an essential practice in the modern world.
- This guide is accessible for people of all genders. This book is a statement that you are comfortable with your sexuality and that you prioritize pleasure. Because sex is a social skill that can be learned.
- Euphemia (they/them) is an Australian pleasure educator and founder of I Wish You Knew, based in the San Francisco Bay Area (11.9k Instagram followers).
- Soft mat lamination cover with a gold foil title and a deep green sprayed book block. Intimately sized hardback.

ISBN: 978-1743796900





## Part 7

### Slow pleasure together

Slow Pleasure

Our desire can reveal  
the deepest parts of  
ourselves that need  
to be served.

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Part 6 - Exploring your needs, desires and fantasies

The mind and body  
aren't separate,  
they're interwoven.

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draft

# Big Pussy Energy

Fire Up Your Fierce  
Femme Power  
**Vanessa Muradian**

**February 2022**  
ISBN 9781743797709  
SEL046000  
\$17.99 | Cards  
65 cards | 4 × 6.1 in  
Full color throughout

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**Forget about big dick energy—it's all about big pussy energy!**

*Big Pussy Energy* is a deck of cards providing daily rituals to help you fire up your fierce femme pussy power and make you feel empowered as hell.

In *Big Pussy Energy*, sexologist and yoga teacher Vanessa Muradian helps you to unleash the wild womxn within. These rituals will allow you to tune into your body, connect with your desires, liberate yourself from fear, and teach you how to be the loudest, proudest, most confident womxn you can be.

Just pull a card a day, follow the prompts and then ... BOOM ... *Big Pussy Energy* will pulse through your body.

No matter your gender identity, *Big Pussy Energy* is a loving embrace for all humans and will connect you more deeply to a loving relationship with your body, yourself, and the world around you.

**Vanessa Muradian** is an Armenian-Australian, gender non-conforming woman, sexologist and yoga teacher. Vanessa's work centers around pleasure, embodiment, living as foreplay, activism, and authentic self-connection and expression. In 2008 Vanessa founded Mia Muse, a sex and wellness platform that inspires women (and more recently all humans), femme humans, GNC and non-binary people to intimately connect with themselves through cultivating sensuality, vitality, and love.

- This deck helps you create a daily ritual to fire up your fierce feminine energy. Behind the eye-grabbing title is a genuine message of female empowerment.
- This deck is a reclamation of the word 'pussy'. Sing it loud!
- In 2017 millions of women wore "pussy hats" at the women's march in an attempt to reclaim the word after the president of the United States was caught on camera saying women just let him "grab 'em by the pussy".
- Written by expert sexologist Vanessa Muradian from Mia Muse.

ISBN: 978-1743797709



## Pussy Bathing

Many people feel shame about their genitals, shame that has been deeply ingrained for generations, commanding us to keep our pussies in service of the patriarchy. NO MORE! Unlearning is big work, but it starts right here, right now.

Find yourself a nice spot outdoors and build a throne of pillows or lay down a rug. Take a few deep breaths, lengthening your exhales as you open your legs and allow the sun to bathe the skin of your vulva. Feel the warmth on your lips, the breeze caressing your thighs and the heat softening you.

Breathe deeply, so your exhales are longer than your inhales. Be curious about the different sensations you experience. Bathe for five to ten minutes or longer if you desire. (A word of warning: the potential for sunburn is real!)

Journal about what came up for you, what senses were illuminated, or you might be inspired to write poetry, create art or sing.

## BIG PUSSY ENERGY

## Ferocious Big Pussy Energy

This is about you and that rage, that anger, that fury and your voice: let it be wild and free.

Find a private place. If you can, find land or a vast beach; otherwise a car or bedroom is perfect.

If you have space for movement, allow your body wisdom to move you.

If you find making sounds challenging, you might want to start with a hum and feel different sounds in your mouth.

When making sounds, you may want to scream or cry. Lean into whatever emotions you feel. Try not to name them, just allow the energy of what you feel to move you.

When your sounding and movement comes to a natural end, make sure to relax into slower breaths, softening into the present moment with appreciation and love and thank these bigger emotions for coming up and moving through you.

A little note: you may not want to cultivate anger if you are not feeling it. You might find saving this card for a day you feel agitated or frustrated or when you actually need to move that kind of energy. The choice is yours, the choice is freedom. If you feel a major block toward this card, focusing on practices that help you find your voice may be a good start. Releasing at a more expressive level may take commitment over time.

## Soften Your Belly Puss

Most femmes I meet are always gently holding in their belly. This contraction over time contributes to issues with the pelvic floor and pelvic pain, and amplifies the belief that 'this belly just isn't sexy!' Sometimes, holding in of the belly is a sign of stress and a lack of embodied safety and awareness.

Bellies can be ripped and strong, but luscious and juicy is sexy too. Let your lower belly free, regulate your nervous system and experience more vitality with belly breathing.

Find a comfortable seat. Relax your jaw, shoulders, belly, pelvic floor, toes.

Breathe deep into the edges of your lungs. If you are breathing deep enough, your diaphragm will contract and your belly will expand. Do ten of these belly breaths, inhaling nice and deeply, and exhaling slow and long.

After your ten breaths, place your hands on your belly, thank it for its softness and beauty and allow a few moments for your own little love letter to drop in.



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# The Garden Apothecary

Transform Flowers,  
Weeds and Plants into  
Healing Remedies

Becky Cole

March 2022

ISBN 9781784884376

OCC011000

\$22.99 | Paperback with flaps

160 pages | 7.9 x 10 in

Full color photography and  
black and white illustrations  
throughout

**A practical guide to plant-based remedies but also an inspiring and joyful ode to the world of plants.**

*The Garden Apothecary* shows us how to harvest and use commonly found plants, weeds, and herbs to create our own healing home apothecaries.

With tasty recipes, wild skincare, in-depth plant spotlights, and a back-to-roots ethos, *The Garden Apothecary* will encourage the reader to become more connected to the natural world through learning the art of herbalism from plants growing in our gardens.

Focusing on 20 herbs and plants, learn how to identify, grow, and pick them from your garden, or forage them, as well as discover their medicinal properties. Each plant and herb spotlight includes at least two recipes to create a tincture, oil, infusion, skin balm, or other beauty bits.

*The Garden Apothecary* is a safe and mindful approach to the often overwhelming world of foraging and herbalism.

**Becky Cole** is a forager, home herbalist, and gardener living on an ethical, award-winning farm in Northern Ireland. She came across natural living when she was diagnosed with an autoimmune condition and became burnt out with her city life. Since moving to the country, she has become an avid gardener who grows vegetables, herbs, and edible flowers and runs popular foraging walks, home apothecary workshops, and natural skincare classes.

- *The Garden Apothecary* is a safe and mindful approach to the often overwhelming world of foraging and herbalism, which lends itself well to the current trends of plants, zero-waste, and slow living.
- It is a book that encourages the reader to become more connected to the natural world; something which we've all been doing over the past year and a half.
- The subject is very on trend as people become more aware of what they put into their bodies and on their skin, and look to natural remedies.

ISBN 978-1-78488-437-6



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# Yarrow

*Achillea Millefolium*

FAMILY: Asteraceae

PARTS USED: Leaves flowers roots

ENERGETICS: Cooling drying, warming

ACTIONS: Antimicrobial astringent, vulnerary, styptic, diaphoretic, bitter, anti-inflammatory, hepatic, emmenagogue

SAFETY: Do not use yarrow while pregnant.



## Plant Profile

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Over the years I've gotten to know my patch of wild yarrow well. Growing in a bunch under an elder tree, its pretty white flowers bob about all summer long and even though most of winter I can find its beautiful feathery leaves hiding amongst the tired brown grass. I usually harvest yarrow in a rush. As the mother of two toddlers, I know I can grab a small handful of this plant and make a quick poultice to ease childhood grazes and cuts. You'll often find me crouched down by a patch of yarrow, disgruntled toddler in one arm and a bunch of yarrow in my other, as I gently work with yarrow's potent antimicrobial and healing qualities to soothe and heal scratches and cuts.

### IDENTIFICATION

Yarrow has very distinctive leaves, which are divided deeply and sit alternately on the stem. Its flowers are creamy white and look a little like tiny daisies. The stem is coated in tiny hairs and is slightly woody when snapped.

### USES

It's not surprising that yarrow has also been called woundwort or carpenter's weed. Its antimicrobial and wound-healing abilities have made it a useful herb for many generations. It's at its most potent and powerful used fresh from the plant and I recommend you try using it as a poultice. It's also recommended for itchy skin and rashes.

Yarrow is a clever herb with the ability to stop bleeding in certain situations. This is because yarrow is a styptic. This simply means that the herb has the ability to slow and staunch blood flow when the plant is applied to the area. Along with its antimicrobial qualities, this makes yarrow an important herb to grow and learn to use. Next time you need to deal with a cut or scrape, try my *Yogini Poultice* recipe or make a simple yarrow poultice and see it work for yourself!

Yarrow is often associated with women's health and with menstruation in particular. Yarrow can help with

heavy or scanty bleeding during menstruation as well as encouraging a more regular cycle.

Yarrow is also well known as a herb for fevers and flu. By dilating capillaries, it helps to break and cool a fever. It's one of my favourite herbs to reach for if I feel a cold coming on, especially when combined with peppermint and elderflower.

It's also common to find yarrow as an ingredient in bitters. Bitters are a combination of digestive and bitter-tasting herbs that are infused into alcohol and usually consumed as drops before a meal to help stimulate the digestive system. Yarrow, with its carminative effects and bitter flavour, is a great addition to homemade bitters.

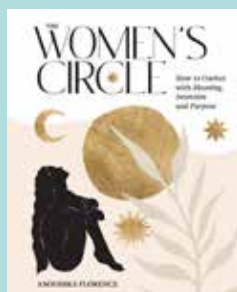
### HARVESTING AND PREPARATION

Harvest the long stems of flowering yarrow and hang them in bunches to dry. Otherwise, remove the flowers and lay on a drying tray in a warm, airy room or in a food dehydrator set at 42°C (108°F). The dried flowers and leaves can be stored in an airtight jar for at least 12 months.

<sup>1</sup>Gladstare, R. *Medicinal Herbs* (2012) P233

PLANT PROFILES





# The Women's Circle

How to Gather with  
Meaning, Intention  
and Purpose  
**Anoushka Florence**

**May 2022**

ISBN 9781743797488

OCC036050

\$24.99 | Hardcover

208 pages | 6.7 × 8.3 in

Full color photography and  
illustrations throughout

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***The Women's Circle* is a practical guide to hosting women's circles with intention, purpose, and meaning.**

Spiritual healer Anoushka Florence invites you into a sacred space—a space for you to explore and remember the true power of feminine energy. Seeking to revive, reclaim, and remember the tradition of the women's circle, *The Women's Circle* will bring back to life this ancient feminine practice illustrating the benefits, healing, and magik that occurs when women gather. This is an opportunity for you to call in your community, gather, and connect.

In this beautifully illustrated book, Anoushka covers the history of women's circles, types of circles, moon phases, astrology, and the seasons. The second half of the book also details different women's circles you can host at your own home, including elder, bridal and baby blessings, and much more.

Never has there been a more important time to rediscover the power of women's circles.

**Anoushka Florence** is a UK-based author and founder of The Goddess Space. Having worked with companies such as Facebook and Vogue, and travelled to the biggest festivals and spiritual bohemian havens, her work has spread from her intimate living-room to pop-ups all around the world.

- Women's circles/gatherings are an ancient ritual practiced by many cultures.
- After years of disconnection, months of separation and the drastic rise in loneliness that our generation is experiencing on a global scale, this ancient spiritual practice deserves to be revived and reclaimed.
- As spirituality increases in popularity, especially among women, so is the practice of gathering women in a symbolic circle.
- Women of all ages and backgrounds come together to celebrate the sacred feminine energy.
- Inclusive for all womxn.

ISBN: 978-1743797488



## MY JOURNEY TO THE CIRCLE



The Circles I hold have been inspired by the teachings I've received from wise Women who have come into my life, as well as by my own practices and the wisdom of my ancestors.

Inspired by my visions of how the Women who came before me would have gathered, I have sought to recreate the ancient, mystic ways alluded to by Kabbalistic and Jewish texts. I envisioned my great, great, great grandmothers gathering in a Circle under the new moon crescent in a sacred tent somewhere far, far away.

Weaving together the ancient wisdom of my female line, who passed down the gift of creating sacred spaces, and the rich Kabbalistic mysticism of my ancestors who knew the power of ritual.

Weaving together the journey I've been on as a spiritual seeker, learning from many beautiful traditions and cultures. Inspired by the Shamanic teachings, Pagan traditions and Eastern cultures, and all I've learnt from them.

Weaving in my own practice of prayer, meditation and my growing connection to nature.

My spaces are not just based on one thing, they are everything. They are all parts of me, they are the gifts I hold within, and as I hold my Circles, I become the vessel through which they can pass.

It is so important that when we create our Circles, you tune into the gifts,

practices and ideas you have to offer.

Seek not to take from other cultures, but rather trust what inspires you, what you've learnt, and what you authentically have to offer.

For example, I don't cast a Circle, I open a Circle. Casting a Circle belongs to the Pagan traditions, and while I admire and honour them, it's not part of my story, so it doesn't flow through me. Similarly, I don't call in the directions, as that's a Shamanic practice. Rather, I get quiet with myself and ask to be guided to what feels authentic to me.

As you navigate your way through this book and create your own Circles, keep asking yourself what is authentic to you, what feels good to you. Take what feels good and leave the rest. This is how you can truly weave authenticity into your spaces and offer the medicine that you have to share.

As you will soon realise, you already hold so much of what your Circle needs.

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## MY SMUDGE STICK RECIPE

### GATHER

€ Six sprigs of foraged herbs; I grow rosemary, sage and lavender in my garden, so typically use whichever one I'm called to, or sometimes all three. Other herbs that are good for smudging include: cedar, pine, sweetgrass, eucalyptus, mugwort, cinnamon sticks and bay leaves  
€ natural twine  
€ scissors

### METHOD

I  
Gather your foraged herbs, as if you were making a small bouquet of flowers.

II  
Take the twine, and tie the bundle in a tight knot at the bottom of the stems. Wrap the twine around the stems, working your way up the bundle until you reach the top, and then continuing back down until you reach the base again.

III  
Cut the remaining twine off.

IV  
Hang the bundle upside down in a dark dry cupboard for at least one week before using.

### Oracle deck

An Oracle deck is a tool you can use to receive messages from the universe/the divine/the goddess (whatever you feel you want to call it). It's an ancient feminine practice that aids Women in supporting their more psychic gifts. I use my deck in pretty much every Circle, introducing the cards and empowering Women to become their own card readers as they draw a card, receiving powerful messages and deeper insights into themselves. A deck of Oracle cards is a staple in my ritual basket.

I have always worked with Goddess cards, and have brought the same deck to every Circle I have held for the past six years. I like to stick to one deck, as I feel the power increases every time I use them. You may wish to go to a magical shop, or type in 'Oracle decks' on Google and browse the Oracle card section. Ask to be guided to the perfect deck for you, and just trust what you're drawn to.

Please note, there are many different types of Oracle cards available, from Angel cards to spirit animal decks, Goddess cards to Affirmation cards. All these cards hold a slightly different energy, and vibration. Don't worry if you've never worked with the cards before, they all come with a guide

book that will enhance and support your relationship with them.

The most important thing is to start your journey with intention, so trust what deck you're guided to, and begin there.

### Pens + paper

In most Circles, there will be moments in the space where we will go into reflection and contemplation. This means it's super important to have enough paper and pens for the Circle. Messages, wisdom and insights will pour through the space, so making sure there is a physical space for these to be channelled is really supportive.

### SPECIFIC CIRCLE INGREDIENTS

These are the items that are specific to the Circle you're holding. These will change for each gathering you hold; each Circle will have its own unique ingredients for the ritual and the altar space.

Spend the next few weeks sourcing, foraging and gathering anything you need to weave into the Circle. I've given you an ingredients list for every Circle described in this book, but feel free to gather anything else that holds meaning and calls you.

Add all the ingredients to your basket to brew and infuse in the lead-up to the Circle, knowing that there they are charging and sealing in the intention of the space.

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# Your Best Skin

The Science of Skincare  
Hannah English

June 2022

ISBN 9781743797693

HEA003000

\$22.99 | Flexibound

208 pages | 5.5 × 7.6 in

Full color photography  
throughout

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**A friendly, trustworthy, and accessible guide to the science of skincare.**

*Your Best Skin* is a comprehensive and essential skincare manual. Pharmaceutical scientist and beauty writer Hannah English takes an unbiased, science-backed dive into everything you need to know about caring for your skin, as she destigmatizes skin conditions and asks us to stop blaming our diet and hygiene. Skin issues are legitimate medical issues and Hannah teaches us that science is up for the job of healing them.

This manual will help you identify your skin type and reveal how you can heal yourself with a new beauty ritual that is actually tailored to your needs. Including photography, infographics and diagrams, *Your Best Skin* makes caring for your skin easy.

The best part is that there *is* a miracle cream—you just have to understand what's wrong first.

**Hannah English** is a beauty writer and content creator with a background in pharmaceutical research. She's extremely enthusiastic about making science communication feel cool, relevant, and accessible to those with no science background.

- The skincare industry is rapidly growing thanks to greater awareness of the significance of skincare.
- Hannah English is an Australian “pharmfluencer”, a new breed of beauty influencers who are shrugging off their lab coats and whipping out their phones to clear up the industry's most pervasive myths as well as our skin.
- Hannah is scientifically literate, qualified, and fact-oriented.
- Hannah's biggest mission is to get everyone understanding the importance of SPF protection and using it daily.
- Hannah has over 54k followers on Instagram with her biggest markets in the US and Australia.

ISBN: 978-1743797693



## WHAT'S YOUR SKIN TYPE?

Circle your answers below:

Oily/dry/dehydrated

1. What happens an hour after you wash your face and don't moisturise?
  - a) Does it become oily very quickly?
  - b) Does it feel hydrated but not shiny?
  - c) Does it feel tight?
  - d) Is it rough and flaky?
2. In photos, does your skin look shiny?
  - a) Always
  - b) Sometimes
  - c) Often
  - d) Never
3. Are your pores visible?
  - a) All over
  - b) Only on nose chin forehead, not cheeks?
  - c) No
4. At the end of the day, what does your skin feel like?
  - a) Oily?
  - b) Oily forehead nose chin, normal cheeks?
  - c) Normal forehead nose chin, dry cheeks?
  - d) Smooth and hydrated?
  - e) Dry and thirsty all over?
5. If you wear makeup, what happens by the middle of the day?
  - a) Shiny
  - b) Shiny and separated
  - c) Smooth
  - d) Cracked and creased, flaky?
6. Do you have clogged pores?
  - a) Yes, all over,
  - b) Some,
  - c) T-Zone only,
  - d) None

Each question here is a scale from oily to combination to dry skin, and the underlined answers are indicators of dehydration. If you have fine lines that go away when you moisturise, that's another indicator of dehydration. Your skin needs water, not oil. If you're thirsty, you don't drink oil.

SKINCARE ROUTINE



YOUR BEST SKIN

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## So which sunscreen is right for you?

It's so subjective! I would encourage you to think about your skin's needs and take it from there – are you experiencing hyperpigmentation or sensitivity? You'll want the highest protection possible, from UVA and UVB, because as we know, UV radiation makes those worse. Do you like a glow, or none of a mattifying effect? How do you feel about a scent? Do you need it to be sweat resistant, to go for runs? Or water resistant for a swim?

Are you into moisturising, protecting from blue light and infrared, and suncreening all in the one step? Or do you have a separate moisturiser? And serum for your daytime antioxidants?

At the end of the day, an SPF30 you love wearing daily will always be a better option than an SPF50+ you hate and avoid.

Here are some favourites of mine, by finish. Because sometimes oily babes want more glow, and sometimes dry babes want to stay satiny matte.

**Matte** – Cancer Council SPF50+ Face Day Moisturiser

**Satin** – La Roche-Posay Anthelios Invisible SPF50+

**Glow** – Sunsense Moisturising Face SPF50+ Ultra Violette Queen Screen SPF50+

And my ultimate dream SPF is a European one, ISDIN Eryfortona AK-NM5C. I like very high SPF sunscreens because I live in Australia and the sun is punishing. This one was designed for people with precancerous changes to their skin to be extremely protective, and I love that. Ur, officit remquam im aliquod tiure velent oditatem aut versped ex excecatur iunderro odorem quam ut hariatem aliatu?

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INTRODUCTION

INTRODUCTION

## Key Takeaways

- Wear sunscreen daily, and make it a habit. Like brushing your teeth. Your skin will thank you. Don't forget your hands, neck and chest, and inside/ behind your ears.
- Sunscreen is only one part of sun safe behaviour. Get a good hat, and sunglasses. Treat yourself!
- Apply a lot. A half teaspoon for face, neck, and ears. Use a measuring scoop if you need.
- The higher the SPF, the better.
- The best sunscreen is the one you'll wear.

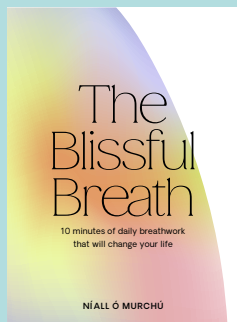
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CHAPTER TITLE

YOUR BEST SKIN

11





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# The Blissful Breath

10 Minutes of Daily  
Breathwork That Will  
Change Your Life  
**Níall Ó Murchú**

**February 2022**  
ISBN 9781784885304  
HEA009000  
\$22.99 | Hardcover  
160 pages | 5.3 × 7.3 in  
Full color illustrations  
throughout

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**Discover the transformative power of breathing with just 10 minutes of practice a day.**

With just one cycle of breath, we can reduce stress, elevate our mood, and improve our focus. How amazing is that?

Harness the power of your breath to heal your body and mind with just 10 minutes of practice a day. These easy, accessible exercises can be done at your desk, in the shower, or in bed, and promise to improve your overall wellbeing, increasing energy, strengthening the immune system, and even enhancing creativity.

*The Blissful Breath* aims to empower with simple breathing techniques to help you feel better right here, right now, with just one breath.

**Níall Ó Murchú** is a certified Level 3 (the highest level of expertise awarded to instructors) Wim Hof Method instructor and Wellness expert with over 20 years' experience. A former international athlete, today Níall hosts events and teaches weekly classes and in-depth workshops on everything from shamanic breathing and breathwork training to the Wim Hof Method. He is based in Dublin, Ireland.

- Everyone has 10 minutes to take out of their day to dedicate to themselves. And the beauty of breathing is that it is something that we are all doing. By simply flipping our focus and paying attention to it, however, we open ourselves up to its many healing properties.
- *The Blissful Breath* explores the scientifically proven benefits of breathwork, without the scientific jargon.
- The Wim Hof Method is huge. So many people have engaged in wild swimming (or taken cold showers) or submerged in an ice bath.

ISBN 978-1-78488-530-4



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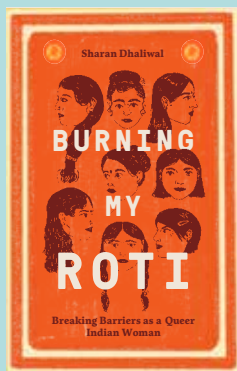
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# Contents

- XX Immunity
- XX Sleep
- XX Stress
- XX Mood
- XX Energy
- XX Recovery
- XX Focus
- XX Performance

When the breath moves, the mind moves.

When the breath is still, the mind is still.



# Burning My Roti

Breaking Barriers as a  
Queer Indian Woman  
Sharan Dhaliwal

February 2022  
ISBN 9781784884390  
SEL046000  
\$22.99 | Hardcover  
240 pages | 5.4 × 8.5 in  
Full color illustrations  
throughout

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**A call to South Asian women to question everything they've been taught about self-love.**

Part memoir, part guide, *Burning My Roti* is essential reading for a new generation of South Asian women.

With chapters covering sexual and cultural identity, body hair, colorism, and mental health, and a particular focus on the suffocating beauty standards South Asian women are expected to adhere to, Sharan Dhaliwal speaks openly about her journey towards loving herself, offering advice, support, and comfort to people who are encountering the same issues.

This thought-provoking book celebrates the strides South Asian women have made, while also providing powerful advice through personal stories by Sharan and other South Asian women from all over the world.

**Sharan Dhaliwal** founded, developed, and runs the UK's leading South Asian magazine *Burnt Roti*, which is a platform for young creatives to showcase their talent, find safe spaces, and destigmatize topics around mental health and sexuality. She is the Director of Middlesex Pride and creator of Oh Queer Cupid, a queer speed dating and comedy night.

- A empowering book that gives a voice to the next generation of South Asian women.
- Subjects include: sexual and cultural identity, getting older, colorism, and mental health.
- Sharan Dhaliwal was on the list of global influential women for the BBC 100 Women 2019.
- *Burnt Roti* is the leading South Asian magazine, aimed at young creatives.

ISBN 978-1-78488-439-0



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# Wanting You to Want Me

Anonymous Stories  
from the Secret World  
of Strip Clubs

**Emily Dinsdale and  
Bronwen Parker-Rhodes**

**March 2022**  
ISBN 9781784884666  
BIO022000  
\$24.99 | Hardcover  
272 pages | 6 × 9.2 in  
Full color photography  
throughout

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**A compelling, evocative, and fascinating collection  
of anonymous stories from the world of strip clubs,  
documented by the women themselves.**

The stories range from behind-the-scenes conversations in the changing rooms to dancefloor and private room etiquette, from emotional and intellectual connections between dancer and client to the often-blurred boundaries that exist in between.

Journalist Emily Dinsdale and filmmaker Bronwen Parker-Rhodes have collected images and stories from women working in London strip clubs over several years. Having been part of the industry themselves, they have a unique and intimate access to the seldom-heard stories, giving voice to an age-old industry, from the perspective of the traditionally voiceless workers.

Supported by original, behind-the-scenes photography from the authors, these narratives express vulnerability, empowerment, curiosity, and the complexity and duplicity of relationships—in short, what it is to be human.

**Bronwen Parker-Rhodes** is a filmmaker and photographer who has produced and directed films for Channel 4, BBC, *The New York Times*, Tate, Christie's, *Nowness*, and *Vice*.

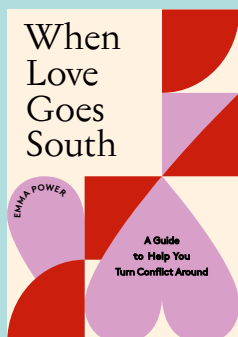
As a freelance culture writer, **Emily Dinsdale** has contributed to many magazines, including *Dazed*, *AnOther* and *Under the Influence*. She's now an art writer at *Dazed Digital* and the founder of literary event *Luxury Book Club*.

- Supported by original, behind-the-scenes photography from the authors.
- Between them, the authors have spent over 20 years of their working lives in London strip clubs and are uniquely placed to gain intimate access to the secret world of striptease.
- Women's memoir and narrative non-fiction are gathering pace in recent years: raw, open, honest accounts of experiences that have previously been taboo.



ISBN 978-1-78488-466-6





# When Love Goes South

A Guide to Help You  
Turn Conflict Around  
**Emma Power**

**April 2022**

ISBN 9781743797631

FAM013000

\$16.99 | Hardcover

224 pages | 4.5 x 6.5 in

Full color throughout

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**Learn how to navigate relational conflict and challenges with game-changing results.**

People don't often work on their relationships when they are flying high. But when love gets tough, they reach out. Help, however, isn't always readily accessible. That's where *When Love Goes South* steps in.

This pocket-sized guide is the relationship counseling session that many people need, but never quite get to, covering a wide range of relationships, from marriage to families to colleagues to the rude salesperson that just shut you down.

The natural sequel to Emma's book *How to Have Meaningful Relationships*, *When Love Goes South* will create a new paradigm of relating, offering the reward of getting safely and successfully to the other side of pain and challenge.

**Emma Power** is a relationships educator, author, and speaker. She is the author of *How to Have Meaningful Relationships*, and the founder of Tantra Is Love and The Awaken School. She often appears on Triple J, Channel 7, and throughout Australia's major publications and media. Her most popular events include her regular, sold-out Relationships Workshops, Sexuality Workshops, Women's Workshops, and her online course, Self Love Club.

- This small book can be devoured quickly with big results, turning relational disaster around immediately.
- The subject is big but its tone is accessible. Written by the author to be friendly and chatty but also meaningful and relatable.
- Emma Power is a relationships teacher, writer, and speaker. She has dedicated the past decade to traveling the world teaching people how to find connection and joy in their relationships and sexuality.



**Also available**

How to Have  
Meaningful  
Relationships  
9781743796733  
\$14.99 | 2021

ISBN: 978-1743797631





# How Veganism Can Save Us

Emma Hakansson

June 2022

ISBN 9781743797730

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\$14.99 | Flexibound

144 pages | 5.1 × 7.2 in

Full color throughout

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## A little book about the big ideas behind veganism.

*How Veganism Can Save Us* shows us how changing our habits can change the world.

Revealing hard truths, animal rights activist Emma Hakansson teaches us the devastating impact animal agriculture is having on our environment and waterways, as well as our personal wellbeing and mental health. Emma shows us that there is so much power in our individual choices. By eating a plant-based diet we can make incredible change that will help reverse environmental devastation, improve our overall health, and save animals from the violent and oppressive system they have been born into.

Filled with quotes, explainers, and activities that give pause for thought, recalibration, and action, *How Veganism Can Save Us* will arm you with the truth and set you on a path towards a more sustainable future.

**Emma Hakansson** is, first and foremost, an activist. She is dedicated to collective liberation, and to efforts which extend our circle of compassion far beyond our own backyards, but across races, sexes, and even species. Emma has been published internationally across media outlets like *Plant Based News*, *Good On You Eco*, *The Green Hub* and other sustainable, ethical publications.

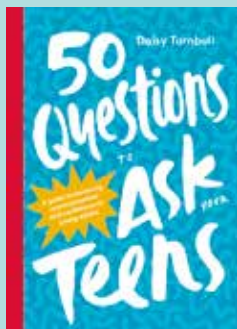
- Veganism is a growing trend globally; 3% of the global population are already vegan, totaling roughly 234 million.
- The subject is big but its tone is accessible. Written by the author to be friendly and chatty but also meaningful and relatable.
- The format is flexi and small so you can pop it in your pocket and read on your daily commute.
- Designed beautifully, the book is a stylish statement to complement your thoughts and ideas.
- Emma Hakansson is an animal rights activist based in Melbourne, Australia.



**Also available**  
How to Be Online  
and Also Be Happy  
9781743796610  
\$14.99 | 2021



**Also available**  
How to Be a  
Creative Thinker  
9781743797198  
\$14.99 | 2021



# 50 Questions to Ask Your Teens

A Guide to Fostering  
Communication  
and Confidence  
in Young Adults  
**Daisy Turnbull**

**March 2022**  
ISBN 9781743797822  
FAM034000  
\$14.99 | Hardcover  
352 pages | 5.1 x 7.2 in  
Full color with illustrations  
throughout

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## How do we help our teenagers become excellent human beings?

*50 Questions to Ask Your Teens* is a guide for parents and carers navigating the confusing and exciting world of adolescence. For anyone who wants to better connect with their teens and help them to be functioning, self-aware, and kind adults, this book offers a simple framework with clever questions to engage your teen and pre-teen from age ten onwards.

In *50 Questions to Ask Your Teens*, you'll find questions that encourage your teen to master the practical as well as trickier topics, including friendships, consent, self-compassion, managing conflict, mental health, boundaries, and media influences. Moving beyond the predictable milestones of childhood, this book addresses the nuanced social and emotional needs of teens that we often assume are being met elsewhere. Parents and carers will learn how to promote their teens' awareness of the world, and encourage them to take responsibility and understand consequences and risks in a fast-changing world.

**Daisy Turnbull** is the author of *50 Risks to Take with Your Kids*, a guide to building resilience and autonomy in children up to age ten. She is the mother of a seven-year-old boy and a four-year-old girl and is a teacher with more than 10 years' experience teaching teenagers. She is currently Head of Wellbeing at St Catherine's School in Sydney.

- *50 Risks to Take with Your Kids* has sold more than 20k globally since publication, with rights sold to two international territories, showing the global reach of the tips and advice in this series.
- Daisy is at the coalface of teenage life, with real credibility as someone who can talk to and about teens thanks to her years of experience as a teacher.
- Daisy has a strong social media profile and has established herself as a new voice in the world of parenting.



**Also available**  
*50 Risks to Take  
With Your Kids*  
9781743796344  
\$14.99 | 2021

ISBN: 978-1743797822





**'If you're slightly other  
everywhere, you're going  
to end up being a writer,  
because there's a part of  
you that's always outside  
yourself, observing.'**

— LIN-MANUEL MIRANDA



#### SECTION 4

## Differences

Teenagers today are different from teenagers of their parents' era, and they see a lot more difference in their lives – in gender and identity, in race and culture, in sexuality, in recognition of privilege. Being a teenager is more of a minefield because the stupid stuff teenagers do is often online for all the world to see, and the risk of being cancelled is huge. Today, there is no space for ignorance, and very little forgiveness.



draft

## 7 Step Mindset Makeover

Domonique Bertolucci

June 2022

ISBN 9781743798027

SEL016000

\$19.99 | Hardcover

192 pages | 5.1 x 7.2 in

Text only

Refocus your thoughts with *7 Step Mindset Makeover*, your life guide to achieving your goals from happiness expert Domonique Bertolucci.

For most people, achieving our goals, creating new habits, and making other positive changes in our lives can be very difficult to do. We either can't get started or end up in an endless cycle of making progress and then undermining or sabotaging that progress. But it's not because we're lazy or lack commitment. Often, it's because we start our quest for change in the wrong place ... focusing on our actions. What we really need to do when we want to change or improve our lives is to focus on our MINDSET.

When we get our mindsets right, everything else will fall into place. With seven easy steps Domonique takes you through: how to detox your dreams, discover your "no", choose your mood, ignore the voices, confront the enemy, say goodbye to your "but", and see clearly into your future.

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

- Domonique Bertolucci is a best-selling author with worldwide sales of over 300k copies.
- Her "Life Lessons" series has been well loved by readers for over a decade and was released in its third edition in 2021.



**Also available**  
*Happiness Code*  
9781743793282  
\$14.99 | 2017



**Also available**  
*Love Your Life*  
9781743793299  
\$14.99 | 2017

ISBN: 978-1743798027



# 9 Step Negativity Detox

Domonique Bertolucci

June 2022  
ISBN 9781743798034  
SEL016000  
\$19.99 | Hardcover  
192 pages | 5.1 × 7.2 in  
Text only

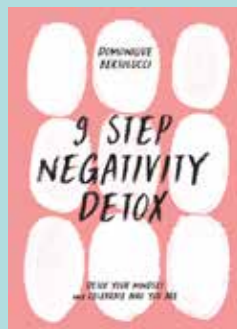
**9 Step Negativity Detox** is your thoughtful guide to detoxing your mindset and eliminating negativity from your life.

In just nine easy steps, happiness expert Domonique Bertolucci shares a whole range of tips, strategies and suggestions to detox your mindset and choose a positive life that you want to zoom in on. She will show you how to put on your rose-colored glasses and discover the power of a positive perspective, including how to express your gratitude and to be grateful, find your people, expand your mind, and know how to be your own boss, choosing to take charge and celebrate who you are.

Once you are free and clear of the unnecessary causes of negativity in your life, not only will you discover how pervasive your negative thoughts and experiences have really been, you'll be much better at spotting them and preventing them from creeping back into your life.

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

- Domonique Bertolucci is a best-selling author with worldwide sales of over 300k copies.
- Her "Life Lessons" series has been well loved by readers for over a decade and was released in its third edition in 2021.
- Offers a detox that will deep clean your mindset in nine easy steps.



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**Also available**  
*You've Got This*  
9781743796801  
\$14.99 | 2021



**Also available**  
*The Daily Promise*  
9781743797570  
\$14.99 | 2021





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# The Path to Longevity Plan

Three Step Plan to  
Extend Your Healthspan  
by Years  
**Luigi Fontana**

**February 2022**  
ISBN 9781743796825  
HEA049000  
\$25.99 | Paperback  
224 pages | 7.1 × 9.2 in  
Full color photography  
throughout

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***The Path to Longevity Plan* is your easy-to-follow, practical guide to living a long life in good health.**

In just three steps, skilled physician and world expert on longevity Professor Luigi Fontana will take you through a 5:2 diet that includes a simple exercise plan and wellbeing guide. With key strategies to aid your progress, this complete program draws on evidence-based principles of restricted eating, nutrition, exercise, and wellbeing to create a lifestyle plan that works.

The chronic illness in our society is avoidable and Professor Fontana's plan shows us all how to live longer, healthier, and happier lives. Offering more than 80 tasty Mediterranean-style recipes and vibrant photography including step-by-step instructions on simple to follow exercises, this guide also shows the benefits of aerobic, weight bearing and stretching exercises along with guidance on overcoming stress, getting quality sleep, and simple meditation techniques.

Based on more than 20 years of research and clinical practice, this plan will show you just how simple it can be to achieve total health, not just for now but for life.

**Professor Luigi Fontana, M.D., Ph.D.** is a highly skilled physician scientist who is recognized as the leading world expert on longevity. 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.

- The book includes an integrated holistic plan that will show you how to achieve good health for life—focusing on diet, physical exercise, and mental wellbeing.
- Based on the principles outlined in Professor Luigi Fontana's first book, *The Path to Longevity*.
- Learn how to lose weight and maintain your weight for the long term by taking on a lifestyle change rather than a fad diet.
- Accessible, practical, and with full color images throughout, along with example meal plans, exercises, and mindful information from specialists in these fields.

ISBN: 978-1743796825



# Gift & Humor



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# Megan Hess: The Little Black Dress

Megan Hess

April 2022

ISBN 9781743797358

DES005000

\$19.99 | Hardcover

144 pages | 4.5 × 6.5 in

Full color illustrations  
throughout

**A little book celebrating the little dresses that redefined fashion.**

*Megan Hess: The Little Black Dress* is an illustrated love story about fashion's most enduring and chic uniform, featuring the designers, the women, and, of course, the dresses.

A piece of fashion is so much more than an object. To the designer who created it, the muse who inspired it, the fashion lover who lusts after it, the stylist who is lucky enough to own it, or the star who made it iconic—that fashion piece is part of a story.

Introduced by Coco Chanel and made famous by Audrey Hepburn, the little black dress redefined how women dress and remains one of the most elegant and versatile pieces in any wardrobe. And this little book is the perfect accessory.

Filled with fascinating information and stunning illustrations from Megan Hess, and packaged up in a beautiful hardback, *Megan Hess: The Little Black Dress* is a timeless love story.

**Megan Hess** was destined to draw. An initial career in graphic design evolved into art direction for some of the world's leading design agencies. Her renowned clients include Givenchy, Tiffany & Co., Louis Vuitton, Montblanc, Yves Saint Laurent, *Vogue*, *Harper's Bazaar*, Prada and Cartier. Megan is the author of best-selling fashion books for adults and the sensational *Claris: The Chicest Mouse in Paris* series for children.

- The first in a new series from Megan Hess, *The Ultimate Fashion Wardrobe*, celebrating everyone's favorite iconic fashion items. *The Handbag* and *The Shoe* to come in 2023—readers can build on the series as you would build on an outfit.
- A beautiful new gift package (but still with Megan bling), small format and lower price point opens this series up to a wider market and also allows for on-counter merchandising.
- Internationally, Megan has sold over 950k books across 10 languages.
- Megan's profile continues to grow, with over 400k followers across social media platforms.



**Also available**  
Coco Chanel  
9781743790663  
\$24.95 | 2015



**Also available**  
The Dress  
9781742708232  
\$24.95 | 2014

ISBN: 978-1743797358





## Grace Kelly

in Edith Head

*Rear Window*

1954

Edith Head was a real trailblazer, as the first woman in Hollywood to make it to lead costume designer. Grace Kelly in a pleated silk organza dress with translucent cap sleeves for *Rear Window* is one of Head's classic looks. Accessorising with a triple-strand pearl necklace and a bold red lip would have made Chanel herself proud.





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# Frida: Style Icon

A Celebration of  
the Magical Style  
of Frida Kahlo  
**Charlie Collins**

**June 2022**

ISBN 9781784884970

BIO035000

\$19.99 | Hardcover

176 pages | 5.8 × 8.5 in

Full color illustrations  
throughout

**A celebration of Frida Kahlo, her love of fashion and life, and her everlasting influence on culture, celebrity, and style.**

*Frida: Style Icon* charts Frida's fashion evolution through 50 beautifully illustrated style moments, including pieces from her famous wardrobe, her most iconic looks, and her own special kind of styling.

From embroidered blouses and traditional Tehuana dresses to Indigenous treasures and jewelry strung by Frida herself, this book showcases how Frida used her style as a means of personal and political expression. Her wardrobe includes examples of traditional Mexican dress—*rebozos* (fringed shawls), embroidered *huipiles* (square-cut tops), and *enaguas* (skirts), as well as a series of hand-painted medical corsets and supportive back-braces which also illuminate the story of her near-fatal bus crash at the age of 18.

Tastefully and elegantly illustrated throughout, this volume is a must-have for admirers of Frida Kahlo, fashion historians, and fans of fashion illustration.

**Charlie Collins** is founder of the consultancy Creative Wardrobe, which helps women to find their own style and build more joyful and functional wardrobes. Charlie has over 10 years' experience working for brands that champion sustainability in fashion, including Vestiaire Collective, William Vintage, and Smart Works Charity. She is fashion ambassador for Malaika Charity and a lifelong Frida Kahlo fan.

- Mexican artist Frida Kahlo's look is instantly recognizable.
- The message of female empowerment associated with Frida's style of dress continues to infiltrate high fashion with many designers, such as Jean Paul Gaultier and Valentino, referencing her wardrobe in their collections.
- This is a celebration of fashion from a true style icon.



**Also available**  
**Diana: Style Icon**  
9781784883812  
\$19.99 | 2020



**Also available**  
**Pocket Frida Kahlo**  
**Wisdom**  
9781784881801  
\$9.99 | 2018

ISBN 978-1-78488-497-0





# Closet Confidential

It is said Casa Azul was painted its shade of startling blue to keep the bad spirits out, yet more than half a century after Frida Kahlo had taken her final breath inside its protective walls, her half-forgotten treasures were about to be unearthed from their acrid slumber by a group of startled curators.

## The Gold Sunglasses

*"I was born a bitch! I was born an artist"*

No piece in Frida Kahlo's recovered wardrobe can be quite as cool as her gold sunglasses. Just try typing "frida kahlo cats-eye sunglasses" into google's search box and you will find a plethora of shopping options to bag yourself a pair just like Frida's – testament to our style icon's magical ability to continue to influence from her flower throne in the afterlife.

These wonderfully kitsch frames represent the wmany tangled contradictions of our style icon with all her defiant flair and punk spirit.

She was a woman who despised the bourgeoisie yet who shamelessly flirted with some of the most influential cultural and political figures of her time. She wrote sweet love notes, spritzed with heady perfume and sealed with a pink kiss and yet she embraced an untamed sexuality that belied the social constraints of her time and saw her liberated in love and lust. She came to dress in a way that exuded traditional femininity, yet drank tequila like it was water and smoked like a chimney, spouting poetic profanities wherever she went.

Her strong sartorial choices were always offset by contrasting elements such as pairing her ultra feminine Tehuana costumes with fierce heavy-metal rings on every finger that exclaimed

do not mess with me! The prettiness of her flushed cheeks and stained lips were transformed into war paint when set against the unnerving severity of her penciled unibrow.

Her gold glasses embody Frida's love for frivolously fun fashion that she pitted against a desire to dress intelligently, crafting an image that held social, cultural and political significance.

She was complex and original and as such she was likely to be labelled "difficult" although she wouldn't have cared. She refused to be contained by a single definition of what it meant to be a woman and an artist in her time.







draft

# Pocket Diana Wisdom

Wise and Inspirational  
Words from the  
People's Princess  
**Hardie Grant London**

**April 2022**

ISBN 9781784884956

REF000000

\$9.99 | Hardcover

96 pages | 4.3 x 5.2 in

Full color illustrations  
throughout

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## Wise and inspirational words from Diana, the Princess of Wales.

In *Pocket Diana Wisdom*, the Princess of Wales shares her pearls of wisdom on everything from love to culture and society, kindness, leadership, and family.

Full of inspirational quotes and wise words, this little book pays homage to The People's Princess.

### On Family

*Family is the most important thing in the world.*

### On Work

*I knew what my job was; it was to go out and meet the people and love them.*

### On Love

*If you find someone you love in your life, then hang on to that love.*

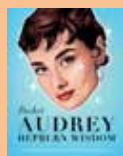
*Pocket Diana Wisdom* is part of the *Pocket Wisdom* series—get more inspiration and wise words from *Pocket Audrey Hepburn Wisdom*, *Pocket Coco Chanel Wisdom*, *Pocket Frida Kahlo Wisdom*, and many more.

Conceived and edited by Hardie Grant Books.

- The latest title in the best-selling *Pocket Wisdom* series.
- Full of uplifting quotes from the Princess of Wales.
- Diana is the most loved member of the British royal family—probably the most loved royal in the world—earning her the title The People's Princess.
- Interest in Diana—and the royal family—has increased due to the success of *The Crown*.



**Also available**  
Pocket the Queen  
Wisdom  
9781784882259  
\$9.99 | 2021



**Also available**  
Pocket Audrey  
Hepburn Wisdom  
9781784883614  
\$9.99 | 2020

ISBN 978-1-78488-495-6



5 0999

# Maya Angelou's Guide to Hope

50 Simple Ways to  
Spread Hope  
**Hardie Grant London**

**May 2022**  
ISBN 9781784884963  
HUM020000  
\$9.99 | Hardcover  
112 pages | 4.3 × 5.2 in  
Full color illustrations  
throughout

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**An illustrated guide to how we can all spread a little more hope just like Maya Angelou.**

*Maya Angelou's Guide to Hope* is an illustrated guide to how we can all spread a little more hope.

Including 50 simple acts, from giving words of encouragement to extending a helping hand, or spending time with someone, and accompanying illustrations featuring Maya herself, this book helps us to always keep hope alive.

Maya's life is a rich and remarkable one—a tale filled with strength, hardship, and, above all else, hope. She used her voice to overcome prejudice and difficulty, becoming an inspiration to those around her as well as future generations.

This book takes the lead from Maya, helping us to change ourselves and the world around us for the better.

Conceived and edited by Hardie Grant Books.

- Includes 50 simple inspirational acts, such as spending time with someone, offering words of advice, and lending a helping hand.
- Filled with fun illustrations.
- Hope is definitely a buzzword that's sticking around for the foreseeable future. We are all hopeful of what's to come after a year and a half of uncertainty.



**draft**



**Also available**  
Keanu Reeves'  
Guide to Kindness  
9781784884734  
\$9.99 | 2021



**Also available**  
Pocket Maya  
Angelou Wisdom  
9781784882464  
\$9.99 | 2019





draft

# 15-Minute Art Painting

Learn to Paint in Six Steps or Less  
**Hannah Podbury**

**March 2022**

ISBN 9781784884994

ART020000

\$19.99 | Flexibound

240 pages | 6.3 × 8.3 in

Full color illustrations throughout

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**Learn to paint 50 projects in just a few simple steps.**

How do you find time in your busy day to get creative?  
Why, with *15-Minute Art Painting*, of course!

Explore the pure joy of paint with fifty 15-minute projects inspired by nature. From leaves and houseplants to flowers and fungi, *15-Minute Art Painting* encourages you to explore painting in a relaxing, free, and fun way. Each project can be completed in no more than six steps and will include practice pages, color swatches, and helpful hints to make light work of the artwork.

Although Hannah will provide a brief introduction on how to sketch out your paintings, the book will also contain traceable templates, so you can fully focus on the process and pure joy of painting.

**Hannah Podbury** is a freelance social media manager and content creator who, inspired by nature through lockdown, picked up a paintbrush and taught herself to paint. Since then, she has amassed over 20k Instagram followers—the majority of whom are from the US—through her regular posts of stunning nature scenes painted in her notebooks.

- This is a quick and easy hobby that provides people with creative fuel in their chaotic and busy lives.
- Each painting can be completed in no more than six steps.
- Hannah's Instagram following has grown by 5k since we first approached her and continues to grow.
- We have seen great success with Lorna Scobie's *365 Days* series, which has sold 382,000 copies globally.

ISBN 978-1-78488-499-4





## Project 14

### Fairy Tale Toadstool

There's a little area of our local forest that is covered in pine trees and, at certain times of the year, these little fairy tale toadstools can be spotted growing underneath them. Highly toxic, painting them is probably much safer than picking them.

#### STEP 01

Using a size 3 to size 6 brush, mix together white and a little yellow ochre to block in the base of the stalk. Add a little more yellow ochre and a tiny dab of vandyke brown and block in the skirt of the mushroom. Rinse your brush and block in the mushroom cap using spectrum red.



#### STEP 02

Mix more brown into your yellow ochre mix and blend this colour into the skirt of the mushroom, leaving a little negative space on the right where the light will hit. Mix together vandyke brown and a little black and, using a size 1 to 3 brush, add stronger shadows to the area where the skirt and the stalk meet. You may also add a few brush strokes to the stalk to imitate a rippled texture. Add a small amount of black to your spectrum red and blend this into the mushroom cap, ensuring it's darker on the left hand side and blending out towards the right.



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# Riviera Memories

1000-Piece Puzzle  
Ilya Milstein

**February 2022**  
ISBN 9781743798317  
GAM007000  
\$19.99 | Puzzle  
1000-piece | 8.3 × 12.2 × 1.9 in  
Full color

**Brimming with hidden detail and eye-catching designs, the *Piece Full* puzzle series offers beautiful projects for mindful gamers and art lovers alike.**

*Riviera Memories: 1000-Piece Puzzle* is a jigsaw puzzle illustrated by Ilya Milstein, a successful Australian artist living in New York. Set in a colorful and gently ageing seaside town, *Riviera Memories* depicts a range of travelers as they cook, sketch, rewire fuses, and help a fisherman off his boat—all of them meaningfully interacting with their surroundings in the beautiful Italian Riviera.

Ilya Milstein is the illustrator of *The Raconteur: 1000-Piece Puzzle*, a talented artist who has also worked for illustrious clients like *The New York Times*, *The New Yorker*, *Monocle*, Apple, Google, Spotify, among others.

This puzzle takes between 3–10 hours to complete and the final artwork measures 19.3 × 27 inches. You can even make it accessible art by framing the finished product!

**Ilya Milstein** is a graphic artist who was born in Milan, raised in Melbourne, and presently lives and works in New York. In 2018 he was a winner of ADC Young Guns. Some selected clients include *The New Yorker*, *The New York Times*, Google, Apple, Spotify, Uber, Facebook, *Monocle* and Paypal, among many others. He has 42.8k Instagram followers.

- New puzzle in the series by Ilya Milstein, the artist of *The Raconteur*—one of our best performing puzzles (@ilyamilstein, 58k followers).
- Puzzling is meditative, rewarding, satisfying and a great social activity with its uncompetitive and inclusive nature (you can have as many players as you want!).
- Box dimensions: 8.3 × 12.2 × 1.9 inch, shrink-wrapped; puzzle dimension when complete is 19.3 × 27 inches (this is noted on the puzzle box itself) and printed on FSC paper.



**Also available**  
**The Raconteur:**  
1000-Piece Puzzle  
9781743796672  
\$19.99 | 2020



# Petal

1000-Piece Puzzle

Adriana Picker

March 2022

ISBN 9781743798379

GAM007000

\$19.99 | Puzzle

1000-piece | 9.1 × 13 × 1.9 in

Full color



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## A challenging 1000-piece puzzle featuring Adriana Picker's stunning floral artwork

Celebrate the colors, details and unique sculptural beauty of flowers with *Petal*, the 1000-piece jigsaw puzzle from botanical illustrator Adriana Picker.

Puzzling is the ideal mindful and relaxing hobby. This unique and challenging jigsaw, featuring Adriana Picker's colorful floral art, is perfect for flower fans, gardeners and puzzlers alike—and it's beautiful enough for you to frame for your wall once completed!

Suitable for both adults and children (recommended for ages 10 and up), the *Petal: 1000-Piece Jigsaw Puzzle* is a perfect screen-free family activity and takes 3 to 10 hours to complete. Completed puzzle measures 27 × 19 in.

Adriana Picker is an Australian illustrator, artist and designer. At the heart of her work is a lifelong passion for flowers, which she manages to find wherever she goes. Her work encompasses the diverse fields of publishing, fine arts, film and advertising. *Petal* is Adriana's fourth book; she has previously illustrated *The Cocktail Garden*, *Where the Wildflowers Grow* and *The Garden of Earthly Delights*.

- Flowers never go out of style, but Adriana Picker's artwork offers a fresh, contemporary take.
- There is a strong existing gift market around flowers; this is the perfect Mother's Day present.
- The *Petal* book continues to grow in sales and popularity, and this is the perfect addition to the range.
- Adriana Picker's books have sold over 50k units in the North American market.
- Puzzles are the breakout lockdown category. This is such a beautiful puzzle, you will want to frame it.



**Also available**

*Petal*

9781743795040

\$37.00 | 2020



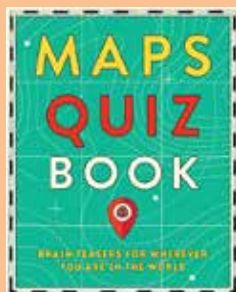
**Also available**

*The Cocktail Garden*

9781743792858

\$19.99 | 2017





## Maps Quiz Book

Brain Teasers for  
Wherever You Are  
in the World  
**Hardie Grant Explore**

**February 2022**  
ISBN 9781741177251  
TRV027000  
\$19.99 | Flexibound  
232 pages | 6.7 x 8.3 in  
Full color illustrations  
throughout

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**Become the ultimate map reader with this quiz book for all ages.**

*The Maps Quiz Book* is the ultimate activity book to improve your navigation skills and help train your brain. Forget crosswords or Sudoku!

Featuring over 50 maps that cover subjects and places from around the globe, this book includes a range of historical, modern, and fictional maps that will please any map aficionado. Each map comes with three different levels of questions under the headings Easy, Medium, and Difficult, and all answers are included at the back of the book.

In our digital world, the ability to read a map is being lost, yet it remains an important and basic skill. The questions don't require any prior cartographic knowledge, so this brain teaser book will suit the whole family. In no time you'll be expanding your knowledge and navigating your way through streets, geographic wonders and amazing facts via maps from around the world.

- The perfect book for anyone who enjoys quizzes, crosswords, or brainteasers, as well as map aficionados.
- A perfect gift for the navigator in your life, from the age of 10 upwards.
- A great activity for the whole family.

ISBN: 978-1741177251



Children's



# Abigail Fig: The Secret Agent Pig

World of Claris  
Megan Hess

**March 2022**  
ISBN 9781760507725  
JUV048000  
\$17.99 | Hardcover  
48 pages | 9.4 x 11 in  
Full color illustrations  
throughout

Join the *World of Claris* and meet the most stylish friends of the chicest mouse in Paris!

Join Abigail on her new mission to become a secret agent!

Abigail Fig is a very curious pig. She's full of questions, which can sometimes be a little annoying. But one day, her observation skills come in handy when she witnesses a pignapping—can she follow the clues to find her friends?

*Abigail Fig: The Secret Agent Pig* is destined to delight fashion-obsessed readers of all ages.

Discover all the *World of Claris* adventures from beloved children's author Megan Hess.

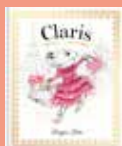
From age 3 and up.

**Megan Hess** is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her beloved *Claris* series for children has grown to include the *World of Claris* picture books.

- With a quarter of a million books in print, Megan Hess's *Claris* series is already a modern classic and a favorite among children and fashion aficionados alike. Now beloved author Megan Hess is introducing readers to Claris's most stylish friends.
- A beautiful gift, this sumptuous hardback picture book features gilt-edged pages and a foil finish alongside Megan's stunning illustrations.
- *The World of Claris* range has grown to include five picture books of Claris, two spin-off character books, three Look-and-Find books, a Tres Chic Activity Book and a Claris Book and Puzzle set, with more publishing to come in this iconic and beloved series.



**Also available**  
Oli and Basil: The  
Dashing Frogs of  
Travel  
9781760507671  
\$17.99 | 2021



**Also available**  
Claris: The Chicest  
Mouse in Paris  
9781760502591  
\$17.99 | 2018

ISBN: 978-1760507725



# Where Is Claris in London

Claris: A Look-and-find Story!

Megan Hess

June 2022

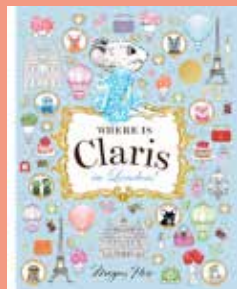
ISBN 9781760509514

JUV054000

\$14.99 | Hardcover

32 pages | 9.1 × 11 in

Full color illustrations throughout



draft

**A look-and-find story that takes the reader through the famous landmarks of London.**

Claris, the chicest mouse in Paris, is setting off on an exciting adventure through London!

Can you find Claris and her friends in iconic places such as Buckingham Palace, Hyde Park and Westminster Abbey?

Look inside to find out!

**Megan Hess** is an acclaimed art director and illustrator who works with some of the most prestigious designers and luxury brands around the world, such as Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton and Tiffany & Co. Her beloved *Claris* series for children has grown to include the *World of Claris* picture books.

- The third look-and-find *Claris* adventure from beloved children's author Megan Hess, following Paris and New York.
- The best-selling *Claris* series follows an adorable mouse who moves to Paris to follow her fashion dreams, for fans of *Eloise* and *Olivia*.
- Destined to delight fashion-obsessed readers of all ages!
- Perfectly pitched for a picture book reader, with varying levels of difficulty!
- A search-and-find for a sophisticated Claris fan, that also takes the reader through the famous landmarks of London!
- The *Claris* series continues to grow with five picture books and two look-and-find adventures available, as well as a spinoff character series in the *World of Claris*.



**Also available**  
Where is Claris in New York  
9781760504960  
\$14.99 | 2021



**Also available**  
Where is Claris in Paris  
9781760504946  
\$14.99 | 2020



# Plume: Global Nibbler

**Tania McCartney**

**May 2022**

ISBN 9781741177671

JUV030000

\$17.99 | Hardcover

48 pages | 9.1 × 11 in

Full color illustrations throughout

**Join Plume to seek out tasty dishes and tempting snacks from countries around the world!**

The most adorable penguin world explorer, Plume, is on a gastronomic jaunt around the planet in *Plume: Global Nibbler*, the second book in Tania McCartney's series for little ones, celebrating the cultures and diversity of the world around us!

Plume loves to cook—and to eat. He loves a bit of spice and he's on a mission to fire up the tastebuds of his fussy-eater penguin friends. With the help of his dear friend Ava (of the Albatross Express), he leaves Antarctica in search of the world's most delicious local dishes and treats.

From Iranian kebabs and Swedish cinnamon pastries, to Ethiopian injera flatbread and the chewy crispiness of Italian pizza ... can these delightful dishes tempt Plume's friends away from krill in favor of a truly global smorgasbord?

**Tania McCartney** is a book creator. She has made well over 60 books for children and adults, and has illustrated, edited, and designed many of them, too. Her works have been shortlisted and won an array of awards, and have reached the hands of children in 20 countries around the globe.

- The second book in this acclaimed series for four-to-seven-year-olds, and both girls and boys.
- While world travel remains restricted, readers can still see the world with Plume! Countries featured in this book are Thailand, Japan, Ethiopia, Morocco, Italy, Sweden, Mexico, Hawaii (USA), Iran, and Argentina.
- Encourages children to seek out new experiences, and also be open to trying new foods and flavors.
- A beautiful gift or self-purchase for children and adults to enjoy reading together. The endpapers also feature a world map to help children develop their knowledge of world geography.
- The next title in the series is scheduled for November 2022, focusing on festivals and celebrations around the world.



**Also available**

Plume: World Explorer  
9781741177664  
\$17.99 | 2021



**Also available**

I Love the World  
9781741177398  
\$19.99 | 2020

ISBN: 978-1741177671





They drizzle vinegar over warm rice and roll melty pink salmon into **nori** sheets. Kyo adds a fiery smear of **wasabi** paste, and Plume chooses **tangy** ginger pickle called **gari**.

DŌZO  
OMESHI AGARI  
KUDASAI!

The first stop on Plume's gastronomic world tour is **Japan**.

Kyo meets Plume at a **sushi bar** near Tokyo's Tsukiji fish market.



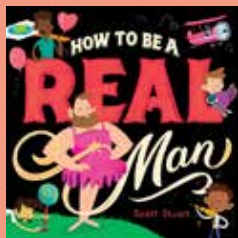
In **Mexico City**, Valeria waves in Ava and Plume from a flower-strewn rooftop. They make **flautas**. Valeria prepares the filling while Plume rolls the **tacos**, ready for frying.

¡PROVECHITO!



Valeria tops the flautas with **salsa**, sour cream and a sprinkling of **cheese**.





# How To Be a Real Man

Scott Stuart

January 2022

ISBN 9781760507848

JUV005000

\$14.99 | Hardcover

24 pages | 9.6 × 9.6 in

Full color illustrations throughout

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**A timely picture book that tackles masculinity in an engaging and humorous way!**

Scott Stuart encourages boys to embrace who they truly are in this empowering and funny story, smashing age-old assumptions about what it means to be a man.

Encompassing boys and men from different backgrounds, and told in irresistible rhyme, *How To Be a Real Man* is a must-have picture book for all young readers.

*Men should be STRONG with helping hands.*

*Men should FIGHT for what is right.*

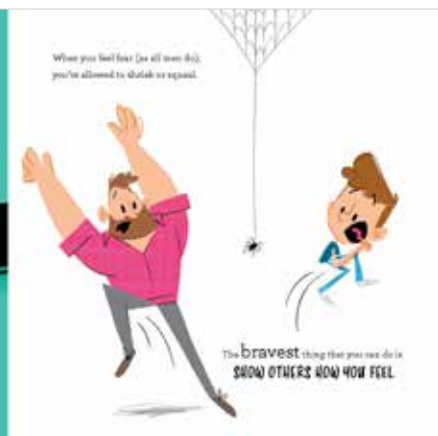
*Men should be BRAVE and show how they feel.*

**Scott Stuart** is a writer, illustrator, and designer who still watches kids' movies when his son is not around. He is passionate about dismantling gender stereotypes and empowering children to follow their own unique path. Scott's stories and his uplifting online presence has attracted over 250k followers and 8m likes on TikTok. Scott's own path has led him to an assortment of passions, including rugby, dancing, midnight rodeos, and karaoke.

- Scott Stuart is a TikTok sensation, with over 250k followers and 8m likes.
- Scott rocketed to fame after posting a video of himself and his son both dressed as Elsa for a screening of *Frozen II*, which garnered worldwide publicity.
- Important message delivered in an engaging way.
- Irresistible, humorous art style.
- Uplifting rhyme that is fun to read out loud.
- Stuart's first book, *My Shadow Is Pink*, was released in April 2021 and has already gathered a huge swell of support and positive reviews around the world.

ISBN: 978-1760507848







# The Very First You

Scott Stuart

January 2022

ISBN 9781760508883

JUV051000

\$14.99 | Hardcover

24 pages | 9.6 × 9.6 in

Full color illustrations throughout

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***The Very First You* is a book on embracing uniqueness and recognizing the joy that individuality brings to the world.**

It's not just the shape of your nose or your ears, or the way you laugh and sing, it's the combination of all these elements that make you unique.

From the social media sensation Scott Stuart, who rocketed to fame after posting a video of himself and his son both dressed as *Frozen*'s Elsa, comes this must-have picture book for all young readers.

Encompassing children from different backgrounds and told in humorous rhyme, *The Very First You* is a bright, bold, and completely irresistible read-aloud book.

Nobody has ever smiled your smile, or ran the way that you run.

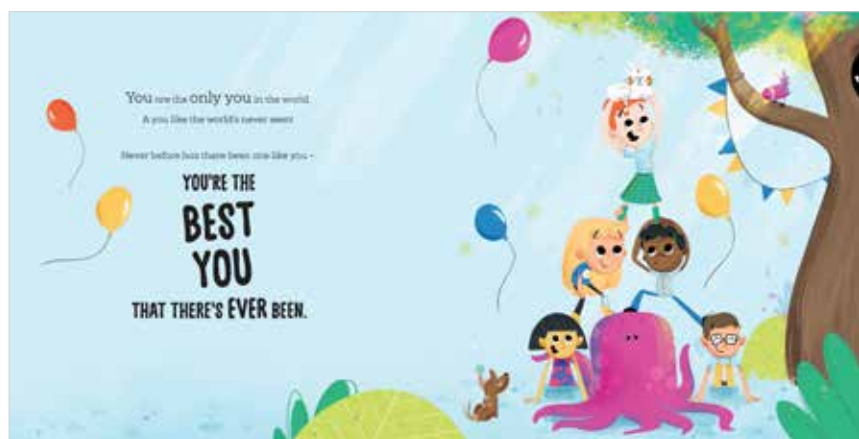
The chances of you being born as you are were 400 trillion to one.

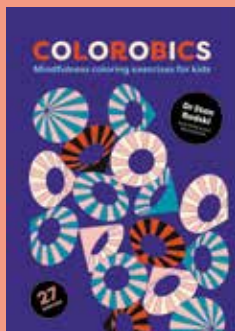
**Scott Stuart** is a writer, illustrator, and designer who still watches kids' movies when his son is not around. He is passionate about dismantling gender stereotypes and empowering children to follow their own unique path. Scott's stories and his uplifting online presence has attracted over 250k followers and 8m likes on TikTok. Scott's own path has led him to an assortment of passions, including rugby, dancing, midnight rodeos, and karaoke.

- Scott Stuart is a TikTok sensation, with over 250k followers and 8m likes.
- Scott rocketed to fame after posting a video of himself and his son both dressed as Elsa for a screening of *Frozen II* and garnered worldwide publicity.
- The bright, bold, and completely irresistible art style pairs perfectly with the gentle humor and warmth of the text.
- A deeply uplifting story that encourages young readers to embrace their uniqueness and see the value their individuality brings to the world.

ISBN: 978-1760508883







# Colorobics

Mindfulness Coloring  
Exercises for Kids  
Stan Rodski

February 2022  
ISBN 9781743798164  
SEL036000  
\$9.99 | Paperback  
64 pages | 8.3 x 11.7 in  
Black and white illustrations

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## A coloring book for kids to help ease stress and anxiety.

*Colorobics* is the perfect mindfulness coloring book for kids, with simple coloring exercises that can help relieve stress and anxiety.

Developed by psychologist and neuroscientist Dr Stan Rodski, *Colorobics* is based on the idea that color affects our emotions and can be used to improve our wellbeing and mental health. Through the mindfulness practice of coloring, this book will help children connect with their feelings and moods. The book's value extends beyond a child to their parents: as a neuroscience and stress-management tool for children to achieve calm, it is also a way for parents to help their children to perform and achieve more at school and in their learning development. When a page is fully colored in, it can be taken out of the book and used as a poster. *Colorobics* is perfect for children aged between 7 and 14 years.

**Dr Stan Rodski** has worked as a psychologist for more than 30 years and has been involved in neuroscience research around stress and anxiety. Dr Rodski has worked with individuals, children, sporting teams, and many top 500 companies in Australia and internationally. His previous coloring book series was chosen as part of Oprah's Favorite Things in 2016.

- Dr Stan Rodski is a psychologist and neuroscientist, and has pioneered approaches on mindfulness and reducing stress using coloring as a tool.
- Children's anxiety levels have grown remarkably in recent years, especially through the pandemic, and continue to rise.
- Dr Rodski's previous coloring book series *Anti-Stress: Meditation Through Coloring*, *Brain Science: Coloring for Agility and Fast Learning* and *Modern Meditation: Coloring for Focus and Creativity* have collectively sold over 45k copies in the North American market.
- His previous series was selected in Oprah's Favorite Things in 2016.

ISBN: 978-1743798164

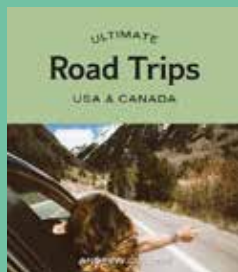


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Travel





draft

# Ultimate Road Trips USA and Canada

Andrew Collins

July 2022

ISBN 9781741177862

TRV025000

\$35.00 | Flexibound

360 pages | 8.3 × 9.4 in

Full color photography throughout

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## An inspirational and practical guide to the best road trips.

*Ultimate Road Trips USA & Canada* provides detailed itineraries for 40 amazing driving routes and adventures, from enthralling national parks to charming small towns.

Each chapter features route maps, color photos, and descriptions of the must-see highlights, including short hikes, family-friendly attractions, and world-class museums, and the best places to eat and sleep, from quirky diners and hip cafes to retro-cool motels, cozy cabins, and stylish glamping resorts. You'll learn the best times to go both for great weather and avoiding the crowds.

Car vacations were already gaining in popularity before the pandemic. Now, with travel picking up again, there's an even stronger interest in the independent journey, when your partner, family or a group of friends can just hop into a car and hit the open road.

**Andrew Collins** has written and edited dozens of travel guidebooks, mostly for Fodor's and Moon Travel Guides. An inveterate globetrotter and road-tripper, his travel goal is to travel to every county in the US. Currently, he's been to 2,296 out of 3,065 counties (including parishes in Louisiana and boroughs in Alaska). He also teaches travel writing and food writing for New York City's renowned Gotham Writers Workshop.

- Features 34 distinct itineraries covering almost all 50 US states (including Hawaii and Alaska), 8 Canadian provinces and the Yukon, and includes epic journeys like California's Highway 1, the Canadian Rockies, coastal New England and the heart of Alaska.
- According to CNBC in March 2021, "Americans are looking to travel again as vaccinations against Covid become more widely available", with 25% of people planning to travel more than they did before and 58% planning to travel just as much.
- Each road trip is between 500 and 1,000 miles and includes information on the best time to go, how to customize the journey if you have more or less time, where to eat and sleep, what to see and do.



**Also available**  
Ultimate Cycling  
Trips: World  
9781741176964  
\$29.95 | 2021



**Also available**  
Ultimate Train  
Journeys: World  
9781741177350  
\$29.95 | 2021

ISBN: 978-1741177862





Explore the rocky ridges and lush woodlands of the East Coast's highest and longest mountain range, as you drive through America's longest linear park—the Blue Ridge Parkway.

The Eastern Appalachians

HOW LONG?

Give yourself about five days, add a couple of days if you want a better sense of Atlanta and Asheville. If time is tight, you can save many hours by skipping parts of the scenic parkways.

WHEN TO GO

This is a classic spring-fall adventure, as the Appalachians abound with fiery scenery and rushing waterfalls in May and June and with colorful foliage in September and October. In winter, snow and ice can make the Blue Ridge Parkway and Skyline Drive treacherous.

NEED TO KNOW

Be especially careful driving these rural alpine routes at night, and even around dawn or dusk, when white-tailed deer, elk, and other wildlife are more likely to be present. This route's higher elevations are also prone to fog. It's possible to go more than 30 miles between mileposts with gas stations on the Blue Ridge Parkway, so top off your tank regularly. Cell service is limited on portions of the parkway and in the national parks.

SNAPSHOT

One of the few regions in the eastern United States that looks and feels so suggestively spectacular and undeveloped as the West, the Appalachian region's rugged landscape with incredible natural scenery as well as encounters with friendly mountain communities—such as Asheville and Roanoke—draws you in from the regional air, food, and music. Much of this drive is along the Blue Ridge Parkway and Skyline Drive, two linked roads that span 374 miles and were designed expressly for drivers to enjoy the scenery at an unhurried pace.

- 4 Drive rating: Moderate-High. The other side, hilly parkways demand your full attention, which can be fatiguing when driving several hours a day.
- 5 Distances: Total distance, one-way: 775-800 miles. • Atlanta, GA to Cherokee, NC: 160 mi. • Cherokee, NC to Asheville, NC: 100 mi. • Asheville, NC to Blowing Rock, NC: 95 mi. • Blowing Rock, NC to Roanoke, VA: 175 mi. • Roanoke, VA to Front Royal, VA: 225 mi.
- 6 Temperatures: January: 35-65°F; July: 77-89°F.
- 7 More information: Atlanta tourism, [discoveratlanta.com](http://discoveratlanta.com); Great Smoky Mountains National Park, [nps.gov/gsm](http://nps.gov/gsm); Blue Ridge Parkway, [blueridgeparkway.org](http://blueridgeparkway.org); nps.gov/ari; Asheville tourism, [exploreasheville.com](http://exploreasheville.com); Roanoke tourism, [visitroanoke.com](http://visitroanoke.com); Shenandoah National Park, [nps.gov/shen](http://nps.gov/shen)

Bucket List Drives

7

City View  
Atlanta



Location



Home to one of North America's biggest international airports in the heart of downtown Atlanta, Atlanta is a handy place to start or finish this trip or spend your first night. As a fairly modern, if somewhat sprawling city, with an impressive food scene and some funky, pedestrian-friendly neighborhoods, it's more locally charming than of the largest hubs of film and TV production outside Hollywood, and it offers plenty to keep you engaged for at least a hot day.

**Car-Friendly Rating: Medium.** With freeways snaking through and around it, Atlanta feels more like L.A. than any city east of the Mississippi. Rush-hour traffic snags are a problem, but the city was developed with cars in mind, and it's relatively easy to find free or inexpensive street parking in many neighborhoods. Exceptions are Downtown and Midtown, where you'll likely have to spend money to use garage or valet parking, the latter being very common at many restaurants.

**What to see in a day:** Just southeast of Downtown, visit the historic Sweet Auburn district, a hot spot of America's Civil Rights Movement and home to Martin Luther King, Jr. National Historical Park. Appearing neighborhoods nearby include Grant Park, with its excellent Zoo Atlanta, and both East Atlanta Village and Little Five Points, which are hubs of coffee culture, indie retail, and trendy restored early-20th-century homes and storefronts. Alternatively, head to Midtown and check out the listed antiques of the excellent High Museum of Art and stroll amid the gorgeous greenery of the Atlanta Botanical Garden and adjacent Ponce City Market, an impressive mixed-use development fashioned out of a stately 1920s Sears Roebuck warehouse and housing an outstanding international food hall, several rooftop restaurants, and a fun bar with skyline views.

**Where to stay:** You'll find pockets of chain properties with free parking around the airport and area north of the city proper in the Perimeter area, which is convenient for storing your drive before North Carolina. Midtown is another good bet, as it has several stylish hotels—such as the seamy Four Seasons and the more affordable Atlanta—but parking can run from \$20 to \$50 a night.

Opinion: A fun caption here. Also, Local pub in Georgia.

Bucket List Drives

13



draft

# Vantastic

Van Living, Sustainable  
Travel, Food Ideas,  
Conversions  
**Kate Ulman**

**February 2022**  
ISBN 9781741177831  
TRV031000  
\$22.99 | Flexibound  
192 pages | 6.3 × 8.3 in  
Full color photography  
throughout

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**Pack down and hitch up, it's time for the freedom of the road with *Vantastic*, your guide to life with a van or RV!**

Seasoned traveler Kate Ulman, of the popular blog and Instagram account Foxslane, provides practical tips and advice as well as comprehensive information on turning your dream of a #vanlife road trip into reality.

Start by learning to speak van, as Kate helps you to choose the perfect van or RV, as well as ways to retrofit a second-hand van to suit your purposes. Then dive into planning your itinerary, checklists, cute ways to “dress” your van, and how to pack and hitch up. And then, when you’re ready to go, take note of essential #vanlife know-how including budgeting and sustainable travel advice, and handy apps. This guide also covers van-friendly recipes, craft projects, fun family activities and mindfulness on the road, tips and tricks, and roadside tales.

Featuring Kate’s own beautiful photography throughout, *Vantastic* will inspire and guide you through every stop on your journey.

**Kate Ulman** and her husband and three daughters live on an organic farm on Dja Dja Wurrung Country near Daylesford, Victoria, at the bottom of mainland Australia. When Kate and her family set out on a six-month caravanning adventure, they bought an old caravan and breathed new life into it with vintage finds and hand-crafted accessories.

- Research from 2021 has found there’s been a 312% increase in #vanlife Instagram posts over the last three years, and the largest numbers of vanlifers can be found in California, Colorado, and Florida.
- This book is the whole package for the #vanlife craze, offering information on everything from retrofitting your van to life on the road, van-friendly recipes, mindfulness, and activities for kids.
- Modern design with lovely photography in a handy flexibound format.
- The author’s social media @foxslane has over 83k followers with 20% based in the US.

ISBN: 978-1741177831





## Caravan Park Living



## How to make bunting

There's nothing quite like the look of a row of pretty flags fluttering in the breeze, strung between a couple of trees or across the front of your van. Used as decoration, a string of multicoloured flags, or bunting, can turn the everyday into a party.

Bunting is the perfect project to make on your sewing machine or to hand-stitch when you are on the road or sitting around at a picnic. On our travels we visited every single op shop (charity/thrift store), garage sale and market we passed, collecting lots of interesting fabrics along the way. Recycling old sheets, tablecloths, doliies, tea towels (dish towels/cloths) and curtains can create inexpensive and unique flags. Materials that tell the stories of your journey make the perfect keepsakes.



# Mindfulness Travel Japan

Nature, Craft, Food,  
Onsen, Forest Bathing,  
Tea Ceremonies &  
Meditation

**Steve Wide and  
Michelle Mackintosh**

**April 2022**

ISBN 9781741177237

TRV003050

\$24.99 | Paperback

224 pages | 6.7 x 8.3 in

Full color photography  
throughout

**Are you looking to step back from the stress of daily life  
on your next holiday?**

In *Mindfulness Travel Japan*, travel connoisseurs and Japanophiles Steve Wide and Michelle Mackintosh offer a selection of some of the most relaxing and mindful destinations and experiences across Japan.

Covering a total of 100 mindful travel experiences, you can enjoy forests carpeted in moss, plant-based food banquets, or long walks in zen gardens, losing yourself in Japan's beauty and nature. Soak in medicinal onsen waters, stay overnight in a traditional ryokan or zen temple. Walk the paths of philosophers and poets, and hike the paths of religious pilgrims. Observe the opening of cherry blossom season, the changing of the leaves, or the first flurries of snow.

*Mindfulness Travel Japan* will show you how to be your best self not just on holiday, but in life.

**Steve Wide and Michelle Mackintosh** have been obsessed with Japan since their first visit in the late 1990s. Based in Melbourne, Australia, they now call Japan their "home away from home", spending at least three months of the year there. Steve is a passionate writer and Michelle is a book and stationery designer and illustrator. Together Steve and Michelle have written, designed and illustrated seven books on Japan.

- Mindfulness is now a worldwide trend, yet it's been ingrained in Japanese culture for centuries.
- As authors of *Onsen of Japan*, Steve Wide and Michelle Mackintosh are well placed to create a guide for western travelers. Their books are known for highlighting only the very best places—so they've done all of the work and research for you!
- A handy paperback format with a beautiful design makes this guidebook easy to take with you on your travels, yet also a keepsake for when you return.



**Also available**  
**Onsen of Japan**  
9781741175516  
\$24.99 | 2018

ISBN: 978-1741177237



52499



Maeda, Kanagawa Prefecture  
Nagano, 389-0194  
202-44-3360  
Open 11:00-18:00 pm  
(Last entry at 10:00 pm)  
Train: Toyoko Station  
(over a bus)



## TREEFUL TREEHOUSE

SUSTAINABLE RESORT, OKINAWA

A samurai roadside pitstop from Edo times, Tsurunoyu is cradled by beautiful mountains and crisscrossed by bustling trails. The oldest of the onsens in Nyuto, charred wood buildings of astounding rustic beauty seem to emerge organically from the lush vegetation. You can stay in the Edo lodgings or choose to camp old school style in more rustic, basic rooms with a shared bathroom. At night as the lamps come up, it's beautiful indeed. The souvenir shop has great local cedar crackers and two of the lightest rubber stamps you've ever seen. As you would expect, the baths are the star. Small gender separated baths can be found amongst the winding corridors and there are two great private baths that you can use at your convenience, or wait for until they become free.

The main onsen is the stuff of folklore. A smooth milky white pool of steaming hot sulfuric water bordered by wooden huts, towering reeds and rocky outcrops. It's a mixed bath, with separate entrances for men and women. Women can wash themselves into the scapular water from the privacy of a larger rock, dressed in the summer months by blossoming gardenias. Men will just have their small square of cloth to cover their essentials, most sources state that you can wear a towel in the onsen but, you'll want to go native, and let the silky sweet water caress your whole body. Nano bubbles emerge up from underground and tickle your skin.



## Onsen

Hakone is the perfect city escape, just 85 minutes "romance car" (bring your own romance), Shinjuku Station to Hakone-Yumoto Station on the Odakyu Limited Express - the "Romancecar" takes 85 minutes - you'll glide out of the city and into the forested surrounds, it's an easy day trip - and of course you're on the romance car - not sure what you are expecting but probably supply your own romance. Bunch of thoughts of love heart balloons, cute furry animals and love seats, surprisingly for once they aren't there in Japan, but the romance instead comes from riding the short distance to the cute little town.

Check out the delicacies here are roasted crackers, volcanic black eggs and other shisa. In our opinion the premium Onsens are on this side of town but make the trek to Gora, ride the super cute human size electric railway up to the vertigo-inducing cable car which will drop you on the top of a mountain steaming with volcanic goodness - or deadness as the case may be - the mountain closes down at intervals due to "volcanic activity" so be warned, unless you want to star in your own Vesuvius drama check to make sure it's safe on the day you want to roll up and smell the sulphur.





# Backlist

## BACKLIST

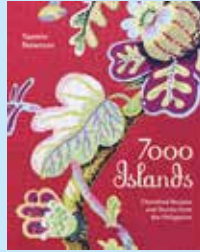
### Food & Drink



#### The 7 Day Vegan Challenge

Bettina Campolucci  
Bordi

\$20.99 | HC  
9781784882839



#### 7000 Islands

Yasmin Newman

\$24.99 | PB  
9781743794913



#### A Spot at the Bar

Michael Madrusan &  
Zara Young

\$29.99 | HC  
9781743791318



#### Alimentari

Linda Malcolm  
& Paul Jones

\$29.99 | PB  
9781743791295



#### All Day Baking

Michael James &  
Pippa James

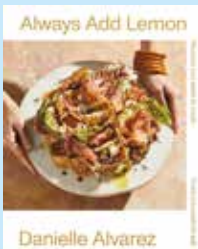
\$35.00 | HC  
9781743796993



#### All Day Cocktails

Shaun Byrne &  
Nick Tesar

\$24.99 | HC  
9781743795248



#### Always Add Lemon

Danielle Alvarez

\$35.00 | HC  
9781743795439



#### Apple

James Rich

\$29.99 | HC  
9781784882327

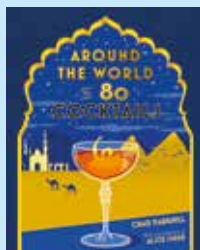


## BACKLIST



**Aran**  
Flora Shedden  
\$29.99 | HC  
9781784883102

ISBN: 978-178488310-2  
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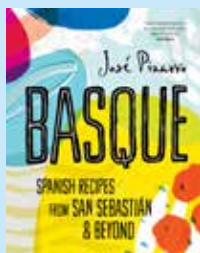
**Around the World in 80 Cocktails**  
Chad Parkhill  
\$19.99 | HC  
9781741175189

ISBN: 978-1741175189  
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**The Atlas Cookbook**  
Charlie Carrington  
\$29.99 | FB  
9781743795385  
**Basque Compact**

ISBN: 978-174379538-5  
52999  
9 781743 795385



**Edition**  
José Pizarro  
\$22.99 | HC  
9781784883683

ISBN: 978-178488368-3  
52399  
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**Beatrix Bakes**  
Natalie Paull  
\$31.00 | HC  
9781743795255

ISBN: 978-174379525-5  
53100  
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**The Beauty Chef**  
Carla Oates  
\$35.00 | HC  
9781743793046

ISBN: 978-174379304-6  
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**The Beauty Chef Gut Guide**  
Carla Oates  
\$29.99 | HC  
9781743795002

ISBN: 978-174379500-2  
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**Behind the Bar**  
Alia Akkam  
\$19.99 | HC  
9781784883324

ISBN: 978-178488332-4  
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## BACKLIST



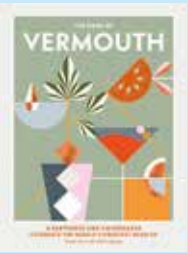
### Bitter Honey

Letitia Clark  
\$40.00 | HC  
9781784882778



### Bliss Bites

Kate Bradley  
\$14.99 | FB  
9781743793572



### The Book of Vermouth

Shaun Byrne &  
Gilles Lapalus  
\$29.99 | HC  
9781743793992



### Bread Ahead: The Expert Home Baker

Matthew Jones  
\$40.00 | HC  
9781784884468



### California: Living + Eating

Eleanor Maidment  
\$29.99 | HC  
9781784882457



### Celebrate

Bettina Campolucci  
Bordi  
\$29.99 | HC  
9781784883867



### Chasing Harvest

Kevin O'Connor  
\$40.00 | HC  
9781743796498



### Chefs Host Christmas Too

Darren Purchase  
\$19.99 | HC  
9781743794784



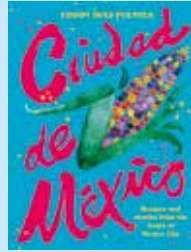
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### Chicken Soup Manifesto

Jenn Louis

\$29.99 | HC  
9781743795682



### Ciudad de Mexico

Edson Diaz Fuentes

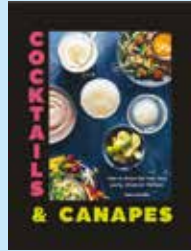
\$40.00 | HC  
9781784883935



### The Cocktail Garden

Adriana Picker  
& Ed Loveday

\$19.99 | HC  
9781743792858



### Cocktails & Canapes

Kathy Kordalis

\$19.99 | HC  
9781784883744



### The Complete Asian Cookbook

Charmaine Solomon

\$50.00 | HC  
9781743791967



### Cookie Love

Jean Hwang Carrant

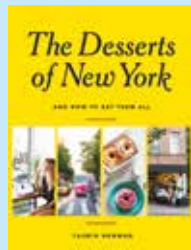
\$11.99 | HC  
9781784882587



### Cute Bakes

Juliet Sear

\$14.99 | HC  
9781784884758



### The Desserts of New York

Yasmin Newman

\$24.99 | FB  
9781743792124





## BACKLIST



### Ferment for Good

Sharon Flynn  
\$29.99 | HC  
9781743792094



### Finding Fire

Lennox Hastie  
\$35.00 | HC  
9781743797327



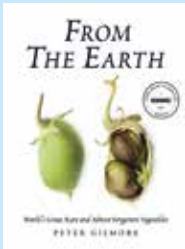
### Florentine

Emiko Davies  
\$29.99 | HC  
9781743796764



### Food Artisans of Japan

Nancy Singleton Hachisu  
\$35.00 | HC  
9781743794654



### From the Earth

Peter Gilmore  
\$60.00 | HC  
9781743793480



### Good Food Outdoors

Katy Holder  
\$14.99 | FB  
9781741177688



### Grain Bowls

Anna Shillinglaw Hampton  
\$19.99 | PB  
9781784880484



### Grasping the Grape

Maryse Cheviere,  
\$14.99 | HC  
9781784882488



## BACKLIST



### Green Kitchen

David Frenkiel &  
Luise Vindahl

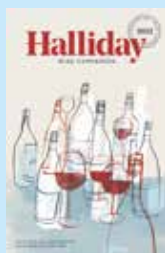
\$22.99 | HC  
9781784884703



### Green Kitchen at Home

David Frenkiel &  
Luise Vindahl

\$40.00 | HC  
9781784880842



### Halliday Wine Companion 2022

James halliday

\$40.00 | PB  
9781743797334



### Hangover Helper

Lauren Shockey

\$19.99 | HC  
9781784882594



### Happy Vegan Food

Bettina Campolucci  
Bordi

\$22.99 | HC  
9781784884673



### The Hot Chicken Project

Aaron Turner

\$29.99 | HC  
9781743794845



### How to Eat Your Christmas Tree

Julia Georgallis

\$16.00 | HC  
9781784883713



### How Wild Things Are

Analiese Gregory

\$29.99 | HC  
9781743796023



## BACKLIST



### Hungry Campers Cookbook

Katy Holder

\$24.99 | SB  
9781741176230



### Ikaria

Meni Valle

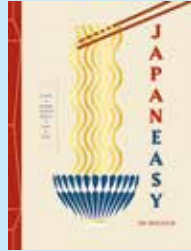
\$31.00 | HC  
9781743796153



### In Love in Paris

Anne-Katrin Weber

\$24.99 | HC  
9781784884727



### JapanEasy

Tim Anderson

\$32.50 | HC  
9781784881146



### The Japanese Table

Sofia Hellsten

\$29.99 | HC  
9781784882150



### Joy to the World

Silke Martin

\$11.99 | HC  
9781784883737



### Keeping It Simple

Yasmin Fähr

\$24.99 | HC  
9781784882822



### La Vita e Dolce

Letitia Clark

\$40.00 | HC  
9781784884222



## BACKLIST



**Lazy Baking**  
Jessica E Dennison  
\$24.99 | HC  
9781784884338



**The Little Book of Lager**  
Melissa Cole  
\$14.99 | HC  
9781784883300



**Little Green Kitchen**  
David Frenkiel &  
Luise Vindahl  
\$32.50 | HC  
9781784882273



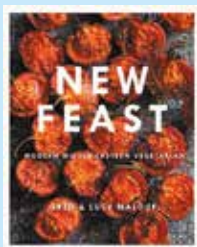
**Luke Nguyen's Street Food Asia**  
Luke Nguyen  
\$45.00 | HC  
9781743792193



**Max's Picnic Book**  
Max Halley &  
Benjamin Benton  
\$24.99 | HC  
9781784884215



**The Mixer's Manual**  
Dan Jones  
\$14.99 | HC  
9781742707747



**New Feast**  
Lucy Malouf &  
Greg Malouf  
\$29.99 | PB  
9781743793213



**One-Pot Pasta**  
Sabrina  
Fauda-Rôle  
\$11.99 | HC  
9781784880576



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### One-Pot Vegetarian

Sabrina  
Fauda-Rôle  
\$19.99 | PB  
9781784882570



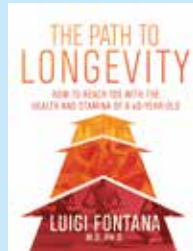
### Only In Tokyo

Michael Ryan &  
Luke Burgess  
\$29.99 | HC  
9781743794791



### Pasta Grannies

Vicky Bennison  
\$32.50 | HC  
9781784882884



### The Path to Longevity

Luigi Fontana  
\$25.99 | PB  
9781743795965



### The Path to Longevity Plan

Luigi Fontana  
\$25.99 | PB  
9781743796825



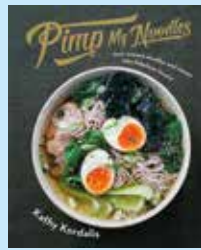
### Peanut Butter: Breakfast, Lunch & Dinner

Tim Lannan &  
James Annabel  
\$14.99 | HC  
9781743795750



### The Pie Project

Pheobe Wood &  
Kirsten Jenkins  
\$24.99 | HC  
9781743791332



### Pimp My Noodles

Kathy Kordalis  
\$19.99 | HC  
9781784881238



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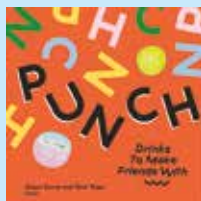


### The Plan Buy Cook Book

Gabby Chapman &  
Jan Petrovic

\$24.99 | FB

9781743795644



### Punch

Shaun Byrne

\$17.99 | HC

9781743796078



### Road Trip Cooking

The Holy Kawu  
Company

\$24.99 | PB

9781741177374



### Root to Bloom

Mat Pember &  
Jocelyn Cross

\$29.99 | HC

9781743793442



### Sea & Shore

Emily Scott

\$40.00 | HC

9781784883997

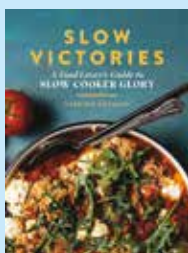


### The Shortcut Cook

Rosie Reynolds

\$22.99 | HC

9781784883515



### Slow Victories

Katrina Meynink

\$21.99 | FB

9781743796412



### Smith and Daughters

Shannon Martinez  
& Mo Wyse

\$35.00 | HC

9781743792070





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### Smith & Deli-cious

Shannon Martinez  
& Mo Wyse

\$35.00 | HC  
9781743793671



### Speakeasy

Benny Roff

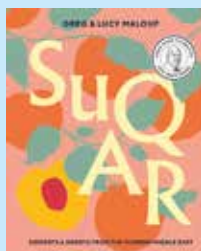
\$19.95 | HC  
9781743790106



### Sticky Fingers, Green Thumb

Hayley McKee

\$29.99 | FB  
9781743793466



### SUQAR

Greg Malouf &  
Lucy Malouf

\$40.00 | HC  
9781743794135



### Sweet Vegan

Nicole Maree

\$14.99 | FB  
9781743796467



### Take One Fish

Josh Niland

\$40.00 | HC  
9781743796634



### Taqueria

Paul Wilson

\$29.99 | HC  
9781743792315



### Thali

Maunika Gowardhan

\$32.50 | HC  
9781784884581



## BACKLIST



### Three Ingredient Cocktails

Kate Calder

\$20.99 | HC

9781784884710



### Tin Can Magic

Jessica Dennison

\$22.99 | FB

9781784883201



### Tokyo Stories

Tim Anderson

\$35.00 | HC

9781784882297



### Tools for Food

Corinne Mynatt

\$22.99 | HC

9781784884048



### Torta della Nonna

Emiko Davies

\$24.99 | HC

9781743796849

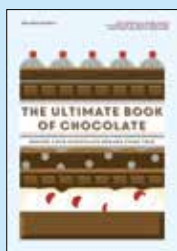


### Tortellini at Midnight

Emiko Davies

\$35.00 | HC

9781743794531



### The Ultimate Book of Chocolate

Melanie Dupuis

\$50.00 | HC

9781784883799



### The Ultimate Book of Cocktails

Dan Jones

\$27.50 | HC

9781784883478



## BACKLIST



### The Ultimate Book of Craft Beer

Melissa Cole  
\$27.50 | HC  
9781784884574



### Vegan Japan Easy

Tim Anderson  
\$32.50 | HC  
9781784882846



### Vegan One-Pot Wonders

Jessica Prescott  
\$24.99 | HC  
9781784883232



### Vegan With Bite

Shannon Martinez  
\$24.99 | HC  
9781743796245



### Vietnamese

Uyen Luu  
\$32.50 | HC  
9781784884239



### Vietnamese Street Food

Andreas Pohl &  
Tracey Lister  
\$29.95 | PB  
9781742704890



### Vignette

Jane Lopes  
\$29.99 | HC  
9781743795323



### We Can All Eat That!

Pam Brook  
\$29.99 | FB  
9781743795798



## BACKLIST



### Whole

Harriet Birrell

\$35.00 | HC

9781743795163



### The Whole Chicken

Carl Clarke

\$35.00 | HC

9781784883638



### The Whole Fish Cookbook

Josh Niland

\$40.00 | HC

9781743795538



### Your Home Izakaya

Tim Anderson

\$35.00 | HC

9781784883850



### The Zero Waste Cookbook

Amelia Wasiliev &  
Giovanna Torrico

\$22.99 | PB

9781784882471



## Fashion and Beauty



### The Art of the Black Dress

Libby VanderPloeg

\$14.99 | HC

9781784882785



### The Botanical Beauty Hunter

Maddy Dixon

\$19.99 | HC

9781743796429



## BACKLIST



### Christian Dior

Megan Hess

\$35.00 | HC  
9781743797266



### Coco Chanel

Megan Hess

\$24.99 | HC  
9781743790663



### Coco Chanel Special Edition

Megan Hess

\$35.00 | HC  
9781743797440



### Diana: Style Icon

Dan Jones

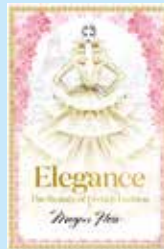
\$19.99 | HC  
9781784883812



### The Dress

Megan Hess

\$24.95 | HC  
9781742708232



### Elegance

Megan Hess

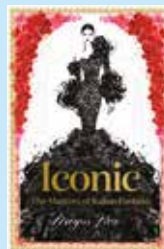
\$24.99 | HC  
9781743794425



### Fashion House

Megan Hess

\$15.99 | HC  
9781742708928



### Iconic

Megan Hess

\$24.99 | HC  
9781743794371



## BACKLIST



### The Illustrated World of Couture

Megan Hess  
\$45.00 | HC  
9781743794449



### New York

Megan Hess  
\$24.99 | HC  
9781743791714



### Paris

Megan Hess  
\$24.99 | HC  
9781743792476

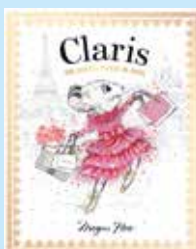


## Children's



### Art at Home

Lorna Scobie  
\$14.99 | PB  
9781784884000



### Claris

Megan Hess  
\$17.99 | HC  
9781760502591



### Claris Book & 60 Piece Puzzle Set

Megan Hess  
\$17.99 | PZ - Puzzles  
9781760507817



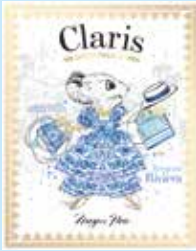
### Claris: A Très Chic Activity Book

Megan Hess  
\$9.99 | PB  
9781760508951





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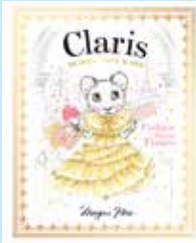
### Claris: Bonjour Riviera

Megan Hess  
\$17.99 | HC  
9781760504939



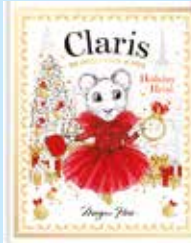
### Claris: Book & Headband Gift Set

Megan Hess  
\$19.99 | HC  
9781760508975



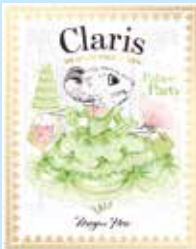
### Claris: Fashion Show

Megan Hess  
\$17.99 | HC  
9781760502874



### Claris: Holiday Heist

Megan Hess  
\$17.99 | HC  
9781760504953



### Claris: Palace Party

Megan Hess  
\$17.99 | HC  
9781760504977



### I Love the World

Tania McCartney  
\$19.99 | HC  
9781741177398



### Oli and Basil: The Dashing Frogs of Travel

Megan Hess  
\$17.99 | HC  
9781760507671

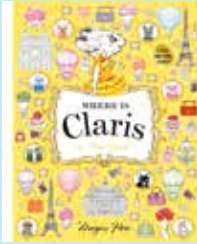


### Plume: World Explorer

Tania McCartney  
\$17.99 | HC  
9781741177664



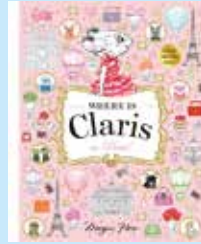
## BACKLIST



### Where is Claris in New York

Megan Hess

\$14.99 | HC  
9781760504960



### Where is Claris? In Paris

Megan Hess

\$14.99 | HC  
9781760504946



## Craft, Home & Garden



### 52 Weeks of Socks

Laine

\$19.99 | PB  
9781743797563



### A Brush with Birds

Richard Weatherley

\$45.00 | HC  
9781741176445



### A Living Space

Kit Kemp

\$50.00 | HC  
9781742703930



### A New Leaf

Jennifer Haslam &  
Pip McCormac

\$45.00 | HC  
9781784884628



### A Tree in the House

Annabelle Hickson

\$35.00 | HC  
9781743793749



### Art Club

Lorna Scobie

\$19.00 | CARDS  
9781784884383



## BACKLIST



**The Art of Gouache**  
Viktorija Semjonova  
\$22.99 | PB  
9781784884352



**Birds of Paradise**  
Lorna Scobie  
\$12.99 | PB  
9781784880675



**British Designers At Home**  
Jenny Rose-Innes  
\$50.00 | HC  
9781784883461



**Celebrate**  
Chyka Keebaugh  
\$29.99 | HC  
9781743795668



**Design Secrets**  
Kit Kemp  
\$35.00 | HC  
9781784884246



**Design Thread**  
Kit Kemp  
\$50.00 | HC  
9781784881948



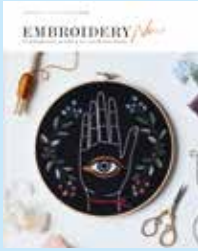
**Dreamscapes**  
Claire Takacs  
\$50.00 | HC  
9781743793527



**Eat, Play, Love (Your Dog)**  
Lara Shannon  
\$24.99 | PB  
9781741177053



## BACKLIST



### Embroidery Now

Jennifer Cardenas Riggs

\$19.99 | PB  
9781784882532



### Everlastings

Bex Partridge

\$20.99 | PB  
9781784883393



### Every Room Tells a Story

Kit Kemp

\$50.00 | HC  
9781784880125



### Flowersmith

Jennifer Tran

\$29.99 | FB  
9781743792919



### Get Up and Grow

Lucy Hutchings

\$23.99 | HC  
9781784883928



### Green

Jason Chongue

\$23.99 | FB  
9781743795545



### The Green Indoors

Maddie Bailey  
& Alice Bailey

\$24.99 | HC  
9781784883959



### Grounded: Slow, Grow, Make, Do

Anna Carlile

\$20.99 | FB  
9781741176827



## BACKLIST



### Grow. Food. Anywhere

Mat Pember &  
Dillon Seitchik-Reardon

\$29.99 | FB

9781743793770

### The Hidden



### Histories of House Plants

Harriet Birrell

\$19.99 | HC

9781784884055



### Home by Natural Harry

Harriet Birrell

\$24.99 | HC

9781743796207

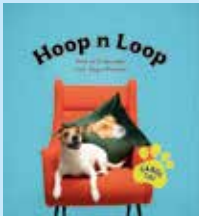


### Home

Emma Blomfield

\$24.99 | HC

9781743792711



### Hoop n Loop

Carol Tai

\$22.99 | HC

9781784883720



### Less Stuff

Lindsay Miles

\$19.99 | FB

9781743795446



### The Less Waste, No Fuss Kitchen

Lindsay Miles

\$19.99 | FB

9781743795835



### The Little Veggie Patch Co. DIY Garden Projects

Mat Pember

\$34.95 | PB

9781743790991



## BACKLIST



### Made to Last

Vanessa Murray

\$45.00 | HC  
9781741175240



### Miniscapes

Clea Cregan

\$14.99 | HC  
9781743796863



### Modern Container Gardening

Isabelle Palmer

\$22.99 | HC  
9781784883133



### Modern Quilting

Julius Arthur

\$29.99 | FB  
9781784883942



### My Dog Eats Better Than Me

Fiona Rigg & Jacqui Melville

\$19.99 | FB  
9781743796870



### New Rural

Ingrid Weir

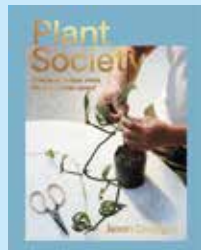
\$45.00 | HC  
9781743797297



### Petal

Adriana Picker

\$37.00 | HC  
9781743795040



### Plant Society

Jason Chongue

\$22.99 | FB  
9781743793435





## BACKLIST



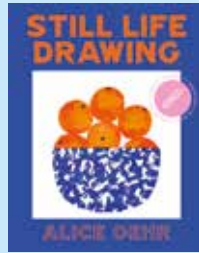
**Regrown**  
Paul Anderton  
\$24.99 | HC  
9781784884031



**Resident Dog**  
Nicole England  
\$50.00 | HC  
9781784883508



**Still**  
Natalie Walton  
\$42.00 | HC  
9781743795705



**Still Life Drawing**  
Alice Oehr  
\$19.99 | PB  
9781743796986



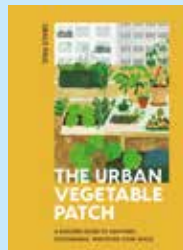
**Stitch in Bloom**  
Lora Avedian  
\$22.99 | PB  
9781784883966



**Sustainable Gifting**  
michelle Mackintosh  
\$14.99 | HC  
9781743796818



**This is Home**  
Natalie Walton  
\$40.00 | HC  
9781743793459



**The Urban Vegetable Patch**  
Grace Paul  
\$19.99 | HC  
9781784884277



## BACKLIST



**Vivid**  
Julia Green &  
Armelle Habib  
\$50.00 | HC  
9781743796504



**Waste Not**  
Erin Rhoads  
\$24.99 | FB  
9781743794623



**Waste Not  
Everyday**  
Erin Rhoads  
\$14.99 | FB  
9781743795552



## Self Help & Inspiration



**100 Days Happier**  
Domonique  
Bertolucci  
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9781743797129



**365 Days of Art**  
Lorna Scobie  
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9781784881115



**365 Days of  
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Lorna Scobie  
\$20.99 | FB  
9781784883256



**365 Days of  
Creativity**  
Lorna Scobie  
\$20.99 | FB  
9781784882792



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### 365 Days of Drawing

Lorna Scobie

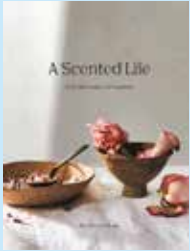
\$20.99 | FB  
9781784881955



### 50 Risks to Take With Your Kids

Daisy Turnbull

\$14.99 | HC  
9781743796344



### A Scented Life

Pat Princi-Jones

\$19.99 | HC  
9781743795958



### The Art of Giving Note Card Set

Meredith Gaston

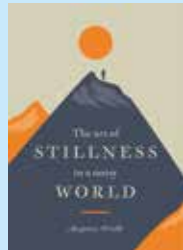
\$17.99 | CA - Notecards  
9781743796221



### The Art of Kindness

Meredith Gaston

\$19.99 | HC  
9781743794692



### The Art of Stillness in a Noisy World

Magnus Fridh

\$14.99 | HC  
9781784883690



### The Art of Wellbeing

Meredith Gaston

\$24.99 | HC  
9781743793510



### Astro Birthdays

stella Andromeda

\$22.99 | HC  
9781784884598



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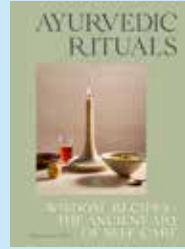


### At Home Within

Meredith Gaston

\$14.99 | HC

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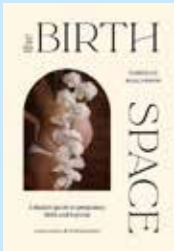


### Ayurvedic Rituals

Chasca Summerville

\$22.99 | HC

9781743797068



### The Birth Space

Gabrielle Nancarrow

\$24.99 | HC

9781743796931



### Bliss Club

June Pla

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### Choosing Love

Meredith Gaston

\$24.99 | HC

9781743797433



### Crappy to Happy

Cassandra Dunn

\$14.99 | HC

9781743795118

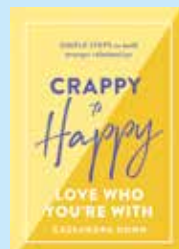


### Crappy to Happy: Love What You Do

Cassandra Dunn

\$14.99 | HC

9781743795149



### Crappy to Happy: Love Who You're With

Cassandra Dunn

\$14.99 | HC

9781743796795



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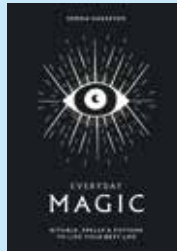
**Daily Oracle**  
Jerico Mandybur  
\$19.99 | HC  
9781784882730



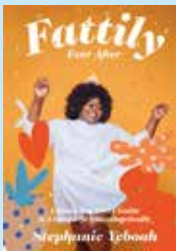
**The Daily Promise**  
Domonique Bertolucci  
\$14.99 | HC  
9781743797570



**Everesting**  
Matt de Neef  
\$27.99 | HC  
9781743797396



**Everyday Magic**  
Semra Haksever  
\$16.99 | HC  
9781784881924



**Fattily Ever After**  
Stephanie Yeboah  
\$19.99 | HC  
9781784883447



**Find Your Sparkle**  
Meredith Gaston  
\$19.99 | HC  
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**Find Your Sparkle Inspiration Cards**  
Meredith Gaston  
\$17.99 | PC  
9781743796238



**From Burnout to Balance**  
Harriet Griffey  
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9781784883621



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### Good Karma

Simon Raihmann &  
Adi Raihmann

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9781784883843



### The Grief Companion

Ngaio Parr

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9781743797471



### The Handbag of Happiness

Alannah Hill

\$24.99 | HC  
9781743796337



### The Happiness Chemicals

Georgia Perry

\$19.99 | CD  
9781743797457



### The Happiness Code (3ed.)

Domonique Bertolucci

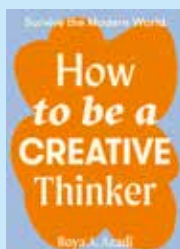
\$14.99 | HC  
9781743797600



### Heavily Meditated

Caitlin Cady

\$20.99 | HC  
9781743796146



### How to Be a Creative Thinker

Roya A Azadi

\$14.99 | FB  
9781743797198



### How to Be Online and Also Be Happy

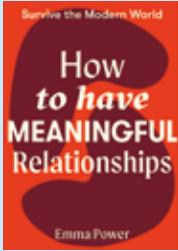
Issy Beech

\$14.99 | FB  
9781743796610





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### How to Have Meaningful Relationships

Emma Power  
\$14.99 | FB  
9781743796733



### How to Start a Side Hustle

Kaylene Langford  
\$14.99 | FB  
9781743796726



### How to Think Like an Activist

Wendy Syfret  
\$14.99 | FB  
9781743796627



### The Kindness Pact

Domonique Bertolucci  
\$14.99 | HC  
9781743797587



### Less is More

Domonique Bertolucci  
\$14.99 | HC  
9781743797662



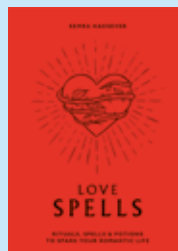
### Life Mode On

Joanne Orlando  
\$14.99 | HC  
9781743797051



### Love Match

Stella Andromeda  
\$15.99 | HC  
9781784883287



### Love Spells

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\$14.99 | HC  
9781784882310



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**Love Your Life**  
Domonique Bertolucci  
\$14.99 | HC  
9781743797594



**Mama Moon's Book of Magic**  
Semra Haksever  
\$22.99 | HC  
9781784882747



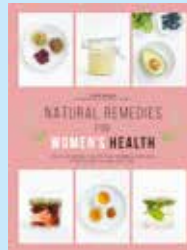
**Modern Day Magic**  
Rachel Lang  
\$22.99 | HC  
9781784884611



**Moon Signs**  
Narayana Montufar  
\$19.99 | HC  
9781784883904



**Muse with the Moon**  
Jo Cauldric  
\$19.99 | FB  
9781784882549



**Natural Remedies for Female Health**  
Fern Green  
\$20.99 | PB  
9781784883423



**Neo Tarot**  
Jerico Mandybur  
\$35.00 | Book and card set  
9781784882372



**Numerology**  
Remington Donovan  
\$19.99 | HC  
9781784884635



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### Passion Purpose Profit

Fiona Killackey

\$20.99 | FB

9781743796184

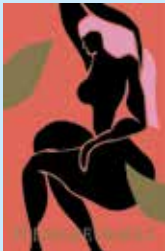


### Plant Therapy

Dr. Katie Cooper

\$24.99 | HC

9781784883522



### Pleasure Oracle

Jerico Mandybur

\$19.99 | Cards

9781784883911



### Pocket Art

Lorna Scobie

\$19.99 | HC

9781784883980



### Presence

Lisa Lister

\$22.99 | HC

9781784883782



### Radical Rest

Richard Lister

\$19.99 | PB

9781784883775



### Relax

Meredith Gaston

\$14.99 | HC

9781743797426



### Rewild Your Life

Sarah Stirling

\$19.99 | HC

9781784883973



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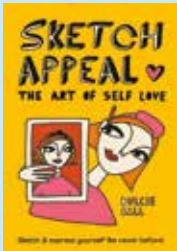
### Rise and Shine

Georgia Perry  
\$19.99 | Cards  
9781743796894



### Saturn Return Survival Guide

Lisa Stardust  
\$14.99 | HC  
9781743796641



### Sketch Appeal

Dulcie Ball  
\$19.99 | PB  
9781784883539



### Still Together

Manoj Dias  
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9781743796719



### Walk Tall

Anthony Gunn  
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9781743791554



### What's Wrong With You?

Sarah Holper  
\$19.99 | PB  
9781743797112



### WishCraft

Shauna Cummins  
\$16.99 | HC  
9781784883492

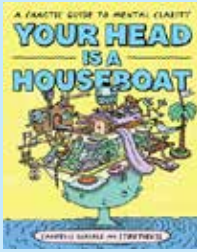


### Write Every Day

Harriet Griffey  
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### Your Head is a Houseboat

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### You've Got This

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9781743796801



## Non-Fiction



### A Bigger Picture

Malcom Turnbull

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9781743795637



### Silent Invasion

Clive Hamilton

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9781743794807



## Seeing Stars



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9781784882600



### Aries

Stella Andromeda

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9781784882617



### Cancer

Stella Andromeda

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### Gemini

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9781784882655

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### Leo

Stella Andromeda

\$11.99 | HC  
9781784882624

ISBN 978-1-78488-262-4



### Libra

Stella Andromeda

\$11.99 | HC  
9781784882709

ISBN 978-1-78488-270-9

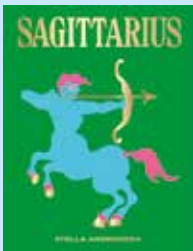


### Pisces

Stella Andromeda

\$11.99 | HC  
9781784882686

ISBN 978-1-78488-268-6



### Sagittarius

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9781784882693

ISBN 978-1-78488-269-3



### Scorpio

Stella Andromeda

\$11.99 | HC  
9781784882662

ISBN 978-1-78488-266-2



### Taurus

Stella Andromeda

\$11.99 | HC  
9781784882648

ISBN 978-1-78488-264-8



### Virgo

Stella Andromeda

\$11.99 | HC  
9781784882631

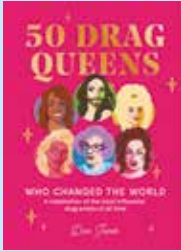
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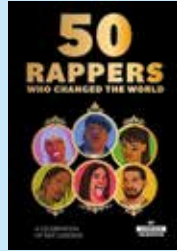
### Humor & Gift



#### 50 Drag Queens Who Changed the World

Dan Jones

\$14.99 | HC  
9781784883225



#### 50 Rappers Who Changed the World

Candace McDuffie

\$14.99 | HC  
9781784883386



#### All Wrapped Up by Megan Hess

Megan Hess

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9781760508982



#### Astrology SOS

The Woke Mystix

\$16.99 | HC  
9781784884017



#### Cat Astrology

Stella Andromeda

\$14.99 | HC  
9781784883874



#### Dog Astrology

Stella Andromeda

\$14.99 | HC  
9781784883881



#### Drag Dictionary

Alba De Zanet &  
Roberto Garcia

\$15.00 | HC  
9781784884253



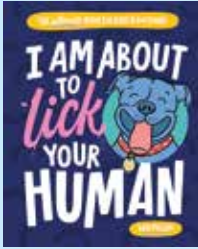
#### Game On

Marley Byng

\$19.00 | HC  
9781784884604

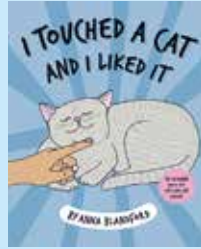


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### I Am About to Lick Your Human

Kate Pullen  
\$14.99 | PB  
9781743795811



### I Touched a Cat and I Liked It

Anna Blandford  
\$14.99 | HC  
9781743793589



### I Will Always Love You

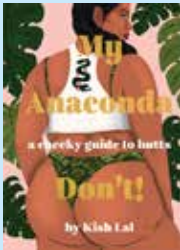
Marisa Morea  
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9781784882761



### Keanu Reeves' Guide to Kindness

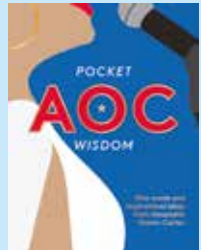
Hardie Grant Books  
\$9.99 | HC  
9781784884734

### My Anaconda



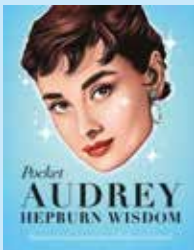
### Don't!

Kish Lal  
\$14.99 | HC  
9781743796542



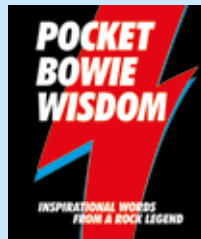
### Pocket AOC Wisdom

Hardie Grant  
\$9.99 | HC  
9781784883416



### Pocket Audrey Hepburn Wisdom

Hardie Grant  
\$9.99 | HC  
9781784883614



### Pocket Bowie Wisdom

Hardie Grant  
\$9.99 | HC  
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### Pocket Coco Chanel Wisdom

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\$9.99 | HC  
9781784881399



### Pocket Earth Wisdom

Hardie Grant

\$9.99 | HC  
9781784884260



### Pocket Elizabeth Taylor Wisdom

Hardie Grant

\$9.99 | HC  
9781784881597



### Pocket First Ladies Wisdom

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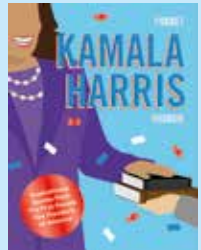
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### Pocket Frida Kahlo Wisdom

Hardie Grant

\$9.99 | HC  
9781784881801



### Pocket Kamala Harris Wisdom

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\$9.99 | HC  
9781784884772



### Pocket Maya Angelou Wisdom

Hardie Grant

\$9.99 | HC  
9781784882464



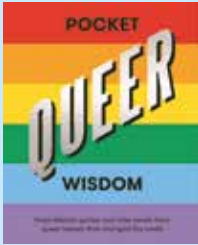
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Hardie Grant

\$9.99 | HC  
9781784881320



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### Pocket Queer Wisdom

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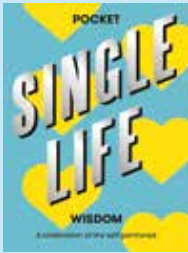
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### Pocket RBG Wisdom

Hardie Grant

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9781784882877



### Pocket Single Life Wisdom

Hardie Grant

\$9.99 | HC  
9781784883706



### Pocket The Queen Wisdom

Hardie Grant

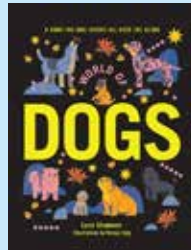
\$9.99 | HC  
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### Where the Wildflowers Grow

Adriana Picker

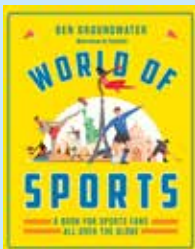
\$14.99 | PB  
9781743791905



### World of Dogs

Lara Shannon and  
Wenjia Tang

\$12.99 | HC  
9781741177725



### World of Sports

Ben Groundwater  
& Paul Reid

\$12.99 | HC  
9781741176919



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### Puzzles



#### Blame it on the Juice: Lizzo

Georgia Perry  
\$19.99 | PZ - Puzzles  
9781743797013



#### Brighter Futures: 1000-Piece Puzzle

Kenita-Lee McCartney  
\$19.99 | PZ - Puzzles  
9781741177695



#### Diverse Women: 1000 Piece Puzzle

Rachael Sarra  
\$19.99 | PZ - Puzzles  
9781741177480



#### Elegance: 1000 Piece Puzzle

Megan Hess  
\$19.99 | PZ - Puzzles  
9781743797167



#### Honey, I'm Home: 1000-Piece Puzzle

Laura Callaghan  
\$19.99 | PZ - Puzzles  
9781743797679



#### Iconic: 1000 Piece Puzzle

Megan Hess  
\$19.99 | PZ - Puzzles  
9781743797174



#### Japan Map 500 Piece Puzzle

Hardie Grant Travel  
\$13.99 | PZ - Puzzles  
9781741177282



#### La Buena Vida: 1000 Piece Puzzle

Ana Hard  
\$19.99 | PZ - Puzzles  
9781743796658



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### London Map 500 Piece Puzzle

Hardie Grant Travel

13.99 | PZ - Puzzles  
9781741177428



### Midnight Dance: 1000 Piece Puzzle

Hardie Grant Travel

\$19.99 | PZ - Puzzles  
9781741177541



### New York City Map 500 Piece Puzzle

Hardie Grant Travel

13.99 | PZ - Puzzles  
9781741177411



### The Raconteur: 1000 Piece Puzzle

Ilya Milstein

\$19.99 | PZ - Puzzles  
9781743796672



### Renewal: 1000 Piece Puzzle

Lakkari Pitt

\$19.99 | PZ - Puzzles  
9781741177534



### Seeing Stars: Jigsaw Puzzle

Hardie Grant Books

\$19.99 | PZ - Puzzles  
9781784884765



### Still Life: 1000 Piece Puzzle

Alice Oehr

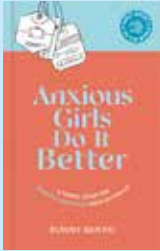
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9781743796665





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### Travel



#### Anxious Girls Do It Better

Bunny Banyai

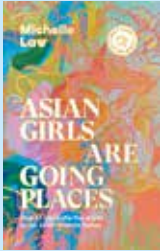
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9781741177275



#### The Art of Being a Tourist at Home

Jenny Herbert

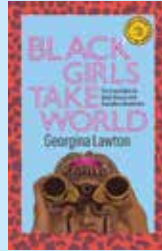
\$16.99 | HC  
9781741177107



#### Asian Girls are Going Places

Michelle Law

\$16.99 | HC  
9781741177121



#### Black Girls Take World

Georgina Lawton

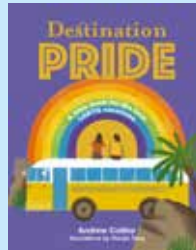
\$16.99 | HC  
9781741177022



#### Destination Coffee

Jane Ormond & Wenjia Tang

\$12.99 | HC  
9781741176902



#### Destination Pride

Andrew Collins

\$12.99 | HC  
9781741176971



#### Destination Wellness

Kate Morgan & Wenjia Tang

\$12.99 | HC  
9781741176896



#### Forever Wandering

Emilie Risteovski

\$19.99 | HC  
9781741177190



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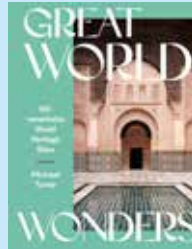


### The Globetrotter's Guide to Happiness

Kate Morgan & Juliet Sulejmani

\$19.99 | HC

9781741177091



### Great World Wonders

Michael Turtle

\$35.00 | HC

9781741177312



### Hand Luggage Only: Great Britain

Yaya Onalaja-Aliu & Lloyd Griffiths

\$29.99 | FB

9781741177589



### Hello Sandwich Japan

Ebony Bizys

\$29.99 | PB

9781741176841



### Jane Was Here

Nicole Jacobsen & Devynn MacLennan

\$20.99 | HC

9781784883362



### Lofted

William Watt

\$35.00 | HC

9781743796191



### Onsen of Japan

Steve Wide & Michelle Mackintosh

\$24.99 | PB

9781741175516



### Paris for Food Lovers

Elin Unnes

\$19.99 | PB

9781741176605



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### Rewild

Doron Francis &  
Stephanie Francis

\$19.99 | FB  
9781741177596



### Rome for Food Lovers

Peter Loewe

\$19.99 | PB  
9781741176612



### Slow Travel

Penny Watson

\$40.00 | HC  
9781741176674



### Tent Life

Doron Francis

\$19.99 | FB  
9781741177213



### Tokyo for Food Lovers

Jonas Cramby

\$19.99 | PB  
9781741176629



### Travel Anywhere

Jeralyn Gerba &  
Pavia Rosati

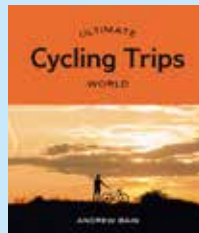
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9781741176544



### Travel North America

Pavia Rosati &  
Jeralyn Gerba

\$29.99 | FB  
9781741177497



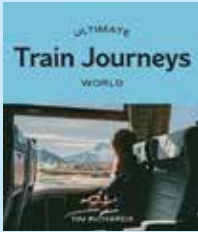
### Ultimate Cycling Trips: World

Andrew Bain

\$29.99 | FB  
9781741176964



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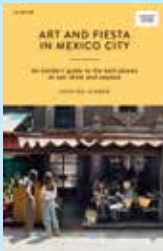
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