



DISTRIBUTED BY  
CHRONICLE BOOKS

# Quadrille

Spring 2022



*Hardie Grant*

QUADRILLE







# Contents

---

<b>Food &amp; Drink</b>	<b>5</b>
<b>Home &amp; Lifestyle</b>	<b>43</b>
<b>Wellness &amp; Inspirational</b>	<b>61</b>
Backlist	69
Sales representation	92





# Food & Drink

FOOD & DRINK



a good day to bake



Slow and Simple Baking  
Recipes for Every Mood

Benjamina Ebuehi

# A Good Day to Bake

Slow and Simple Baking Recipes  
for Every Mood

**Benjamina Ebuehi**

Mar-22 | HC | CKB004000

\$32.50 | 9781787138018

192 pages | 7.4 x 9.8"

Full-color photography throughout

I SBN 978-1-78713-801-8



**70 flavor-led baking recipes to enjoy through the seasons and on any day of the week**

Going through the ritual of bringing out the measuring scales, pouring out flour, whipping up the eggs, stirring the batter and impatiently slicing up warm cake is a beautiful thing that deserves to be enjoyed all year round no matter the day, season or occasion. *A Good Day to Bake* is full of sweet and savory baking recipes that embrace simplicity, mindfulness and the therapeutic comforts of baking. *The Great British Baking Show's* 2016 contestant Benjamina writes recipes that speak to a natural, seasonal and down-to-earth way of baking. Chapters include Herbs & Tea, Stone Fruit & Berries, Vegetables, Best of Beige, Spice Cupboard, and Chocolate.

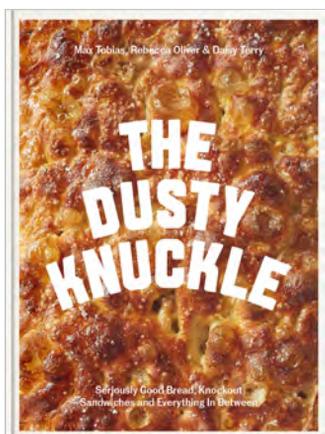
Because every day is a good day to bake.

**Benjamina Ebuehi** writes recipes, styles and creates content for media and brands such as BBC Good Food, Lyles Golden Syrup, Anthropologie, Baileys and Schwartz spices. Benjamina is an ambassador for the incredible social enterprise Luminary Bakery, and co-founded, with her sister Bonita, The Sister Table ([www.thesistertable.com](http://www.thesistertable.com)). Her food blog Carrot and Crumb ([www.carrotandcrumb.com](http://www.carrotandcrumb.com)) was a finalist in the 2019 Saveur Blog Awards.

- The focal point of the recipes is flavor, through seasonal ingredients and beautiful spicing
- These pared-back recipes showcase how therapeutic baking can be
- Her recipes have been praised by Nigella Lawson

FOOD & DRINK





draft cover

# The Dusty Knuckle

Seriously Good Bread, Knockout Sandwiches  
and Everything in Between

**Max Tobias, Rebecca Oliver, Daisy Terry**

Mar-22 | HC | CKB009000

\$29.99 | 9781787137745

208 pages | 7.4 x 9.8"

Full-color photography throughout

I S B N 978-1-78713-774-5



**The Dusty Knuckle is a celebration of all things bread,  
from east London's favorite bakery**

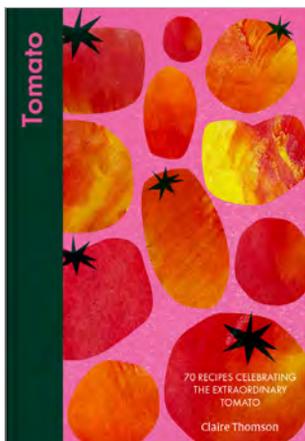
The Dusty Knuckle's friendly, accessible and gritty take on baking will provide home bakers with ALL of the knowledge and shortcuts needed to bake unforgettable bread at home. This book is jam-packed with baking hacks and shortcuts – from step-by-step instructions for mixing, fermenting and shaping dough to leftover spin-offs. It includes exciting chapters for (unforgettable!) sandwiches, sauces, soups and salads to enjoy on, in, and with the delicious bread that you've made. In this epic collection of recipes, you'll find everything from their legendary potato sourdough and focaccia, to their ground-breaking sandwiches and delicious sweet things – all written by founders Rebecca, Daisy and Max, who learned to bake the hard way so you don't have to!

Born from humble beginnings – first in a home kitchen, then in a 40ft steel freight container in east London, UK, **The Dusty Knuckle** is now a renowned bakery and buzzing café. With an epic menu, and roving delivery milk float-turned-bread mobile stocked full of the bakery's many treats, they now help young people through their social enterprise work. They believe in hard graft and integrity.

- DK supply restaurants across London, UK including Ottolenghi's restaurants, and Trullo
- The book contains everything they have learned about baking in less-than-perfect conditions
- Frequently voted Best Bakery London by *CN Traveller*, *Time Out*, *Eater*, *Hot Dinners*.

FOOD & DRINK





# Tomato

70 Recipes Celebrating  
the Extraordinary Tomato  
**Claire Thomson**

Jun-22 | HC | CKB085000  
\$32.50 | 9781787137851  
224 pages | 6.8 x 9.7"  
Full-color photography throughout

I S B N 978-1-78713-785-1



**Over 70 creative and delicious recipes showcasing  
the iconic TOMATO**

Vibrant, bright and bursting with flavor, this is the definitive guide to the much-loved tomato. Best-selling author and chef Claire Thomson takes you on a journey through the history and culture of this humble fruit, then offers up over 70 recipes that honor the tomato in all forms. From Burnt Tomato Salsa and Peach and Tomato Salad to Tomato Beignets and Crab and Tomato tart, the gorgeous recipes will satisfy and delight. Celebrating juicy, seasonal produce at the height of tomato season, there are also dishes that work just as well (or better) with canned tomatoes during the colder months, ensuring year-round feasting. A fascinating cookbook for when you're stuck with a glut, or simply if you want to explore new flavors and techniques, *Tomato* is a colorful and dynamic source of kitchen inspiration.

**Claire Thomson** is a chef and food writer, and ambassador for The Tomato Stall. She has written about food for publications including the *Guardian* and *Telegraph* in the UK. Claire has appeared on BBC1's *Saturday Kitchen* and BBC Radio 4's *Woman's Hour*. She lives in Bristol, UK, with her husband and three children. This is her seventh book.

- Stunning photography of over 25 varieties of tomato
- Includes vibrant recipe photos and location shots of tomato farms
- Tomatoes are used globally, and are now the most widely grown 'vegetable' in the world



**Also available**  
Camper Van  
Cooking  
9781787136847  
\$29.99 | 2021

## FOOD & DRINK





draft cover

# Paella

The Original One-Pan Dish:  
Over 50 Recipes for the Spanish Classic  
**Omar Allibhoy**

Jul-22 | HC | CKB080000

\$24.00 | 9781787138483

176 pages | 6.9 x 8.9"

Full-color photography throughout

I S B N 978-1-78713-848-3



**The classic Spanish crowd-pleaser – over 50 recipes including meat, fish and vegetarian versions**

The ultimate one-pan feast, paella is the most famous and beloved Spanish dish in the world. Chef Omar Allibhoy is fanatical about this dish and in this new book unveils the insider knowledge and tips you need to produce a perfect panful of glorious tastes and textures.

Omar starts with a "how to" guide taking you through all the basic techniques and ingredients, and then offers over 50 recipes – from the classic mix of rabbit and shellfish, to black seafood paella with squid and tiger prawns, through oxtail paella, and vegetarian and vegan options including wild mushrooms and Jerusalem artichoke paella. With beautiful photography throughout and straightforward, step-by-step instructions, *Paella* is a joy to cook from and an essential for every kitchen shelf.

**Omar Allibhoy** is the chef-founder of Tapas Revolution, which has nine restaurants across the UK. Omar trained with Ferran Adria in Spain and later became chef at El Pirata de Tapas in Notting Hill, London, UK. He is the author of two previous books and regularly appears on TV.

- Omar's YouTube channel, The Spanish Chef, is growing rapidly with over 10,000 subscribers
- Omar's recipes are all very family-friendly, economical and use supermarket ingredients
- The hashtag #paella has 3 million tags on Instagram

FOOD & DRINK





draft cover

# Modern Pressure Cooking

The Comprehensive Guide to Stovetop and Electric Cookers – with over 200 Recipes

**Catherine Phipps**

Mar-22 | HC | CKB129000

\$40.00 | 9781787135321

352 pages | 7.4 x 9.8”

Full-color photography throughout

I SBN 978-1-78713-532-1



## The essential guide to pressure cooking

With over 200 recipes, *Modern Pressure Cooking* is the definitive pressure cooker cookbook. Author Catherine Phipps gently guides readers through everything they need to know about cooking in a stovetop or electric pressure cooker, with foolproof, step-by-step instructions. Catherine's delicious recipes include Shakshouka with Feta, All in One Macaroni Cheese, Crispy Aromatic Duck and Squid and Chorizo with Black Rice.

Pressure cooking is a wonder cooking method: you can make meals in minutes (on average, a third or less of the time of other cooking methods – risotto takes 7 minutes!), it's energy-efficient, and food cooked in a pressure cooker retains more nutrients and more flavor. Cooking this way makes life easier!

**Catherine Phipps** is a food writer, cookbook author and recipe developer who has frequently featured on TV and radio, including BBC Radio 4's *The Food Programme*. Her previous books include *The Pressure Cooker Cookbook* (2012), *Citrus* (2017) and *Leaf* (2019).

- In 2019 retail sales of electric pressure cookers in the United States amounted to over \$50m, according to Statista.com
- Pressure cooking saves time and energy
- Food made with a pressure cooker retains more nutrients and flavor

# FOOD & DRINK



## WEEK 1

□ / □ / □

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

22 • MEAL PLANS

	Mood	Sleep (hours)	Exercise (min/hours)	Water	Symptoms
Monday	😊	8	30	8	
Tuesday	😊	7	45	6	
Wednesday	😊	9	15	10	
Thursday	😊	6	60	4	
Friday	😊	7	30	8	
Saturday	😊	8	45	6	
Sunday	😊	9	15	10	

23 • MEAL PLANS



# How to Plan Anything Gluten Free

A Meal Planner and Food Diary,  
with Recipes and Trusted Tips  
**Becky Excell**

Mar-22 | FB | CKB111000  
\$16.99 | 9781787138247  
176 pages | 5.3 x 7.3"  
Full-color photography throughout

I SBN 978-1-78713-824-7



'Becky Excell is the Queen of gluten-free baking.'

- Nigella Lawson

**Make eating, cooking and living gluten-free easy with Becky Excell's revolutionary new planner!**

*How to Plan Anything Gluten Free* is the perfect tool to help you take back control, whether you've recently embarked on your gluten-free journey or are years into it. Packed with 30 brand-new, customisable, quick-and-easy recipes for breakfast, lunch, dinner and sweet treats, and meal plans tried and tested by Becky, this is the ideal companion for tracking your gluten-free journey. With 6 months of meal planning pages for you to customise and fill out, you can create your own dream menu every week. Plus, by taking just 30 seconds a day to complete the food diary sections, this handbook can help you to uncover any potential food intolerances or sensitivities. With shopping and prep advice, hacks and tips on dining out, as well as how to navigate holidays and parties, this book will be your go-to survival guide and a constant companion on your gluten-free journey.

**Becky Excell** is a best-selling author and full-time gluten-free food writer. She's been eating gluten-free for over 10 years and gave up a career working in PR to focus on food full-time – with an aim to develop recipes which reunite her and her followers with the foods they can no longer eat. She lives in Essex, UK.

- *How to Make Anything Gluten Free* was an instant best-seller
- Becky has a social media following of over 400K, including 175K Instagram followers
- Gluten-free has gone mainstream with most large supermarkets offering gluten-free options



**Also available**  
How to Bake  
Anything Gluten  
Free  
9781787136632  
\$29.99 | 2021



**Also available**  
How to Make  
Anything Gluten  
Free  
9781787136618  
\$29.99 | 2021

FOOD & DRINK





draft cover

# Vegan BBQ

70 delicious plant-based recipes to cook outdoors

**Katy Beskow**

May-22 | HC | CKB125000

\$24.00 | 9781787138605

160 pages | 6.9 x 8.9"

Full-color photography throughout

I SBN 978-1-78713-860-5



**70 simple plant-based recipes to get you grilling and barbecuing all summer long**

*Vegan BBQ* showcases 70 simple, summery recipes to cook on your barbecue, as well as delicious sides, dips and snacks to brighten up any alfresco event. From Katsu burgers with wasabi mayo, Buttered Hassleback squash, and Sizzling fajitas, to Brown sugar baked beans, BBQ patatas bravas or Kiwi and avocado salsa, the recipes are easy to follow, using seasonal and readily available ingredients – proving that you don't have to grill meat to enjoy a barbecue! You'll learn how to get the most out of your ingredients, how to host the perfect plant-based barbecue with friends and what essential kit you'll need. With tips throughout from an expert author, *Vegan BBQ* will build your confidence on the grill, keep you fed all summer long and prove that vegan barbecuing is easy, with fun and vibrant recipes that everyone will love.

**Katy Beskow** is an award-winning cook, writer and cooking tutor with a passion for seasonal ingredients, vibrant food and fuss-free home cooking. Once inspired by a bustling and colorful fruit market in South London, Katy now lives in rural Yorkshire, UK, and cooks from a small (yet perfectly functioning) kitchen. She blogs at [www.katybeskow.com](http://www.katybeskow.com). This is Katy's eighth book.

- Includes advice on small barbecue set-ups for balconies or bijou gardens
- Katy's books have sold over 200K copies globally
- Divided into four sections: On the Grill, Sides, Salads and Dips, Sweet Treats



**Also available**  
Vegan Fake-Out  
9781787136281  
\$22.99 | 2021



**Also available**  
Easy Vegan Bible  
9781787135666  
\$31.00 | 2020



**Also available**  
Five Ingredient Vegan  
9781787135284  
\$29.99 | 2020

FOOD & DRINK





draft cover

# Outside

Recipes for a Wilder Way of Eating

Gill Meller

May-22 | HC | CKB060000

\$40.00 | 9781787137479

320 pages | 7.1 x 10.6"

Full-color photography throughout

I SBN 978-1-78713-747-9



9

781787137479

54000

**A celebration of outdoor cooking and eating, from the back garden to the beach**

Gill Meller's new book *Outside* is a thoughtful celebration of the joys of cooking and eating outdoors. From his rural home overlooking the sea, Gill is perfectly placed to write about open-air cooking, whether it's a simple campfire on the beach or a barbecue in the garden – from summery platters on laden tables to slow, gentle picnics in fields. Gill's cooking is, as always, inspired by the changing seasons and encourages us to reconnect with the world around us through the food we eat. So whether you want a bowl of something hearty and warming on a wintry walk, or crave something bright, fresh, and zesty to enjoy by the coast in the sun, there are recipes to delight, wherever you are. We shouldn't be shutting doors any more – we should be opening them...

**Gill Meller** is a chef, award-winning food writer, food stylist and cooking teacher. Gill works closely with Hugh Fearnley-Whittingstall and River Cottage, producing recipe videos for the food-tube channel and teaching both at the River Cottage Cookery School and internationally. His regular recipe column can be found in the award-winning *delicious* magazine every month. *Gather* (2016) won the Fortnum & Mason Award for Best Debut Food Book.

- Dining outdoors has soared in popularity
- Stunning UK location photography
- Gill Meller's previous books have sold over 30,000 copies combined worldwide



**Also available**  
Root Stem Leaf  
Flower  
9781787134331  
\$40.00 | 2021

FOOD & DRINK





draft cover

# Seared

The Ultimate Guide to Barbecuing Meat  
Genevieve Taylor

Apr-22 | HC | CKB005000  
\$24.00 | 9781787137455  
224 pages | 6.9 x 8.9"  
Full-color photography throughout

I S B N 978-1-78713-745-5



**Everything you ever need to know about cooking good meat over good fire with over 90 vibrant recipes**

*Seared* is a one-stop shop for recipes and practical advice that will help you get the most from cooking meat on your barbecue, beginning with the science of why we need to cook different cuts in different ways and the physics of how fire works. Divided into two sections – BEAST and BIRD – and into SLOW and FAST within those sections, live-fire cooking expert Genevieve Taylor covers everything you'll ever need to know about buying and cooking all kinds of meat, from steaks and fillets, to whole joints and whole birds, and looking at techniques from brining to marinating, smoking to braising, searing super-hot and low and slow cooking. Genevieve provides essential information about setting up your barbecue, sourcing your fuel and lighting your fire, and setting up your grill, with troubleshooting tips throughout. Full of succulent, colorful recipes, *Seared* is the most useful, practical and comprehensive guide to grilling meat on the market.

**Genevieve Taylor** is a fire cooking expert; she writes regularly for *Olive* magazine, demonstrates live-fire cook at food festivals all over the UK, and has co-presented Radio 4's *The Food Programme*. She is based in the UK and runs the Bristol Fire School, a cooking school dedicated to fire.

- Genevieve Taylor's previous barbecue books have sold over 30,000 copies combined
- Recent years have seen a surge in barbecue sales
- The US is the world's biggest barbecue market



**Also available**  
Foolproof BBQ  
9781787136717  
\$19.99 | 2021



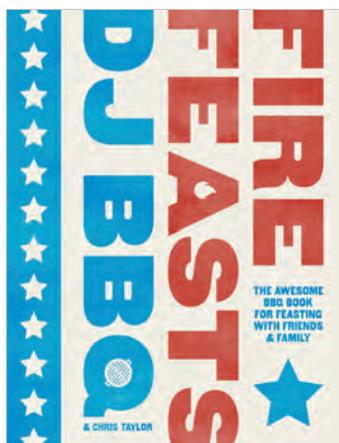
**Also available**  
Charred  
9781787134270  
\$22.99 | 2020



**Also available**  
Ultimate Wood-Fired Oven Cookbook  
9781787131774  
\$19.99 | 2019

FOOD & DRINK





‘DJ BBQ lives and breathes the grill.’  
– Jamie Oliver

# Fire Feasts

The Awesome BBQ Book for Feasting  
with Friends and Family  
**Christian Stevenson (DJ BBQ)**

Apr-22 | HC | CKB005000  
\$24.99 | 9781787138384  
208 pages | 6.9 x 8.9”  
Full-color photography throughout

I S B N 978-1-78713-838-4



**The Star of BBQ is back with easy-to-cook feasting food for awesome entertaining**

Whether it's a "Breakfast of Legends", finger food that everyone can tuck into, like a Triple Wing Whammy, Sticky Baby Back Ribs or Fried Tomato Balls, or the ultimate DJBBQ Mixed Grill or Surf and Turf spread to feed a hungry crew – or special party pieces like a Whole Spit-Roasted Cow Leg or Hung Guard Pork of Honour – every occasion can centre around the barbecue! There are even sides, live fire cocktails and “So Sweet My Teeth Hurt” desserts, all made over fire.

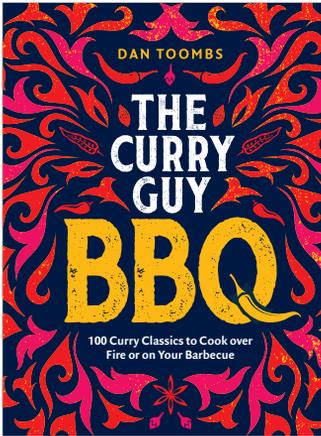
Christian provides a detailed introduction explaining the basics of setting up your grill, what fuel to use, and how to get the best from your cooking with hacks and tips for making the best fires, including “crazy mega awesome fires”. You'll be “Grilling in the Name Of” in no time!

**DJ BBQ** (aka Christian Stevenson) is a live fire chef and a leading name in the world of BBQ. DJ BBQ stars in and hosts festivals including Meatopia, The Big Feastival, Camp Bestival, Grilltopia and The Big Grill. He is a chef on Food.com. He has a BBQ spice rub range with Spiceology, and his brand affiliations include Hellmann's, Renault, B&Q and Kid Rock's American Bad Ass Grill.

- Neat follow-up to Fire Food
- Outdoor cooking recipes for big and small groups catering for meat, fish, vegetarians and vegans
- DJ BBQ has over 175K YouTube subscribers and over 70,000 followers on Instagram

FOOD & DRINK





# Curry Guy BBQ

100 Curry Classics to Cook over Fire  
or on Your Barbecue

**Dan Toombs**

May-22 | HC | CKB005000

\$23.99 | 9781787138070

176 pages | 6.9 x 8.9"

Full-color photography throughout

I SBN 978-1-78713-807-0



**Curry Guy classics and grills cooked over live fire,  
with 70 brand-new recipes**

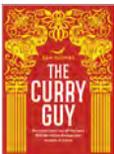
In *Curry Guy BBQ*, the Curry Guy, Dan Toombs, brings you his best ever recipes for cooking outdoors and on a barbecue.

Curry dishes and flavors work exceptionally well for grilling and live-fire cooking. As well as familiar dishes like kebabs and skewers, naans and tandoori chicken, Dan has come up with original recipes using ribs and British-Indian burgers based on fast food, as well as one-pot curries that can be cooked over the fire.

It's the ultimate crossover – Curry Guy meets BBQ!

**Dan Toombs** (aka The Curry Guy) has perfected the art of the restaurant curry. After over 20 years of traveling around, sampling dishes, learning secrets from restaurant chefs and refining those recipes at home, Dan has created recipes that taste just like a takeout but in less time and for less money. Dan's first book, *The Curry Guy* (2017), was a bestseller; this is his seventh book. He lives in Yorkshire, UK, with his curry-loving family.

- The original Curry Guy book has sold over 100K copies and in total Dan's books have sold over 250K worldwide
- Capitalizes on trend for outdoor cooking and eating
- Many classic curry house dishes were developed by cooking over live fire and benefit in terms of taste



**Also available**  
Curry Guy  
9781787131439  
\$19.99 | 2018

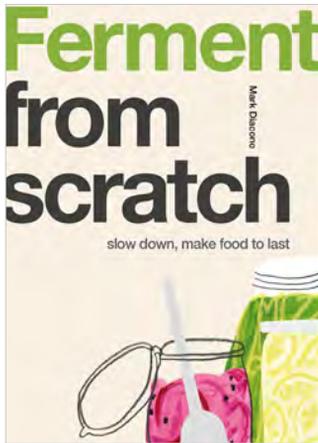


**Also available**  
Curry Guy Veggie  
9781787132580  
\$19.99 | 2019



**Also available**  
Curry Guy Bible  
9781787134638  
\$35.00 | 2021





'In the past year, you had millions of people getting really comfortable in the kitchens in ways they hadn't before. So I think people are going to get a little more brave at taking on long-term projects like fermenting.'

— **Robert Irvine, chef and host of Food Network's Restaurant: Impossible.**



Also available  
Sourdough  
9781787136953  
\$16.99 | 2021

# Ferment From Scratch

Slow Down, Make Food to Last

**Mark Diacono**

Feb-22 | FB | CKB015000

\$16.99 | 9781787138346

176 pages | 5.3 x 7.3"

Full-color photography throughout

I S B N 978-1-78713-834-6



***Ferment From Scratch* is the no-nonsense guide to fermenting at home**

From homemade kimchi to kombucha, shrub cocktails, and making your own pickles, award-winning food writer Mark Diacono tells the story of fermentation and offers recipes that maximize the transformative power of this amazing process. *Ferment From Scratch* offers a gentle guiding hand on a natural process that would happen without you, encouraging the largely invisible activity of bacteria to work to your advantage. These skills take little of your time, they are particular yet simple, and the results are extraordinary.

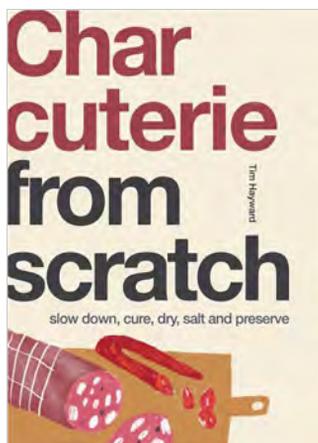
Packed with useful, accessible information and focusing on back-to-basics skills, the *From Scratch* series is designed to inspire you to slow down and create. Some text is extracted and updated from *Sour*, by Mark Diacono.

**Mark Diacono's** *A Year at Otter Farm* and *A Taste of the Unexpected* both won Food Book of the Year, for André Simon and the Guild of Food Writers respectively. He was involved with River Cottage, and he has written four River Cottage books. Mark also writes regularly for a range of publications.

- An accessible, gifty format for a popular topic, from a respected food writer
- Mark Diacono's previous fermenting book, *Sour*, was a multiple award winner
- "We saw a huge climb in [fermenting] during COVID lockdowns... a lot of us fell in love again with this way of preparing food." – Jorge Guzmán

FOOD & DRINK





draft cover

# Charcuterie From Scratch

Slow Down, Cure, Dry, Salt and Preserve  
**Tim Hayward**

Apr-22 | FB | CKB054000  
\$16.99 | 9781787138155  
176 pages | 5.3 x 7.3"  
Full-color photography throughout

I SBN 978-1-78713-815-5



## An accessible handbook to curing and preserving meat at home

Preserving and curing at home is easier than you think, and this book explains how. Covering the basics, Tim Hayward takes the home cook through the principles of charcuterie and the importance of salinity, temperature, humidity and time, plus all the classic techniques of curing and salting, drying and preserving. With clear step-by-step instructions and photography, explanations of what works and why, as well as foolproof recipes, you'll learn how to make everything from Pâté to Pastrami, Smoking Bacon to Salt Beef, Corned Beef to Confit Duck, and more.

**Tim Hayward** is an award-winning writer and broadcaster. He is restaurant reviewer for the *Financial Times*, a presenter on Radio 4's *The Food Programme* and regular panellist on *The Kitchen Cabinet*. He won the Guild of Food Writers Food Journalist of the Year 2014 and 2015, and Restaurant Reviewer 2017 and 2019, and was the Fortnum and Mason Food Writer of the Year for 2014. Tim is co-owner of Fitzbillies bakery in Cambridge, UK.

- An accessible, gifty format for a popular topic, from a respected food writer
- Pinterest Predicts 2021: **"Epic charcuterie** – Fancy boards are the new avo toast."
- Publishing at a key time for a renewed interest in making food from scratch



Also available  
Brew  
9781787136977  
\$16.99 | 2021

**YELLOW PRAWN  
LAKSA SOUP  
WITH NOODLES  
& GREENS**

- 100g (4¼oz) folded flat rice noodles
- 2 tbsp laksa paste
- 1 tsp ground turmeric
- 400ml (14½ oz) tin coconut milk
- 300ml (10½ oz) egg chicken stock (bouillon)
- 1 tbsp fish sauce
- 1 tbsp coconut cream
- 100g (3½oz) raw, shell-on king prawns (jumbo shrimp)
- 100g (3½oz) choy sum, leaves kept whole, stalks cut into 6cm (2½) pieces
- 50g (1¾oz) sugar snap peas, halved lengthways
- 100g (3½oz) bean sprouts
- 2 spring onions (scallions), finely sliced
- small handful of Thai basil leaves
- 1 lime, cut into wedges

This soup uses a laksa paste for the base of its flavour, meaning it is incredibly simple to make. With creamy coconut, greens and fresh prawns (shrimp), it's a warming and fragrant midweek meal. Make sure to garnish with plenty of Thai basil and lime juice.

Cook the noodles according to the packet instructions. While the noodles are cooking, get a large pan over a medium heat and add the laksa paste and turmeric. Fry for 30 seconds before adding the coconut milk, stock (bouillon), fish sauce and coconut cream. Bring the soup to the boil before adding the prawns (shrimp), choy sum and sugar snap peas. Cook for approximately 2 minutes until the vegetables are tender and the prawns are cooked through. Into deep bowls, add the flat noodles, then pour over the soup along with all the cooked vegetables and prawns. Top each bowl with some bean sprouts, spring onions (scallions) and Thai basil leaves, and squeeze over some lime juice.

Serves 2  
- Prep 5 mins  
- Cook 15 mins

© Cook 1 Easy



**WHOLE  
SALT-BAKED  
SEA BASS**

- 1 whole sea bass (about 600g/1lb 8oz), gutted and deboned (if you can use snapper, salmon or trout)
- handful of parsley
- handful of dill
- 4 sprigs of thyme
- 1 lemon, sliced
- For the salt crust**
- 600g (1lb 2oz) rock salt
- 100g (3½oz) dill, finely chopped
- 3 egg whites
- To serve**
- new potatoes
- green salad

Salt-baking is a wonderful technique and, despite appearances, it doesn't make it overly salty. Instead, it flavours it perfectly and the salt crust allows the fish to steam within its own juices, so you are left with tender, soft flesh. Simply served with buttery new potatoes and greens, the sea bass really shines.

Preheat the oven to 220°C (200°C fan)/428°F/gas 7. Stuff the cavity of the fish with the fresh herbs and lemon slices, placing some of the lemon slices on the top of the fish, too. In a large bowl, mix together the salt, dill and the egg whites, combining until it resembles wet sand. Place some of the salt mixture onto the bottom of a large baking tin and spread it out. Place your stuffed sea bass onto the salt and then, using the remaining salt mixture, encase the fish, leaving just the head and tail exposed. Place the fish into the oven and bake for 25 minutes (for a larger fish, give it 40 minutes). Remove it from the oven and use a wooden spoon or rolling pin to carefully crack the salt crust, then remove it in pieces to reveal the tender fish. Fillet the sea bass and serve alongside buttery steamed potatoes and fresh salad.

Serves 2  
- Prep 15 mins  
- Cook 25 mins

© Strawberry Salad



# Foolproof Fish

60 Delicious Dishes to Make at Home

**Libby Silbermann**

Feb-22 | HC | CKB076000

\$19.99 | 9781787137912

144 pages | 6.3 x 8.3"

Full-color photography throughout

I SBN 978-1-78713-791-2



## Simple and satisfying recipes using fish and seafood

*Foolproof Fish* is the ultimate cookbook for anyone who wants to know how to make simple and delicious fish dishes at home. Bringing you 60 fuss-free recipes, with everything from Ultimate Fish Tacos, Spicy Salmon Burgers, and Grilled Tuna Steaks through Clams in Cider, Crab and Cherry Tomato Linguine, and Shrimp Laksa – you'll have a mouth-watering variety of recipes to choose from every time you fancy fish for dinner. Beginning with clear instructions for basic preparation, including how to scale, debone, gut and fillet, followed by delicious and practical recipes for brunch and light bites, quick and easy dishes, or weekend feasts – there really is something for everyone!

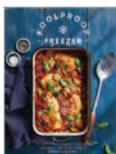
The *Foolproof* series celebrates the simple ways to cook, eat, and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure-to-be favorites.

**Libby Silbermann** is a London-based food stylist and writer. She loves creating a mood, feeling and ambience with the food she styles. After gaining her diploma at Leiths, Libby went on to pursue a career in food styling and recipe writing. She has worked across a number of publications, both editorial and advertising. *Foolproof Fish* is her second book.

- *Foolproof Fish* uses familiar, supermarket ingredients
- Includes information on buying fish sustainably plus simple step-by-steps to preparing fish and seafood
- This book shows you just how simple it is to prepare new and interesting fish dishes!



**Also available**  
Foolproof One-Pot  
9781787135949  
\$19.99 | 2021



**Also available**  
Foolproof Freezer  
9781787136595  
\$19.99 | 2021

FOOD & DRINK





# Foolproof Picnic

60 Delightful Recipes to Enjoy Outdoors

**Marina Filippelli**

May-22 | HC | CKB101000

\$19.99 | 9781787137936

144 pages | 6.3 x 8.3"

Full-color photography throughout

I SBN 978-1-78713-793-6



**The handy guide to eating outdoors – everything you need to make the perfect spread**

Looking for new picnic ideas? You're in the right place. In *Foolproof Picnic*, discover 60 simple, easy-to-share recipes that celebrate throwing down a blanket and enjoying the sunshine. Marina Filippelli, food stylist and writer, offers up perfect summer recipes you'll want to make time and time again. With everything from delicious sandwiches, savory snacks and dips to portable pies, tarts and frittatas, summer salads, sweet things and a selection of drinks, this book is the ultimate guide to taking your picnic to the next level.

The *Foolproof* series celebrates the simple ways to cook, eat, and enjoy different dishes and techniques, and offers amazing new ways to elevate classics, as well revealing new sure-to-be favorites.

**Marina Filippelli** is an Italo-Brazilian food stylist, writer and editor based in London, UK. She is a regular contributor to magazines and the national press and you'll often see her styling in the Sunday supplements. She also food styles for major companies and supermarkets in the UK.

- Recipes are all written with simplicity and reliability in mind: they will keep well, be easy to transport and share.
- Includes some 'no cook' recipes
- Ingredients are all supermarket-friendly



**Also available**  
**Foolproof BBQ**  
9781787136717  
\$19.99 | 2021





# The Little Chocolate Cookbook

Sue Quinn

Feb-22 | HC | CKB018000

\$14.99 | 9781787138568

96 pages | 5.3 x 7.3"

Full-color photography throughout

I S B N 978-1-78713-856-8



9 781787 138568

5 1 4 9 9

**An indulgent cookbook chock-full of a chocoholic's dream recipes**

'I've read enough by Sue Quinn to know I would want any book she wrote.'

- **Nigella Lawson**

For every baker with a sweet tooth, chocolate recipes are the ultimate treat. This cookbook will delight with its stunning photography and 30 recipes for Cakes and Breads, Desserts, Cookies and Bites, and Bits and Pieces. Whether just for you, or for a friend who's a mad chocolate fan, this is the perfect gift. It's full of inspiration for all types of occasion and includes the perfect recipe whether you're new to baking, or an old hand! Many of the recipes make lovely gifts in themselves, so why not make someone special a batch of chocolate bark or some chocolate-dipped shortbread?

Enjoy the sweeter side of life with this irresistible little cookbook.

**Sue Quinn** is an award-winning food writer, journalist and cookbook author. Her articles and recipes regularly appear in the UK's leading food publications and she has written more than a dozen cookbooks on a range of topics. In 2018 she won the Guild of Food Writers British Food Award, and in 2016 she received the Fortnum & Mason Online Food Writer Award.

- 30 gorgeous chocolate recipes for cakes, cookies, desserts and extras
- Every recipe is photographed
- Perfect Easter or Mother's Day gift

WALNUT MACAROON LAYER CAKE

SERVES 10

For the cakes

- Butter, for the tins
- 2½ cups (300 g) unchopped walnuts
- 1 cup (200 g) superfine sugar
- 6 egg whites

For the coffee cream

- 1½ cups (300 ml) heavy cream
- 3 to 4 Tbsp soft brown sugar
- 1 Tbsp instant coffee

For the glaze

- 3½ or (650 g) best dark chocolate, at least 60 percent cocoa solids
- 1½ Tbsp butter
- 12 walnut halves

Doesn't this look impressive? I'll let you into a secret: It's just about the easiest cake I know. The cream for this is a recipe from my mother. For this, you have to make three 9½ x 24-cm cakes. Don't worry, though, you don't need three tins, you can just bake them one after another. There was a walnut tree in my grandparents' backyard when I was a little girl. I remember my grandfather—mormor in Danish—and I would go and pick them up from the ground, then sit together at his little bench while he opened the walnuts with his pocket knife. He would take out the fresh white nuts and hand them to me. We sat there in silence on the bench and ate them. Maybe that is why walnuts are my favorite nut.

Preheat the oven to 325°F (162°C). Line the bases of three 9½ x 24-cm diameter springform tins with parchment paper and butter them lightly... or, more probably, line and butter the one tin you have and reuse it to make the other two cakes.

Blend the nuts in a food processor with half the sugar until the nuts are finely chopped. Whisk the egg whites until soft, then add the remaining sugar little by little, whisking after each addition, until glossy. Fold in the nut mixture. Pour into the prepared tins and bake 35 minutes, or pour one-third of the batter into one tin and bake 35 minutes, then repeat to bake the following two cakes.

Let cool on wire racks lined with parchment paper, to prevent sticking, overnight if possible.

Place all the ingredients for the coffee cream into a bowl and beat with an electric mixer until soft. Bake a big round serving dish and space the base layer (usually the least attractive layer of cake on). Spread half the cream evenly over, then place the middle layer on top and spread with the remaining cream. Now place the most attractive cake on top.

Break the chocolate into pieces, place in a small heatproof bowl and fit over a saucepan of simmering water; the bowl should not touch the water. Melt the chocolate, then remove from the heat, add the butter and mix well. Let cool slightly, then spread the chocolate over the top layer and decorate with the walnut halves around the edge. Keep in the refrigerator until serving.



CREAM CAKES AND LAYER CAKES



MORMOR'S WHITE BREAD WITH POPPY SEEDS

MAKES 2 LOAVES

- 3½ Tbsp (50 g) fresh yeast
- 2½ cups (600 ml) lukewarm whole milk
- 4 Tbsp (50 g) butter, melted and left to cool a little
- 7½ cups (650 g) strong white flour, plus more if needed, plus more to dust
- 1 Tbsp superfine sugar
- 2 tsp salt
- 1 egg, lightly beaten
- 4 Tbsp poppy seeds

This is the kind of bread my grandmother—mormor—would bake: a real simple white bread. We would eat it for breakfast and as a treat after eating our rye bread. This bread makes me feel safe and loved. It's interesting how food is so connected to your emotions and your personal history. If I feel shaken or sad, I bake this bread; it makes me feel reassured that everything is going to be fine. Maybe that is why I bake when I need to find balance in my life.

Crumble the yeast into the milk, then stir in the butter in a separate bowl, mix the flour, sugar, and salt. Stir the flour mixture into the milk mixture until you have a smooth dough. If the dough is quite sticky, knead in a little more flour. Cover with a dish towel and leave to rise at room temperature for 1 hour, then knead lightly on a floured work surface and return to the bowl. Cover and leave to rise for another hour at room temperature.

Knead lightly again and form into two oval loaves. Place them on two baking sheets lined with parchment paper, cover with dish towels, and leave to rise in a warm place for another 30 minutes.

Preheat the oven to 400°F (200°C). Brush the loaves with the egg and dredge with the poppy seeds. Spray cold water in the oven to create steam and bake 35 to 40 minutes. Let cool on a wire rack.

OTHER BREADS



# Scandinavian Baking

Loving Baking at Home

**Trine Hahnemann**

Mar-22 | HC | CKB074000

\$37.50 | 9781849493796

288 pages | 7.7 x 9.4"

Full-color photography throughout

I S B N 978-1-84949-379-6



‘Cakes, cookies, cream buns: it is all here from Trine Hahnemann, queen of Nordic cookery writing.’

- **The Observer**

**Authentic Scandinavian recipes with a modern twist, shot on location in Denmark**

Trine Hahnemann holds the hand of the uninitiated baker and leads them through the mysteries of baking bread, always with an eye to the practicalities of creating great bread at home. Here you will find no complicated recipes: instead, Trine teaches us how to fit the making of bread into our busy lives, without compromising on quality. From Scandinavian crispbreads to savory tarts, through sweet baking recipes: every kind of Danish pastry you could ever wish for, a cookie for every occasion, and mouth-watering layer cakes, coffee cakes, and cream buns.

**Trine Hahnemann** is a Danish chef and food writer and the leading expert on Scandinavian food and baking. She has written ten cookbooks in her native Danish and seven in English. She writes for and regularly appears in the media in America and Britain, as well as in her native Denmark. Trine lives in Copenhagen with her husband and works part-time in London, UK.

- Trine runs her own café bakery in Copenhagen, the bakery capital of the world
- Her books have sold over 40,000 copies in the USA alone; the original edition of *Scandinavian Baking* has sold over 11,000 copies in North America alone
- Scandinavia is synonymous with *hygge*, cosy baking and sourdough bread



**Also available**  
Scandinavian  
Green  
9781787135406  
\$37.00 | 2020



**Also available**  
Scandinavian  
Comfort Food  
9781849498593  
\$35.00 | 2016

## AMERICANO VERGANO

*This drink came about when our wine supplier gave us a taste of a bitter amaro from northern Italy called Vergano Americano. We enjoyed it so much that we had it in a drink on the menu the next day. This is a low-alcohol, easy-drinking twist on the Americano (Campari, sweet vermouth and soda); we added citrus to increase the bitterness and freshness. It's great for a barbecue, as you can put it together in the afternoon ready to go in the evening.*

*To batch*

- 500ml/20oz Vergano Americano (see tip below)
- 250ml/10oz fresh, strained pink grapefruit juice
- 150ml/6oz fresh, strained lemon juice
- 50ml/2oz 2:1 sugar syrup (see p11)
- Jug, 2 litre/80oz

*To serve*

- Soda water
- Pink grapefruit or orange wedges, to garnish
- Mint leaves, to garnish (optional)

**BATCH 1.** Add the ingredients straight into the jug, cover and put in the fridge. It will keep for 48 hours.

**JUG SERVE 1.** When you're ready to go, add ice to the jug with a few slices of grapefruit, and mint leaves if you have some. 2. Fill glasses with ice, add some of the mix and top with soda water.

**TIP** If you can't get hold of Americano Vergano, use 300ml/12oz decent dry white wine and 200ml/8oz Campari instead.

SUMMER

66



SUMMER

67

## GRAPE OLD FASHIONED

*We created this drink for a pop-up we did at a pub down the road from our bar called The Haggerston, a late-night place with a party atmosphere. It's a less reverential, more quaffable version of the classic Old Fashioned that's easier to drink at 1am. Serve yours when the party is rolling.*

*Red grape syrup*

- 500g/20oz red grapes
- 200ml/8oz water
- Caster (superfine) sugar
- 2 large mixing bowls or jugs
- Funnel
- Coffee filter
- Sterilised bottle, at least 500ml/20oz

*To bottle*

- 500ml/20oz gin
- 100ml/4oz red grape syrup
- 5ml/1 tsp Angostura bitters
- 200ml/8oz water
- Sterilised bottle, at least 1 litre/40oz

*To serve*

- Lemons, to garnish

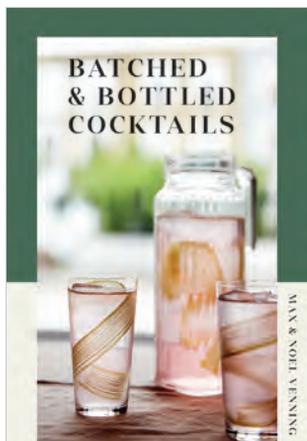
WINTER

160



WINTER

161



# Batched & Bottled Cocktails

Max Venning, Noel Venning

Nov-21 | HC | CKB006000

\$16.99 | 9781787138452

192 pages | 5.2 x 7.3"

Full-color photography throughout

I S B N 978-1-78713-845-2



**50 of the best recipes for batched and bottled cocktails that you can pre-make and bottle, and either pour straight over ice or leave to mature for an hour, a month or even a year.**

Drinking, just like eating, is best if you follow nature, and match what's going on outside. So, in this book you'll find everything from light, spritzy drinks for the summer and rich, comforting drinks for those quiet, cozy nights in. From Negronis and Manhattans, to more complex concoctions you can infuse with botanicals or fermented ingredients, the recipes follow the seasons and range from simple, stir-through mixes to more elaborate drinks that require kitchen prep.

Sick of standing in the corner making cocktails while everyone else is having fun? Fed up with having to buy loads of expensive spirits and bitters? Just want to pour a delicious cocktail any time, any place? Then *Batched & Bottled Cocktails* is the book for you.

**Max and Noel Venning** are the brothers behind Three Sheets Bar in London, UK which has championed batching and bottling since 2016. Voted one of The World's 50 best bars for the last three years, the brothers have gone on to collaborate on Top Cuvée and Little Mercies, two award winning north London venues, as well as releasing a bottled cocktail range 'Three Sheets Bottled'.

- Forget wasting time with a cocktail shaker – make your drinks ahead and enjoy the party
- The first book to market on this trending subject
- 50 inventive and beautifully photographed ideas



# Home & Lifestyle





draft cover

# Embroidery

A Modern Guide to Botanical Embroidery  
Arouna Khounnoraj

Apr-22 | PB | CRA008000

\$22.99 | 9781787138315

160 pages | 7.9 x 10"

Full-color photography throughout

I SBN 978-1-78713-831-5



Arouna Khounnoraj's *Embroidery* is a modern guide to this ancient craft

Arouna will show you how to master the art of the decorative stitch through clear step-by-step instructions that demystify the embroidery stitches – and teach you how to apply them with 20 botanical-inspired projects. The projects include bags, wall hangings, handkerchiefs, cushions and much more. This book will inspire you not only to build on your skills but to find your own personal style.

Packed with stunning lifestyle photography that draws on Arouna's natural style and aesthetic, step-by-step illustrations will clearly show you how to start and finish each project neatly. *Embroidery* offers a fresh approach in Arouna's signature style.

Arouna Khounnoraj is a Canadian artist and maker based in Toronto, where she emigrated with her family from Laos at the age of four. In 2002 she started Bookhou, a multi-disciplinary studio with her husband John Booth. Together, they explore a variety of printing and embroidery techniques through utilitarian objects such as bags, home goods and textiles. Arouna is a craft-influencer in her own right with 211K followers on Instagram. She runs regular workshops and is recognized for her beautiful embroidery.

- Anna Wintour predicted embroidery as one of her big fashion trends for 2020
- A neat follow-on from *Visible Mending*
- There has been a surge in Pinterest searches for aesthetic embroidery worldwide



**Also available**  
Visible Mending  
9781787136106  
\$22.99 | 2020



**Also available**  
Punch Needle  
9781787132788  
\$19.99 | 2019





draft cover

# Rewild Your Home

Bringing the Outside In and Living Well  
Through Nature

**Victoria Harrison**

Mar-22 | HC | HOM003000

\$29.99 | 9781787136656

192 pages | 6 x 9.2"

Full-color photography throughout

I S B N 978-1-78713-665-6



**Transform your living space and boost your wellbeing  
by drawing design inspiration from the natural world**

Discover how to improve your home space – and headspace – by taking inspiration from the natural world. With simple biophilic design tips and ways to weave in natural elements, *Rewild Your Home* will show you how to make your indoor living, sleeping, and working areas happier, healthier, and more relaxing by bringing the outside in.

From maximizing natural views, greening up windowsills, and inviting wildlife up close, to the use of wild colors, materials, and patterns, interiors expert Victoria Harrison looks at creative ways to link your living spaces to the outdoors. There are quick and fun projects sprinkled throughout, and plenty of practical ideas to inspire, whether you live in a rented urban apartment or a family home.

**Victoria Harrison** is an interiors journalist and stylist who has been writing about homes and gardens for the past 15 years, and she is the UK Editor of Houzz. A keen gardener, Victoria is passionate about the healing power of nature to boost health and happiness and believes good home design should have nature, simplicity and wellbeing at its heart.

- Combines key trends of home, wellbeing, nature and wildness, gardening, and environment
- Publication is timed to coincide with the second World Rewilding Day in March 2022
- The Biophilic Cities movement is growing as people increasingly move out of urban areas





draft cover

# The Flower School

The Principles and Pleasures of Good Flowers  
**Joseph Massie**

May-22 | HC | CRA010000

\$40.00 | 9781787138209

304 pages | 7.9 x 10"

Full-color photography throughout

I S B N 978-1-78713-820-9



**A modern take on floral design from one of the world's top florists – with 25 projects**

In *The Flower School*, award-winning floral designer Joseph Massie expertly guides you through design principles and floral projects, empowering you to create gorgeous floral arrangements for your home, gatherings, and celebrations. Learn to make displays that elicit a sense of wonder in their admirers with Joseph's step-by-step instructions and personal tips for creating with intention, thought, and skill.

Whilst creating breathtaking marvels from armfuls of blooms is what Joseph does daily, his true passion is sharing and inspiring through his knowledge of flowers. Be empowered by the learning process that will enable you to build a strong floral design foundation – for your own floral pleasures or a flower-filled career.

**Joseph Massie** is an award-winning floral designer who has won some of the world's most incredible floral shows, including the prestigious RHS Chelsea Flower Show. His work has been commissioned internationally by the likes of The Boston Museum of Fine Art, The White House, and more. Joseph owns Joseph Massie Flowers, Joseph Massie's UK School of Floristry, and his own Floral Art Studio.

- A modern take on floral art from an award-winning and world renowned florist
- The floral world is experiencing a much-deserved renaissance
- The global market for flowers is expected to grow 6.3% over the next five years (*PetalRepublic*, 2020)



EARLY SPRING

HELLEBORES

**Perennial**  
**Can be grown in pots**  
**Vase life: 6-8 days**

Despite its fall, late winter has moments of great beauty, and though the land has been drained of colour for a long while, with deep evergreens, silver, and blues prevailing, the landscape has a stony clarity to it and the silhouettes of the naked trees are etched on the horizon, illuminated now and then by a golden dawn. The crackling snow and ticks that crack under the weight of human footsteps are accompanied by the singleness of song from a lone winter bird. The only thing to pierce through the hibernation, just as bare bones of the trees begin to look as though they may never stir again, the hellebores open, arriving in shades of crimson and magenta, soft pink, and mauve, some freckled, all nodding, and they're always a welcome sight.

Hellebore comes from the Greek Helleborus, which translates to appear food. They are poisonous to eat, but were once used by people as a purge.

**Growing**

Not only do they provide with interest and ingredients for the vase in late winter, but hellebore are also a vital source of nectar for the bees when many flowers are scarce.

Hellebores can tolerate a number of conditions, and do very well in art shade in a rich moist area. I tuck them into rocky growing corners and wherever I can. That said, they don't like to stay wet, or too dry, too sunny or too shady. They like it just so. They take a long while to mature to a size where you can make meaningful harvests from them (around 3 years) and can be expensive to buy, however, if you have the time, they're worth growing from seed and readily hellebore, so you can have a go at creating the freshly, reddish spiky coloured, bearded hellebore of your taste.

**Harvesting**

They are notoriously wimpy cut flowers, with one, however, cut at the right time and given the right treatment, they are very resilient and long lasting. There are a couple of tricks to help with this. The more reliable cut comes when they're harvested post-pollination, when the stamens have given way to seedpods. The more developed the seedpod, the stronger the hellebore will hold. I've had some last in the vase like this for 8 weeks. The colours fade a little as they mature in seed pod state, so I cut some before they're pollinated anyway. Near the end of the stems in boiling water immediately before plunging into a cool bucket of water and allowing them to drink for 48 hours, somewhere cool and dark. I've been experimenting with freezing them and thawing them, and it sometimes helps them last but never reliably.

**Tip:**

If they end up wilting, I cut the heads and float them in water, so enjoy they're lovely faces regardless. You can also try reviving them, by submerging the whole flower in fresh water for a few hours in a fridge. I'dy, I've had a new come back to life like this and last another month.





draft cover

# From Seed to Bloom

A Year of Growing and Designing  
With Seasonal Flowers

**Milli Proust**

Mar-22 | HC | GAR004010

\$29.99 | 9781787137349

208 pages | 7.9 x 10"

Full-color photography throughout

I S B N 978-1-78713-734-9



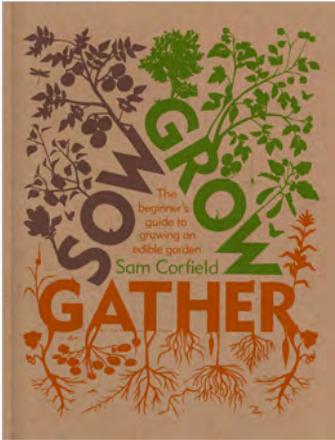
**A modern guide to growing and styling flowers  
– with 26 projects**

In this practical guide to growing and styling your own floral arrangements, author Milli Proust begins with the principles of floristry – from seed to bloom – then takes you through the seasons and explores the top plants to grow and how to style them. With spotlights on the growing highlights of the season, step-by-step photography, and practical tips on how to sow, grow, and harvest, plus advice on soil health, composting, sustainable growing, and planning your planting, this book provides an approachable and accessible insight into the wonderful world of flower growing and floral arranging. Discover how to create designs with confidence and bring nature into your home with *From Seed to Bloom*.

**Milli Proust** takes inspiration from the wild to create romantic and playful designs for weddings, events, brands, and personal clients. After moving to a rural pocket of West Sussex, UK, Milli decided to live in rhythm with nature, growing all of her crops completely chemical-free in a passionate effort to protect our surrounding wildlife. When she is not tending to the crops or creating floral work, Milli works as an actress for radio, stage, and television.

- The perfect gift for brides looking to DIY their wedding
- Packed with beautiful photography through the seasons from Milli's own field
- Milli is a flower-influencer with an impressive Instagram following of 76.3K





draft cover

# Sow Grow Gather

The Beginner's Guide to Growing  
an Edible Garden

**Sam Corfield**

Mar-22 | FLEXI | GAR025000

\$23.99 | 9781787137165

176 pages | 6.9 x 8.9"

Full-color photography throughout

I SBN 978-1-78713-716-5



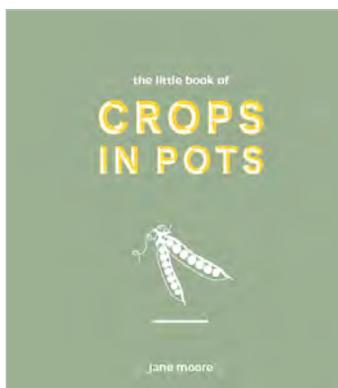
**Over 50 vegetables and fruits to grow and eat,  
no matter how small your space**

Green-fingered Sam Corfield (aka The Hairy Horticulturist) shows you how simple it is to grow your own edible garden. Covering over 50 roots, shoots, flowers, leaves, and fruits, he'll guide you through his foolproof three-step method of sow-grow-gather. Showcasing delicious veg, fruits, and herbs that anyone can easily grow at home, discover unusual and colorful offerings like purple carrots, rainbow radishes, and even cucamelons! *Sow Grow Gather* will demystify the growing process, explain useful equipment, and reveal how to fit different containers into every corner of your space. With beautiful photography, and advice from which plants will suit your plot to how to care for them, you'll go from veg-patch beginner to edible-garden-expert in no time.

**Sam Corfield** is a trained horticulturist, cameraman, and expert vegetable grower residing in Cornwall, UK. Having spent many years working at the world-renowned Lost Gardens of Heligan, Sam now educates on growing-your-own and self-sufficiency via Instagram. As well as growing an impressive beard, he is currently renovating a 750-year-old mill where he hopes to grow veg for many happy years to come.

- Step-by-step instructions from a trained horticulturist
- Suits any space: small garden, courtyard, balcony, or window
- Beautiful photography – shot within the grounds of The Lost Gardens of Heligan in Cornwall, UK





# The Little Book of Crops in Small Spots

A Modern Guide to Growing Fruit and Veg  
**Jane Moore**

Mar-22 | HC | GAR025000

\$14.99 | 9781787137318

160 pages | 6.3 x 7.1"

Full-color photography throughout

I SBN 978-1-78713-731-8



9 781787 137318

## A modern guide to growing fruit and veg in an urban garden

*The Little Book of Crops in Small Spots* introduces newbie gardeners to the art of growing veg successfully. Particularly focused on small space gardening, this book is the ideal modern guide for those with a compact urban garden, courtyard, patio, or even just a balcony. Including a handy directory of the best 40 fruit and vegetables to grow no matter how small your space, Jane will show you how to get started with her expert tips and indispensable gardening advice on becoming more self-sufficient. Discover how to maximize your growing power and enjoy getting stuck in as you produce crops to harvest all year round.

In a horticultural career spanning 30 years, **Jane Moore** has been head gardener at a Benedictine Abbey, a writer for national gardening magazines and newspapers in the UK, a researcher on BBC gardening programmes and a presenter on BBC TV's *Gardeners' World*. Gardening, and writing about gardening, have encompassed Jane's whole career. She has wide-ranging practical experience, an astonishingly broad plant knowledge and an unswerving enthusiasm for gardens, horticulture, and its impact on everyday life.

- The perfect renter's gardening guide to growing in containers
- Practical tips plus a handy directory of the top 40 fruit and veg to grow
- Natural next book in the series as more people are exploring what they can grow in their outside spaces



### Also available

Little Book of  
Bonsai

9781787136472

\$14.99 | 2021



### Also available

Little Book of  
House Plants

9781787131712

\$14.99 | 2018



### Also available

Little Book of  
Cacti

9781849499149

\$14.99 | 2017





draft cover

# Planting for Garden Birds

A Grower's Guide to Creating a Bird-Friendly Habitat

**Jane Moore**

May-22 | HC | GAR000000

\$16.99 | 9781787138292

144 pages | 5.3 x 7.3"

Full-color photography throughout

I SBN 978-1-78713-829-2



**A gardening guide to encourage more birdlife to your green spaces.**

In *Planting for Garden Birds*, find straightforward ideas and easy to achieve plans that will make your garden irresistible to birds. Packed with interesting facts, sustainability tips, environmental and habitat information as well as easy to achieve planting ideas, this is a practical, illustrated guide for people wanting to encourage more birdlife to their outdoor space. While some birds are residents we'll see from day to day, others are fleeting visitors – but they're all potential guests in our gardens if we make the environment suitably welcoming. *Planting for Garden Birds* is aimed at the keen amateur gardener and those hoping to take their knowledge and experience to the next level.

In a horticultural career spanning 30 years, **Jane Moore** has been head gardener at a Benedictine Abbey, a writer for UK gardening magazines and newspapers, a researcher on BBC gardening programmes and a presenter on BBC TV's *Gardeners' World*. Jane has wide-ranging practical experience, an astonishingly broad plant knowledge and an unswerving enthusiasm for gardens, horticulture and its impact on everyday life.

- A user-friendly gardening guide to encouraging more birdlife into your garden
- Seasonal advice on what to grow throughout the year to support birds
- *Planting for Honeybees* has sold 38,000 copies worldwide



**Also available**  
Planting for  
Wildlife  
9781787136752  
\$16.99 | 2021



**Also available**  
Planting for  
Butterflies  
9781787135352  
\$16.99 | 2020



**Also available**  
Planting for  
Honeybees  
9781787131460  
\$16.99 | 2018





draft cover

# Green Living

A Sustainable Guide to a More  
Intentional Life

**Jen Chillingsworth**

Apr-22 | HC | HOM022000

\$22.99 | 9781787138186

160 pages | 6 x 9.2"

Full-color photography throughout

I S B N 978-1-78713-818-6



**A thoughtful lifestyle guide packed with tips to help you live more sustainably**

A new photographic edition of the bestselling *Live Green* (2019), *Green Living* is packed with brand new content and beautiful lifestyle photography to help inspire you on your journey to a more sustainable life.

This book is a collection of changes you can make to your home and lifestyle over the course of a year. Jen Chillingsworth offers up achievable advice and tips for anyone and everyone, no matter where you live or what job you do. From making your own cleaning products, soy candles, buying vintage, giving up plastic to celebrating simply – discover how to get the most out of living a more modest, meaningful life. Learn to live and enjoy the little things.

**Jen Chillingsworth** is a freelance writer and photographer. She previously worked in arts management before choosing to re-train as a market gardener. Here Jen discovered her love of plants, flowers, nature and the landscape and how important it was that we try to protect them. She writes regularly about slow and simple living, eating seasonally and green issues on her blog *Little Birdie*. Jen has written and photographed features published in *The Simple Things* magazine and *91 Magazine*.

- Packed with practical, achievable tips
- Taps into a lifestyle audience following the success of the illustrated *Live Green* (2019)
- A beautiful photographic guide to living a more sustainable life



# Wellness & Inspirational

### THREE-PART BREATH



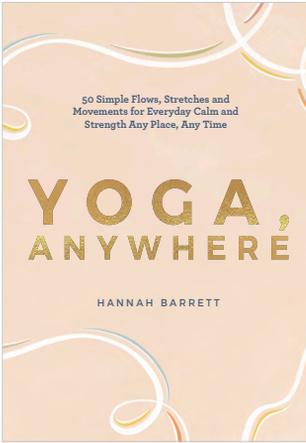
- ▶ From a seated position, gently rest the right fingertips on the ground beside the right hip.
- ▶ Take a breath in as you bring the left hand to the crown of the head, and as you breathe out slowly bring the left ear towards the left shoulder using the hand as a gentle guide.
- ▶ Take five breaths here and then inhale, release and repeat on the other side.



- ▶ Place one hand over the belly and one onto the heart. Take a deep inhale through the nose from the base of your stomach feeling the stomach expand like you're blowing up a balloon. Keep inhaling, sending the breath upwards through the chest, feeling the ribs moving outwards, sideways and backwards. Finally, send the breath all the way to the collarbones, filling the lungs as full as they will go. Exhale slowly through the nose, feeling the body release all the way down to the base of the stomach.
- ▶ Aim for each inhale and exhale to be as slow as possible (4-8 counts or longer). Repeat for 10-20 rounds, 2-3 minutes, or for as long as desired.

### SEATED NECK STRETCH





draft cover

# Yoga, Anywhere

50 Simple Flows, Stretches and Movements  
for Any Place, Any Time

**Hannah Barrett**

Jun-22 | CA | HEA025000

\$16.99 | 9781787138445

54 cards | 3.7 x 5.5"

Full-color illustrations throughout

I S B N 978-1-78713-844-5



## 50 accessible moves and exercises for everyday calm and strength

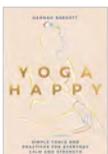
Hannah Barrett's revolutionary *Yoga, Anywhere* will prompt you to move and stretch no matter where you are.

Featuring 50 short, easy exercises and techniques, presented in the handy form of a card pack, you can mix and match movements. This handbag essential provides the building blocks for getting in touch with your body and mind. A resource for you to turn to again and again. Best yet, none of what you will find here requires much more space than that which your body already fills.

With delightful illustrations and step-by-step instructions, there couldn't be a simpler way to keep your body supple and your mind clear.

**Hannah Barrett** is a yoga practitioner and teacher, who founded her own online community of over 370,000 people (@hannahbarrettyoga) and launched her own yoga app. She is an author, wife and mother. After the traumatic birth of her daughter, yoga helped Hannah rediscover who she was and her purpose in life. The transformational effect and growth yoga had on Hannah's recovery gave her passion to help others find strength and calm with yoga in the chaos of life.

- Perfect for busy people on the move
- The user can mix and match to create their own bespoke routine and workout
- 300 million people practice yoga across the world



**Also available**  
Yoga Happy  
9781787137677  
\$29.99 | 2022



# Gemini

21 May-20 June



**Element**  
Air



**Planet**  
Mercury



**Gemini Stars**  
Sir Arthur Conan Doyle (22 May),  
Marilyn Monroe (1 June),  
Venus Williams (17 June)



**Mantra**  
"Positivity flows where  
my heart goes."

27

## The Essence of Gemini

Versatile, vivacious and super-spontaneous, you're hard to pin down, Gemini, and that's just how you like it. There's nothing you enjoy more than surprising people with your knowledge and flair. Being the sign of the twins makes you full of contradictions. From erratic mood swings to simply going off grid every now and then, you need your me-time, and can find it hard to keep things on an even keel. Curiosity is where it's at, and you love to learn new things, if only so that you can teach them to others. You'll fit from one thing to another, and you've probably tried your share of health and fitness fads. People interest you and you will throw yourself into group activities, but while you like the superficial buzz of an active social life, there's a part of you that craves serenity. When you recognize your needs and go with the flow, you truly soar above the clouds!

### Your Self-care Plan

You need to balance the different sides of your psyche. Your fun-loving, always-on-the-go persona is often at cross purposes with your quieter half, but here you will find rituals to appeal to your changeable nature and help them work in harmony. A quick fix to fire the imagination or a technique to calm body and mind, breathing tips to lull you into sleep, and suggestions to boost vitality - they are all here.

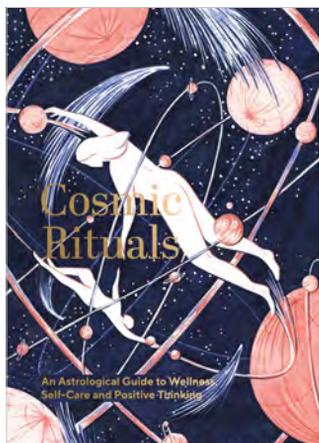
### Morning Ritual to Get Up and Glow

- Stand in the shower and close your eyes.
- Turn up the power for a few seconds, and let the water hit the top of your head. As it does, visualize a shower of energy surging through your body.
- Feel it flushing out fear, worry and confusion.
- As the water brushes your skin, feel it refreshing you ready for the day ahead.

28 Gemini



Gemini 29



draft cover

# Cosmic Rituals

An Astrological Guide to Wellness,  
Self-Care and Positive Thinking

**Alison Davies**

May-22 | HC | OCC002000

\$19.99 | 9781787138131

128 pages | 5.3 x 7.3"

Full-color illustrations throughout

I S B N 978-1-78713-813-1



## An introduction to self-care for your star sign.

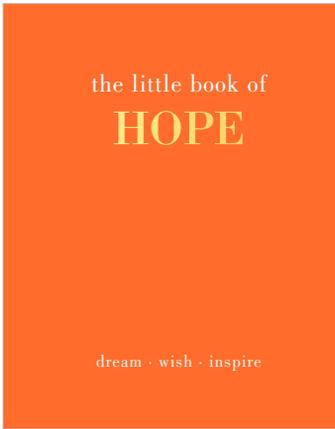
*Cosmic Rituals* is the ultimate guide to taking care of yourself and harnessing your powers. With a focused chapter for each star sign, this beautiful book covers everything from hints and tips for self-care and de-stressing, to mindful meditations and techniques to help you feel energized and ready for anything. There's herbal healing to soothe the soul, and sleep rituals to get you in the Zzz-zone, plus a selection of mantras to help you get up and glow. There's no one size fits all when it comes to taking care of yourself, but your star sign provides a blueprint. Whether you're a tenacious bull who prefers routine or a sensitive crab that takes on the world's woes, the character traits associated with each sign mean you'll need a unique approach to selfcare and wellbeing. There really is no better way to find your sparkle than by looking to the stars!

**Alison Davies** is the author of over 30 books and runs storytelling workshops at universities across the United Kingdom. Alison writes for a wide selection of magazines, including *Soul & Spirit*, *Fate and Fortune*, *Spirit and Destiny*, and *Kindred Spirit*.

- Nicely combines the renewed interest in star signs, with a nod to self-care, wellness and positive thinking
- Teaches you how to best care for your body and mind, based on your individual star sign
- Features meditation and yoga practices, sleep techniques, daily stress-busters and more



**Also available**  
Mystical Year  
9781787136083  
\$19.99 | 2020



## The Little Book of Hope

Dream. Wish. Inspire.  
**Joanna Gray**

Mar-22 | HC | SEL031000  
\$11.99 | 9781787138032  
192 pages | 4.1 x 5"  
Text only

ISBN 978-1-78713-803-2



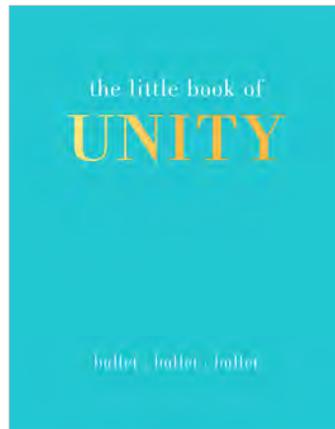
9

Discover how to find the light in dark times with *The Little Book of Hope*.

With daily rituals, exercises for reflection and simple yet practical tips, *The Little Book of Hope* will help you to look to the future with optimism and nurture the gentle spark of hope.

"All human wisdom is contained in these two words, Wait and Hope" – Alexandre Dumas

- A timely little book covering self-care, mindfulness, and kindness, in the usual Little Book structure
- *The Little Book of* series has sold 1 million copies worldwide.



## The Little Book of Unity

All Together Now  
**Joanna Gray**

Feb-22 | HC | SEL021000  
\$11.99 | 9781787138001  
192 pages | 4.1 x 5"  
Text only

ISBN 978-1-78713-800-1



9

Discover what "strength in numbers" really means and come together as one with *The Little Book of Unity*.

With practical tips, gentle guides and thoughtful exercises, learn how to find **balance** within yourself, achieve **unity** with others, and create **harmony** with the wider world.

"It is not in numbers, but in unity, that our great strength lies." – Thomas Paine

**Joanna Gray** is a writer, journalist, and interviewer. She runs festival events and educational programmes for Wimbledon BookFest in the UK and is the author of many titles in the 'Little Book of' series.

# Also Available



The Little Book of Confidence  
9781849495158



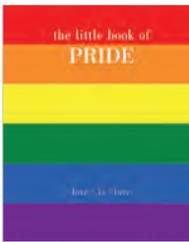
The Little Book of Mindfulness  
9781849494205



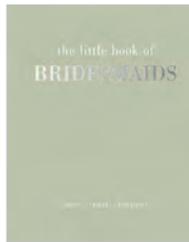
The Little Book of Happiness  
9781787131125



The Little Book of Self-Care  
9781787135178



The Little Book of Pride  
9781787136069



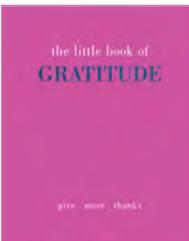
The Little Book of Bridesmaids  
9781787136076



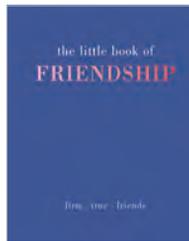
The Little Book of Kindness  
9781787136052



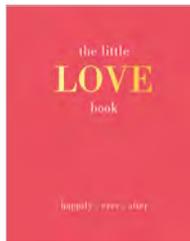
The Little Book of Positivity  
9781787136786



The Little Book of Gratitude  
9781787137363



The Little Book of Friendship  
9781849495356



The Little Love Book  
9781787136113



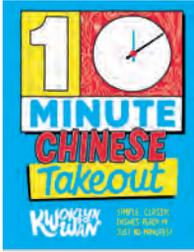
The Little Book of Sex  
9781787134096



# Backlist

BACKLIST

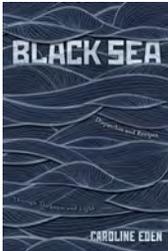
INTERNATIONAL COOKERY



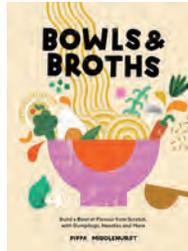
**10-Minute Chinese Takeout**  
KWOKLYN WAN  
9781787137431 | \$22.99  
CKB017000 | HC | 160  
6.9 x 8.9"



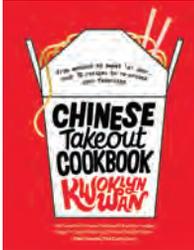
**Advent**  
ANJA DUNK  
9781787137264 | \$35.00  
CKB014000 | HC | 272  
6.8 x 9.7"



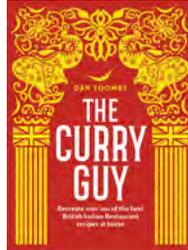
**Black Sea**  
CAROLINE EDEN  
9781787131316 | \$35.00  
CKB092000 | HC | 288  
6.6 x 9.7" | 2lb 3oz



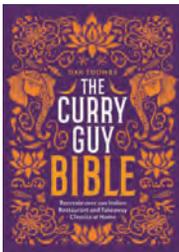
**Bowls and Broths**  
PIPPA MIDDLEHURST  
9781787137769 | \$24.99  
CKB079000 | HC | 176  
7.4 x 9.8"



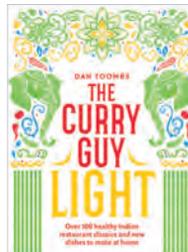
**Chinese Takeout in 5**  
KWOKLYN WAN  
9781787136533 | \$22.99  
CKB017000 | HC | 160  
6.9 x 8.9"



**Curry Guy**  
DAN TOOMBS  
9781787131439 | \$19.99  
CKB044000 | HC | 160  
6.8 x 8.9" | 1lb 7oz



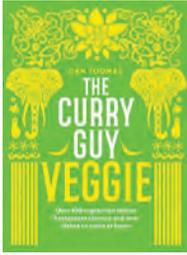
**Curry Guy Bible**  
DAN TOOMBS  
9781787134638 | \$35.00  
CKB044000 | HC | 352  
7.4 x 9.8"



**Curry Guy Light**  
DAN TOOMBS  
9781787134614 | \$19.99  
CKB044000 | HC | 160  
6.8 x 8.9" | 1lb 7oz



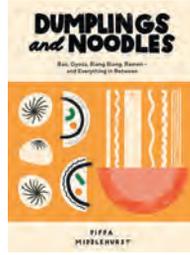
BACKLIST



**Curry Guy Veggie**

DAN TOOMBS

9781787132580 | \$19.99  
CKB090000 | HC | 160  
6.8 x 8.9" | 1lb 7oz



**Dumplings and Noodles**

PIPPA MIDDLEHURST

9781787135376 | \$24.99  
CKB090000 | HC | 192  
7.4 x 9.8" | 1lb 10oz



**Just a French Guy Cooking**

ALEXIS GABRIEL AÏNOUZ

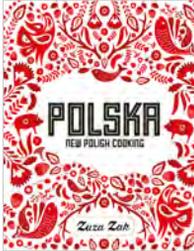
9781787132238 | \$19.99  
CKB034000 | HC | 176  
7 x 9" | 1lb 8oz



**Open Sandwiches**

TRINE HAHNEMANN

9781787131255 | \$19.99  
CKB121000 | HC | 176  
6.3 x 8.3" | 1lb 4oz



**Polska**

ZUZA ZAK

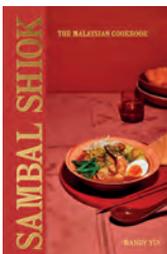
9781849497268 | \$35.00  
CKB065000 | HC | 256  
7.5 x 8.9" | 2lb 6oz



**Red Sands**

CAROLINE EDEN

9781787134829 | \$37.00  
CKB093000 | HC | 320  
6.6 x 9.7" | 2lb 6oz



**Sambal Shioik**

MANDY YIN

9781787137042 | \$35.00  
CKB129000 | HC | 256  
7.1 x 10.6" |



**Scandi Bites**

TRINE HAHNEMANN

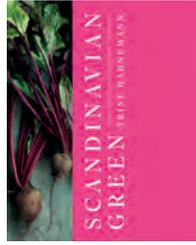
9781787134072 | \$19.99  
CKB074000 | HC | 144  
6.3 x 7.1" | 0lb 15oz



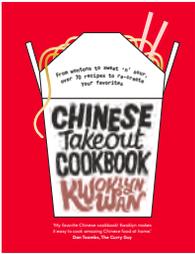
BACKLIST



**Scandinavian Comfort Food**  
TRINE HAHNEMANN  
9781849498593 | \$35.00  
CKB074000 | HC | 288  
7.6 x 9.3" | 2lb 9oz



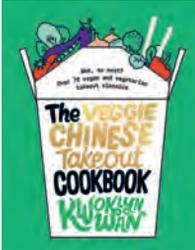
**Scandinavian Green**  
TRINE HAHNEMANN  
9781787135406 | \$37.00  
CKB074000 | HC | 304  
7.7 x 9.4" | 2lb 11oz



**The Chinese Takeout Cookbook**  
KWOKLYN WAN  
9781787134195 | \$22.99  
CKB017000 | HC | 160  
6.9 x 8.9" | 1lb 8oz



**The Nordic Baker**  
NORDGREN, SOFIA  
9781787137141 | \$29.99  
CKB004000 | HC | 2247.4 x 9.8"



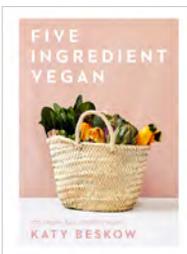
**The Veggie Chinese Takeout Cookbook**  
KWOKLYN WAN  
9781787135741 | \$22.99  
CKB017000 | HC | 160  
6.9 x 8.9" | 1lb 8oz



HEALTHY EATING



**Easy Vegan Bible**  
KATY BESKOW  
9781787135666 | \$19.99  
CKB125000 | HC | 320  
7.4 x 9.8" | 2lb 6oz



**Five Ingredient Vegan**  
KATY BESKOW  
9781787135284 | \$19.99  
CKB125000 | HC | 224  
7.4 x 9.8" | 2lb 4oz



**How to Bake Anything Gluten-Free**  
BECKY EXCELL  
9781787136632 | \$29.99  
CKB110000 | HC | 224  
7.4 x 9.8"

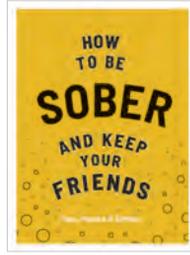


BACKLIST



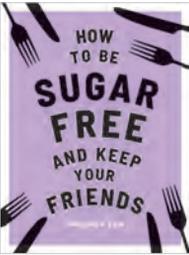
**How to be  
Gluten-Free**  
ANNA BARNETT

9781787132917 | \$22.99  
CKB111000 | HC | 160  
6.3 x 8.3" | 1lb 3oz



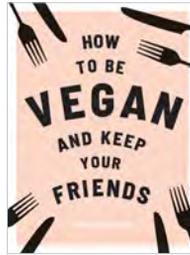
**How to Be Sober**  
FLIC EVERETT

9781787134225 | \$24.99  
CKB008000 | HC | 160  
6.3 x 8.3" | 1lb 3oz



**How to be Sugar-Free  
and Keep  
Your Friends**  
MEGAN DAVIES

9781787136267 | \$19.99  
CKB025000 | HC | 160  
6.3 x 8.3" | 1lb 2oz



**How to be Vegan**  
ANNIE NICHOLS

9781787132740 | \$22.99  
CKB125000 | HC | 160  
6.3 x 8.3" | 1lb 3oz



**How to Make  
Anything  
Gluten-Free**  
BECKY EXCELL

9781787136618 | \$29.99  
CKB000000 HC | 224  
7.4 x 9.8" | 2lb 4oz



**Infused Waters**  
GEORGINA DAVIES

9781787134201 | \$24.99  
CKB008000 | HC | 128  
6.3 x 8.3" | 1lb 0oz



**Plants-Only  
Kitchen**  
GAZ OAKLEY

9781787134980 | \$24.99  
CKB125000 | HC | 224  
7.4 x 9.8" | 2lb 1oz



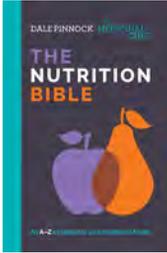
**The Immunity  
Cookbook**

KATE  
LLEWELLYN-WATERS

9781787136793 | \$29.99  
CKB039000 | HC | 224  
7.4 x 9.8" | 2lb 3oz



BACKLIST



**The Medicinal Chef: The Nutrition Bible**  
DALE PINNOCK

9781787132511 | \$25.99  
HEA010000 | PB | 256  
6 x 9.2" | 1lb 7oz



**Vegan 100**  
GAZ OAKLEY

9781787131248 | \$24.99  
CKB125000 | HC | 224  
7.4 x 9.8" | 2lb 2oz



**Vegan Christmas**  
KATY BESKOW

9781787132672 | \$22.99  
CKB125000 | HC | 176  
7.4 x 9.8" | 1lb 8oz



**Vegan Fake-out**  
KATY BESKOW

9781787136281 | \$22.99  
CKB125000 | HC | 160  
6.9 x 8.9" | 1lb 4 oz



**Vegan Roasting Pan**  
KATY BESKOW

9781787137028 | \$22.99  
CKB125000 | HC | 160  
6.9 x 8.9"



**Yoga Kitchen**  
KIMBERLY PARSONS

9781849498999 | \$19.99  
CKB039000 | HC | 192  
6.8 x 9.7" | 1lb 11oz



FOOD & DRINK



**A Year in Cake**  
PEGGY PORSCHEN

9781787136861 | \$32.50  
CKB014000 | HC | 192



**Baking with Kim-Joy**  
KIM-JOY

9781787134584 | \$24.99  
CKB014000 | HC | 176  
7.4 x 9.8" | 1lb 11oz



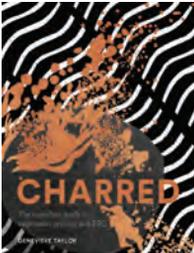
BACKLIST



**Camper Van Cooking**  
CLAIRE THOMSON & MATT WILLIAMSON  
9781787136847 | \$29.99  
CKB000000 | HC | 208  
6.8 x 9.7"



**Celebrate with Kim-Joy**  
KIM-JOY  
9781787137899 | \$29.99  
CKB014000 | HC | 192  
7.4 x 9.8"



**Charred**  
GENEVIEVE TAYLOR  
9781787134270 | \$22.99  
CKB005000 | HC | 160  
6.9 x 8.9" | 1lb 7oz



**Christmas with Kim-Joy**  
KIM-JOY  
9781787135826 | \$22.99  
CKB004000 | HC | 128  
7.4 x 9.8" | 1lb 6oz



**Cooking on the Big Green Egg**  
JAMES WHETLOR  
9781787135871 | \$35.00  
CKB005000 | HC | 208  
7.4 x 9.8" | 2lb 3oz



**Crave**  
ED SMITH  
9781787135796 | \$35.00  
CKB127000 | HC | 256  
6.6 x 9.7" | 2lb 4oz



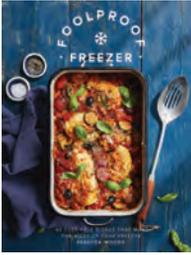
**Foolproof One-Pot**  
ALAN ROSENTHAL  
9781787135949 | \$19.99  
CKB101000 | HC | 144  
6.5 x 8.5" | 1lb 4oz



**Foolproof BBQ**  
GENEVIEVE TAYLOR  
9781787136717 | \$19.99  
CKB005000 | HC | 144  
6.5 x 8.5" | 1lb 4oz



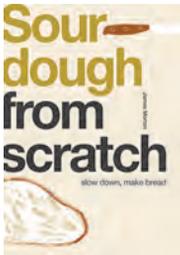
BACKLIST



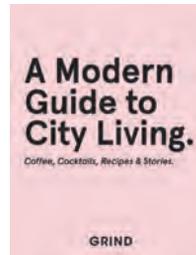
**Foolproof Freezer**  
REBECCA WOODS  
9781787136595 | \$19.99  
CKB101000 | HC | 144  
6.3 x 8.3"



**From Scratch: Brew**  
JAMES MORTON  
9781787136977 | \$16.99  
CKB005000 | HC | 176  
5.3 x 7.3 | 11b 10z



**From Scratch: Sourdough**  
JAMES MORTON  
9781787136953 | \$16.99  
CKB005000 | HC | 176  
5.3 x 7.3 | 11b 10z



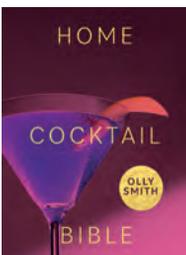
**A Modern Guide to City Living**  
GRIND  
9781787137080 | \$22.99  
CKB012000 | HC | 160  
6.9 x 8.9"



**Herb**  
MARK DIACONO  
9781787136359 | \$35.00  
CKB040000 | HC | 272  
7.1 x 10.6" | 3lb 4oz



**Home Cookery Year**  
CLAIRE THOMSON  
9781787134874 | \$45.00  
CKB077000 | HC | 416  
6.8 x 9.7" | 3lb 10z



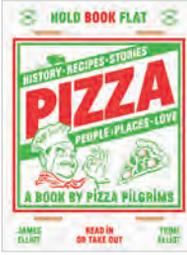
**Home Cocktail Bible**  
OLLY SMITH  
9781787138056 | \$29.99  
CKB088000 | HC | 320  
6.9 x 8.9"



**Loaf Story**  
TIM HAYWARD  
9781787134775 | \$24.99  
CKB009000 | HC | 256  
6 x 9.2" | 11b 10oz



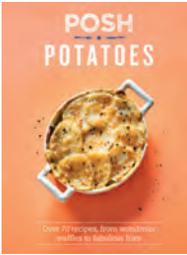
BACKLIST



**Pizza**  
THOM ELLIOT &  
JAMES ELLIOT  
9781787135154 | \$29.99  
CKB064000 | HC | 272  
7.4 x 9.8" | 2lb 4oz



**Posh Pasta**  
PHILLIPPA SPENCE  
9781787135468 | \$19.99  
CKB061000 | HC | 176  
6.5 x 8.5" | 1lb 6oz



**Posh Potatoes**  
REBECCA WOODS  
9781787133570 | \$19.99  
CKB085000 | HC | 176  
6.5 x 8.5" | 1lb 6oz



**Root, Stem, Leaf, Flower**  
GILL MELLER  
9781787134331 | \$40.00  
CKB086000 | HC | 320  
7.1 x 10.6" | 2lb 9oz



**Sheet Pan Magic**  
SUE QUINN  
9781787130487 | \$19.99  
CKB070000 | HC | 160  
7 x 9" | 1lb 7oz



**Super Sourdough**  
JAMES MORTON  
9781787134652 | \$32.50  
CKB009000 | HC | 256  
7.4 x 9.8" | 2lb 6oz



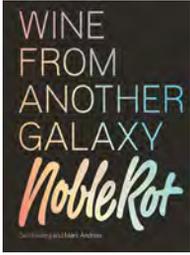
**The Italian Deli Cookbook**  
THEO RANDALL  
9781787135963 | \$35.00  
CKB047000 | HC | 256  
6.9 x 8.9" | 2lb 4oz



**The Modern Preserver's Kitchen**  
KYLEE NEWTON  
9781787135383 | \$32.00  
CKB015000 | HC | 224  
6.8 x 9.7"



BACKLIST



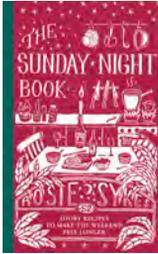
**The Noble Rot Book: Wine from Another Galaxy**

DAN KEELING  
9781787132719 | \$45.00  
CKB126000 | HC | 352  
7.4 x 9.8" | 3lb 1oz



**The Pasta Man**

MATEO ZILONKA  
9781787136199 | \$22.99  
CKB061000 | HC | 160  
6.6 x 9.7" | 1lb 3oz



**The Sunday Night Book**

ROSIE SYKES  
9781849499651 | \$19.99  
CKB070000 | HC | 152  
5.4 x 8.5" | 0lb 13oz



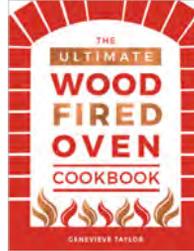
**The Wicked Baker**

HELENA GARCIA  
9781787136007 | \$19.99  
CKB101000 | HC | 128  
6.3 x 8.3" | 1lb



**Three**

SELIN KIAZIM  
9781787137288 | \$35.00  
CKB101000 | HC | 256  
6.8 x 9.7"



**Ultimate Wood-Fired Oven Cookbook**

GENEVIEVE TAYLOR  
9781787131774 | \$19.99  
CKB060000 | HC | 192  
6.9 x 8.9" | 1lb 10oz



**Weekend**

MATT TEBBUTT  
9781787137578 | \$29.99  
CKB012000 | HC | 224  
7.4 x 9.8"



**Wings and Things**

BEN FORD & DAVID TUROFSKY  
9781787135000 | \$19.99  
CKB101000 | HC | 192  
6.9 x 8.9" | 1lb 9oz



BACKLIST

CRAFT, LIFESTYLE & HOME



**Ahead of the Curve**  
JENNY RUSHMORE  
9781787136304 | \$37.00  
CRA009000 | PB | 192  
7.9 x 10"



**Botanical Soaps**  
MARTA TARALLO  
9781787136687 | \$22.99  
CRA064000 | FB | 176  
7.5 x 9.4" | 11b 2oz



**Bargello**  
NERRISA PRATT  
9781787137257 | \$22.99  
CRA021000 | PB | 144  
7.9 x 10"



**Blacksmith**  
ALEX POLE  
9781787136458 | \$29.99  
CRA017000 | HC | 224  
6 x 9.2"



**Botanical Inks**  
BABS BEHAN  
9781787131569 | \$22.99  
CRA007000 | PB | 192  
7.9 x 10" | 11b 10oz



**Breaking the Pattern**  
LAURA & SAARA HUHTA  
9781787131835 | \$35.00  
CRA009000 | FB | 192  
7.9 x 10" | 2lb 3oz



**Building the Pattern**  
LAURA HUHTA & SAARA HUHTA  
9781787135499 | \$37.50  
CRA035000 | PB | 192  
7.9 x 10" | 2lb 2oz



**Dried Flower Embroidery**  
OLGA PRINKU  
9781787136823 | \$22.99  
CRA008000 | PB | 160  
7.9 x 10"



BACKLIST



**Fragrance Your Home**  
**LESLEY BRAMWELL**  
 9781787136229 | \$22.99  
 HEA029000 | HC | 176  
 6 x 9.2" | 1lb 2oz



**Green Home**  
**ANDERS RØYNEBERG**  
 9781787136182 | \$24.99  
 GAR010000 | HC | 160  
 6.8 x 9.7" | 2lb 3oz



**Grow and Gather**  
**GRACE ALEXANDER**  
 9781787135840 | \$29.99  
 GAR004000 | HC | 208  
 6 x 9.2" | 2lb 3oz



**KIY: Knit It Yourself**  
**EMMA WRIGHT**  
 9781787134768 | \$22.99  
 CRA015000 | PB | 160  
 7.9 x 10" | 1lb 6oz



**Little Book of Bonsai**  
**MATTHEW PUNTIGAM**  
 9781787136472 | \$14.99  
 GAR013000 | HC | 160  
 6.5 x 7" | 0lb 14oz



**Little Book of Cacti and Other Succulents**  
**EMMA SIBLEY**  
 9781849499149 | \$14.99  
 GAR010000 | HC | 144  
 6.5 x 7" | 0lb 14oz



**Little Book of House Plants**  
**EMMA SIBLEY**  
 9781787131712 | \$14.99  
 GAR010000 | HC | 144  
 6.5 x 7" | 0lb 14oz



**Little Book, Big Plants**  
**EMMA SIBLEY**  
 9781787135062 | \$14.99  
 GAR010000 | HC | 144  
 6.5 x 7" | 0lb 14oz



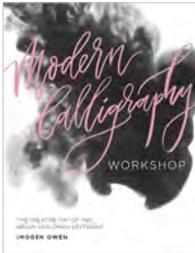
BACKLIST



**Macramé**  
**FANNY ZEDENIUS**  
 9781849499408 | \$17.99  
 CRA055000 | PB | 144  
 7.9 x 10" | 1lb 4oz



**Macramé 2**  
**FANNY ZEDENIUS**  
 9781787134102 | \$19.99  
 CRA055000 | PB | 176  
 7.9 x 10" | 1lb 8oz



**Modern Calligraphy Workshop**  
**IMOGEN OWEN**  
 9781849499071 | \$19.99  
 CRA025000 | PB | 144  
 7.9 x 10" | 1lb 4oz



**Modern Calligraphy: The Workbook**  
**IMOGEN OWEN**  
 9781787136922 | \$19.99  
 DES007050 | FB | 144  
 7.9 x 10"



**Planting for Butterflies**  
**JANE MOORE**  
 9781787135352 | \$16.99  
 NAT005000 | HC | 144  
 6.5 x 8.3" | 1lb 4oz



**Planting for Honeybees**  
**SARAH WYNDHAM LEWIS**  
 9781787131460 | \$16.99  
 NAT013000 | HC | 144  
 6.5 x 8.3" | 1lb 4oz



**Planting for Wildlife**  
**JANE MOORE**  
 9781787136755 | \$16.99  
 GAR000000 | HC | 144  
 6.5 x 8.3" | 1lb 4oz



**Punch Needle**  
**AROUNNA KHOUNNORAJ**  
 9781787132788 | \$19.99  
 CRA033000 | PB | 160  
 7.9 x 10" | 1lb 6oz



BACKLIST



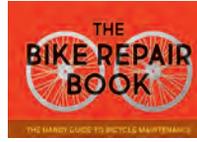
**Quilting by Hand**  
 RIANE ELISE  
 9781787136120 | \$32.99  
 CRA031000 | HC | 192  
 7.9 x 10" |



**Rock, Paper, Scissors**  
 KATE HODGES  
 9781787137189 | \$19.99  
 RA043000 | FB | 176  
 6.3 x 8.3" | 1lb 8oz



**Sustainable Style**  
 CAROLINE AKSELSON  
 & BRUCE ALEXANDRA  
 9781787136748 | \$35.00  
 CRA035000 | HC | 224  
 7.9 x 10" | 3lb 5oz



**The Bike Repair Book**  
 GERALD JANSSEN  
 9781787136885 | \$14.99  
 CRA032000 | HC | 112  
 7.3 x 4.9" | 1lb 1oz



**The Flower Garden**  
 JENNITA JANSEN  
 9781787136908 | \$19.99  
 GAR004010 | HC | 128  
 5.9 x 7.1" | 1lb 1oz



**The Witch-Crafting Handbook**  
 HELENA GARCÍA  
 9781787137837 | \$22.99  
 OCC012000 | HC | 160  
 6.3 x 8.3"



**Tilly and the Buttons: Make it Simple**  
 TILLY WALNES  
 9781787134676 | \$35.00  
 CRA035000 | FB | 208  
 7.9 x 10" | 2lb 7oz



**Tilly and the Buttons: Stretch!**  
 TILLY WALNES  
 9781787131170 | \$29.99  
 CRA035000 | FB | 192  
 7.9 x 10" | 2lb 2oz



BACKLIST



**Visible Mending**

AROUNNA  
KHOUNNORAJ  
9781787136106 | \$22.99  
CRA001000 | PB | 160  
7.9 x 10" | 1lb 6oz



**Vogue on  
Coco Chanel**

BRONWYN  
COSGRAVE  
9781849491112 | \$19.99  
ART000000 | HC | 160  
6.5 x 8.3" | 1lb 5oz



**Weaving**

MARY MADDOCKS  
9781787135291 | \$22.99  
CRA040000 | PB | 160  
7.9 x 10" | 1lb 6oz

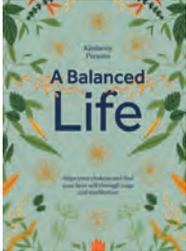


**Wreaths**

TERRI CHANDLER &  
KATIE SMYTH  
9781787131200 | \$22.99  
CRA010000 | PB | 144  
7.9 x 10" | 1lb 4oz



WELLBEING & INSPIRATIONAL



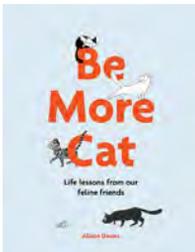
**A Balanced Life**

KIMBERLY PARSONS  
9781787135529 | \$17.99  
HEA025000 | HC | 144  
5.3 x 7.3" | 1lb 10z



**Blank**

GILES PALEY-PHILLIPS  
& JIM DALY  
9781787136168 | \$24.99  
SEL031000 | HC | 256  
5.4 x 8.5" | 1lb 3oz



**Be More Cat**

ALISON DAVIES  
9781849495211 | \$12.99  
HUM009000 | HC | 144  
4.7 x 6.1" | 0lb 9oz



**Be More Dog**

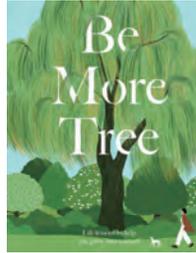
ALISON DAVIES  
9781787134546 | \$12.99  
PET004000 | HC | 144  
4.7 x 6.1" | 0lb 8oz



# BACKLIST



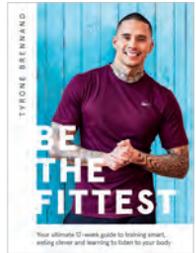
**Be More Sloth**  
ALISON DAVIES  
9781787132276 | \$12.99  
OCC019000 | HC | 144  
4.7 x 6.1" | 0lb 9oz



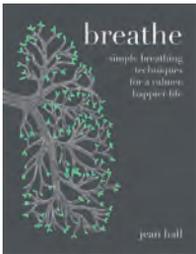
**Be More Tree**  
ALISON DAVIES  
9781787136243 | \$12.99  
GAR024000 | HC | 144  
4.7 x 6.1" | 0lb 8oz



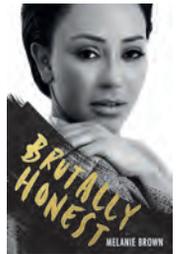
**Be More Witch**  
ALISON DAVIES  
9781787133389 | \$12.99  
OCC026000 | HC | 160  
4.7 x 6.1" | 0lb 9oz



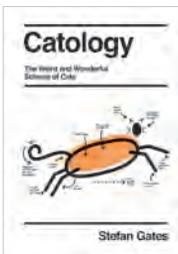
**Be the Fittest**  
TYRONE BRENNAND  
9781787135581 | \$23.99  
HEA007000 | PB | 224  
7.4 x 9.8" | 1lb 13oz



**Breathe**  
JEAN HALL  
9781849497749 | \$12.95  
SEL016000 | HC | 128  
5 x 6.5" | 0lb 10oz



**Brutally Honest**  
MELANIE BROWN &  
LOUISE GANNON  
9781787133525 | \$26.99  
BIO005000 | HC | 296  
6.1 x 9.2" | 1lb 6oz



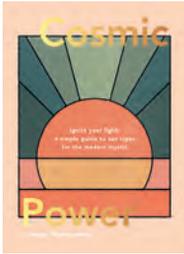
**Catalogy**  
STEFAN GATES  
9781787136328 | \$16.99  
HUM009000 | HC | 160  
5.1 x 7.1" | 0.9lb



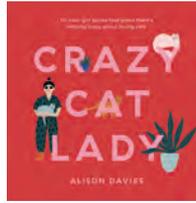
**Change Your Life  
in an Hour**  
LAURA ARCHER  
9781787135505 | \$13.99  
SEL016000 | HC | 144  
4.7 x 6.1" | 0lb 8oz



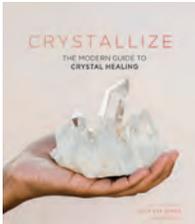
# BACKLIST



**Cosmic Power**  
VANESSA MONTGOMERY  
9781787135758 | \$17.99  
OCC009000 | HC | 192  
5.3 x 7.3" | 1lb 0oz



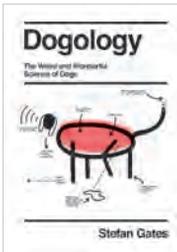
**Crazy Cat Lady**  
ALISON DAVIES  
9781787135550 | \$11.99  
PET003000 | HC | 112  
5 x 5" | 0lb 10oz



**Crystallize**  
YULIA VAN DOREN  
9781787134522 | \$14.99  
OCC004000 | HC | 144  
6.3 x 7.1" | 0lb 15oz



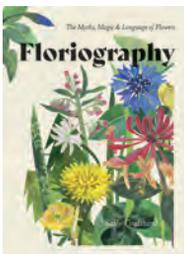
**Crystals**  
YULIA VAN DOREN  
9781787130357 | \$14.99  
OCC004000 | HC | 144  
6.3 x 7.1" | 0lb 14oz



**Dogology**  
STEFAN GATES  
9781787136335 | \$16.99  
HUM009000 | HC | 160  
5.1 x 7.1" | 0.9lb



**Fartology**  
STEFAN GATES  
9781849499682 | \$14.99  
HUM000000 | HC | 144  
5.1 7.3" | 0lb 13oz



**Floriography**  
SALLY COULTHARD  
9781787135314 | \$19.99  
NAT013000 | HC | 144  
5.3 x 7.3" | 1lb 10z



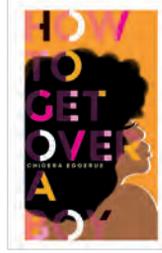
**Fuck it, I'm Coloring**  
BECKY GLASS  
9781787136816 | \$12.99  
GAM019000 | PB | 96  
7.8 x 9.7" | 0lb 7oz



BACKLIST



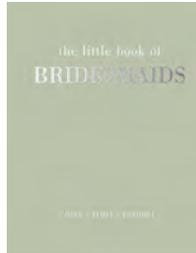
**Grow Green**  
JEN CHILLINGSWORTH  
9781787135727 | \$12.99  
GAR000000 | HC | 160  
4.7 x 6.1" | 0lb 10oz



**How To Get Over A Boy**  
CHIDERA EGGERUE  
9781787134805 | \$17.99  
FAM051000 | HC | 192  
5.4 x 8.5" | 1lb 3oz



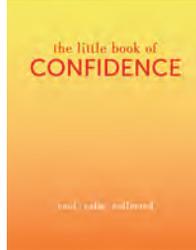
**List Yourself Happy**  
JESS INDEEDY  
9781787138117 | \$16.99  
SEL016000 | HC | 224  
5.3 x 7.3"



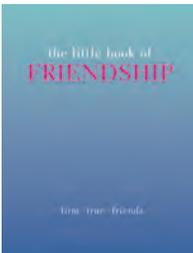
**Little Book of Bridesmaids**  
JOANNA GRAY  
9781787136076 | \$9.99  
FAM030000 | HC | 192  
4.1 x 5" | 0lb 6oz



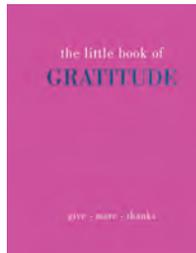
**Little Book of Christmas**  
JOANNA GRAY  
9781787134799 | \$9.99  
REL034020 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Confidence**  
TIDDY ROWAN  
9781849495158 | \$9.99  
SEL023000 | HC | 192  
4.1 x 5" | 0lb 6oz



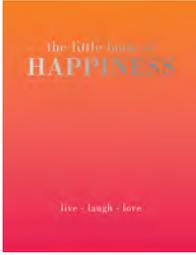
**Little Book of Friendship**  
TIDDY ROWAN  
9781849495356 | \$9.99  
FAM021000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Gratitude**  
JOANNA GRAY  
9781787137363 | \$11.99  
| HC | 192  
4.1 x 5" | 0lb 6oz



BACKLIST



**Little Book of Happiness**

ALISON DAVIES

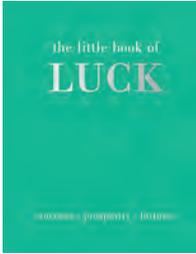
9781787131125 | \$9.99  
SEL016000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Kindness**

JOANNA GRAY

9781787136052 | \$9.99  
SEL031000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Luck**

ALISON DAVIES

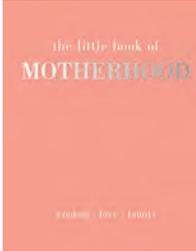
9781787133792 | \$9.99  
SOC011000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Mindfulness**

TIDDY ROWAN

9781849494205 | \$9.99  
SEL000000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Motherhood**

ALISON DAVIES

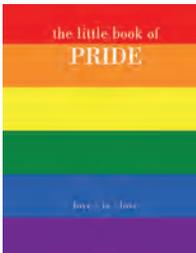
9781787133778 | \$9.99  
FAM032000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Positivity**

JOANNA GRAY

9781787136786 | \$11.99  
| HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Pride**

JOANNA GRAY

9781787136069 | \$9.99  
FAM029000 | HC | 192  
4.1 x 5" | 0lb 6oz



**Little Book of Self-Care**

JOANNA GRAY

9781787135178 | \$9.99  
SEL016000 | HC | 192  
4.1 x 5" | 0lb 6oz



# BACKLIST



**Little Book of Sex**  
**JOANNA GRAY**  
 9781787134096 | \$9.99  
 HUM015000 | HC | 192  
 4.1 x 5" | 0lb 6oz



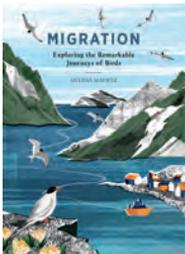
**Little Love Book**  
**JOANNA GRAY**  
 9781787136113 | \$9.99  
 FAM029000 | HC | 192  
 4.1 x 5" | 0lb 6oz



**Little Stories of Your Life**  
**LAURA PASHBY**  
 9781787137110 | \$22.99  
 SEL009000 | HC | 2246  
 x 9.2"



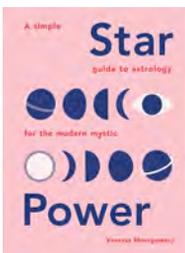
**Live Green**  
**JEN CHILLINGSWORTH**  
 9781787133198 | \$12.99  
 SEL039000 | HC | 160  
 4.7 x 6.1" | 0lb 10oz



**Migration**  
**MELISSA MAYNTZ**  
 9781787135048 | \$19.99  
 NAT043000 | HC | 144  
 5.1 x 7.3" | 0lb 13oz



**Restore, Recharge, Flourish – 52 Cards**  
**JOANNA GRAY**  
 9781787137301 | \$16.99  
 SEL031000 | CA | 52



**Star Power**  
**VANESSA MONTGOMERY**  
 9781787132245 | \$17.99  
 OCC002000 | HC | 192  
 5.1 x 7.3" | 1lb 0oz



**The Book of Healing**  
**TARA WARD**  
 9781787136939 | \$19.99  
 SEL010000 | HC | 176  
 5.3 x 7.3"



BACKLIST



**The Mystical Year**  
ALISON DAVIES  
9781787136083 | \$19.99  
SOC011000 | HC | 144  
5.7 x 7.3" | 0lb 13oz



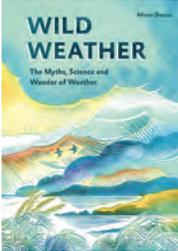
**The Self-Care Year**  
ALISON DAVIES  
9781787137653 | \$19.99  
SEL016000 | HC | 128  
5.3 x 7.3" |



**Titania's Fortune Cards**  
TITANIA HARDIE  
9781787132696 | \$19.99  
OCC008000 | KI | 96  
4.4 x 6.5" | 0lb 11oz



**What a Time to Be Alone**  
CHIDERA EGGERUE  
9781787132115 | \$16.99  
FAM021000 | HC | 192  
5.4 x 8.5" | 1lb 3oz



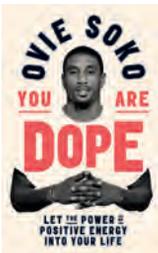
**Wild Weather**  
ALISON DAVIES  
9781787136250 | \$19.99  
NAT036000 | HC | 144  
5.3 x 7.3" |



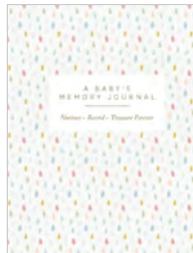
**Yoga Happy**  
HANNAH BARRETT  
9781787137677 | \$29.99  
6.8 x 9.7" | HC | 224



STATIONERY



**You Are Dope**  
OVIE SOKO  
9781787136038 | \$19.99  
SEL016000 | HC | 160  
5.4 x 8.5" | 1lb 01oz



**A Baby's Memory Journal**  
QUADRILLA  
9781787135734 | \$19.99  
NON000000 | HC | 128  
6.9 x 8.9" | 1lb 2oz



BACKLIST



**Boobs!**  
CAROLYN SUZUKI  
9.78179E+12 | \$16.99  
SEL000000 | FB | 144  
6.3 x 8.3" | 0lb 14oz



**What a Time to Journal**  
CHIDERA EGGERUE  
9.78179E+12 | \$16.99  
NON000000 | HC | 160  
5.4 x 8.5" | 0lb 12oz



**Tails of the Unexpected:**  
**A Journal of Memories and Misadventures of my Dog**

9781787135437 | \$19.99  
NON000000 | JN | 112  
6.3 x 8.3" | 1lb 2oz



**Tails of the Unexpected:**  
**A Journal of Memories and Misadventures of my Cat**

9781787135420 | \$19.99  
NON000000 | JN | 112  
6.3 x 8.3" | 1lb 2oz





## REPRESENTATIVES

### REPRESENTATIVES

#### BOOKSTORE REPRESENTATIVES

##### California, Selected Texas

Dave Ehrlich  
T 323 346 7498  
F 323 798 5468  
dave\_ehrlich@  
chroniclebooks.com

##### Pacific Northwest and Southwest

AK, WA, OR, UT, AZ  
Jamil Zaidi  
T 425 985 5657  
jamil\_zaidi@  
chroniclebooks.com

CO, ID, MT, UT, WY, NM  
Chickman Associates  
T: 650-642-2609

##### Midwest

IA, IL, IN, KS, KY,  
MI, MN, MO, ND,  
NE, OH, SD, WI, NB  
Abraham Associates  
T 800 701 2489  
F 952 927 8089  
info@abraham  
associatesinc.com

##### New England CT, NH, MA,

ME, RI, VT,  
Emily Cervone  
T 860 212 3740  
emily\_cervone@  
chroniclebooks.com

##### New York Metro, NJ, and Select DC and PA Accounts

Melissa Grecco  
T 516 298 6715  
melissa\_grecco@  
chroniclebooks.com

##### Mid-Atlantic DC, DE, MD, PA, WV

Chesapeake and  
Hudson  
T 800 231 4469  
F 800 307 5163  
office@cheshud.com

##### Southeast

##### AL, AR, FL, GA, LA, MS, SC, NC, OK, TN, VA, TX

Southern Territory  
Associates  
T 772 223 7776  
rizzosta@gmail.com

##### Library and Educational Accounts

Anna-Lisa Sandstrum  
T 415 537 4299  
F 415 537 4470  
Annalisa\_sandstrum@  
chroniclebooks.com

##### Canada

Raincoast Books  
2440 Viking Way  
Richmond, BC  
Canada V6V 1N2  
T 604 448 7100  
F 604 270 7161  
info@raincoast.com  
www.raincoast.com

##### Canada

BC to Manitoba  
Ampersand Inc.  
West Coast Office  
2440 Viking Way  
Richmond, BC  
Canada V6V 1N2  
T 604 448 7111  
F 604 448 7118  
Toll-Free Phone:  
888 323 7118  
info@ampersandinc.ca

Ampersand Inc.  
Toronto Office  
Ampersand Inc.  
Suite 213,  
321 Carlaw Ave  
Toronto, ON  
M4M 2S1  
T 416 703 0666  
F 416 703 4745  
Toll-Free Phone:  
1 866 849 3819  
info@ampersandinc.ca

##### Canada Quebec

Hornblower Group Inc.  
T 514 239 3594  
F 1 800 596 8496  
Imsimard@  
hornblowerbooks.com  
Toll-Free Phone:  
1 855 444 0770

##### Canada Atlantic Canada

Hornblower Group Inc.  
T 416 461 7973 ext 2  
F 416 461 0365  
Imartella@  
hornblowerbooks.com  
Toll-Free Phone:  
1 855 444 0770 ext 2

#### GIFT REPRESENTATIVES

AZ, CA, CO, HI,  
NM, NV, UT, WY  
Stephen Young &  
Associates  
Los Angeles, CA  
Showroom  
T 800 282 5863  
F 888 748 5895  
info@stephenyoung.net

##### Pacific Northwest ID, OR, MT, WA, AK

Bettencourt  
Seattle, WA Showroom  
T 800 462 6099  
F 206 762 2457  
info@  
bettencourtgroup.com

##### Midwest

IL, IN, KY, MI, OH  
Kelley & Crew Inc.  
Chicago, IL Showroom  
T 773 774 3495  
F 773 442 0810  
M 773 294 3203  
kcrewreps@gmail.com

##### New York, New England, Mid-Atlantic, CT, DC,

DE, MA, MD, ME, NH,  
NJ, NY, PA, RI, VA, VT  
Harper Group  
New York, NY  
Showroom  
T 888 644 1704  
F 888 644 1292  
support@  
harpergroup.com

##### Southeast

AL, FL, GA, MS,  
NC, SC, TN  
The Simblist Group  
Atlanta, GA Showroom  
T 800 524 1621  
F 404 524 8901  
info@simblistgroup.com

##### South and Midwest AR, IA, KS, LA, MO,

MN, ND, NE, OK, SD,  
TX, WI  
Anne McGilvray &  
Company  
Dallas, TX Showroom  
T 800 527 1462  
F 214 638 4535  
info@annemcgilvray.com

##### West Virginia and Western PA

Pamela Miller  
PDM Enterprises  
T 412 881 7033  
F 412 881 7033  
repref23@aol.com





Quadrille is an imprint of  
Hardie Grant Publishing  
[quadrille.com](http://quadrille.com)

ISBN 978-1-78713-877-3



9 781787 138773