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# Hardie Grant Books

Spring 2023

Hardie Grant  
BOOKS



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# Food & Drink



[View on Edelweiss](#)



# Yiayia

## Regional Recipes and Stories from Greece's Grandmothers

### Anastasia Miari

May 2023  
9781784886127  
CKB038000  
\$40.00 | Hardcover  
256 Pages | 7½ x 9¾ in  
Full-color Photography

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***Yiayia: Regional Recipes and Stories from Greece's Grandmothers* showcases Greek cookery and features sharing dishes, mainly vegetarian, from the kitchens of grandmothers across Greece.**

Think stuffed zucchini from Lesvos. A Tinian fourtalia. Corfiot spicy bourdeto stew. Ionian pasta dishes. Cretan Dakos salad. Watermelon cake from Milos. Despite its popularity, people's knowledge of Greek cuisine is still fairly limited when considering the diversity of dishes you can find across its 6,000 islands and mainland.

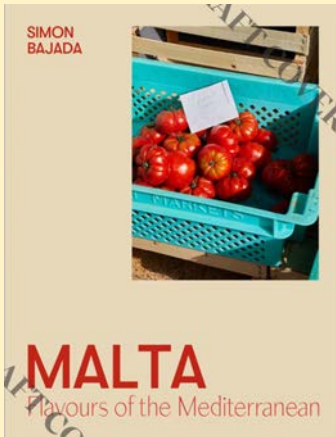
With stunning location photography and heartwarming interviews, you can discover the true food of Greece and the characterful grandmothers behind it.

Founder of Matriarch Eats, **Anastasia Miari** has been cooking with and interviewing the world's grandmothers for six years. She holds a Guild of Food Writer's Award, freelances for Lonely Planet Guides, *Monocle Magazine*, *Konfekt Magazine*, the *Guardian*, the *Sunday Times* and is *Courier* magazine's Athens-based correspondent.

- Stunning location photography matched with heartwarming stories
- Distinct regional dishes, exploring lesser known parts of Greece
- Written by a Greek-British food and travel writer with excellent connections in the UK and US







[View on Edelweiss](#)



# Malta

## Flavours of the Mediterranean

### Simon Bajada

July 2023

9781743798812

CKB055000

\$36.99 | Hardcover

224 Pages | 7½ x 9¾ in

Full-color Photography

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**Malta takes you to the captivating archipelago between Sicily and the North African coast, with 70 recipes showcasing the country's vibrant Mediterranean cuisine.**

In this beautiful ode to Maltese cooking, Simon Bajada captures the everyday food of Malta for the home cook, including dishes such as Ftira, a flattened sourdough bread loaf drenched in tomato with tuna capers and olives; Aljotta, a hearty fish stew; and Bigilla, a broad bean paste used as a delicious dip.

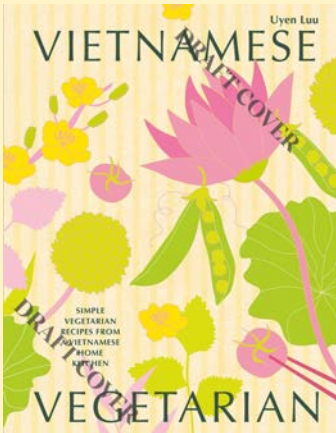
*Malta* is a one-way ticket into the heart of one of Europe's most captivating hidden gems.

**Simon Bajada** has authored three cookbooks—*The New Nordic*, *Nordic Light*, and *Baltic*. He has worked as a chef, food stylist, recipe developer, and photographer and has a Diploma in International Hotel Management and a Diploma in Le Cordon Bleu cookery.

- A contemporary look at one of Europe's most beautiful "hidden gems"
- Featuring 70 original recipes for the home cook from a lesser-explored country
- An armchair travel/cooking guide celebrating the untapped beauty of Malta
- Australian-born, Swedish-based writer/photographer Simon Bajada explores his Maltese family heritage
- One of the few illustrated titles about Maltese cuisine







[View on Edelweiss](#)



Vietnamese  
9781784884239  
\$32.50 | Hardcover

# Vietnamese Vegetarian

Simple Vegetarian  
Recipes from a  
Vietnamese Home  
Kitchen  
**Uyen Luu**

**May 2023**  
9781784885519  
CKB094000  
\$32.50 | Hardcover  
224 Pages | 7½ x 9¾ in  
Full-color Photography

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***Vietnamese Vegetarian* showcases over 80 of the tastiest vegetarian Vietnamese recipes from Uyen Luu.**

From quick dishes such as Sweet Potato Noodles with Roasted Fennel and Sweetheart Cabbage and Grilled Vegetable Banh Mi, to dishes fit for a feast such as Mushroom and Tofu Phở and Rice Paper Pizza, as well as sweet treats like Rainbow Dessert and Lotus and Sweet Potato Rice Pudding, there is a vast array of dishes for any occasion.

With tips and tricks on how to adapt the recipes to use alternative ingredients, this is bound to be everyone's go-to book on vegetarian Vietnamese food.

**Uyen Luu** is a food photographer. She has run a Vietnamese supper club, as well as cooking classes. Uyen grew up in Hackney, London, since her family moved there in the 80s as refugees. This is her third book.

- The next in the best-selling *Vietnamese* series
- Full of stunning photography from Uyen Luu
- Vietnamese food is one of the most popular amongst vegetarians, offering up an abundance of delicious dishes



## NO CHICKEN WINGS TOFU KNOTS

BANH CHUOI NUONG

These are delicious starter party snacks which are also fantastic as vegetable noodle salad bowls complemented by lovely fruit preserves and play on the perfect Vietnamese balance of sweet, sour, salty and heat.

Serves 2  
Prep — 15 mins  
Cook — 1 hour  
Cook — 20–30 mins

**Batter**  
12–18 tofu knots, soaked in hot water for 1 hour  
60g cornstarch  
¼ tsp ground turmeric  
¼ tsp ground ginger  
¼ tsp caster sugar  
Pinch of sea salt  
4 tbsp oil for cooking

**Sauce**  
1 tbsp ghee  
1 garlic clove, finely chopped  
2 hot-dry chillies, finely chopped  
1 tbsp apricot jam  
1 tbsp fish sauce

**Garnish**  
¼ lime juice, plus zest  
Toasted sesame seeds  
10g coriander, chopped  
2 springs spring onion, sliced

After soaking the tofu knots, leave them in a colander to drain for 10 mins. Meanwhile, mix the batter ingredients together (except the oil) on a large plate. Then add the tofu knots to the plate and even coat in the flour mix. Get into all the nooks and crannies.

In a shallow frying pan with medium heat and 2 tbsp of cooking oil, gently fry place the tofu knots and fry for about 5 minutes on one side until golden. Turn on the other side, add the last 2 tbsp of oil and continue frying for another 5 minutes. Then drain off on a kitchen towel. To keep them warm, leave in a 70°C oven for (no longer than an hour).

To make the sauce, use a small saucepan, add the ghee and garlic, cook until slightly golden then add the chillies, apricot jam and fish sauce. Mix well together and cook until the jam has dissolved and it is bubbling for a couple of minutes.

To serve, place the knots onto a plate and pour the sauce all over the knots. Squeeze over with fresh lime juice, sprinkle with toasted sesame seeds, coriander, spring onion and lime zest.

**Note**  
Try using any jams you have going but I find that the more citrusy ones like marmalade and grapefruit jams work well.



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CHAPTER

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## VEGAN BANH KHOT

BANH KHOT CHAY

These serve as great starters, snacks or make lots for a salad treat. They are such delicious little bites, each one a treasure for all the goodness of vegetables. The combination here plays with crunch and softness. Serve on little gems and lots of herbs.

Serves 2  
Prep — 10 mins  
Cook — 35 mins

**Batter**  
130g white Asian rice flour  
40g cornstarch  
¼ tsp turmeric  
¼ tsp garlic powder  
Quartered pinch of sea salt  
260ml coconut milk  
260ml sparkling water  
2 spring onions, all parts, thinly sliced  
20 tsp cooking oil

**Filling**  
60g split mung beans, soaked 30–60 mins  
5g silica, sliced 5mm circles  
100g fine green beans, sliced into 5mm circles  
80g oyster mushroom, sliced 5mm  
2 chestnut mushrooms, sliced 5mm  
3 garlic cloves, sliced  
1 tbsp cooking oil  
1 tbsp soy sauce  
1 tbsp ponzu or rice vinegar  
1 tbsp maple syrup

**Dressing**  
4 tsp unpasteurised soy sauce or light soy sauce  
1 tbsp tahini  
¼ lime or lemon juice  
1 tsp maple syrup

**Toppings**  
Almond flakes  
Nori flakes

**Garnish**  
Little gems and/or chicons  
Coriander, mint, Thai Basil — an option or all.  
Any variety of Vietnamese herbs (optional)

**Equipment**  
Takoyaki Grill Pan or fairy cake tin

In a mixing bowl, add the rice flour, cornstarch, turmeric, garlic powder, a pinch of salt and coconut milk. Whisk well together until there are no more lumps then rest for about an hour.

Soak the mung beans, when ready, rinse and drain then slice the silica and set both aside separately. Slice the fine green beans, mushrooms and garlic.

In a hot wok or frying pan, add the cooking oil and garlic. When the garlic starts to take colour, add the mung beans and green beans, stir fry for about 3 minutes then add the mushrooms, soy sauce, ponzu or rice vinegar and maple syrup. Stir fry for another 3 minutes until the mushrooms have wilted and set aside.

To make the dressing, mix the soy sauce, tahini and lime or lemon juice and maple syrup together and serve into individual dipping bowls.

After an hour of resting, add sparkling water and spring onions to the batter and mix well together and pour into a jug.

On medium-high heat, heat a takoyaki grill pan over the stove, (after a couple of minutes, hover your hand 10cm over it. If it feels too hot to stay, it is ready). Add 1/4 tsp of cooking oil into each hole. Mix the batter, because the flour tends to fall to the bottom before pouring it into the wells, leaving about 5mm at the top. Fill each cake with a small teaspoon of the mung bean and mushroom filling and decorate with a slice or two of silica on top.

Cover the takoyaki grill pan with a lid. If you don't have a square one that fits, fashion a piece of foil paper to cover. Cook for 6–8 minutes depending on how hot your stove is. You can check if the bottoms are brown and crispy.

Remove from the pan with a spoon onto serving plates and repeat with the rest of the batter and filling.

To serve, sprinkle flaked almonds and nori flakes or feel free to use nuts, seeds and condiments you have in the store cupboard, make sure contents are sliced, small to the bite and crunchy. If you have flaked almonds, these are the perfect texture.

To eat, place a lettuce onto the palm of your hand, layer it with plenty of herbs and a piece of banh khot. Spoon over a little dressing and enjoy.



CHAPTER



[View on Edelweiss](#)



Thali (The Times Bestseller)  
9781784884581  
\$32.50 | Hardcover

# Tandoori Home Cooking

Over 80 Classic Indian Tandoori Recipes to Cook at Home

**Maunika Gowardhan**

April 2023  
9781784885786  
CKB044000  
\$35.00 | Hardcover  
224 Pages | 7½ x 9¾ in  
Full-color Illustrations  
and Photographs

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***Tandoori Home Cooking* is an approachable, vibrant and flavorful celebration of Indian tandoori cooking.**

Maunika Gowardhan takes you on a tour of tandoori flavors found across the streets and restaurants of India, with dishes that can be made in conventional ovens and grills in your home all year round.

From Aslam Butter Chicken and Zafrani Paneer Tikka, along with Apple, Beet and Mooli Salad and Garlic and Ghee Naan, to Mango and Pistachio Kulfi Lollies and Jal Jeera, there is a dynamic selection of classic recipes.

With meal planners to guide you, *Tandoori Home Cooking* arms home cooks with everything you need to bring tandoori cooking into your own home.

**Maunika Gowardhan** is an Indian chef and author, born and raised in Mumbai, India. She regularly contributes to publications including *BBC Food*, *Sunday Times*, *Telegraph* and is the contributing editor for *Vogue India*.

- Maunika's previous book, *Thali*, was a *Times* Bestseller and described by the *New York Times* as "a trove of dead easy, spur-of-the-moment weeknight meal ideas"
- Takes advantage of the fact that there isn't anything modern and up-to-date out there in this area for Indian food
- You don't need a tandoor oven – or even a barbecue – just an oven and a grill

## Spicy Coconut and Cashew Chutney

INDIAN NAME HERE

So many street-food snacks across India include this popular chutney – creamy fresh coconut tempered with smoky dried chilli, curry leaves, ginger and flavoured with tangy tamarind paste. I have added cashew nuts for an even creamier, rich flavour.

## SERVES X

50 g (1½ oz/¼ cup) grated (shredded) fresh coconut  
 30 g (1½ oz/¼ cup) unsalted cashew nuts  
 1 tsp roasted channa dal (bengal gram/dal)  
 2 bird's eye green chillies  
 1 tsp tamarind paste  
 1 tsp castor (superfine) sugar  
 salt, to taste

## For the tempering

2 tsp vegetable oil  
 1 tsp black mustard seeds  
 1 dried mild red chilli  
 pinch of asafoetida  
 10–12 curry leaves

Put the grated (shredded) coconut, cashew nuts, roasted channa dal, fresh chillies, browned paste and sugar in a blender with 300 ml (10½ fl oz/¾ cup minus 3 tbsp) water. Blend to a smooth, fine paste. Check the seasoning and add salt to taste, then transfer to a serving dish.

To make the tempering, heat the oil in a small frying pan over a medium heat. Add the mustard seeds, dried chilli, asafoetida and curry leaves, stir for a few seconds and then take the pan off the heat. Pour this flavoured oil over the chutney in the serving dish. Serve as an accompaniment to XXXXXXXXXX.



## Mughal Chicken

MURGH MUSALLAM

Whole roast chicken stuffed with minced chicken, chilli, mint, cashew nuts and served with soft-boiled eggs. The literal translation of this dish means 'whole chicken', a classic from the city of Lucknow. Mughal influence transcends from the east of India across Awadh and runs through Lucknow. This recipe is a reflection of the indulgent recipes served at grand banquets that have been such a relevant part of the culture.

## SERVES X

Pinch of saffron  
 1 tsp rose water  
 Oil, for frying and basting  
 400 g (14 oz) white onions, thinly sliced  
 1½ kg (3½ lb) whole chicken  
 3 tbsp ghee or vegetable oil  
 For the marinade:  
 4 tbsp Greek yoghurt  
 5 garlic cloves  
 5-cm (2-inch) piece of ginger  
 1 tsp Kashmiri chilli powder  
 1 tsp garam masala  
 1 tsp coriander powder  
 20 g (¾ oz) mint leaves, finely chopped  
 2 tbsp lemon juice  
 Salt, to taste  
 1 tsp tenderiser (optional)  
 1 tsp white poppy seeds  
 6 green cardamom (seeds only)  
 5 cloves  
 2 tbsp cashew nut

## For the stuffing

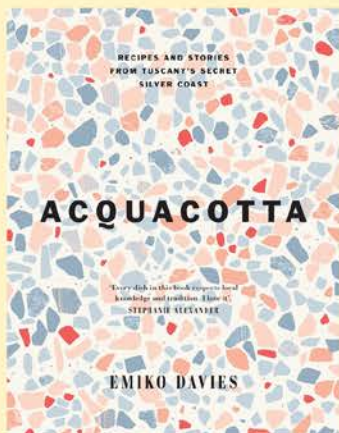
2 bird's eye green chilli, finely chopped  
 ½ tsp ground humberic  
 ½ tsp ground coriander  
 50 g (1½ oz) minced chicken  
 Salt, to taste  
 1 tsp coriander leaves, finely chopped  
 1 tsp cashew nut, roughly crushed  
 1 tsp raisins

## For the gravy

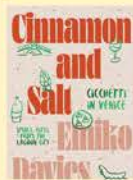
1 tsp ghee  
 100 ml (3½ fl oz) water

RECIPE CONTINUED NEXT PAGE





[View on Edelweiss](#)



Cinnamon and Salt: Cicchetti in Venice

9781743797310

\$29.99 | Hardcover



Florentine

9781743796764

\$32.99 | Hardcover

# Acquacotta

## Recipes and Stories from Tuscany's Secret Silver Coast

### Emiko Davies

March 2023

9781743799253

CKB047000

\$40.00 | Hardcover

272 Pages | 7¾ x 9¾ in

Full-color Photography

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**Discover the cuisine of a secret part of southernmost Tuscany, known as La Costa D'Argento—the silver coast, in the second edition of *Acquacotta*.**

In this cookbook, Tuscan-based, Australian-born writer and photographer Emiko Davies has compiled and adapted her Italian family's best-loved recipes from Capalbio, Monte Argentario, Giglio Island and inland to the hot springs of Saturnia and the ancient Pitigliano.

*Acquacotta* is a celebration of the region that's named for the shimmering salt-and-pepper sand along this part of the Tyrrhenian Sea, its rolling hills, long beaches, overgrown fig trees, rambling vineyards—and rich culinary history.

**Emiko Davies** lives in Florence with her husband and two daughters. She writes about regional Italian food and travel on her blog, as well as for publications such as *Gourmet Traveller*, *Condé Nast Traveler*, Food52, and Italian newspaper *Corriere della Sera*. Her beautiful Italian cookbooks include *Florentine*, *Acquacotta*, *Tortellini at Midnight*, *Torta della Nonna*, and *Cinnamon and Salt*.

- Includes a new vegetarian and gluten-free index at the back of the book
- A beautiful take on one of Italy's last undiscovered food regions. *Acquacotta* is for those who want to learn more about the food, wild natural beauty, idyllic coastline, and winding, sometimes crumbling, hilltop villages of Maremma





## INTRODUCTION

This book is an ode to a beautiful sliver of the Maremma, in the southernmost part of Tuscany, where I lived for six months in 2015 with my daughter and my Tuscan husband, Marco, while he was working as Head Sommelier of Il Pellegrino's renowned restaurant. We made our home in the pretty little fishing village of Porto Ercole, the smaller but more ancient of the two towns on the rugged, island-like promontory of Monte Argentario. A few kilometers away is Orbetello, with its lagoon and its strong Spanish history. The island of Giglio is a short ferry ride away. And a quick drive down the road is the beautiful town of Capalbio, the last Tuscan town on the border of Lazio.

It's a little corner of paradise known locally as la Costa d'Argenteo, the Silver Coast, supposedly named for the silvery shimmer of the salt and pepper sand that you find in these parts, along the Tyrrhenian Sea. A little further inland are the towns of Saturnia, with its promising natural hot springs, and Pienza, a stunning and ancient town seemingly carved out of the tuff rock it sits on, with a long and significant Jewish heritage.

This is a region of wide open spaces, away from wheat fields, hills polka-dotted with olive trees, rambling vineyards bearing native grapes, overgrown fig trees and rampant prickly pears, long beaches and wild animals. Little villages sit perched, relatively undisturbed, on their hilltops with views of the sea – their roots stretching back to the most ancient of all humans (the Etruscans). Closer to Rome than Florence, this stunning corner of the Maremma has a cuisine influenced largely by fishermen, hunters, farmers and butchers (cochinos). Straightforward, lively and fully dependent upon its landscape of sea and hills, it's rich with history and flavor. And it is unlike any other in Tuscany.

One-pot dishes are a preferred way of cooking in the area, and whether it's a seafood or lamb stew or a soup of vegetables and a poached egg, it is food that I love to eat and love to cook – comforting, low-maintenance and easy to prepare. Much of it is born out of poverty, which means there also happens to be

a surprising selection of sugar and glucose-free dishes. It's also food that calls for sharing with friends or family, gathered around a big table with plenty of local wine and good conversation, perhaps finishing with a homemade digestif made from foraged herbs. I like most peasant cuisine, it's about getting the best out of a few ingredients and providing a belly-filling and nutritious meal that not only doesn't cost the earth but is simply delicious.



INTRODUCTION | 1





[View on Edelweiss](#)



Sea & Shore  
9781784883997  
\$40.00 | Hardcover

# Time & Tide

Recipes from a Coastal Kitchen

**Emily Scott**

**June 2023**  
9781784885755  
CKB011000  
\$40.00 | Hardcover  
256 Pages | 6¾ x 9¾ in  
Full-color Photography

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**In *Time & Tide*, Emily Scott weaves together all the strands that influence and inspire her cooking; from the salt-scented air to the ever-changing shades of the water and the shapes and textures of the wild fennel and tamarisk plants that crowd in on the coastal path. These elements make for incredible dishes infused with creativity and a sense of place.**

Emily's recipes reflect the ebb and flow of daily life during the year; from breakfasts of overnight oats and buttery crumpets to lunches of sea-herb focaccia, and from suppers of Cornish bouillabaisse to desserts of treacle tart and bramble and peach crumble. Each dish evokes something inherently special to Emily and the culinary delights of Cornwall.

Be welcomed into her coastal world with more than 80 recipes alongside stunning photography to help you discover this most-magical of places.

**Emily Scott** is a chef, restaurateur and the author of *Sea & Shore*. Her restaurant, Emily Scott Food, is in Watergate Bay and she was selected as one of the host chefs for the 2021 G7 summit in Cornwall.

- Emily is a well-respected chef and restaurateur, who has an infectious enthusiasm for the cuisine of Cornwall
- Cornwall remains an incredibly popular staycation destination post-lockdown
- Emily was selected as one of the chefs to cater the G7 summit with world leaders in 2021

# Rise



PART ONE

# Shine



PP. 20-21

# &



(EARLY BIRD)

## cornish scallops, beurre blanc, chives, fennel

Simple seafood joys. This is one of my favourite recipes. Colour on a grey day, warmth and comfort. I love the classics and this dish celebrates my affinity with France and, of course, the seaside in Cornwall, with a beautiful scallop starter and butter sauce. A note on butter: There is, in my view, no substitution (of course, everything in moderation, I say!). In puddings, biscuits, mashed potatoes, brioche, pastry, on toast (nothing more comforting and delicious than on toast) and here in a classic butter sauce (beurre blanc), it HAS to be butter. So simple, it makes a perfect classy starter for supper with friends. A dish that will dazzle with minimal preparation and cooking and one that will bring a coastal feel to your table.

SERVES 4 (FOLLOWING)

3 SCALLOPS EACH

12 scallops (see on rose

off entirely up to you -

parsons: (see for more)

sunflower oil for brushing

2 shallots

1 tsp chives

1 stick of lemon

1 fennel bulb, fronds and all,

finely sliced (fennel is so

versatile and delicious raw

or cooked)

75ml white wine

150ml white wine vinegar

80ml water

150g cold unsalted butter,

cut into thick

pieces of sea salt

a splash of Pernod, if you

are feeling over-ecstatic

Cornish sea salt and

white pepper

Prepare the scallops: pull off the pale white frill and any other pieces around the scallop to leave you with a sweet, plump, clean looking scallop (or ask your fishmonger).

Place the scallops on a plate, brush with sunflower oil, season lightly with sea salt, and set aside.

Finely chop the shallots, finely chop the chives and squeeze the juice of a lemon into a bowl. Finely slice the fennel keeping the feathery frond and toss in the lemon juice.

Place the shallots, vinegar and white wine in a pan with the water. Bring to a gentle simmer and reduce until almost all the liquid has gone. Turn the heat down and whisk in the cubes of cold butter, one piece at a time. Once all the butter has been added, the sauce should resemble a thin custard. Turn off the heat and set aside.

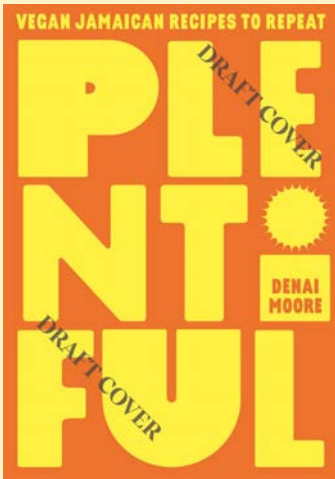
Heat a heavy based frying pan and pan fry the scallops for 2 minutes until they are caramelised in colour, turn and cook for another minute. Time for adding that splash of Pernod if you are feeling it. Add the chopped chives to the butter sauce and taste.

Divide the butter sauce among warm serving plates. Place 3 scallops on each plate and garnish each scallop with fine shards of fennel. Eat with happiness and mop up any butter left on the plate with some bread.

**COOK'S NOTE** A quick supper that I sometimes do for my family: use beurre blanc to finish off spaghetti with chilli and sage.







[View on Edelweiss](#)



# Plentiful

## A Vegan Jamaican Guide to Nyammin' Good

### Denai Moore

April 2023  
9781784885496  
CKB016000  
\$35.00 | Hardcover  
224 Pages | 6¾ x 9¾ in  
Full-color Illustrations  
and Photographs

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***Plentiful* is a Jamaican cookbook with a vegan twist.**

In this first-of-its-kind book, Denai Moore pays homage to flavors and authentic dishes from her Jamaican roots whilst firmly planting them within a modern-day context. From her convenient Callaloo Pesto Pasta to her comforting Roasted Garlic Spring Onion Mash with 'Oxtail' Gravy, the recipes are approachable, engaging, and downright delicious.

Jamaican food is often misrepresented, simplified, and reduced to being really spicy—and MEAT heavy. Denai is a Jamaican chef who loves to make vegan food and in *Plentiful* she debunks this taboo about Jamaican food. With this book, she shows how exciting, diverse, and vibrant vegan flavors and Jamaican food truly are.

**Denai Moore** is an acclaimed British-Jamaican musician turned chef. Denai's pop-up, Dee's Table, has received a lot of praise from the *Metro*, *Vice*, *Dojo*, and was featured on Jamie Oliver's television series *Jamie's Meat-Free Meals*. As a recipe developer, Denai has written for the *Guardian*, and has held cooking demonstrations for *Time Out*.

- A soulful, modern, and expressive exploration of delicious-tasting, vegan Jamaican food
- Speaks to this generation of cooks and restaurant goers, to people trying to reconnect through their roots in a new, interesting way
- Recipes are accessible, flavors are fresh and Denai focuses on what makes food delicious in an uncomplicated way

## BETROOT HARD DOUGH BREAD PANZANELLA

SERVES 3-4 PREP TIME: 10 MINUTES COOK TIME: 40 MINUTES

Hard dough bread will always have a special place in my heart. I have fond memories of eating it straight out of the oven from Captains Bakery in Jamaica. For me, panzanella is the perfect use for this bread, because as well as reducing waste from leftover bread, it is simple but packs a big punch, with lots of different textures and poky flavours.

3 thick slices of hard dough bread, cut into chunks  
2 large beetroots, peeled and quartered  
2 cherry tomatoes, halved  
10 radishes, thinly sliced  
6 mint leaves, finely shredded  
65 g veggie feta, crumbled  
6 basil leaves, torn  
Olive oil, for roasting  
Sea salt and black pepper

### FOR THE DRESSING

1 clove garlic  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
Juice of ½ lemon

Pre-heat the oven to 180°C (400°F) (Gas 4).

On a baking sheet, toss the beetroot with a good glug of olive oil and season with salt and pepper. Transfer to the oven and roast for 40 minutes.

On another baking sheet, toss the hard dough bread with another glug of olive oil and some salt and pepper, then transfer to the oven to toast for 20 minutes. Once browned, remove and allow to cool slightly.

Put the tomatoes, radishes and mint in a large bowl. Make the dressing by mixing together all the ingredients in a small bowl.

When the beetroot is cooked through and caramelised, add it to the bowl along with the bread and dressing, tossing well to coating everything. Add the feta and basil and toss again, then turn out onto a large serving plate.



## PATTIES

A bit of a flaky patty brings me straight back to my childhood. As a kid I particularly loved to enjoy a freshly baked patty with a carton of ice-cold chocolate milk. When I went vegan, I struggled to find a vegan patty that wasn't just vegetable based, so naturally a vegan chicken patty and a beef patty were the first two things I recipe tested.

### CURRY 'CHICKEN' PATTIES

MAKES 8 PATTIES PREP TIME: 15 EX COOK TIME: 15

360 g vegan chicken pieces  
2½ tablespoons curry powder  
4 tablespoons olive oil  
1 onion, sliced  
1 teaspoon ground allspice  
2 carrots, chopped  
1 spring onion, chopped  
3 cloves garlic, minced  
480 ml boiling water  
½ teaspoon coconut sugar  
½ tablespoon molasses  
300 ml coconut milk  
1 Scotch bonnet chili  
Sprig of thyme  
1 potato, cubed

### FOR THE PASTRY

400 g plain flour  
4 teaspoons turmeric  
½ teaspoon sea salt  
½ tablespoon caster sugar  
300 ml cold water  
95 g butter

### DAY 1

First, make the pastry. Cut the butter into two pieces of 90 g and 65 g and freeze the 90 g block for 15-20 minutes, then cube and keep cool.

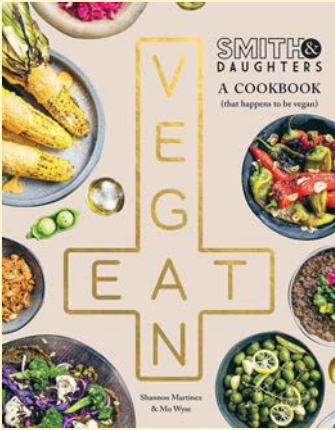
In a food processor, combine the flour, turmeric, sea salt and sugar. Blitz until combined. Add the cold cubed butter and blitz until the mixture resembles breadcrumbs. Slowly stream in the water and blend until it comes together as a dough. Wrap in cling film and allow to rest for 1 hour.

Meanwhile, make the filling. Toss the vegan chicken with 4 tablespoons of the curry powder and 1 tablespoon of the olive oil. Fry the pieces in a frying pan over a medium heat for 2-3 minutes until golden on each side - you may need to do this in batches. Set aside in a bowl.

Add the remaining olive oil and the onions to the pan and fry for 2-3 minutes until softened, then add the remaining curry powder and the allspice and fry for 1 minute more. Add the carrots and spring onions and fry for another 2 minutes. Add the garlic and fry for a further 1 minute till fragrant.

In a measuring jug, mix together the boiling water with the coconut sugar and molasses. Deglaze the pan with it, stirring to scrape up all of the brown bits. Add the coconut milk, whole scotch bonnet and thyme. Bring to a boil then add the vegan chicken and potatoes and simmer, covered, for 10-15 minutes until the potatoes are tender. Remove from the heat, transfer to a bowl and allow to cool for 15 minutes, then transfer to the refrigerator to cool completely.





[View on Edelweiss](#)



Vegan With Bite  
9781743796245  
\$24.99 | Hardcover

# Smith & Daughters: A Cookbook (That Happens to be Vegan)

Shannon Martinez and Mo Wyse

March 2023  
9781743799086  
CKB125000  
\$29.99 | Flexibound  
208 Pages | 7¾ x 8¾ in  
Full-color Photography

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Based on the landmark Melbourne restaurant of the same name—dubbed "one of the coolest vegan restaurants in the world" by *Condé Nast Traveler*—*Smith & Daughters: A Cookbook (That Happens to be Vegan)* is a modern classic that will challenge your preconceptions of vegan food.

In this refreshed edition, featuring a collector's cover and new introduction from groundbreaking chef Shannon Martinez, you'll be guided through meat-free innovation with 80 delicious Spanish-influenced recipes, from chorizo, meatballs and cheese to tuna and prawns, plus tantalizing desserts and drinks. Party friendly, plant-based recipes everyone can enjoy.

A veritable tour de force in vegetarian and vegan cooking, **Shannon Martinez** has been a chef in Melbourne kitchens for over 20 years. She is best known as the owner of Australia's most prolific plant-based business, Smith & Daughters.

**Mo Wyse** is a Seattle and NY expat who launched the original Smith & Daughters with Shannon on Brunswick Street, Fitzroy in 2014.

- Refreshed edition of the 2017 original hardback (50k copies sold globally)
- It is not outwardly "vegan" but instead aims to prove that food can be just as inspiring—if not more so!—without reliance on animal products
- Appeals to vegetarians and vegans as well as carnivores (Shannon estimates 70-80% of their customers eat meat)





## SOPA DE TORTILLA

*Tortilla Soup*

The key to most traditional tortilla soups is chicken—meat, stock, fat, etc. But Mamón's managed to make a perfectly perfect version with plants that tastes just as big, bold and delicious. It's almost like you can never get enough, it's just that good.

Heat the olive oil in a large sautépan over medium heat. Add the capsicum, onion, jalapeño and a large pinch of salt and cook until soft.

Add the garlic, cumin seeds, cinnamon stick, dried chipotle or smoked paprika and cook for around 30 seconds.

Add the tomatoes, stock, corn, beans, herbs, orange peel and lime zest. Stir well to combine and simmer over low heat for 30 minutes.

To finish, remove the bay leaves, cinnamon stick and chipotle chilis (if it hasn't already dissolved) and add the lime juice and fresh coriander. Season with salt and pepper, to taste.

Cut the bottom of a frying pan with vegetable oil and place over medium heat. Add the tortilla strips in batches and fry for 2–4 minutes until crisp. Drain on paper towels.

Divide half of the tortilla strips among the serving bowls and pour the soup over the top.

Top with the remaining tortilla strips and garnish with chopped avocado, sliced radish and a drizzle of coriander cashew cream, if using.

*Note: Perhaps don't make this recipe just because you may suffer from not making anything else in the book. This soup is mega addictive and flavorful, and the more it sits in the fridge the better it gets, you can eat it on Monday in Sunday. Promise you'll make other things!*

### Serves 4–6

- 60 ml (2 fl oz) olive oil
- 1 green capsicum (Bell pepper), diced
- 1 onion, chopped
- 3 jalapeños, finely diced (seeds removed for a milder soup)
- 2 tablespoons crushed garlic
- 1 tablespoon cumin seeds
- 1 cinnamon stick
- 1 dried chipotle, warmed through over an open flame until soft, split and seeds removed (or substitute 1 teaspoon smoked paprika)
- 400 g (14 oz) tinned diced tomatoes or freshly chopped tomatoes
- 2 litres (6 1/2 qt) well-sifted chicken or vegetable stock
- 500 g (1 lb 2 oz) tinned black beans
- 1 teaspoon dried oregano
- 2 fresh bay leaves
- 2 strips of orange peel
- zest and juice of 1 lime
- 1/2 bunch coriander (flatleaf), chopped
- vegetable oil, for shallow-frying
- 4 corn tortillas, sliced into 1 cm (1/2 in) strips (this is a good recipe to use up your stale tortillas)

### Garnishes

- chopped avocado
- sliced radish
- Coriander Cashew Cream (page 155) (optional)



[View on Edelweiss](#)



In Love with Paris  
9781784884727  
\$24.99 | Hardcover

# In Love with New York

Recipes and Stories  
from the City That  
Never Sleeps  
**Lisa Nieschlag and  
Lars Wentrup**

**February 2023**  
9781784885946  
CKB002040  
\$24.99 | Hardcover  
176 Pages | 7¾ x 10½ in  
Full-color Illustrations  
and Photographs

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***In Love with New York* is an irresistible combination of 50 delicious sweet and savory recipes and stories of epic romance.**

Take a carriage ride through Central Park or hail a yellow taxi and discover all the culinary delights that New York has to offer, from classic pastrami sandwiches and indulgent brunch dishes to the quintessential Cosmopolitan cocktail.

Be inspired by the city that never sleeps and relive moments from classic films and TV series such as *When Harry Met Sally* and *Sex and the City*.

*In Love with New York* will make you fall head over heels for the Big Apple.

**Lisa Nieschlag** is a cookery writer, designer and food photographer. With more than 18 cookbooks to her name, Lisa loves recipe writing and adores bringing that passion to the page. In addition to hosting food photography workshops, she also co-runs the award-winning design agency Nieschlag + Wentrup.

- Recipes and iconic moments from the silver, and small, screen come together in this celebration of New York City
- Quintessential delights like pastrami sandwiches sit alongside boozy highlights such as the cosmopolitan
- New York looms large in the popular imagination and with the *Sex and the City* reboot, *And Just Like That...*, that status remains assured

## BREAKFAST *in Tiffany*

As soon as you hear *Moon River*, you can't help but think of AUDREY HEPBURN and GEORGE PEPPARD kissing passionately in the pouring rain among New York's skyscrapers. Few classic films share such an intimate connection with the city as this romantic love story, which was based on Truman Capote's novella.

Enchanting party girl Holly Golightly shares a small apartment on the Upper East Side with her cat (named simply Cat). She eats breakfast in front of the display window at *Tiffany*, the up-market jeweller, sleeps until midday, and is taken out to dinner by one of her many gentlemen friends in the evening.

Paul Varjak, a young and ambitious writer who is also financially dependent on a wealthy patron, rents the apartment above Holly and is immediately fascinated by her.

A close friendship quickly develops between Holly and Paul, and she affectionately names

him 'Tred' because he looks like her brother. However, she refuses to admit to any romantic feelings as she has bigger fish to fry and wants to find a rich husband.

One day, Doc Golightly, an older man and country vet, turns up on Holly's doorstep with the intention of taking her back to Texas; she had married him at the age of 13, but soon fled from the restrictions and impositions of rural life and escaped to New York.

Holly decides to stay in New York and, after a wonderful day with Paul, they spend the night together. As they are both penniless, however, she insists on going through with the wedding she has planned to a Brazilian landowner until news of her brother's death turns her life upside down. Shortly thereafter, she is arrested by the police on suspicion of having links to a powerful mafia boss. Paul collects her from jail and confesses his love for her in the car, and they eventually embrace as they scour the streets for her lost cat.



*Tiffany & Co.* is featured in *75th Avenue* and you too can now enjoy breakfast there, at 36 Rue Bow Circle



Holly discovers a copy of *Breakfast at Tiffany's* that Paul has over-published in the New York Public Library.



## ORANGE PECAN PANCAKES

### SERVES 4

#### FOR THE BATTER

- 30 g (1 oz) unsalted butter
- 30 g (1 oz/¼ cup) pecans
- 2 extra large eggs
- ¼ teaspoon salt
- 200 ml (7 fl oz/½ pint) milk
- 175 g (6 oz/¾ cup) plain (cake) flour
- 1 teaspoon baking powder
- 30 g (1 oz) sugar
- 1 packet (2 teaspoons/8 g) bourbon vanilla sugar
- 50 ml (1 ½ fl oz/2 tablespoons) orange juice

#### FOR THE TOPPING

- 70 g (2 ½ oz/¼ cup) pecans
- 2 tablespoons sugar
- pinch of salt
- 3 oranges
- 3 tablespoons honey
- ¼ teaspoon ground cinnamon
- 1 teaspoon cornflour (cornstarch)

#### OTHER INGREDIENTS

- clarified butter for cooking

To make the batter, melt the butter and chop the pecans very finely in a food processor. Separate the eggs. Whisk the egg whites with the salt to form stiff peaks. In another bowl, whisk the egg yolks with a little of the milk. Mix the flour, pecans, baking powder and both sugars together.

Stir the flour mixture, the remaining milk, and the orange juice alternately into the egg yolk mixture, using short, slow movements to prevent the batter becoming heavy.

Finally, mix in the melted butter and lightly fold in the beaten egg whites. Cover the batter and let it rest for 30 minutes.

To make the topping, preheat the oven to 180 °C (350 °F/gas 4) and line a baking tray (pan) with baking parchment.

Chop the pecans roughly and scatter them over the prepared tray (pan). Pour 2 teaspoons of boiling water into a bowl, stir in the sugar until dissolved and then pour over the nuts, mixing until they are well coated. Caramelize in the preheated oven for approximately 10 minutes. Remove the nuts from the oven, sprinkle with a pinch of salt and allow to cool.

Halve and juice 3 oranges. Peel the remaining oranges, divide them into segments and cut into cubes. Bring the orange juice, honey and cinnamon to the boil in a small pan. Stir the cornflour into 1 tablespoon of cold water until smooth. Add to the simmering liquid and stir continuously until thickened for approximately 2 minutes. Add the cubed orange segments and keep the topping warm over a low heat.

To cook the pancakes, heat a little clarified butter in a large frying pan (skillet) over a medium heat. Cook 2-3 pancakes at a time, adding 1 large tablespoon of batter to the pan for each and frying over a medium heat for 2 minutes per side until golden brown, turning once. Continue until all the batter has been used, keeping the cooked pancakes warm in a low oven, around 70 °C (160 °F/gas 3).

Pile the pancakes onto a large plate and top with the orange and honey mixture and the caramelized pecans before serving.







# From Salt to Jam

Make Kitchen Magic  
With Sauces,  
Seasonings And More  
Flavour Sensations  
**Katrina Meynink**

**April 2023**  
9781743798904  
CKB040000  
\$32.99 | Flexibound  
240 Pages | 7½ x 9¾ in  
Full-color Photography

[View on Edelweiss](#)



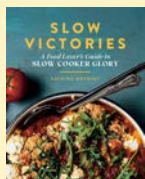
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**Recipe queen Katrina Meynink supercharges your kitchen with 20 flavor bomb sauces, spices, relishes, and jams that unlock 100 fantastic dinner ideas in her brilliant new cookbook *From Salt to Jam*.**

Featuring easy and delicious recipes based on bang-for-buck condiments—from harissa to chermoula, chicken salt to chocolate fudge sauce—this family-friendly, beautifully-photographed book will elevate your everyday cooking with ease. Turn a lively lemon curd into an oozy raspberry, lemon and meringue tart, or make a meal out of crisp cauliflower hash browns with a dollop of tahini yogurt.

It's a colorful guide full of saucy new ideas for your next delicious dinner, with the help of everything *From Salt to Jam*.

Australian food writer and recipe columnist **Katrina Meynink** has published three cookbooks: *Slow Victories*, *Bistronomy: French Food Unbound*, and *Kitchen Coquette*; and the picture book *Lulu le Baby Chef*. The mum of three embraces fast, slow, and in-between food, and regularly contributes to national and international food magazines with delicious meal ideas you want to cook.



Slow Victories  
9781743796412  
\$21.99 | Flexibound

- Offers simple and delicious solutions for hard-working, time-poor people
- Bright, arresting photography and clean, stylish design
- Many cookbooks with midweek recipes aimed at families are bland and uninspiring—this is full of big flavors and new ideas



### Jalapeño Jam

- Tuna, jalapeño and guzo with tostadas
- Late summer nights Grilled watermelon with jalapeño jam salsa
  - Cheese sticks for adults
- Mescal marinated steaks with charred pineapple and jalapeño jam
- Egg burger, caramelised jalapeño jam onions
- Corn, avocado and chickpea salad with jalapeño, miso and tahini dressing
- Jalapeño jam addled fish tacos

### Liquorice Jam

- Chocolate liquorice thumb prints
- Caramelised white chocolate, fcorice and raspberry tart
- Slow cooked liquorice short ribs, Asian salad and rice
- Have a heart chocolate caramel ice creams
- Liquorice loaf cake
- Pavlova with liquorice jam and passionfruit

### Quince Jam

- Quince roast chook with saffron, olives and potatoes
- Pear and quince crumble
- Quince addled Persian love cakes
- Quince and pistachio buckwheat galette
- Slow roasted Moroccan quince lamb with herby couscous
- Quince jam, yoghurt panna cotta with rye crumb and lemon thyme

## Cheese sticks for adults

Serves 4-6

- Ingredients**
- 4 smoked eggs
  - Very bloody generous knob of butter
  - 4 brioche rolls
  - 4 slices of Cheddar cheese
- Jalapeño onions**
- 4 onions, sliced
  - 2 tbsp olive oil
  - 1 tbsp butter
  - Salt and pepper
  - 4 tbsp jalapeño jam
- Kewpie mayo**
- ½ cup kewpie mayo
  - 3-4 tbsp jalapeño jam

This is ridiculously good with smoked eggs. I can't even begin to explain. These are often available at the supermarket these days, but if unavailable just use normal eggs.

I've incorporated the jalapeño jam at every turn here. In the onions, in the mayo and its breakfast sandwich glory. It's messy, it's ugly and it's unashamedly delicious.

For the jalapeño onions, place a large frying pan over medium heat. Add the oil and butter and once the butter has melted, add the onions. Turn the heat to low and sweat the onions until completely soft, about 10 minutes. Season generously with salt. Add the jalapeño jam and stir to incorporate.

Combine the kewpie and jalapeño jam to a small bowl and use a fork to roughly combine.

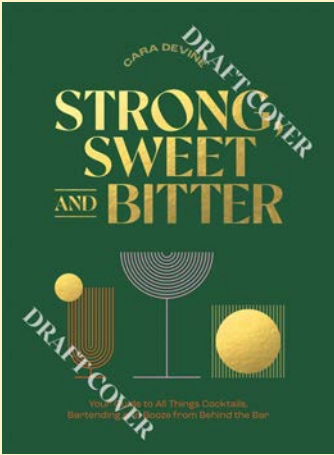
Preheat the oven to 180C.

Add the slices of cheese to brioche bun halves and top with a dollop of the onion mixture. Pop in the oven to lightly toast and for the cheese to melt.

While the buns are warming, whisk the eggs until a uniform mixture. Pour into a cold frying pan and add the butter. Cook over low heat, using a spatula to turn the eggs to create a deliciously velvety texture.

When mixing your eggs, scrape the bottom of the pan to fold your eggs over almost as though you're creating layers. When the egg mixture is no longer loose, and looks just set, they are ready. Immediately take off the heat. Add the eggs to the burgers on top of the onions. Dollop over some jalapeño mayo and dose with salt and pepper. Top with the brioche bun top and eat immediately.





[View on Edelweiss](#)



## Strong, Sweet and Bitter

Your Guide to All Things Cocktails, Bartending and Booze from Behind the Bar

**Cara Devine**

April 2023

9781743798539

CKB006000

\$26.99 | Hardcover

224 Pages | 6¾ x 9¼ in

Full-color Illustrations

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***Strong, Sweet and Bitter* is the debut cocktail recipe book by hostess of popular YouTube series *Behind the Bar*, Cara Devine.**

Diving into the Flavor Triangle, Cara shows us how the fundamentals of flavor can craft a drink from just about anything on hand, from classic cocktails to their lesser-known but equally delicious counterparts.

It's never too late to learn the basics of cocktail-making, and this guide will help even the most experienced bartenders learn how to make a base from scratch, providing insight into the science of ingredients and mixology to the essentials in equipment.

Sectioned by cocktail-type, this book has a drink to match all moods and tastes.

**Cara Devine** is the manager at Melbourne restaurant, Bomba Rooftop, and host of the hugely popular web series Behind the Bar. Behind the Bar, launched in 2019, shows professional bartenders, as well as viewers at home, how to make Penicillins, Daiquiris, and more, with other episodes featuring product comparisons or deep-dives on topics like Japanese whisky, vermouth, and bartending tools.

- More than 60 recipes included
- Behind the Bar has over 132k followers (with approx 49% from the US) and more than 6.8m views
- Packaged in a luxe 70s glam design style and a striking gold-foiled cover

THE FAMOUS ONE

# THE OLD FASHIONED

The Old Fashioned is really the closest drink to the original definition of a cocktail (liquor, sugar, bitters and water), but it obviously had to go out of fashion for it to become old-fashioned. It originally went under the less judgemental name 'Whisk(e)y Cocktail' and was referred to as such for several decades, served up (i.e., with no ice) and usually as an 'eye opener' in the morning.

So what happened for this simple but delicious drink to become passé? Well, by the 1870s bartenders had begun to have more access to liqueurs and other flavour modifiers. They got a bit excited and started pumping out 'improved' Whisk(e)y Cocktails. As with any attempt at modernisation there were those who resisted it. Plenty of people have laid claim to the Old Fashioned name, most notably the Pendennis Club in Louisville, where the story goes that a grumpy local bourbon distiller asked for a cocktail 'the old-fashioned way' - i.e., none of your fancy saw-dangled bullshit - so the bartender took it back to basics (with the addition of ice - so clearly the grumpy bourbon distiller wasn't against all modern comforts) and the cocktail we know and love was born.

**Pro Tip:** While more synonymous with whisky these days, you can base an Old Fashioned on any spirit you like! Play around with cocktail bitters that reflect the flavour profile of the spirit you're using - I love using nutty ones with rum.

You may have seen bartenders dash a sugar cube with bitters (add multiple dashes of bitters to a sugar cube to dissolve it) and muddle it in the bottom of the glass. You can absolutely do it this way, I just find that you have more control by using sugar syrup, and the resulting texture is smoother with no rogue undissolved sugar crystals.



**Do not underestimate the importance of having a tea towel or cloth to hand (literally!)**

Before we get to actually making drinks though, we have to set up our bar. There are, of course, gadgets and shiny things galore and I'm certainly not saying you should avoid them - bartending is partially about putting on a show, after all - but a lot of them are not necessary, especially when first setting up a bar. If budget is an issue, my advice would be to concentrate on stocking your bar with good quality booze before ostentatious bar tools. Some of the best Margaritas I've ever had were shaken up in a Tupperware container!

## BAR EQUIPMENT ESSENTIALS

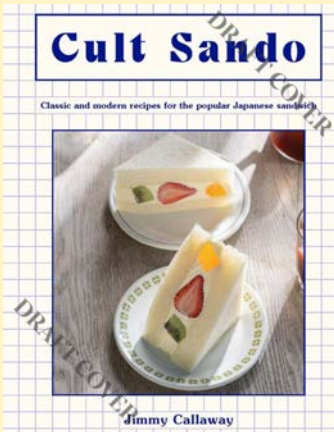
### 1. JIGGER

This is probably the most important piece of equipment in a bartender's arsenal. It may look odd to (pouring alcohol without measuring it) but very few people are willing to put in the hours of practice it takes to actually get good at it! A jigger will make sure that you are turning out consistently well balanced drinks. There are different kinds and sizes depending what style of bartending you are doing. If you only have one, a classic double jigger will do the job - one end of this is a standard shot (50 to 60 ml, 1 oz, 25 ml depending what country you are in) and the other end is a double shot, plus there are markings on the inside for 15 ml, 20 ml (or ½ oz, ⅓ oz) and so on. If you're going to be pumping out a high volume of cocktails, consider a 'graduated measure' - it is a larger measure with 'steps' of 1 ml (or ⅓ oz) increments, so you can build a whole cocktail in there.

### 2. SHAKER

The two main types of shaker are Boston and Cobbler. Most bars now use what is known as 'tin on tin' Boston shakers, which is pretty self explanatory. They are relatively inexpensive, easy to clean, big enough to build two cocktails, hard to break and if you buy the same brand for all of them you can mix and match the larger and smaller halves so you don't have to worry about losing pieces (things disappear surprisingly easily in a bar...). There are also Boston where one half is glass - this allows you to see what you're building in there but they are heavier and more likely to break so most bars have moved away from them. The last kind are Cobblers, also known as three piece shakers. They are by far the most aesthetically pleasing kind, and have a built in strainer so can work well for home use but are smaller and harder to clean so are not as useful for high volume bartending.





[View on Edelweiss](#)



# Cult Sando

Classic and Modern  
Recipes for the Popular  
Japanese Sandwich  
**Jimmy Callaway**

**April 2023**  
9781784886028  
CKB048000  
\$19.99 | Hardcover  
112 Pages | 6¼ x 8¼ in  
Full-color Photography

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***Cult Sando* brings 30 recipes for the showstopping Japanese sandwich.**

'Sando' are sandwiches that—in typical Japanese creativity—have undergone a makeover. With their slightly sweet, pillowy bread and adventurous filling, they take the humble sandwich to new heights.

Jimmy Callaway explores the 'sando' in all its forms, from the classic tonkatsu sando to an inventive eggplant version. Also included are sweet treats like a strawberry sando and crème caramel sando.

In *Cult Sando* there is a sandwich perfect for any time of day.

**Jimmy Callaway** is a food stylist and recipe writer.

- Sando have long been an institution in Japan, and they continue to have growing popularity around the rest of the world
- The recipes are simple enough for any home cook to recreate
- Contains stunning photography of every sandwich



## Swordfish Katsu with Shichimi Tonkatsu Sauce

This simple and neat swordfish sando may look understated, but it will leave you returning for another fierce, fiery mouthful.

### Makes 2

4 slices shokupan  
 1 L (2 pints) canola (rapeseed) oil, for frying  
 ½ cup (75 g/2½ oz) plain (all-purpose) flour  
 2 eggs, whisked  
 2 cups (100 g/3½ oz) fresh panko  
 ½ cup (125 ml/4 fl oz) tonkatsu sauce (see page 102)  
 ¾ cup (25 g/1 oz) shichimi toji nashi (see page 97)  
 2 × 200 g (7 oz) swordfish cutlets, cut into 9 cm × 12 cm (3½ inch × 4½ inch) pieces, skin and bloodline removed  
 2 tablespoons salted butter, softened

//  
 PREP/COOK TIME 30 minutes  
 PRESS TIME 5 minutes

1. Place oil in deep fryer and set to 190°C (375°F).
2. Set up a crumbing station (see page 12): in three consecutive trays, place plain flour first, eggs second and panko third.
3. In a small bowl, add tonkatsu sauce and shichimi togarashi and set aside.
4. Dust swordfish outlets in flour, dust off excess, followed by the egg wash and panko. Cover thoroughly.
5. Gently place both outlets in fryer and fry until golden brown, about 1 minute.
6. Remove from fryer and allow to drain on a wire rack, about 3 minutes.
7. Evenly butter four slices of shokupan. Lightly dip both sides of swordfish outlet in tonkatsu mixture. Place on bottom slices and top with remaining slices.
8. Press unwrapped (between two pieces of baking/parchment paper) for 5 minutes.
9. To serve, trim crusts and cut widthways.

カジキフライ七味トンカツ  
 ース

Seafood

55



## Strawberry and Sake Cream

This is a slightly boozier adaptation of a long-standing member of the sando family, with a delicate sake and strawberry perfume.

### Makes 2

4 slices shokupan  
 250 ml (9 fl oz) double (thick) cream  
 3½ tablespoons caster (granulated) sugar  
 85 ml (3 fl oz) sake  
 18 strawberries

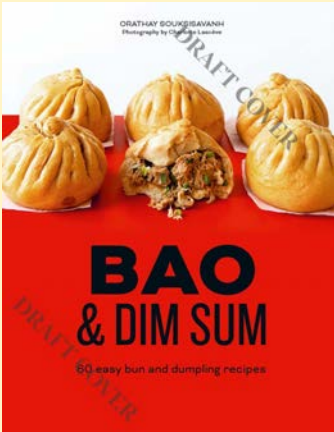
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 PREP/COOK TIME 20 minutes  
 PRESS TIME 30 minutes

1. Combine double cream, sugar and sake. Whisk until medium stiff peaks form, being careful not to over-whip.
2. Wash strawberries and pat dry on paper towels (kitchen paper). Slice off green tops, creating a flat surface.
3. Evenly distribute sake cream across four slices of shokupan. Lay strawberries across bottom slices and top with remaining slices, cream side down.
4. Wrap in cling film (plastic wrap) and press for 30 minutes in the fridge.
5. To serve, trim crusts and cut into four cubes.

イチゴ酒クリーム

Sweet

81



[View on Edelweiss](#)



# Bao & Dim Sum

## 60 Easy Bun and Dumpling Recipes

### Orathay Souksisavanh

**February 2023**  
9781784885748  
CKB017000  
\$24.99 | Hardcover  
160 Pages | 6¾ x 8¾ in  
Full-color Photography

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***Bao & Dim Sum* reveals the secrets of how to create bao and dim sum at home.**

In *Bao & Dim Sum*, Orathay Souksisavanh walks you through how you can create a huge range of bao and dim sum. Try your hand at mushroom dim sum and braised pork bao, as well as sides such as cucumber salad and braised eggplants, and even a selection of sauces.

With easy-to-follow instructions, *Bao & Dim Sum* is perfect for even the novice cook.

**Orathay Souksisavanh** is a food stylist and cookbook author.

- Includes step-by-step instructions for folding the bao
- Contains vibrant photography for each recipe
- Bao and dim sum are particularly popular among millennials

# DANS MA CUISINE CHINOISE

我的中式厨房

Lorsque j'avais 2 ans, tous les jours à la même heure, je prenais ma chaise à bascule et j'attendais le retour de mon père sur la terrasse. Ma mère, toujours étonnée, continue à se demander encore aujourd'hui comment je pouvais avoir cette notion de temps. Car 5 minutes plus tard, mon père apparaissait avec 2 bao tout chauds dans un sac. Et le rituel pouvait commencer...  
J'ourrais le bao en deux, j'engloutissais la farce. Je vidais ensuite le deuxième bao de sa garniture. Puis, je regardais longuement la pâte blanche dans le sac. Et consciencieusement, je finissais mes bricoles par petites bouchées. Deux bao, tous les jours, au goûter, à 2 ans ! Plus tard, j'ai eu un chéton qui s'appelait Bao.

Chez nous, en cuisine énormément, du matin jusqu'au soir, mais on ne faisait pas les raviolis. C'était notre repas familial au restaurant. La sortie du dimanche midi sans aller à la messe. La messe, on la faisait en dormant les numéros des plats que l'on commandait au serveur. *Hār gao, xū mǎi, chār sīu bāo...* ont bercé mon enfance.

Ce n'est que bien plus tard, lorsque j'ai commencé à écrire des livres de cuisine que j'ai harcelé ma mère pour que nous testions toutes sortes de recettes. Des recettes que l'on ne faisait jamais, mais qu'on aimait manger, des recettes que je voulais pour notre patrimoine culinaire familial, des recettes que je partage aujourd'hui avec vous.

Orathay Souksavanh



4 INTRODUCTION

# BAO DE MAMA

## PORC HACHÉ & PETITS LÉGUMES

媽媽的包

Pour 12 bao  
Préparation 1 h 30  
Lévé 2 heures  
Cuisson 15 minutes

**Farce**  
500 g de porc haché  
30 g d'oignon (1/2 petit)  
60 g de carotte (1 moyenne)  
10 g de shitake secs (1 petit)  
10 g de champignons noirs secs  
50 g de chitagnons d'eau  
en conserve (facultatif)  
1 gousse d'ail pressée  
1/2 botte de coriandre  
1 œuf à la coque  
1 cuillère de féculé  
de pomme de terre  
1 œuf  
3 œufs à la coque  
6 cl d'eau  
10 g de sucre (1 œuf à la coque)  
1 œuf à l'état d'alginate  
1 œuf à la coque  
1 cuillère de sel  
Poivre de moulin

**Pâte ultra molle**  
Mélange 1  
200 g de farine T55 tamisée  
8 g de levure boulangère sèche  
230 g d'eau tiède (20 °C)  
Mélange 2  
100 g de farine T55 tamisée  
10 g de levure chimique  
(1,5 sachet)  
75 g de sucre brun ou semoule  
40 g de levure fonds

**Conservation**  
Vous pouvez conserver  
les brioches au frais 5 jours.  
Réchauffez les 10 minutes  
à la vapeur.

**Farce**  
Faites tremper les shitake et les champignons noirs dans un grand récipient d'eau chaude pendant 40 minutes.  
Ouvrez l'oignon, coupez la carotte et les chitagnons d'eau en petits dés.  
Lorsque les champignons sont réhydratés, égouttez-les.  
Hachez grossièrement les champignons noirs. Coupez les shitake en petits dés. Chauffez l'eau végétale dans une petite casserole.  
Faites revenir l'ail et les shitake 2 minutes, ajoutez l'oignon à saup de sauce soja et 6 cl d'eau. Poursuivez la cuisson 5 minutes jusqu'à ce que l'eau se soit évaporée. Laissez refroidir.  
Hachez les tiges et les feuilles de coriandre. Mélangez tous les ingrédients de la farce, poivrez généreusement. Vous pouvez cuire un peu de farce 15 secondes au micro-ondes pour goûter l'assaisonnement, recourez si nécessaire. Presser la farce et divisez la en 12 boules. Réservez au frais. Vous pouvez réaliser la farce la veille.

**Pâte**  
Préchauffez le four à 30 °C. Mélangez la farine et la levure. Versez l'eau tiède en remuant avec un fouet. Couvrez d'un torchon et laissez reposer 1 heure dans le four éteint. La pâte doit buller et doubler de volume.  
Développez 12 carrés de papier sulfurisé de 6,7 x 7 cm de côté.  
Mélangez la farine, la levure chimique et le sucre du mélange 2.  
Versez petit à petit dans le mélange 1 en remuant avec la main. Ajoutez le beurre fondu/froid continuellement. Lorsque la pâte est homogène, versez sur le plan de travail fariné et pétrissez avec la paume jusqu'à ce que la pâte ne colle plus aux mains. Ajoutez de la farine si nécessaire.  
Presser la pâte. Roulez la en boudin et divisez en 12 boules.

**Pilage & cuisson**  
Farinez le plan de travail et étalez chaque boule de pâte en presentoir sans d'avoir le centre de la pâte plus épais que les bords. Réalisez les bao four page 1022. Placez chaque bao sur un carré de papier sulfurisé sur elles sont gonfler à la cuisson. Coupez les bao une fois dans deux parties vapeur et laissez lever 1 heure sous un torchon.  
Versez une bonne quantité d'eau dans un récipient. Lorsque l'eau bout, laissez légèrement le feu et déposez les paniers. Faites cuire 15 minutes. Réalisez les brioches cuites avec une spatule et répétez l'opération pour les brioches restantes. Égouttez chaud.



16 BAO FAITES MAISON





[View on Edelweiss](#)



# The Modern Spice Rack

Making the Most of Your Spices in Modern, Inventive Ways  
**Rachel Walker and Esther Clark**

**May 2023**

9781784885793

CKB040000

\$32.50 | Hardcover

224 Pages | 6¾ x 8¾ in

Full-color Photography

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***The Modern Spice Rack* is an insightful guide to the most common spices, and offers up how best to use them in delicious recipes.**

Spices have, historically, been a tricky ingredient. They're prevalent in everyone's kitchens, but too often are underused, and kept years beyond their "best before date". This cookbook encourages liberal, creative, and everyday use—a well-timed pinch to elevate a dish, with a focus on great taste.

Colorful introductions give context to lesser-known spices and provide new insights into more familiar varieties, and the global, taste-led recipes will have readers cooking more confidently with spices.

**Rachel Walker** was working on the food desk at the *Sunday Times* when she founded the award-winning Rooted Spices in 2018, which sells single-origin and ethically-sourced spices.

**Esther Clark** trained and worked as a chef in Italy and Northern India. She then joined *BBC Good Food* as deputy food editor. Her clients include: *Guardian Feast*, *Waitrose Food Magazine*, the *Telegraph*, and the *Sunday Times*.

- Easy, accessible recipes that are suitable for weeknight dinners and less confident cooks
- Information about how and why flavor profiles work, so readers understand what to cook as well as how to cook it

## Za'atar Fried Fish with Preserved Lemon Tartare

Za'atar (Page XX)

Serves 4

Takes: 1 hr

Effort level: A little effort

- 600g sustainable skinless and boneless white fish filets\* hake, haddock or Dover sole work well
- 2 tbsp zaatar
- 50g plain flour
- 2 eggs, beaten
- 100g dried panko breadcrumbs, Rapeseed or sunflower oil, for frying
- Chips, brocho buns or white bread, to serve
- Baby gem lettuce, shredded
- For the tartare
  - 150g mayonnaise
  - ¼ lemon, juiced
  - 1 preserved lemon, inside scooped out and skin finely chopped
  - 1 tbsp baby capers
  - 3 cornichons, chopped
  - ½ banana shallot, finely chopped
  - 1 small bunch dill, finely chopped
  - 1 tsp zaatar

With za'atar's citrus profile it was bound to work well with fish. I like to add it to panko breadcrumbs and fry the fish in them until golden then eat them alongside chips or piled into buns with tartare sauce. It has an element of nostalgia and it's easier than you think to make a cracking homemade fish and chips. I add a chopped preserved lemon to my tartare because I like the intensely lemony flavour but you can omit this for a zested lemon if you like.

1. Cut the fish into 8 chunky fingers, about 4cm in width. Place the flour, eggs and panko into separate shallow bowls. Mix 1 tbsp of the zaatar into the flour and one into the panko. Dip each finger into the flour, followed by egg then panko. Set aside on a tray, in the fridge covered until ready to use (these will now will keep for up to 24 hrs).
2. Mix the mayonnaise, lemon juice, preserved lemon, capers, cornichons, shallot and dill together Season gently with a little salt and black pepper.
3. Heat 3cm of oil in a large, non-stick frying pan over a medium heat. Get yourself a tray read and lined with kitchen towel. Fry each finger for 5 mins, turning half way until crispy and a deep golden brown. Set aside on a plate and sprinkle with a little salt.
4. Serve your fish fingers with the tartare and lettuce sandwiched between soft buns or with a pile of chips.

### Quick Tip

- Sprinkle za'atar on literally any fish and it will be delicious. Try baking salmon or trout in paper with zaatar and oil or cook prawns in zaatar butter.



## Turkish Eggs (Cilbir)

Pul Biber (Aleppo/Urfa) (Page XX)

Serves 2

Takes: 15 mins

Effort level: Easy

- 300g full fat thick Greek yoghurt
- 1 small garlic clove, finely grated
- ½ tsp flaky sea salt
- 40g unsalted butter
- 1 tsp Aleppo pepper
- 4 medium, fridge cold, free-range eggs
- 1 tsp white wine vinegar
- Handful torn dill
- Handful torn parsley
- Lots of toasted sourdough, to serve

I am not the first, nor will I be the last to promote my love for Turkish eggs but they really need to be shouted about and celebrated in as many pages of books as possible because they are truly exceptional. Poached eggs sit on a bed of thick, creamy garlicky yoghurt before being drizzled with warm chilli butter. I'd never have guessed that hot poached eggs on a bed of yoghurt would be so good but paired with a chilli spiked butter and a crunchy hunk of toast, they are one of the best egg dishes around and I will cook them, order them and talk about them for as long as I can.

1. Mix the yoghurt with the garlic and salt. Chill until needed.
2. Heat the butter in a frying pan until foaming then then add the Aleppo pepper and fry for 2 mins. Add a pinch of salt.
3. Bring a deep pan of salted water to the simmer. Coat an egg cup or small ramekin with some of the vinegar. Crack an egg into the cup. Turn the water down to a simmer, swirl the water vigorously to create a vortex. When the vortex is almost subsided, drop the egg into it. Cook for 3 mins undisturbed, then scoop out the egg and set aside on a plate. Repeat with the remaining eggs.
4. Spoon the yoghurt into 4 bowls. Top with the eggs, butter and herbs. Serve with lots of thick, toasted sourdough for dunking.

### Quick Tip

- **Aleppo butter corn** - mix 1 tbsp Aleppo pepper with 80g butter, 30g grated parmesan and a pinch of salt. Par boil 6 corn on the cob for 10 mins then grill and brush with the butter.
- **Aleppo fried eggs** - fry eggs in oil over a high heat until crispy then sprinkle with Aleppo pepper and lots of salt.





# One-pot Healthy

## Easy Healthy Meals in Just One Pot

### Sabrina Fauda-Rôle

February 2023  
9781784886165  
CKB039000  
\$20.99 | Paperback -  
with flaps  
192 Pages | 8¼ x 8¾ in  
Full-color Photography

[View on Edelweiss](#)



One-pot Vegetarian  
9781784882570  
\$19.99 | Paperback - with flaps



One-pot Vegan  
9781784884833  
\$19.99 | Paperback - with flaps

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Bringing together classic dishes and fresh recipe ideas, *One-pot Healthy* teaches you how to cook 80 delicious and hearty meals in just one pot.

From weeknight essentials to gatherings and celebrations, there's something for every occasion. Start your day with a Tomato and Herb Omelet, try your hand at a speedy Chicken and Butternut Broth, ready in just 15 minutes and cook up a rather impressive Eggplant and Fig Casserole.

Filled with inspiration for simple, healthy, and delicious meals, *One-pot Healthy* contains a wide variety of ingenious recipes, perfect for any night of the week. If you are time-poor, stuck in a food rut, but want a meal that makes you feel good—or simply hate doing the dishes—*One-pot Healthy* is the book for you.

Other titles in the *One-pot* series include: *One-pot Pasta*, *One-pot Vegetarian*, and *One-pot Vegan*.

**Sabrina Fauda-Rôle** is an author and food stylist. She has written *One-pot Pasta*, *One-pot Vegetarian* and *One-pot Vegan*.

- Over 80 recipes that are all super-straightforward and guarantee you a delicious, healthy meal in record time—some from pot to plate in as little as 10 minutes
- Fuss-free, weeknight dishes with minimal washing up
- *One-pot Vegetarian* has sold over 17k copies to date in North America

super légumes

## POÊLÉE DE POIVRONS ET MAÏS AU CHÈVRE

Préparation: 5 minutes  
Cuisson: 20 minutes



Pour 6 personnes

750 g de poivrons coupés en lamelles  
400 g de maïs égoutté  
1 oignon rouge émincé  
60 g de fromage de chèvre frais  
2 branches de menthe ciselées  
1 pincée de sel  
1 pincée de poivre moulu

Poêle Ø 30 cm



recette

Mettre les poivrons, le maïs, l'oignon, le sel et le poivre dans la poêle. Laisser cuire 20 minutes à feu moyen en remuant régulièrement. Ajouter le fromage de chèvre, la menthe ciselée. Mélanger puis servir.

soupes & bouillons

## BOUILLON AU BUTTERNUT ET AU POULET

Préparation : 10 minutes  
Cuisson : 20 minutes



Pour 4 personnes

750 g de butternut coupé en spirales  
ou en spaghetti  
150 g de fillets de poulet émincés  
1 potereau coupé en filaments  
2 branches de romarin  
1 cube de bouillon de légumes

100 g de crème épaisse allégée  
1 pincée de sel  
15 litres d'eau

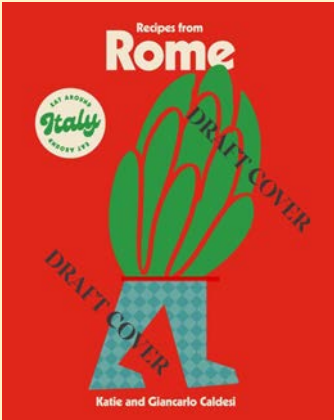
Cocotte Ø 26 cm



recette

Placer tous les ingrédients dans la cocotte et laisser cuire 20 minutes à feu moyen. Servir immédiatement.





[View on Edelweiss](#)



# Recipes from Rome

## Katie Caldesi and Giancarlo Caldesi

April 2023

9781784886288

CKB047000

\$24.99 | Hardcover

272 Pages | 7¼ x 8¾ in

Full-color Photography

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***Recipes from Rome* is a culinary exploration of Rome, Italy's capital and one of the world's most loved cities, with its iconic landmarks and neighborhood trattorias.**

Unearth Rome's hidden gem recipes that have been handed down through generations, and discover new, exciting dishes inspired by Romans from all walks of life.

The Caldesi present their interpretations of classic dishes, like Spicy Cheese and Pepper Pasta, alongside family favorites, such as Sea Bass with Parma Ham and Sage. Collaborating with Rome's best chefs, they also share modern recipes like Fiery Hot Chili Sorbet that reflect the heat and color of this bustling city.

*Recipes from Rome* is a beautiful keepsake that provides an impressive, fresh look at the city's cuisine that is sure to inspire and surprise.

*Recipes from Rome* is the first volume in Hardie Grant's *Eat Around Italy* series, celebrating Italian cuisine at its best.

Owners of London's Caldesi in Marylebone, Caldesi in Campagna and La Cucina Caldesi cooking school, **Katie and Giancarlo Caldesi** have a passion for Italian food. They have taught alongside some of the biggest names in Italian cuisine and are the authors of seventeen cookbooks.

- Italy remains one of the most popular destinations for tourists, attracting millions every year



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## Welcome to our compilation album

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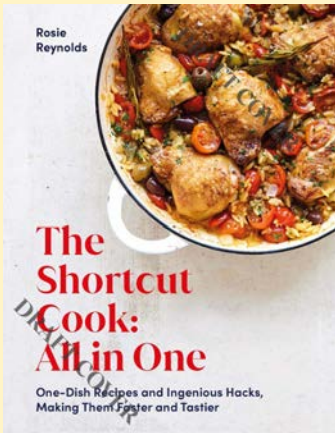


## Antipasti & vegetables

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# The Shortcut Cook All in One

One-Dish Recipes and  
Ingenious Hacks to  
Make Faster and Tastier  
Food

## Rosie Reynolds

February 2023  
9781784885571  
CKB070000  
\$24.99 | Hardcover  
160 Pages | 6¾ x 8¾ in  
Full-color Illustrations  
and Photographs

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**A cookbook that makes recipes, faster, easier, tastier, and simpler through cooking in one pot, pan, or tray.**

The second title in Rosie Reynolds's *The Shortcut Cook* series, *All in One* shows people how to cook the food and flavors that they love, but without being tied to the oven – or sink – for hours longer than they want to be.

Recipes include Spiced Potatoes with Cracked Eggs, No-fuss Chicken Kiev with Crunchy Roast Potatoes, Beef Stew with Cheesy Dumplings, Easy Peasy Spaghetti Bolognese, Gooley Lemon Bars, Big Batch Chocolate Chip Cookies, and more, all made in one cooking vessel.

Cooking crowd-pleasing meals has never been so easy.

As a recipe writer, developer, and food stylist who has styled hundreds of books and written even more recipes, **Rosie Reynolds'** job depends on getting great food ready as fast as possible. She has authored six cookbooks: *Doughnuts Reinvented* (Pavillion), *Scone with the Wind* (Virgin Books), *The Kitchen Shelf* (Phaidon), *Posh Kebabs* (Quadrille) and *Posh Sandwiches* (Quadrille) and most recently *The Shortcut Cook* (Hardie Grant).

- Includes clever hacks, make ahead tips, and time stamps
- Covers everything from breakfast and brunch to weeknight meals and speedy desserts
- Authored by one of the most respected writers and food stylists in the UK

## Spiced potatoes with cracked eggs

Serves 4 | Prep 15 minutes | Cook 30 minutes

### The Shortcut

Don't bother peeling the potatoes as the skin adds a lovely texture and nutty flavour. I love cracking eggs straight into the potatoes, as they get covered in some of the spices, and you are not using lots of pans so there's less to wash up. If there are only two of us for brunch, then I serve it straight from the tray (pan).

- 2 tablespoons light flavoured oil
- 4 potatoes, cut into 2 cm (¾ in) cubes
- 2 red onions, cut into wedges through the root
- ½ teaspoon turmeric
- 1 teaspoon cumin seeds
- 1 teaspoon paprika
- 1 teaspoon garlic granules
- 4 large eggs
- 30 g (1 oz) coriander (cilantro) sprigs, stems finely chopped, leaves whole
- 1 green chilli, finely chopped
- 4 tablespoons plain yoghurt
- 4 tablespoons mango chutney soft and freshly ground black pepper
- soft white naan bread or toast, to serve

I absolutely love these crunchy potatoes with soft, fluffy centres with eggs. It's reminiscent of Indian chaat with its multiple textures and sweet, spicy, sour flavour notes and, of course, a delicious potato hash. Feel free to add sausage or halloumi, chopped bacon or even a tin of chickpeas - anything goes in this delicious recipe.

Preheat the oven to 200°C fan (400°F/gas 6).

Pour the oil into a large 39 x 27 x 2 cm (15½ x 10½ x 1¼ in) baking tray (pan) and heat in the oven for 3 minutes. Remove the tray and carefully add the potatoes and three-quarters of the onion wedges (reserve the final quarter for later). Sprinkle with the turmeric, cumin, paprika, garlic granules and plenty of seasoning and toss to coat. Roast in the oven for 25 minutes, turning the potatoes halfway through with a spatula.

Remove the tray from the oven and make 4 wells in the potatoes. Crack an egg into each well. Return to the oven and cook for 3–5 minutes until the eggs are cooked to your liking. Check after 3 minutes as the eggs cook quickly.

Gently stir the chopped coriander stems and chilli through the crisp potatoes, dollop yoghurt and chutney over the top and scatter over the coriander leaves. Serve with soft white naan bread or toast.



30 BREAKFAST AND BRUNCH

## Shredded chicken salad with spicy peanut dressing

Serves 4 | Prep 15 minutes | Cook 15 minutes

### The Shortcut

I just love using rotisserie chicken as part of a recipe, as they're so easy and tasty. If you buy a good-quality bird you can use the carcass to make a quick stock - don't forget to throw in any trimmings from the vegetables into the stock too!

- 1 rotisserie chicken
- 100 g (3½ oz) bean sprouts
- 1 red (bell) pepper, thinly sliced
- 4 spring onions (scallions), thinly sliced into matchsticks
- 2 large carrots, thinly sliced into matchsticks (use a julienne peeler if you have one)
- 1 Chinese leaf lettuce, halved and thinly shredded
- 30 g (1 oz) bunch of coriander (cilantro)
- handful of soaked peanuts, roughly chopped

For the dressing

- 6 tablespoons peanut butter (I use crunchy)
- 3 tablespoons soy sauce
- 2 tablespoons maple syrup
- 1 tablespoon sriracha chilli sauce (if you like a kick)
- 1 tablespoon rice vinegar
- juice of ½ lime, other ½ cut into wedges to serve

This is one of our all-time favourite salads - influenced by gado gado and bang bang chicken salad. We eat it often. I sometimes change the protein and serve juicy prawns (shrimp) instead of chicken, but it also works well with firm smoked tofu or a combination of both if you're trying to cut down on your meat consumption. You can also add any vegetables you want to the salad base, just keep texture in mind when throwing the ingredients into the bowl and you can't go wrong - there are not many things I wouldn't enjoy coated in this spicy peanut dressing!

Preheat the oven to 200°C fan (400°F/gas 6) and line a large baking sheet with baking parchment. Pull the skin off the chicken and lay in a single layer on the prepared sheet. Cook in the oven for 15 minutes, or until crisp. Leave to cool, then chop or break into shards. For the dressing, mix all the ingredients together in a bowl. Taste for seasoning and add a little more of any of the ingredients to taste. Set aside. Put the bean sprouts into a sieve (fine mesh strainer) or colander, then pour boiling water over the top of them to remove their rawness. Leave to cool. Pull the meat from the chicken carcass (save this for stock) and pile into your biggest salad bowl. Shred the meat with a couple of forks or with clean hands (you can also use the roasting tin/pan now it's cooled), add the vegetables, the bean sprouts and coriander, then pour the dressing over the top and toss to coat. Scatter over the chopped peanuts and crispy chicken skin and serve immediately.

**Tip** This salad can be made in advance and kept chilled, so keep all of the components separate and dress just before serving.

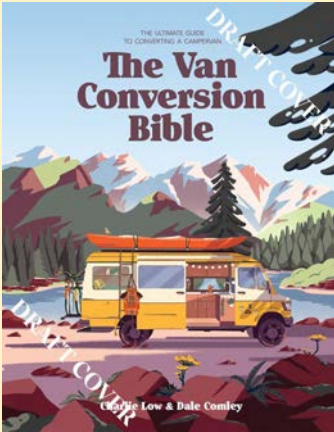
SALADS AND VEGETABLES 65







# Home & Lifestyle



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# The Van Conversion Bible

The Ultimate Guide to Converting a Campervan

**Charlie Low and Dale Comley**

**March 2023**  
9781784886042  
TRA001030  
\$35.00 | Hardcover  
336 Pages | 7½ x 9¾ in  
Full-color Illustrations  
and Photographs

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***The Van Conversion Bible* is the ultimate guide to planning, designing, and converting a campervan.**

Let Charlie Low and Dale Comley (aka climbingvan) provide definitive answers to your questions (even the ones you haven't thought of yet!) and help you build the campervan of your dreams.

From detailed gas, water, and electrical system diagrams to a step-by-step build guide, you'll find everything you need to start your journey and hit the open road.

Whatever your skills and budget, learn how to build a van bespoke to your needs. Your very own home on wheels awaits...

**Charlie Low** and **Dale Comley** are two climbers with a passion for design and DIY, currently living full-time in their self-built campervan. In 2019, they converted "Ringo", an ex-DHL delivery van, and decided to use their backgrounds in science and engineering to write a book about how to convert a campervan.

- The UK edition of the book was released in March 2021, has sold 13,258 copies to date, and is currently the best selling van conversion book on Amazon, receiving glowing reviews worldwide
- The number of people who own campervans in the US is 11,200,000
- For every copy of the book sold, we will plant one tree

# ONE Introduction



INTRODUCTION

## Why we wrote this book

Before we started our own van conversion, we spent hundreds of hours researching everything we possibly could. Despite this, we still fell foul of inaccurate information that led to costly mistakes and frustrating evenings sacrificed to correcting faults. This gave us the motivation to better understand the process of planning, designing and building a campervan, so others could avoid the same pitfalls.

There are swathes of information on self-conversions scattered across the internet in the form of YouTube videos, blog posts, and lightweight e-books. Wading through all of this content can be exhausting, so we wanted to condense everything we had learned into a single point of reference, to make the process easier for others. We decided to write this book with the vision of creating the ultimate van conversion guide for all aspiring van owners, making the dream of converting a van accessible to all.

For many, converting your own campervan will be the single largest DIY project you ever undertake, and it can feel daunting to start. The reality is many first-time van builders have very little prior experience or knowledge, but they have taken the plunge nonetheless. The majority of the complexity of converting a van resides in the planning and design stages, and many of the practical elements simply aren't that complicated. By the time you finish your build, you will have learned woodworking, electrics, plumbing, propane, fitting windows, furniture upholstery, and even interior design. Converting a van is like building a tiny house, but without having to wait three years for planning permission!

There isn't one van to suit everyone as each person has different needs, budgets, and skills, so you should design a van that works for you. Most motorhome and RV manufacturers

design their vehicles in a set way, trying to come up with a layout that works for everyone. But by trying to meet the needs of the many, they only satisfy a few. The beauty of building your own campervan is that you can design something completely unique to your lifestyle and aspirations. From weekend surf wagons to super-sized bus conversions, Scandinavian minimalist masterpieces to quaint and homely cottages on wheels, you really can do anything you want.

Recognizing everyone has different needs, we wanted to write a book that was more than just a story about how we converted our own van. Instead, we wanted to provide people with the tools to design something completely bespoke, and give them the confidence to start their journey. Converting a campervan isn't about finishing in record time or exactly on budget, it's about building something you're proud of, and will enhance your adventures for years to come. Van life really is possible for anyone, and hopefully, this book will help to make your dream a reality.

## Climbing 2020 Van Conversion Survey

To build up a reliable source of data on van owners and aspirational van owners, we conducted a van conversion survey. The survey asked a set of questions based on whether someone had already converted a van, or was planning to convert a van in the future. We asked van owners questions about build cost and time, the size, make, and model of the van converted, and how people found the process. We asked aspirational van owners about their current skills, their concerns, and their budget. We collected data from over 1,200 people and have used this data and the insights gained from the survey throughout the book, denoting it with a footnote each time the data is used.

7

PLANNING

### AGM

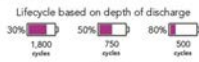
AGM batteries are a popular choice of leisure battery. They have a thin fiberglass mat containing the electrolyte so they can be mounted on their side, and require no maintenance. AGM batteries are only slightly more expensive than good quality flooded batteries, but they are also more sensitive to overcharging. However, like gel batteries, they have a longer lifespan and can be deeply discharged. AGM and gel batteries are often perceived as similar, however AGM batteries currently outsell gel batteries at a rate of 100:1, as they are much less sensitive to overcharging.

### PROS

- No maintenance required
- Can be deeply discharged
- Best for cold climates
- Longer lifespan
- Best value lead acid battery

### CONS

- Sensitive to overcharging
- Very heavy



### Lithium Ion

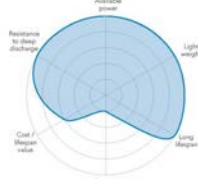
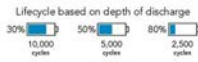
Lithium Ion batteries have a much longer lifespan than any other battery on the market, and they can be very deeply discharged, which means you don't need as large a battery bank to access the same power usage. However, they do have a high initial cost. Lithium batteries do not perform well in cold climates as they cannot charge below 32°F (0°C), however heated versions are available to alleviate these issues.

### PROS

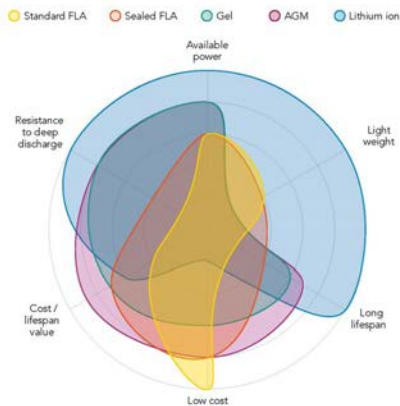
- No maintenance required
- Lightweight
- Can be very deeply discharged
- Extremely long lifespan

### CONS

- Higher cost than other lead acid batteries
- Sensitive to overcharging
- Sensitive to cold temperatures



### Battery attributes



### Battery comparison

You may be confused by the term 'usable capacity'. In the descriptions of each battery type, we included the lifecycle of a battery at three different discharge depths. Although you can discharge gel and AGM batteries down to an 80% DoD, if you plan on full-time van life, we recommended that you only discharge them regularly by 50-55% to increase their lifespan.

However, as the lifespan of a lithium battery is so high, regularly discharging it by 80-90% will still give you a far longer lifecycle than what would ever be needed in a campervan scenario. This means that you can buy a lithium battery with a lower amp hour rating than its lead acid counterparts to access the same 'usable capacity'.





[View on Edelweiss](#)



# This Old Van

## Plan, Renovate and Style Your Own Vintage Caravan

### Carlene Duffy and Michael Duffy

May 2023  
9781741178043  
HOM017000  
\$35.00 | Hardcover  
240 Pages | 7½ x 9¾ in  
Full-color Photography

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***This Old Van* is the complete how-to guide to plan, renovate, and style your own vintage van to give it a second life.**

Much-loved couple from Australian TV show, *The Block*, Carlene and Michael Duffy, have received countless emails from keen renovators around the world asking for advice on refitting a vintage van or RV. They have compiled their tips, tricks, and wisdom.

Learn what to look for when purchasing a second-hand van, follow detailed information on planning and construction, and discover plenty of design and styling tips, alongside beautiful photos of Carlene and Michael's many van conversions to help provide further inspiration.

**Carlene and Michael Duffy** are a husband-and-wife team who side-doored their way into the design and renovation space after their 2014 appearance on renovation reality show, *The Block (Glasshouse)*. Michael is a qualified carpenter, licensed builder, and now also a commercial pilot (he's busy), while Carlene owns and runs interior design studio Cedar and Suede. Together, they are hosts on the Nine Network's renovation and design channel, 9Life.

- Covers everything so you can refit and style your own second-hand van from purchasing, planning, and construction, through to options for soft furnishings and styling
- Beautiful coffee table book at a competitive price
- The #vanlife hashtag now has more than 10.6 million posts on Instagram

## SHAPE AND TYPE OF VAN

The shape of the van is wildly important, because unless you plan on doing significant structural changes (we don't) then there's not much you can do to change it through a renovation.

Shape comes down to personal opinion, so the best way to decide what you like and don't like is to do your research. There is so much inspiration on Pinterest and Instagram, and you will soon be able to refine your search parameters to pinpoint

what is right for you. There are some really beautiful old vans out there, but there are also plenty of 'stinkers', so remember that just because the ad says it's vintage, it doesn't always mean that the ugly duckling will turn into a swan.

Personally, we love the shape of the old Vicco vans. They are wide with a visually aesthetic facade, and the corner windows offer a great aspect from inside the van and let in much-enjoyed light.



### CONVENTIONAL CARAVAN

Conventional vans have a full-height roof and solid walls. They don't require any set-up or pack down and are always accessible when travelling on the road. They offer plenty of storage options and are consistently our pick when looking for vans to purchase.



### WIND-UP/CAMPER VAN

A wind-up van's walls are made up of solid panelling on the lower half and canvas on the upper half. Because they are compact when packed away, they are a good option if they are to be stored in a residential garage; however, once you arrive at your destination, these vans require considerable set-up. They are inaccessible until they are set up, offer no on-high storage options and the wind-up mechanism can be a maintenance issue.



### POP TOP VANS

A pop-top van is a combination of a conventional caravan and a wind-up camper van. Offering the benefits of a full-height van once set-up, a pop-top van packs away for improved aerodynamics while towing and a lower height for storing. This van still requires set-up on arrival; however, the inside can be always accessed.



PART 1: BUYING A VINTAGE VAN 1



## WINDOWS

Be sure to check that all existing window frames are intact. It is common for owners to pull out windows to install the old 'window rattle' air conditioner. This can pose a potential problem because vintage van window frames can be hard, if not impossible, to source. The glass is easily replaced and a lot of owners opt to replace the glass with perspex of the same thickness, which we discuss in more detail on page 66. Many suppliers will cut to size if you can provide them with a template. Window stays and locks are readily available online, and my bet is that most will need restoring or replacing.

## VAN PANNELLING

Depending on your plans for the exterior, the cladding can make or break your project. You will be very lucky to find a 50-year-old van that doesn't have a mark on it; however, too many holes, dents, bumps and scrapes will mean a lot of work down the track, and may not be worth the time or cost of fixing them. Some caravan profiles have been discontinued, meaning you will be unable to buy replacement panels.

## HARDWARE AND MECHANICS

During the pre-purchase inspection, Michael always checks to ensure that the van is, at a minimum, safe to tow home. Inspect wheels, brakes, bearings and the hitch, and ensure there are no loose items that might blow off. Check the requirements for towing unregistered vehicles in your state or country with local transportation authorities, as the regulations can differ considerably. If the van does not have working lights, a trailer lightboard can be attached.

## Australian Regulations

- Vans up to 750 kg (1650 lb) do not require brakes.
- Vans over 750 kg (1650 lb) require mechanical brakes.
- Vans over 2 tonnes (4400 lb) require electric brakes and a breakaway that applies the van brakes in case the van becomes detached from the vehicle.

## United Kingdom Regulations

- Vans up to 750 kg (1650 lb) do not require brakes but should not weigh more than 50 per cent of your car's weight.
- Vans over 750 kg (1650 lb) must use a breakaway cable or secondary coupling in case the trailer becomes detached from your car, and the car and loaded van must not weigh over the second weight shown on the car manufacturer's plates.

## United States regulations

In the US, each state has its own regulations around the size of van and the types of brakes they require. The regulation needs to be observed not only where the van is registered but also in the states in which you'll be travelling.

PART 1: BUYING A VINTAGE VAN 17



[View on Edelweiss](#)



# Home Harvest

## Your Pocket Card Guide to Kitchen Gardening

### Bridie Cotter and Tom Gaunt

**March 2023**  
9781743798188  
GAR025000  
\$22.99 | Cards  
65 Pages | 4¼ x 6¼ in  
Full-color Illustrations

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***Home Harvest: Your Pocket Guide to Kitchen Gardening* is a practical, fun, and easy-to-read deck of cards that will help you plant and grow your own kitchen garden.**

Growing vegetables sounds like a daunting task if you've never done it before, but it's actually very simple. Including gardening 101 tips plus instructions for growing vegetables, herbs, and flowers, *Home Harvest* breaks down the basics of growing your own food.

Divided into four sections (Gardening 101, Veggies, Herbs and Flowers), these cards will help you start your garden from scratch, offering helping guidance and advice on everything from plant health to common pest management.

Each card is beautifully illustrated by the phenomenal Edith Rewa, making this a stunning gift for every gardener in your life.

**Bridie Cotter** and **Tom Gaunt** are organic veggie farmers from Australia. They are regenerative farmers, farming on leased land, focusing on soil health and structuring their business to produce the most nutritious and delicious vegetables possible.

- Features 61 cards covering veggies, herbs, flowers, and gardening 101, so you can choose the ones you need and take them out into the garden without having to lug around a book
- Simple, easy-to-follow instructions and helpful advice to get beginners started
- A perfect gift for a novice gardener, ideal for Christmas, Mother's Day, and Father's Day



## Bush & Climbing Beans

Favourite varieties Yellow and green bush/  
French beans, scarlet runner, borlotti

Plants come in two distinct forms,  
bush and climbing. Climbing beans require  
a support structure to allow them to climb.  
Bush beans don't usually require any support  
as they don't grow higher than 1–1.5 m (3–5 ft).

When to plant **Direct seed:** Mid-spring to early summer

Plant spacing 5 cm (2 in)

DTM 55 days

**Harvesting French beans:** Pick your beans when  
they're index finger-sized or long and juicy.  
**Runner beans:** Pick when young and juicy to  
use fresh, or leave to mature on the plant.

Then pick and leave in a cool, dry place to dry the  
bean seeds for stews, or save the seeds for  
replanting next season.

Enemy Flea beetle

### COOKING TIP

Blanch French beans in salted boiling water for a minute.  
No one likes a mushy bean!

### FUN FACT

Planting runner beans in the Three Sisters formation  
(pumpkin, corn and runner beans) is a great way to grow  
three crops in a small area. The pumpkin spreads out along  
the ground, forming the understory, while the corn stretches  
up tall, acting as a living trellis for the runner beans to climb.

## Sunflowers

Favourite varieties Radiance, teddy bear,  
evening sun (multicoloured)

A giant ray of sunshine, sunflowers have to be the most  
bold and showy flowers when it comes to summer  
blooms. They are wonderful additions to your backyard  
veggie production for a few reasons: they provide nectar  
and habitats for beneficial insects, most notably bees;  
the taller and bushier varieties can act as a windbreak  
and protection for your edible crops; and they provide  
endless amounts of joy to look at.

When to plant **Direct seed:** Early  
spring to mid-summer

Plant spacing 2 seeds per 15 cm (6 in)

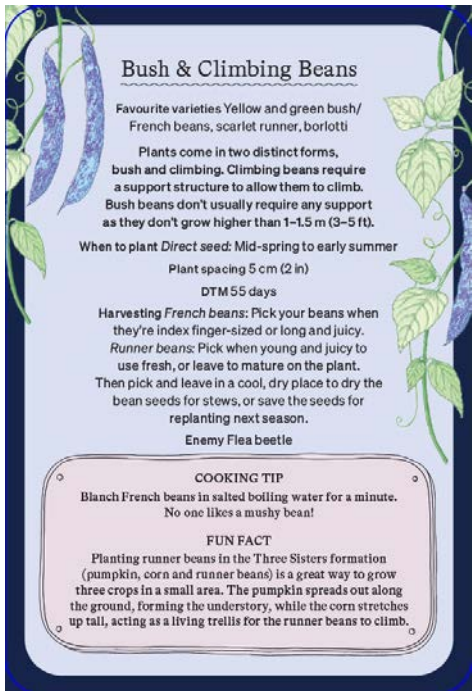
DTM 70 days

**Harvesting** Cut your sunflowers just as the  
flower has started to open to get as much shelf  
life as possible. Store them in a vase and  
change the water regularly.

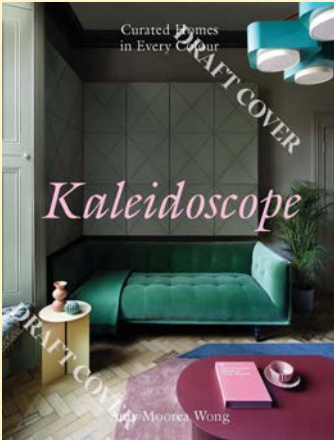
Enemy Birds

### FUN FACT

The flower heads tilt during the day to  
face the sun. This allows them to capture  
more sunlight for photosynthesis.







[View on Edelweiss](#)



# Kaleidoscope

Curated Homes in Every  
Color

**Amy Moorea Wong**

**May 2023**  
9781784885465  
HOM003000  
\$47.00 | Hardcover  
256 Pages | 8½ x 11¼ in  
Full-color Photography

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**Joyful case studies of homes that range from lightly speckled to heavily doused in color with interviews from the renowned designers that created them, *Kaleidoscope* explores ways to use color in the home, enticing readers into the world of the happy hued house.**

By covering 20 of the world's most inspiring, colorful homes and talking to the interior designers, stylists, and creatives behind them, interiors journalist Amy Moorea Wong explores how to incorporate pigment into interiors projects, the easy steps to embracing color indoors, and the modern twists to make every room pop.

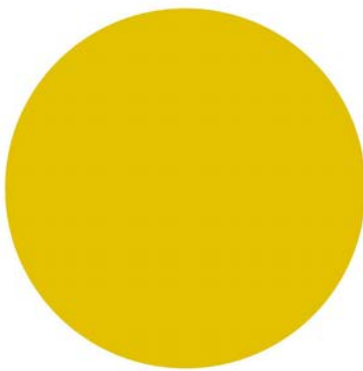
Banish the beige, the grays, and the creams! The color movement is here, welcoming color into the home whether it be brilliantly bright and bold, or soothing, subtle, and subdued. The cool, contemporary home is a space filled with happy, life-affirming hues that create both a relaxing sanctuary and a space that is fizzing with life, joy, creativity, and surprise.

**Amy Moorea Wong** is an interior design journalist with a decade of experience writing on a range of design topics, previously Features Editor at *ELLE Decoration* and News Editor at *Livingetc* magazine. Her love for cleverly deployed primary colors is something she enjoys nurturing.

- Exclusive interviews with world-renowned designers
- Homes from around the globe, including the US, UK, and Australia
- Case studies of stunning homes with novel approaches to colour and pattern



# REGAN



# BAKER



The star of the show, the sculptural yellow spins set high above, seemed to trouble more Benjamin Moore Lamon Green paint (with a protective clear top on the inside). The stars are such an interesting focal point, they really add narrative to the scene—the yellow is fun, a real mood brightener—describes Regan. I really think if you are open to embracing colour that it's not too hard. Do not think this house would be the same without that piece of art.

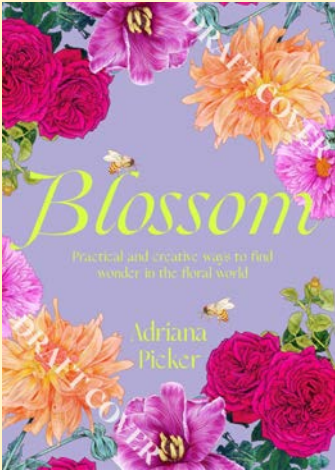
Eye-catching colours are grounded with natural materials such as the stone fire surround, the tree-trunk-shaped table and woven organic elements, as well as touchings of white in the living room, creating depth and texture as well as enrichment. The house's palette is pulled together by the commissioned Jenny Sharaf artwork above the fireplace.

I started with a tin of canary yellow paint. For this compact San Francisco home, the brief was 'bring in colour', and interior designer Regan Baker, founder of eponymous firm Regan Baker Design, didn't waste any time fulfilling it. After a simple yet adventurous makeover, a standard set of not-very-friendly steel stairs was transformed into something akin to a fairground ride. Note the swirling sculptural twist of lemon sets the tone for the home was formed around it, creating a powerful first impression for the cheerful-yet-calm interior as well as a statement way to transition between upstairs and down.

Considered colour is Regan's calling card; tones that dially between the natural – a lot of timber to back up the indoor-outdoor feel of the gentle blues and greens she is drawn to – and the exuberant, which are often taken from a peek into her client's wardrobes. Tim ever-inspired by nature, it's calming and inviting, as well as a good base for additional shades, Regan explains. Fashion is also a starting point for me. I like to ask clients if I can take a picture of what's in their wardrobes, as that says a lot about who they are and how much colour and pattern resonates with them.

The tones here are an understated balance of peaceful pastels and some-factor brights, living somewhat surprisingly harmoniously together. While the explosion of yellow initially enraptures the eye, there's a tranquil undercurrent in the softness in the timber, the outdoor sky and plant hues and the light-capturing white walls (so all-encompassing yet so easily unnoticed) that permeates the home. A pop of colour within a more neutral palette allows that bold brilliance to really pop, while the calmest, more grounded environment around it means eye isn't overwhelmed, says Regan. It creates an amazing contrast, like the lighting thing though!

While Regan's approach to building a palette bounces off nature, the contents of wardrobes, and also of course her client's existing pieces (lovely art), she also incorporates a 'one-on-one' rule to govern her approach to interiors colouring. It's an important trick to guide you and keep the room from becoming too overwhelming, she explains. It's a reminder to repeat a colour, or a shade of a colour, throughout a room, or to help maintain balance in a cohesive, soothing and cheerful way. Thus, the guesst of yellow of the stairs also finds itself in the vivid room art work by Jenny Sharaf (which was commissioned to incorporate the exact hues found throughout the space) and on smaller accessories, while various varieties of blue dance around the entire home, inconspicuously pulling it all together.



[View on Edelweiss](#)



Petal  
9781743795040  
\$37.00 | Hardcover



The Cocktail Garden  
9781743792858  
\$19.99 | Hardcover

## Blossom

Practical and Creative  
Ways to Find Wonder in  
the Floral World  
**Adriana Picker**

June 2023

9781743798638

NAT013000

\$29.99 | Hardcover

288 Pages | 6½ x 9¼ in

Full-color Illustrations

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**In *Blossom*, botanical illustrator and lifelong flower lover Adriana Picker takes you through a year of flowers and the ways to live with and learn from them, with beautiful artwork as well as recipes and activities to encourage a slower life through the seasons.**

Telling the stories of flowers from around the world, this enchanting collection also provides mindful and practical ideas for reconnecting with nature and the blooms around us. From making natural oils and perfumes, to tips for sustainable floral arrangements, this book is an invitation to find beauty in the everyday.

**Adriana Picker** is an Australian-born illustrator with a lifelong passion for flowers, which is at the heart of her work. As an illustrator, artist, and designer, her work encompasses the diverse fields of publishing, fine arts, film, and advertising. Adriana's previous titles include *Petal*, *The Cocktail Garden*, *Where the Wildflowers Grow*, and *The Garden of Earthly Delights*.

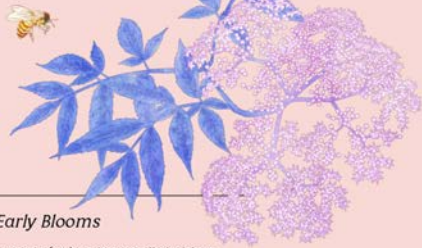
- Botanical illustrations supported by practical ideas for seasonal things to do with flowers, making this a totally unique book on the market
- A diverse mix of projects, including: flower arranging, infusing in food, understanding floral anatomy, drawing projects
- Beautiful book with lots of special features, including foil and sprayed book block
- Adriana's books have collectively sold almost 120k copies worldwide

# Forsythia

FORSYTHIA SP.

OLEACEAE

For those living in cold climates where midwinter feels bleak and endless, there is much joy in a large bush covered in masses of luminous-yellow, four-petaled flowers in early spring. Forsythia, in the same family as olives, is one of the first garden plants to bloom on still-bare stems, the bright green leaves following as the flowers fade. All but one species of Forsythia comes from East Asia, and their bushy growth provides good cover for nesting birds.



Spring

## Early Blooms

If you cut a few long stems once the buds have started to swell, you can enjoy an even earlier treat indoors, where the warmth will speed up flowering, 'forcing' the flowers to open sooner – although it might take a week or two, so remove any buds underwater, keep trimming the stems, and change the water regularly to avoid rotting.

09

FORSYTHIA SP.

# Forsythia

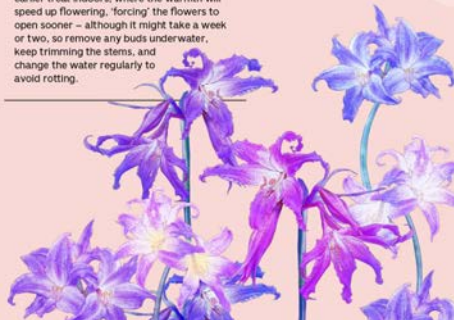
OLEACEAE

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Spring

# Chinese Magnolia

SOULANGEANA.

MAGNOLIACEAE

The oldest flowering tree on this plant, the Magnolia is an ancient genus that has stood for over 145 million springs. Magnolia bloomed before the ice melted to form our ancient lakes, before Pangaea had drifted apart, before our continents had formed – few plant families can lay claim to such longevity. Even before there were bees, there was Magnolia. The thick flowers evolved strong carpets to encourage pollination by tiny beetles, like sap-feeding beetles, tumbling flower beetles, leaf beetles and weevils who nestle inside and feast on Magnolia's pollen-rich male parts. Since the Cretaceous period, the tree has bloomed large, fragrant flowers that look like twirling ghosts in watercolour wedding gowns.

The 'preocious' children of the Magnolia family – those that dare to share their beauty with the world in early Spring, without the protection of leaves – are my favourite kind: a burst of dramatic pink or yellow or white blooms on graphic, gnarly branches. Magnolia can make even the most mundane neighbourhood block into an extraordinary scene, turning concrete into a canvas for land-bound pink clouds.



Spring

Spring

09

## Pickled magnolia petals

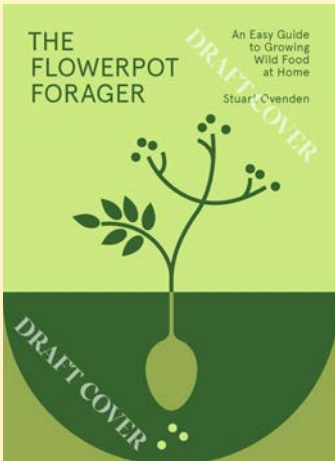
Magnolia petals and buds are edible and strangely delicious – an ephemeral spring moment that can literally be bottled and stored for later consumption. Each species has a slightly different flavour, but the base notes are peppery. The outcome is quite like pickled ginger – it works well with sushi, rice or mild creamy cheese. This basic recipe makes about a cup.

Clean and dry about 6–7 cups (or 220 g) of young petals or immature flower buds (the petals can get bitter as they mature – make sure you've removed any hairy sepals first). Be careful to not don't bruise the petals. Add petals to a cleaned and sterilised quart jar or two pint jars (pack tightly). Heat around 500 ml vinegar (I use rice vinegar, but light-body apple cider or white wine vinegar would do equally well) with up to 300 g granulated sugar and two teaspoons of kosher salt to simmer and sugar/salt is dissolved, stirring as needed. The objective is to achieve a sweet/sour balance that is to your taste.

Pour hot brine over petals. Using a clean spoon, submerge petals under brine several times as they inevitably rise to the top. I like to use a clean plastic bag or smaller mason jar with a little water to make sure the petals stay submerged. Cover with lid, allow to come to room temperature, then refrigerate. Pickled blossoms are ready in 24 hours and will keep in the refrigerator for up to a year, although they will become browner over time.

10





[View on Edelweiss](#)



# The Flowerpot Forager

## An Easy Guide to Growing Wild Food at Home

### Stuart Ovenden

May 2023  
9781784886257  
GAR001000  
\$20.99 | Hardcover  
144 Pages | 5¼ x 7¼ in  
Full-color Photography

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***The Flowerpot Forager* is a beginners' guide to growing wild food in pots, making foraging easy.**

*The Flowerpot Forager* details 30 wild edible plants that can be grown at home in containers with as much effort as you would put into your tending your herb pot from the supermarket, plus a very simple recipe or two on how to use them—think pink clover lemonade, water mint pesto, and dandelion salad.

Foraging is a perennially aspirational hobby for gardeners and cooks alike, but it's now entering the mainstream; from supermarkets stocking wild garlic to Fever Tree spiking their tonics with elderflower, wild food is everywhere. Historically, location has hampered the accessibility of foraging—if you don't live near a wood, riverbed or meadow, it can be difficult to find those lusted-after ingredients in cookbooks and on TV shows. But *The Flowerpot Forager* is here to solve that.

**Stuart Ovenden** is a food photographer and passionate forager. His collaborations include Waitrose, BBC Good Food, Condé Nast, and Tesco.

- All seeds for plants are readily available online around the world
- Includes 2–3 recipes per plant, so you can learn how to use them
- A selection of plants that can be grown throughout the seasons



The Herb Gardening Handbook

A  
beginners  
guide to growing  
and harvesting  
herbs no matter  
your space.

By  
Andrew  
Perry  
of  
Urban  
Herbs



[View on Edelweiss](#)



# The Herb Gardening Handbook

A Beginners' Guide to Growing and Harvesting Herbs No Matter Your Space

**Andrew Perry**

**March 2023**

9781784885762

GAR009000

\$20.99 | Hardcover

144 Pages | 5¼ x 7¼ in

Full-color Illustrations  
and Photographs

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***The Herb Gardening Handbook* gives you the know-how of what herbs to buy, what to plant them with, and how to use them, no matter the space available.**

Beginning with a simple guide of how to get started and the best growing conditions for herbs, *The Herb Gardening Handbook* is a stylish guide to 12 herb projects that will suit everything from indoor window ledges, to balconies and gardens. Projects range from the Cocktail Herb Garden, that will make summer drinks all the more fragrant, to the Pizza Pantry Garden, where readers will grow everything needed to create delicious pizza toppings. There are also projects to make a positive impact on the environment, such as the Bee Buffet which will help attract pollinators.

Using widely accessible herbs, as well as suggestions for more interesting varieties, and including stunning photography, this book is perfect for gardening beginners, as well as seasoned pros looking to learn some new tips and tricks on how to make the most of herbs.

**Andrew Perry** is the brain behind Urban Herbs, which sells herbs online, at regional markets and BBC Good Food Shows. Andrew works with local charities to create herb gardens, emphasizing the benefits of sensory gardens in schools and uses social media to promote the joy of growing.

- Low price point, gift format to sit well at tills and displays in gift shops, nurseries, and lifestyle stores
- Globally accessible plants used
- Projects just require a herb selection, soil and water, and can be placed in containers or beds



Project 08

# The Winter Herb Garden

How difficult is this to do?

This is a project that will provide you with beautiful vibrant flavour throughout the colder months of the year and it is a fun and easy way to plant up herbs for the winter; a perfect activity for a late summer or early autumn day.

What will you need?

- + Several planters with drainage.
- + Horticultural grit to aid drainage
- + Multipurpose compost

Suggested plants for this project

- + Golden Thyme
- + BBQ Rosemary
- + Variegated Lemon Thyme
- + Winter Savory

Notes over page.

23

## Caring for The Bee Buffet

- + Ensure that the bee buffet is watered during prolonged spells of warm weather.
- + Often when growing herbs, it is suggested that you prune to avoid the herbs flowering and the plant diverting energies to the blooms. However, the purpose of the bee buffet is to generate as many flowers as possible so allow your herbs to flower.
- + As the flowers fade, remove spent flowers to encourage further flowering.
- + The plants within the bee buffet have been chosen to provide flowering throughout the length of the growing season. The Chives will flower in early spring, providing a much needed early source of pollen. The Chamomile will flower in early summer, while the Hyssop and Lavender will provide late summer sources of pollen. Often, the Lavender will flower into early autumn.
- + As the bee buffet begins to tire ahead of the colder months, why not add some seasonal bedding for additional interest and a source of pollen for any bees bravely venturing out into the colder months.

Chapter — Project Title

## The Plants

Early Summer

### Roman Chamomile

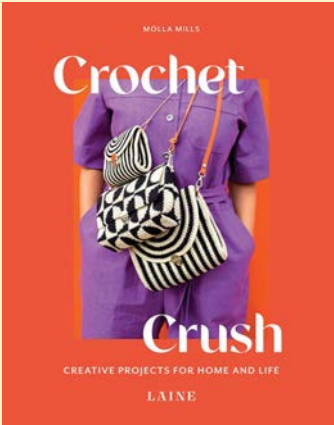
Lush, thick vibrant foliage with such a distinctive aroma. I absolutely love to run my hands through the foliage of this plant, there is something so soothing about it. Distinctive daisy like chamomile flowers will emerge in early summer and you will be delighted to see the bees busily working around these flowers as the summer weather arrives.







Craft



# Crochet Crush

## Creative Projects for Home and Life

### Molla Mills and Laine

**February 2023**  
9781743798980  
CRA004000  
\$24.99 | Paperback - with flaps  
224 Pages | 8½ x 10½ in  
Full-color Photography

[View on Edelweiss](#)



From craft sensation Molla Mills and Laine Publishing, *Crochet Crush* features 23 contemporary patterns for incredible home decor and accessory pieces that you will use, wear, and love for years to come.

In this amazing collection, Molla Mills brings together the best in modern crochet design, with projects including a duffel bag, cushion, sun visor, and picnic blanket. The colorful designs incorporate modern practicality and unique style, inspired by flowers, nostalgic summers, and Brooklyn neighborhoods.

Featuring the beautiful photography and design that Laine are known for, *Crochet Crush* will be loved by new and experienced crocheters alike.

**Molla Mills** is an internationally recognised Finnish pattern designer. She has studied fashion, marketing, and art, and has written several crochet books. Molla also designs pattern collections for different yarn brands and travels around the world teaching crochet workshops.

- Molla Mills has over 110k followers on Instagram and is a cult favorite in the craft community
- Each project includes detailed instructions, clear patterns, and lots of photos
- Something a bit different from the crafting masterminds at Laine—crochet and color, to appeal to a whole new audience as well as their huge fanbase (including over 130k followers on Instagram)



52 Weeks of Socks  
9781743797563  
\$19.99 | Paperback - with flaps



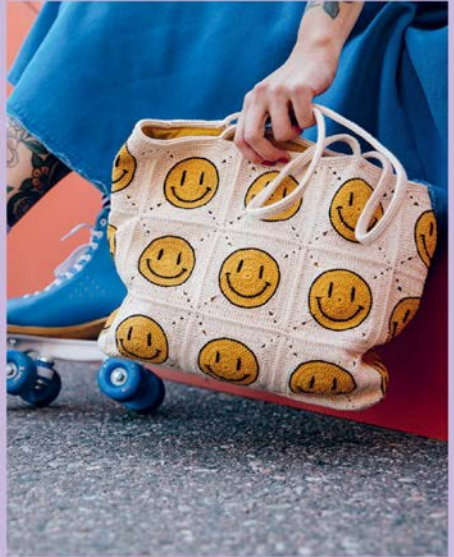
52 Weeks of Scarves  
9781743798515  
\$19.99 | Paperback - with flaps



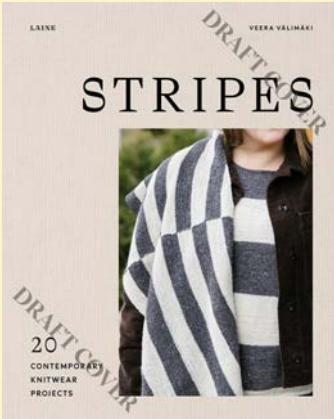
# Smile

The iconic yellow smiley face that we all know so well and use every day on social media was originally designed as a logo for an insurance company in the 1960s. The symbol is a depiction of the smile the other person would be able to see if the discussion was happening face to face. A smile is contagious – it illuminates your whole body from head to toe, and sometimes you can even hear it in a person's voice during a phone call.

The Smile shoulder bag is worked in squares, and while it takes some time, all the hours spent crocheting will definitely be worth it when you throw the bag over your shoulder. With this bag, you will brighten the day of every passer by.







# Stripes: 20 Contemporary Knitwear Projects

Veera Välimäki and Laine

April 2023  
9781743799017  
CRA015000  
\$24.99 | Paperback - with flaps  
208 Pages | 8½ x 10½ in  
Full-color Photography

[View on Edelweiss](#)



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***Stripes* is a beautiful collection of 20 striped knitwear projects from leading designer Veera Välimäki and knitting experts Laine, exploring the world's favorite pattern.**

For years, Veera Välimäki has been fascinated by playing with colors and textures – and striping with them. In *Stripes*, she encourages you to discover the endless possibilities, incredible techniques and stunning effects of striped knitwear, with patterns including sweaters, cardigans, and shawls, as well as a relaxed dress, a beanie, and your new favorite pair of socks.

Featuring beautiful photography, this book—and its knits—are an ode to contemporary design, exuding a sense of quiet, timeless confidence.

**Veera Välimäki** is one of the world's leading knitwear designers. Her designs are known for their simple, clean lines with modern details.

- Stunning design, photography, and Nordic cottage-core styling
- Complex patterns allow seasoned knitters to extend their skills and try new things, supported by detailed information in the book and supporting material on the Laine website
- Laine have a loyal fanbase for their knitting and lifestyle magazine, including over 130k followers on Instagram, and author Veera has almost 50k herself



52 Weeks of Socks  
9781743797563  
\$19.99 | Paperback - with flaps



52 Weeks of Scarves  
9781743798515  
\$19.99 | Paperback - with flaps

## SIZES

1 (2, 3, 4, 5, 6, 7, 8, 9)

Shown in size 3. Recommended ease: 8" / 20 cm of positive ease.

## FINISHED MEASUREMENTS

Bust Circumference: 40 (44, 48, 52, 56, 60, 64, 68, 72) / 100 (102, 106, 110, 114, 118, 122, 126, 130) cm.

Upper Arm Circumference: 11 (11.5, 12.5, 13, 14.5, 16, 17.5, 19, 21) / 27 (29, 31, 33, 36, 40, 44, 48, 52) cm.

Armhole Depth: 5.5 (5.5, 11, 12, 13, 14, 15, 15.5, 16) / 24 (26, 28, 30, 32, 33, 37, 39, 40) cm.

Body Length (from underarm) (full stretch): 35" / 89 cm.

Sleeve Length (from underarm) (full stretch): 36" / 91 cm.

Cuff Circumference: 7 (7.5, 8, 9, 10, 11, 12, 13, 14.5) / 18 (19, 20, 24, 25, 26, 32, 34, 36) cm.

## MATERIALS

Yarn: 4 (4, 4, 5, 5, 6, 6, 7, 7) skeins of Tikkawool Fingering by Tikkawool (100% Finnish wool, 220 yds / 200 m - 30 g), colourway Rano as main colour (MC).

Or approx. 720 (760, 870, 980, 1090, 1200, 1300, 1400, 1450) yds / 660 (720, 790, 900, 990, 1090, 1170, 1280, 1380, 1520) m of fingering weight yarn.

3 (3, 3, 4, 4, 4, 5, 5, 5) skeins of Tikkawool Fingering by Tikkawool (100% Finnish wool, 220 yds / 200 m - 30 g), colourway Ruo as contrasting colour (CC). Or approx. 300 (330, 410, 490, 570, 650, 730) yds / 270 (300, 380, 460, 540, 620, 700, 770, 860, 960) m of fingering weight yarn.

Needles: US 2 / 2.75 mm 32" / 80 cm circular needles and US 4 / 3.5 mm 32" / 80 cm circular needles and DPNs for sleeves in each size if not using magic loop method for short circumference knitting, or size needed to obtain the gauge.

Notions: 4 buttons, 1" / 25 mm. Stitch markers, stitch holders or waste yarn, tapestry needle, row counter.

## GAUGE

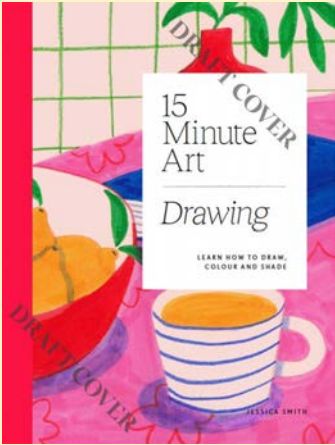
22 sts x 30 rows to 4" / 10 cm on US 4 / 3.5 mm needles in Stockinette stitch, after blocking.



## Varpu

Finding comfort inside your home is a privilege that you do not always think about before something stirs the balance. Whenever I have moved house, I have always struggled with the change. Where would that sense of safety come from next?

The VARPU shawl has a traditional triangle shape, but plays with textures, short rows and two-coloured brooch after the single-coloured beginning. Subtle heathery colours make this shawl and the stripes very delicate and understated. It is something you will enjoy knitting and wearing. This shawl resembles that safe place, that comfort, something you can carry with you wherever you go.



[View on Edelweiss](#)



15-minute Art Painting  
9781784884994  
\$19.99 | Flexibound



# 15-minute Art Drawing

Learn How to Draw,  
Colour and Shade

## Jessica Smith

**February 2023**  
9781784885717  
ART010000  
\$24.99 | Flexibound  
240 Pages | 6¼ x 8¼ in  
4-color Illustrations  
Throughout

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

Explore the pure joy of coloring pencils and markers with 15-minute projects that encourage you to explore drawing, coloring, and shading in a relaxing, free, and fun way. Each project can be completed in no more than six steps and will include practice pages, color swatches, and helpful hints to make light work of the artwork.

With sections including Patterns, Nature, Food, and Characters, you can try your hand at drawing flowers, fruit, faces, and more. Plus at the end of each chapter, Jess will show you how to put all of the objects together to create a beautiful still life scene.

**Jessica Smith** is an illustrator living in Bath, UK. Her work is fantastically cute and colorful. She is the author of *Get Up and Gouache*.

- This is a quick and easy hobby that provides people with creative fuel in their chaotic and busy lives
- Each project can be completed in no more than six steps
- Jessica's Instagram following has grown by 21k in the past year alone and continues to grow

Project  
01

## Citrus



STEP 01

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STEP 02

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STEP 03

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STEP 04

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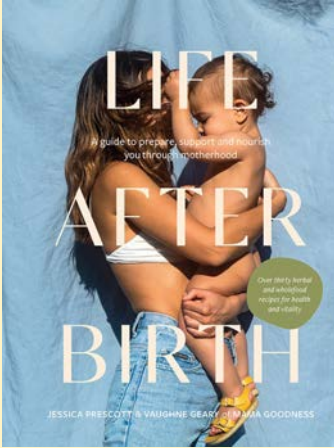
STEP 05

Fuglande pratasped quodit qui omimos seque voloratem aut est harum quideressum harum re saeror acerum quunt re qui consectur aceaquis aut duntur rest, ut es dolest resisti beaquas itatinv endauerum





# Wellness & Inspiration



[View on Edelweiss](#)



# Life After Birth

A Guide to Prepare,  
Support and Nourish  
You Through  
Motherhood

**Jessica Prescott and  
Vaughne Geary**

**February 2023**  
9781743798195  
HEA041000  
\$32.99 | Hardcover  
240 Pages | 6¾ x 9¼ in  
Full-color Photography

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***Life After Birth* is your essential guide to the wide and diverse spectrum of motherhood.**

The authors share their evidence-based approach to the lost but ever important art of caring for yourself as a mother, including recipes from their postpartum food delivery service Mama Goodness. They cover everything from herbal wisdom and nutritional support, to sleep and breastfeeding tips, communication tools, managing siblings, how to nourish your body, parent on your period, and so much more.

*Life After Birth* will help you prepare, not just for the first six weeks following your birth, but for the months and years that follow. By celebrating your body and honoring the cyclical nature of womanhood, this book will help you thrive in your new role as a mother.

**Jessica Prescott** is a mother of two, cookbook author, and postpartum doula. She has written three books with Hardie Grant London: *Vegan Goodness*, *Vegan Goodness Feasts*, and *Vegan One-Pot Wonders*. **Vaughne Geary** is a qualified Naturopath and full-spectrum doula with a dedication to educating and supporting women and families from preconception to the postpartum and beyond.

- Written from a naturopathic lens with expert consultation to ensure it is evidence-based and trusted information
- Target audience is ALL mothers, not just the mothers of newborns, and real-life photography ensures it feels relatable and inclusive



## Contents

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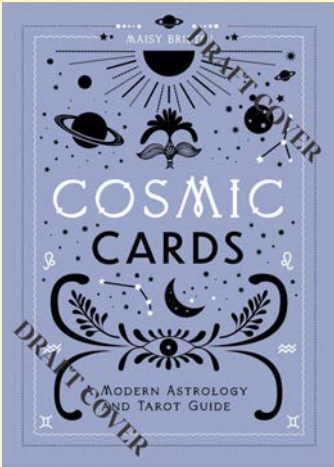


# PREPARING FOR

CHAPTER ONE

# YOUR POSTPARTUM





[View on Edelweiss](#)



# Cosmic Cards

## A Modern Astrology and Tarot Guide

### Maisy Bristol

March 2023

9781784885731

OCC024000

\$32.50 | Flexibound

160 Pages | 5¼ x 7¼ in

Full-color Illustrations

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In *Cosmic Cards*, sought-after tarot teacher and astrologer Maisy Bristol shows us how to read and interpret the star signs and tarot in one combined practice to give us a fresh outlook on life.

By reading astrology through the lens of the tarot, we can uncover how to broaden our minds, smash stereotypes, and discover the different facets of each sign's personality to reveal a deeper insight into us, our family, friends, and lovers.

Accompanied by a beautifully illustrated 78-strong deck, *Cosmic Cards* is a modern mystical toolkit that enhances our understanding of ourselves and others through the wisdom of astrology and tarot.

**Maisy Bristol** is the founder of Tarot by Maisy and is a sought-after tarot teacher and astrologer who specializes in one-on-one readings. She has been featured in *Refinery29*, *Bustle*, *Girlboss*, *Well + Good*, *mindbodygreen*, and *New York Magazine*.

- Perfect for those who have already bought books on tarot, crystals, and witchcraft but want to delve deeper
- The modern mystics and magic seekers won't be able to resist this beautiful yet approachable guidebook and deck



## THE LOVERS VI

Let's first point out the most obvious Gemini feature in this card: partnership. Gemini is the sign of the Twins, after all. And The Lovers includes all kinds of partnership: friendship, siblings, lovers, business partners or even kindred soul connections.

But as you'd expect, this card most often represents love. (Gemini loves love.) The thing is, The Lovers indicates more whimsical love affairs that aren't meant to last, such as one-night stands, summer flings, high-school sweethearts or falling in love for the first time. This is why the card perfectly captures Gemini's childlike essence and candid ability to live in the moment.

Gemini may love love, but this sign loves the idea of love more than anything. So, from that perspective, it's impossible to see the card as an indication of marriage material. Relationships because, for the most part, the relationship is either heightened or fantasized about.

Seeing The Lovers in an upright position can mean that the person enjoys romance in this area but has the ability to move on to the next, more mature, chapter. It would be wise to be wary of reversed positions of this card because it can show a lack of realistic expectations or someone who wears love goggles most of the time.

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GEMINI



## THE MAGICIAN I

The Magician is associated with Gemini's ruling planet, Mercury. The planet is all about communication, learning, and intellect. So, it connects with Gemini's ability to conjure up amazing ideas but it's less about acting on those ideas — something The Magician really tends to point out.

In original artwork, The Magician is depicted holding all the suits in the tarot deck: Wands, Cups, Swords and Pentacles. Why? Because this card resembles preparation for a long journey ahead. It suggests having all the tools you need to succeed. However, it's not a card of action. It's simply a card of preparation.

Since Gemini is an air sign, it's all about

the intellect: learning, planning, exciting ideas and thoughts. However, the daring part? A lot different. This sign is most known for its multitude of ideas but lack of proper attention span to follow through. The Magician recognises this sign's propensity to look ahead and get excited about the future but, in addition, to get so wrapped up in 'what could be' that the act of following through is almost paralyzing.

Note that when this card is upright, it's a sign that someone is incredibly charismatic, bold and full of inspired thoughts. In a reversed position, though, it can mean that they act rashly and rush into plans without the proper tools or the intention to follow through. Again, Gemini getting a little too ahead of themselves!

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GEMINI

## WORDS AND CUPS

A Cups-ruled person is someone who engages with the world through the lens of the heart: dreams are beautiful, hope is everywhere and love is real. As we know already, Swords natives are the exact opposite. With the routine mind of a robot, Swords natives will have a hard time adjusting to a mushy-puddly Cups native. That isn't to say it's not possible... it's just harder to find common ground.

**STRENGTHS:** Cups natives will bring a level of sincerity to every conversation, which Swords natives love because it shows that they are authentic. Authenticity is extremely important to both Cups and Swords. However, they do have different ideas about how authentic people are right off the bat. Cup natives will encourage Swords natives to believe in the good of others a little more and Swords people will encourage Cups people not to trust everyone they meet.

A Swords person is practical and actionable, which can help an easygoing Cups person to find a way to efficiently express their ever-flowing feelings. This kind of person can also help a Cups person

harden up their heart a bit so they aren't as prone to getting hurt by others. A Swords native can also show Cups that consistency doesn't have to mean consistent emotional reassurance. It can also mean reliability, which is something that Cups needs very much in order to experience trust.

**WEAKNESSES:** That said, Cup people bring a lot of feeling, depth and emotion to every connection. They aren't afraid to bear all for the sake of love, which is, to a Swords person, utterly disgusting. Vulnerability is not a thing for Swords! Instead, a Swords person will find Cup's invasive and punitive. They may even find them whiny or needy — and, of course, that will set course for a new direction in the relationship.

Swords natives may end up being way too serious or harsh for a Cups native. The suit is very good at telling it like it is, which will push a Cup native's sensitivities a little too far. Cups tend to be very delicate when it comes to the feelings of others. Swords are not. And therein lies the ultimate gateway for fights and destruction. These two have the possibility to experience some tumultuous fights because Swords will want to find logical solutions without experiencing the feelings, but Cups will want to feel validated and seen in that hurt before they can focus on fixing the issue.

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[View on Edelweiss](#)



Choosing Love  
9781743797433  
\$24.99 | Hardcover



Relax  
9781743797426  
\$14.99 | Hardcover

# Be Here Now

## Finding Peace and Joy in the Present Moment

### Meredith Gaston Masnata

April 2023  
9781743799109  
OCC019000  
\$26.99 | Hardcover  
192 Pages | 7½ x 9¾ in  
Full-color Illustrations  
and Photographs

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***Be Here Now* will show you how to discover your “now”, building resilience and nurturing your own inner sanctuary by treasuring the world, just as it is now, in all its simplicity and authenticity.**

Beautifully written and illustrated by acclaimed artist Meredith Gaston Masnata with photographs by Roberto Massimo, *Be Here Now* shows you how easy it is to reconnect with the moment, pushing aside life's challenges to rediscover the simple things in life. With 90 ideas for how to do this, this book is designed for you to dip in and out of, with self-contained anecdotes and inspirational messages with each idea.

This inspiring book will assist you to relax and enjoy the moment, a skill that should never be forgotten.

**Meredith Gaston Masnata** is an internationally acclaimed Australian artist, best-selling author, and passionate wellness advocate. Meredith's playfully sophisticated signature style and inspirational words bring comfort and joy to many. Her lovingly illustrated books are translated into foreign languages, and her original artworks and limited edition prints collected worldwide.

- Stunning, creative illustrations and photographs bring the wellbeing concepts to life
- A delightful way to reconnect with nature and find peace
- Simple and accessible ideas to help be in the moment and grateful for the present



7



## Observation

Choosing to see carefully adds richness to every place and moment. The spaces we inhabit daily can become so familiar to us that we forget to look closely at them; to drink them in with time and care. Colours change before our eyes as light shifts, a breeze ruffles a curtain, natural elements grow and age, and the touch of our hands gives patina to various surfaces. Inanimate objects are more alive than they seem, and take on even greater energy and beauty when gifted with our attention. Encouraging our eyes to see afresh each day allows us to be inspired by the world around us; at best enchanted by the way seemingly simple things are — the way they change or stay the same. Observing and enjoying our surroundings allows us to connect more gratefully and meaningfully with them. Over time we become more curious about the spaces we know and love; draw comfort from them, nurture and care for them and in doing so, find great satisfaction.



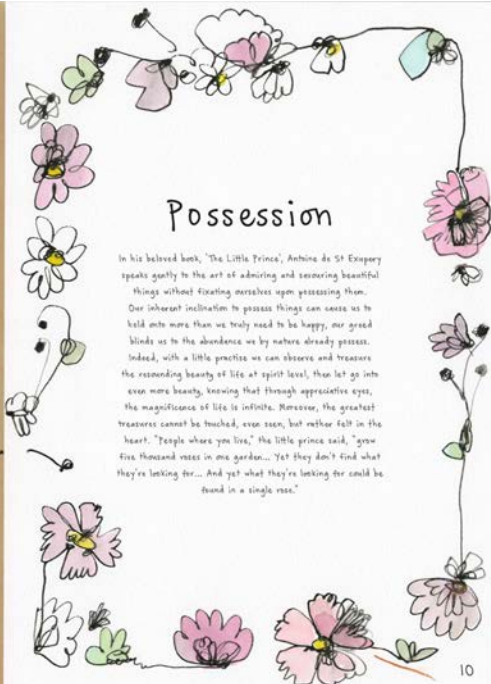
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9

## Possession

In his beloved book, 'The Little Prince', Antoine de St Exupéry speaks gently to the art of admiring and savouring beautiful things without fixating ourselves upon possessing them. Our inherent inclination to possess things can cease us to hold onto more than we truly need to be happy, our greed blinds us to the abundance we by nature already possess. Indeed, with a little practise we can observe and treasure the resounding beauty of life at spirit level, then let go into even more beauty, knowing that through appreciative eyes, the magnificence of life is infinite. Moreover, the greatest treasures cannot be touched, even seen, but rather felt in the heart. "People whose you love," the little prince said, "grow five thousand roses in one garden... Yet they don't find what they're looking for... And yet what they're looking for could be found in a single rose."



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# The Witch's Home

## Rituals and Crafts for Protection and Harmony

### Jo Cauldrick

May 2023

9781784885779

OCC026000

\$19.99 | Hardcover

160 Pages | 5½ x 7 in

Full-color Illustrations and Photographs

[View on Edelweiss](#)



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**In *The Witch's Home*, Jo Cauldrick shares 25 soothing rituals, crafts, meditations, and magical practices for you and your home, to encourage a more magical, harmonious way of living.**

Broken down into five chapters, witchcraft-inspired activities blending homemade crafts, potion-making, and spells will help you become the best version of yourself and make your home a haven. With guidance on how to build your own altar space, create a spell bag, as well as candle magic and manifesting, you will be able to slow down, connect to the earth, and enhance your own spiritual practices.

Designed to encourage you to become more in tune with the cycles of nature, *The Witch's Home* is a wonderful, practical guide to making the most of your magical potential.

**Jo Cauldrick** is a Portugal-based artist and creator of tarot decks, journal packs, and coloring sheets to support positive spiritual practice. She is the face behind the successful site The Moon Journal and the author of *Muse with the Moon*, an interactive journal inspired by the phases of the moon.



Muse with the Moon

9781784882549

\$20.99 | Flexibound

- This gentle approach to witchcraft is great for those wanting to transform their homes into magical spaces
- Practical ways to enjoy a magical connection to nature and channel it into everyday life
- Craft projects range from cleansing wands for each season of the year to garlands connected to phases of the moon

# Miniature Besoms

Besoms are synonymous with folklore and witches and when I was younger, I secretly wished I could fly on one through the woods at the back of my childhood home.

Now, I often make miniature ones (especially during Samhain) to represent the banishing of stagnant energy and to sweep away old thought patterns that hold me back.



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Traditionally besoms are made from birch branches and an ash/leak staff, but you can make miniature versions too.

What I love about making your own besom is the vast creative possibilities in your magical practices. They can be strictly for use on your altar, you can make a larger one to hang outside your front door or gift to a cherished friend.

## GARDEN BROOM

Practical sweeping uses, but could use as a new moon broom to cleanse energy around perimeter of your home

## KITCHEN

You can make a few of your favourite herb inspired besoms and hang them up with your pans.

## BEDROOM

You could make a little lavender and obsidian decorated besom and lie it under your bed to enhance a good night's sleep and dispel bad dreams.

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## YOU WILL NEED

- Foraging for wood is the absolute best. When you set the intention of making a besom, the wood will show up for you. If you don't have access to oak or ash, find something similar. Chose a length about 25-30cm
  - Strong pair of scissors
  - Waxed cord/string and craft wire for securing the broom.
- Birch or similar brush effect herbs like (thyme, rosemary, mugwort)
- Add sigils, talismans or anything that holds magic and meaning to you.
  - Dried flowers, or herbs
  - Your favourite crystal.

## METHOD



1  
Take a bunch of birch with ends facing down. Grasp as tightly as you can and cut off the tops, so they are all the same length.



2  
Lay branches down carefully. So the cut ends come a 3rd of the way up the staff. You may need to cut a few times to get the correct length brush.



3  
When you've got the desired size, use your hand to clamp the brush material and wrap string/wire multiple times so it's secure and you have a lovely thick band.



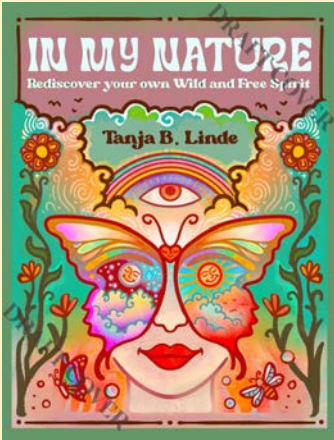
4  
Attach a crystal for even more magic at the front of the floral bundle.



5  
Now, add a smaller bundle of dried flowers over the top to the broom and secure around the main band.

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[View on Edelweiss](#)



# In My Nature

Rediscover Your Own  
Wild and Free Spirit

## Tanja B. Linde

May 2023

9781741178203

SEL039000

\$24.99 | Hardcover

192 Pages | 6¼ x 8¼ in

Full-color Illustrations

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**A magical book featuring Tanja B. Linde's illustrations, *In My Nature* will help you realize your own potential by unearthing your connection to the natural world.**

Having lived nomadically for the past decade, Tanja has found ways to make the most out of every experience. She believes that if we choose to listen to our higher nature and live life on our own terms, we can turn the ordinary into the extraordinary. Divided into three sections—Venture Inward, Go Explore, and Journey Beyond—*In My Nature* guides your journey on a free-spirited path.

Throughout the book you will be offered up inspiration and ideas for activities that let you reconnect with nature, which are bound to enrich your body, soul, and spirit. Find encouragement to go beyond your limits, set intentions, and venture out into a world full of adventure.

**Tanja B. Linde** is an artist, digital nomad, and self-proclaimed free spirit. She and her fiancé Lenny are two creatives roaming around Europe in their converted sprinter-van, recording their adventures on their blog, *The Breakaways*. Tanja's art language is groovy, trippy, and magical, and aims to make onlookers feel vitalized, inspired, and uplifted. Her illustrations have gained a global following.

- Features projects, meditations, and affirmations for mindful, joyous living
- Through her groovy illustrations and online shop Seek & Revel, Tanja has amassed a sizeable following (54.8k Instagram followers with 28% based in the US)

Allow me to introduce myself, I am Tanja, the writer of this book and artist of the illustrations. For over a decade I have been on a journey to reconnect with the nature within and around me. On this journey I rediscovered my wild and free nature. It was like finding a long lost friend. When I rekindled this relation I realised it had always been there, I just had to reach out and make contact.

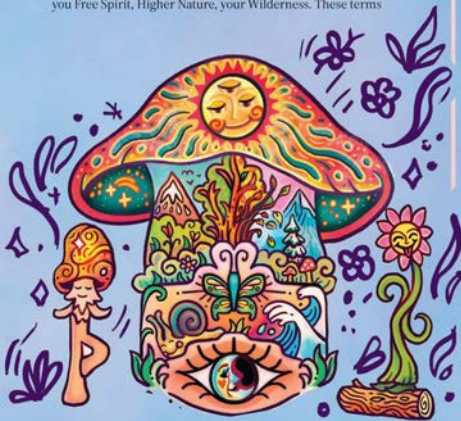
Every day I aim to cultivate this wild side of me, by creating, dreaming, playing, exploring, moving, evolving and learning. This is just the short list of what goes into this ongoing process, and I keep finding myself in new places, learning new lessons and obtaining new perspectives.

The way I see it, wilderness is what makes my very nature, it is what allows me to be my true self. It allows me to live in the moment, continuously grow and open myself to whatever crosses my path. Because when I look in retrospect, the moments I disregarded my wilderness where the very moments I felt disconnected to myself, the nature around me and saw little to no meaning in life.

The place I had rediscovered my wild side was in nature. As I reconnected to earth, I found answers to many (if not all) questions. Yes, if you now envision me to be a treehugger, you are not mistaken. Hugging trees is just one of the ways to appreciate nature, so I am all for it and invite you to give it a go! Because when it comes down to it, every

one and everything is part of nature's interconnected web. Even you! So the more you reconnect to your wilderness, and the wilderness of nature, the more you will get back to your natural way of being.

This book is a compilation of all lessons and experiences that brought me to this point. I hope I can help you restoring your natural order. I will start by offering up methods to unearth your Free Spirit, Higher Nature, your Wilderness. These terms



## The Nature of you

Your mind is like a garden. Ideas, thoughts and assumptions have been planted here, from the day you were born. You tend to them, as if they are your own, not questioning where the seeds came from. Day in and day out, you cultivate the plants not realising that some of them are actually harmful weeds creating an imbalance. Oblivious, you keep yourself occupied tending to this garden, mistaking all that grows here for being your nature.

Yet what lies outside your garden is a paradise: wild and untamed, holding peace, love and happiness. There are no borders and no boundaries. This infinite wilderness is your true nature.

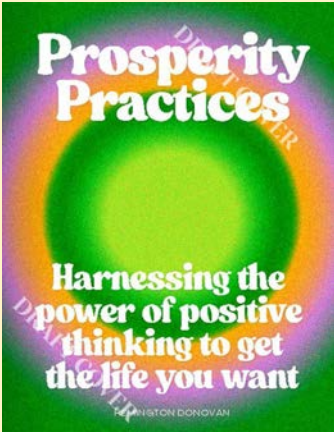
Your garden is only your immediate consciousness. You go through life identifying with it, thinking this mental commentary is the real and only you. But you are more than this voice in your head. You have a higher nature, which I also like to call our wilderness. Your wild side is what completes your being and makes you whole. Here your ego doesn't rule. Here you can just be; Without judgement, reservations or expectations. Here you can become the absolute best version of yourself.

You might want to know now, how you can break free to access your wilderness, and I promise I will get there soon. But first I want you to see how your garden came to be. On the next pages I'll be going into things are going to sound very glum. But don't worry, there is light at the end of the tunnel. And I can assure you that reaching the light will be worth walking through the darkness.

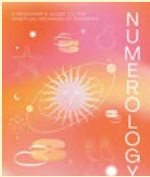
### Sticking to the Path

Throughout the stages of our development, we learn to view everything, even ourselves, from a certain perspective. All those





[View on Edelweiss](#)



Numerology  
9781784884635  
\$19.99 | Hardcover

## Prosperity Practices

Harnessing the Power of Positive Thinking to Get the Life You Want  
**Remington Donovan**

May 2023  
9781784886103  
OCC019000  
\$19.99 | Hardcover  
160 Pages | 5½ x 7 in  
Full-color Illustrations

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***Prosperity Practices* shows how subtle differences in your attitude, turns of phrase, and interactions with others can make changes in your life.**

It is divided into four chapters—Attitude of Gratitude, The Power of the Word, The Gift of Giving, and Let Grow—and includes a broad scale of practical applications that can help you to live a better life, from manifesting financial prosperity, and realizing your self-worth, to letting go of negative energy and improving your engagement with others.

Exercises range from 10-second mantras and simple rituals that will easily fit into your daily routine, to more ambitious 40-day practices.

Through his own lived experiences, Remington Donovan shows how easy it can be to switch your mindset into something prosperous for your mind, body, and soul.

**Remington Donovan** is a teacher and author, trained in the spiritual wisdom of the ancients. He was quite literally born into the traditions of mysticism, spirituality, and meditation, which naturally evolved into his now over 30 years of experience practicing with tarot and numerology. Remington lives in Vermont with his wife and son, where he unironically believes in the infinite possibilities of the universe.

- Taps into the #bekind movement that is going nowhere fast
- A practical guide that is accessible for everyone
- Written in a fun, relatable tone with real-life examples

**The Best** While we're on the topic of forgiveness, another wonderful prosperity is the assumption that everybody is doing their best. This is a wonderful way to let go of so much.

Now, my experience with this, I have to say, was challenging. I personally learned a lot about my self and started to recognize how critical and unforgiving I was of others. Sometimes it was just doing small little things like ordering a coffee at a shop or shaking out of a grocery store. I noticed internally I would get frustrated because something wasn't going in the perfect way. For me, it's easy to blame the other person and, on some level, be a petty tyrant and the world's laziest perfectionist because somehow my ego gets in and it demands that everything goes perfectly on my schedule, and what I order will be in stock and the bill will always be right and nobody's allowed to mess up or not know what their job is.

The first day that started this practice, I was in a grocery store that had a busy deli counter. I wanted to buy a few water bottles that were on sale. The cashier forgot to put in the little sale code, and in my head I started to get really annoyed. The line was getting long. I was in a rush, I just said, "You know what? Let's just assume that this is just doing her best, and it's fine." And it was fine.

I kept thinking after I let it go, what was I saving? Maybe three or \$4. It just wasn't that big of a deal. It wasn't going to break the bank that day. I didn't know anything about this woman. She could have been having her own bad day. What I do know is, she was doing her best and I know I want to be better at not being that type of jerk. My life is much bigger being petty over saving \$2 at the cost of someone else's happiness.

It is my hope that perhaps everyone's a little more kind, a little more forgiving, and a little warmer with each other.

When we did this with a group of people, there were probably about 1,000 people

around the world shaking in on a regular basis. The stores were pretty anxious. But the commonality was the notion of forgiveness, this notion of letting go. It creates so much more peace.

When we first did it as a community in the prosperity family, we did it for 40 days. By doing it and being mindful and doing your best daily, it just makes you more aware. It is something that will create a lot more compassion. And for a lot of people, it allowed someahh stress.

On a deeper level, some people were in situations where they finally just came to terms. One person that I know was in a very volatile work situation that sounded very tense and very disrespectful. After 40 days of assessing that every one was doing their best and realizing that nothing was changing, she came to the conclusion that "Well, if everybody's doing their best here, maybe that best isn't good enough and this isn't a healthy environment for me to be in." She started to seek out other opportunities which, to the best of my knowledge, did open up for her. That's a whole other angle on this. Maybe for you, you can also assess, are you doing your best and just stay up on everybody else and focus on you bringing the best person and doing the best you can every moment and every job.

Do every thing with excellence. Live in the moment and do everything as accurately as you can. Then move on to the next thing.

All of these practices, you'll see fit into some different mindsets here, but in my teachings of magic and karmic mysticism, I was taught to show up and do everything with excellence. Doing everything with excellence means I would do whatever the task is, if I showed up for a new job, whether it was making \$11 an hour working in a health food store or a 40-something-year-old adult, leaning down on my rank, that I was just as least of a man, I would still say, "Okay, I'm going to set up, I'm going to show up."



## Future tripping

Some years ago, a friend of mine from Hawaii taught me this beautiful little practice.

I was feeling really upset. I was feeling really concerned. I was future tripping, as we call it, and regretting all of my past decisions because I liked to be hard on myself for all of the mistakes and all of the things I could have and should have done. Then I was feeling a lot of fear about what's next, what's in the future. I didn't have enough, I wouldn't, I wasn't going to make it.

My Hawaiian friend asked me to sit with my eyes closed and put my left hand over my heart center, which is the center of your upper chakra, not your biological heart. With my right hand over my left I closed my eyes and I took a deep breath. I just said, "I'm sorry. Please forgive me. Thank you. I love you."

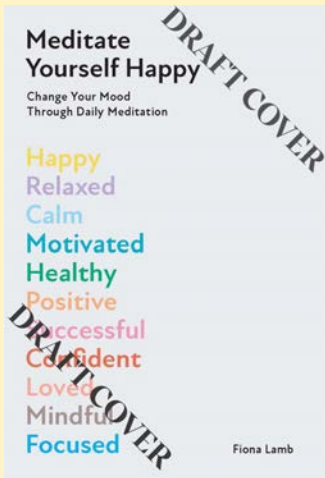
I took a breath and she had me say it again. "I'm sorry. Please forgive me. Thank you. I love you. I'm sorry. Please forgive me. Thank you. I love you."

I said that over and over again for probably what was maybe five minutes. She didn't say any time at length. I opened my eyes and that was it.

I was a beautiful practice.

Forgiveness is a huge part of prosperity, whether you forgive yourself and it all comes down to being in the moment, being here and being now. If you can really forgive, you can be much more free and live in an area of opportunity which creates prosperity.

THE  
HERE  
AND  
NOW



[View on Edelweiss](#)



# Meditate Yourself Happy

Change Your Mood with  
10 Minutes of Daily  
Meditation

**Fiona Lamb**

**February 2023**  
9781784886073  
OCC010000  
\$22.99 | Hardcover  
160 Pages | 5¼ x 7¼ in  
Full-color Illustrations

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**With *Meditate Yourself Happy*, learn to choose the thoughts you pay attention to. Because by changing the way you think, you can change the way you feel and subsequently change your life.**

Meditation is not an unachievable state; this book will teach you how to harness its transformative power to heal your body and mind by reducing stress, controlling anxiety, promoting emotional health, enhancing self-awareness, and improving your overall wellbeing.

Through easy and accessible exercises that are organized by mood and range from 5–10 minutes, discover how small shifts can lead to big changes.

So many people don't think they can meditate. But certified hypnotherapist Fiona Lamb is here to tell them otherwise.

**Fiona Lamb** is a critically acclaimed advanced clinical hypnotherapist, trainer and meditation expert at Harley Street, London. She has treated over 1,000 clients, including high profile actors, singers, TV personalities, magazine editors, and influencers. Fiona has won Hypnotherapist of the Year 2020/2021 and 2021/2022 at London's Prestige Awards.

- Explores the scientifically proven benefits of meditation, without the scientific jargon
- The popularity of meditation apps like Headspace continues to grow

# Happy



Happiness is the one thing we all want, and many people spend a lifetime trying to find. When we are happy, we feel more at peace with ourselves and the world. We feel as if life is working out for us and things are going 'right'. We are optimistic that there are good things on the way for us. Happy people tend to be in control of their emotions and they are able to self-regulate and see life as an enjoyable game in which they are the main player.

There are many things that stop us from being happy, but feeling powerless and comparing ourselves to others are the main thieves of joy. Feelings of hopelessness, holding onto old emotions and wishing things could be different can dominate our internal thought processes.

The key to finding fulfilment and optimism is to let go of what we think our lives should look like and stop focusing on what we don't have. Instead, we should concentrate our attention on what we do have. We often think happiness is something we need to strive for. Everything we ever do in life we do because we think it will make us happy, but happiness cannot be found in a new house, a new car, new clothes, a new job or a new relationship. Although hope for a future we want can really accelerate our happiness, the feelings of joy must come from within, otherwise they can so easily be taken away. Happiness isn't something you chase; it's something you choose. It isn't the absence of problems, but how you deal with them.

**'Happiness is a direction, not a place.'** – Sydney J. Harris

Meditation helps us become present, releasing the past and any expectations of the future. As I mentioned earlier, the mind has designed strategies to help us cope with past experiences and we need to assure it that it's safe to let go of these old ways of thinking. When we do this, we stop projecting our past onto the future, and we claim our natural right to be happy.

**'If you want to be happy, do not dwell in the past, do not worry about the future, focus on living fully in the present.'** – Roy T. Bennett

## EXERCISE

### The Relaxed River

This exercise teaches you that your current situation is not your final destination. Allow yourself to let go and enjoy the ride, trusting that you can deal with what lies ahead, fully relaxing into this given moment and knowing you are exactly where you're supposed to be.

Make yourself comfortable, then close your eyes and connect to your breath. Let any unwanted thoughts lift and drift away.

When you feel nice and relaxed, I want you to imagine a river. Now see yourself in a small boat on the river. Every time you try and control an outcome or situation you are effectively attempting to row up stream against the current. Instead, just feel what it would be like to stop rowing and surrender to wherever the river may take you.

The river has twists and turns, but it eventually gets to where it needs to be and finds the sea. The more you struggle upstream, the longer it will take.

Connect to your breath if your mind starts to drift. Learn to let go of fighting the stream and relax into the gentle flow and rhythm of life. Even when there are ripples in the water you can come back to the stability of the boat.

When you feel ready or the timer goes off, you can open your eyes.

### Relaxed Affirmations

- I give myself permission to relax.
- I am exactly where I need to be.
- I allow any physical tension to soften.
- Solutions to problems always arise.
- I give myself permission to slow down.
- I always make time to recharge my mind and body.
- I make myself a priority.
- I release the need to control outcomes.
- I always do my best and that is enough.
- I trust in the natural unfolding of life.





[View on Edelweiss](#)



# 41 Minutes to Be Happy

The 7 Pillars of Happiness  
**Géraud Guillet**

**March 2023**  
9781784886301  
SEL016000  
\$19.99 | Hardcover  
128 Pages | 5¼ x 7¾ in  
Full-color Illustrations

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**41 Minutes to Be Happy is a simple and innovative guide to finding happiness... in just 41 minutes.**

Each of the chapters is based on one of the fundamental pillars of happiness: **meaning, truth, strategy, love, body, mind, and trust**, and features incredible testimonials, and references to literature, philosophy, and film, as well as practical tips and suggestions.

This deep process will help you identify the source of your unhappiness, and the key elements to gain happiness.

*41 Minutes to Be Happy* is for those who want to find, regain or keep their happiness, but struggle to get in the right frame of mind.

Do you want to be happy? Do you have 41 minutes? Then read this book!

**Géraud Guillet** is an expert in innovation and business strategy, and he is a graduate in economics and international management.

- Happiness has been a major issue in recent years, and it has been made even more critical with the lockdowns that we have all been facing over the past few years
- Full of practical tips and suggestions that are easily to implement
- It has an accessible structure, making it very clear to use

# RÈGLES

La discipline est la mère du succès  
Lynch

41 MINUTES POUR ÊTRE HEUREUX!

## RÈGLE #01

S'IL S'AGIT DE VOTRE PREMIÈRE  
LECTURE, VOUS DEVEZ LIRE  
CE LIVRE D'UNE SEULE TRAITE\*.

## RÈGLE #02

DÉCONNECTEZ-VOUS :  
PAS DE TÉLÉPHONE, PAS DE TV,  
PAS D'INTERNET.

## RÈGLE #03

LA LECTURE DURE AUSSI  
LONGTEMPS QU'ELLE DOIT DURER.

## RÈGLE #04

AVANT DE COMMENCER VOTRE  
LECTURE, MUNISSEZ-VOUS  
DE QUOI ÉCRIRE.

\*Temps de lecture estimé - 41 minutes.

13

41 MINUTES POUR ÊTRE HEUREUX!

22

## MAINTENANT

Listez trois choses que vous avez réalisées au cours de votre vie  
et dont vous êtes fier.

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22

## APRÈS VOTRE LECTURE

Faites la liste de dix choses que vous souhaiteriez accomplir  
dans votre vie.

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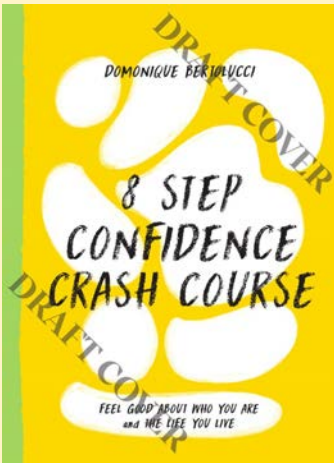
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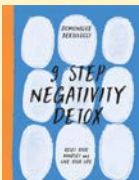
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[View on Edelweiss](#)



7 Step Mindset Makeover  
9781743798027  
£12.99 | Hardcover



9 Step Negativity Detox  
9781743798034  
£12.99 | Hardcover

## 8 Step Confidence Crash Course

Feel Good About Who You Are and the Life You Live

**Domonique Bertolucci**

June 2023

9781743798683

\$22.99 | Hardcover

176 Pages | 5¼ x 7¼ in

Full-color Illustrations

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**Build your self-confidence with happiness expert Domonique Bertolucci and the *8 Step Confidence Crash Course*, and feel good about who you are and the life you live.**

There is something more important than achieving your goals, it is feeling good about yourself regardless. In the *8 Step Confidence Crash Course*, best-selling author and life coach Domonique Bertolucci shows you exactly what you need to do to feel good about who you are, and the life you live.

This eight step course has been designed to inspire you to achieve ongoing self-confidence and feel good about who you are.

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

- Offers simple steps to living your best life with practical advice that is easy to understand and follow
- Domonique Bertolucci is a best-selling author with worldwide sales of over 250k copies. She has 31k followers on Facebook and 6.4k on Twitter

## STEP ONE

# DETOX YOUR DREAMS

Reclaim the energy you've been wasting beating yourself up about dreams you haven't achieved or the things you thought you would have done with your life by now, but haven't.



### KATE'S MINDSET MAKEOVER

Growing up, I always thought I was going to have lots of degrees hanging on my walls. I felt pressured by my family that it was something that I should do because I could. It made me feel that, like, I wouldn't be accomplished without it. That I needed a piece of paper to prove my worth. I still always think about the fact I didn't finish my Masters in Business Administration.

Even though I've worked in a role for 10-years, had three-children, changed roles twice and now find myself in a dream job, the goal of finishing my MBA has still been hanging over my head, even though I no longer need it professionally. Now that I know how to detox my dreams, I'm going to stop beating myself up about not completing my MBA.

I've realised it's time for me to let go of the fantasy that I'd go back and finish this training. I'm going to let go of making myself feel bad about the money that I spent on my Masters when I didn't finish it. I'm at a different stage in my life and my goals have changed, so finishing my Masters - it's an outdated goal. I have all the skills I need to be successful already. I'm exactly where I need to be at this exact time.

Not all dreams are forever and my dreams are allowed to change. And I have opportunities in my new role for training and education that will serve and support my growth and success. Letting go of this goal, this outdated dream, is a relief that has increased my confidence. Now I realise I'm okay with letting this dream go. I feel worthy, talented and competent - I value myself more than a piece of paper.



### KEY INSIGHTS

#### STEP 1: DETOX YOUR DREAMS

1. **Separate your dreams from your fantasies** - a fantasy is something you enjoy thinking about a dream something you're willing to do something about.
2. **Release yourself from expectations** - yours and everyone else's.
3. Remember that **just because you have potential, it doesn't mean you need to pursue it.**
4. **Take the time to align your dreams with your values** so they take you closer to, not further from the things that matter most in your life.





# I AM FEARLESS

## Hardie Grant Books

March 2023

9781784886271

SEL031000

\$12.99 | Hardcover

96 Pages | 4½ x 5¼ in

Text-only

[View on Edelweiss](#)



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***Power Positivity: I AM FEARLESS* helps you find the confidence to be yourself and reminds you that you can get through anything with empowering quotes, thoughts, kind words, and little pick-me-ups when you need them most.**

The right words at the right time can do wonders to lift your mood, raise your confidence, control negative feelings, and improve your self-esteem.

Featuring wise words from some of our favorite celebrities, this pocket-sized book is guaranteed to brighten your day, remind you that life is good, and that you've most definitely got this.

Conceived and edited by **Hardie Grant Books**.

- Powerful and positive affirmations in a pretty, pocket-sized package
- Perfect for carrying around with you and dipping into any time you need a pep talk or pick-me-up
- A great "just-because" gift as well as the perfect stocking filler for Christmas



I AM STRONG

9781784885328

\$12.99 | Hardcover



I AM ENOUGH

9781784885656

\$12.99 | Hardcover

**MY COURAGE  
ALWAYS RISES  
AT EVERY  
ATTEMPT TO  
INTIMIDATE ME.**

*Jane Austen, [Pride and Prejudice](#)*

**I BELIEVE IT'S TIME THAT  
WOMEN TRULY OWNED THEIR  
SUPERPOWERS AND USED  
THEIR BEAUTY AND STRENGTH  
TO CHANGE THE WORLD  
AROUND THEM.**

*Janelle Monáe*

**I FOUND STRENGTH  
IN WHAT HURT ME.  
AND IN MY FAMILY –  
THAT'S MY STRENGTH  
AS WELL. I'M TRULY  
GRATEFUL TO BE  
HURT AS MANY TIMES  
AS I HAVE BECAUSE  
I'M HAPPY.**

*Selena Gomez*

**YOUR VULNERABILITY  
IS WHERE YOUR REAL  
STRENGTH LIES.**

*Oprah Winfrey*



[View on Edelweiss](#)



# Every Question You've Ever Wanted to Ask about Sex

A Feminist Discussion  
of Sexual  
Empowerment

June 2023

9781784884420

SEL034000

\$22.99 | Hardcover

176 Pages | 5¾ x 8½ in

Full-color Illustrations

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***Every Question You've Ever Wanted to Ask about Sex* shows how opening up discussions on bodies, sexuality, and pleasure can lead to much, much better sex, and self-esteem.**

The book takes the reader on a journey of self-discovery through nine chapters, discussing everything from self-stimulation, sexual orientation, communicating wants and desires, staying safe online when sexting, exploring erotica and porn, and creating private content.

A straight-talking manifesto for sex positivity that every womxn should read; it's accessible, and most importantly, focuses on what we should be asking ourselves, as opposed to reinforcing the damaging, age-old stereotypes and constructs surrounding sex that detract from personal pleasure.

**Olympe de G.** is a feminist pornographer, hailing from Paris. With several films to her name, she is also the creator of *VOXXX* and *COXXX*, sex positive podcasts.

**Stéphanie Estournet** is a journalist and author based in Paris. She co-authored *Pleasure is a Contact Sport* (Larousse, 2021) with Olympe de G., and is the founder of the podcast *Ctrlxfr*.

- Set in a conversational tone that feels accessible and applicable to readers' everyday lives
- Interviews with prominent voices in the field, such as Buck Angel and Paul Preciado







Children's



# Caviar: The Hollywood Star

World of Claris  
Megan Hess

April 2023  
9781761210860  
JUV048000  
\$17.99 | Hardcover  
40 Pages | 9½ x 11¼ in  
Full-color Illustrations

[View on Edelweiss](#)



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***Caviar: The Hollywood Star* is the third *World of Claris* adventure from beloved children's author Megan Hess, destined to delight fashion-obsessed readers of all ages!**

*In the Hollywood Hills lived the cutest canine.  
Her name? Caviar, and she was DIVINE.*

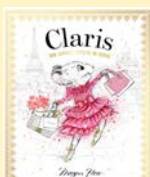
Caviar is a charismatic Californian chihuahua with a flair for the dramatic. But her owner just wants her to be a perfect, polished socialite.

Can Caviar play the role of a lifetime **and** stay true to herself?

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



Abigail Fig: The Secret Agent Pig  
9781760507725  
\$17.99 | Hardcover



Claris: The Chicest Mouse in Paris  
9781760502591  
\$17.99 | Hardcover

- The third *World of Claris* adventure from beloved children's author Megan Hess—this time set in LA!
- With half a million books in print, Megan Hess's *Claris* series is already a modern classic and a favorite among children and fashion-aficionados alike. Now beloved author Megan Hess is introducing readers to Claris's most stylish friends
- A beautiful gift, this sumptuous hardback picture-book features gilt-edged pages and a foil finish alongside Megan's stunning illustrations
- Destined to delight fashion-obsessed readers of all ages!





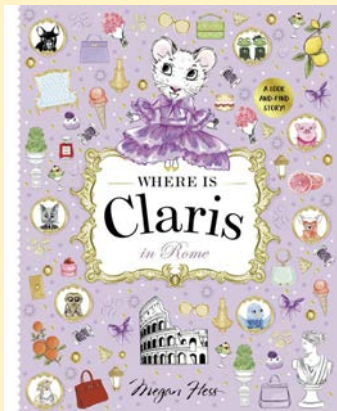
In the Hollywood Hills lived the cutest canine.  
Her name? Caviar, and she was DIVINE.



She lived with a lady who liked to dress up,  
whose favourite accessory was always her pup.

The lady matched Caviar from outfit to bag,  
and Caviar's costumes made her tail wag!





## Where is Claris in Rome!

Claris: A Look-and-find Story!

**Megan Hess**

**July 2023**

9781760509521

JUV054000

\$14.99 | Hardcover

32 Pages | 9¼ x 11¼ in

Full-color Illustrations

[View on Edelweiss](#)



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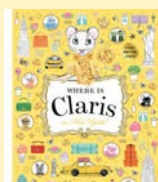
**Claris, the chicest mouse in Paris, is setting off on an exciting adventure through Rome in this look-and-find story!**

Can you find Claris and her friends in historic places such as the Colosseum, the Trevi Fountain, and St Peter's Basilica?

Look inside to find out!

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

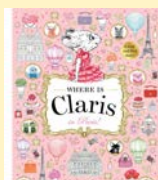
- Italian cityscapes, covetable fashion, and recurring characters in every spread
- Perfectly pitched for a picture book reader, with varying levels of difficulty!
- The *Claris* series continues to grow with six picture books and three look-and-find adventures available, as well as a spinoff character series
- Megan Hess's books have sold over 1 million copies worldwide



Where is Claris in New York

9781760504960

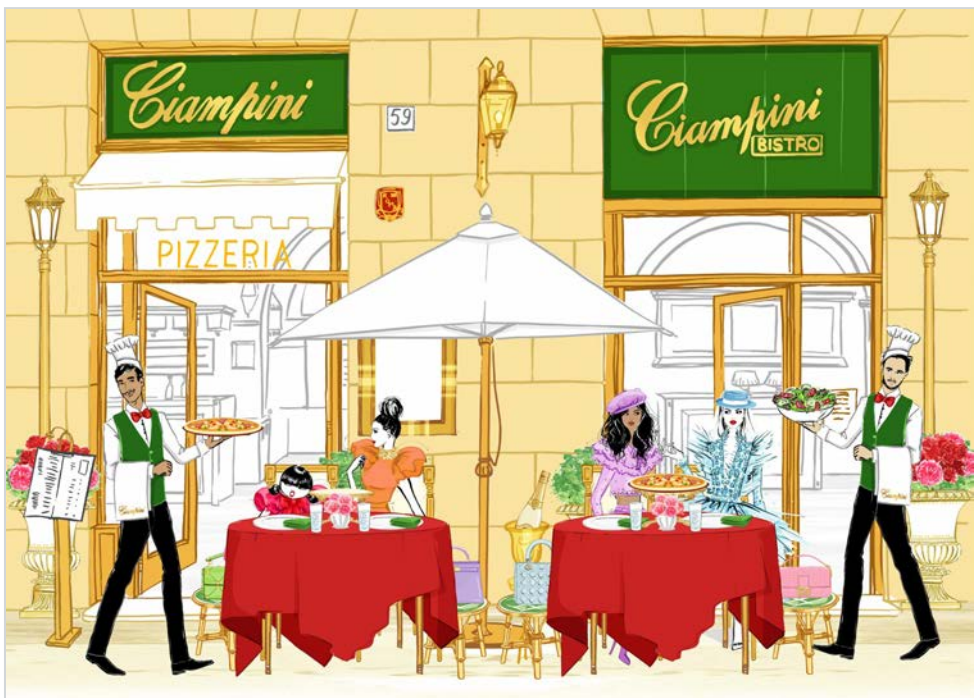
\$14.99 | Hardcover

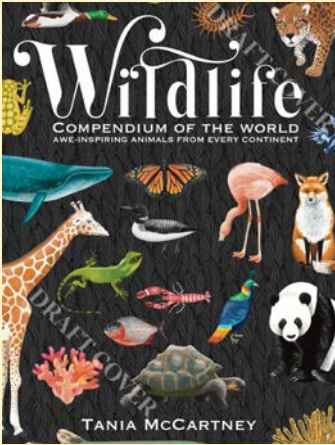


Where is Claris in Paris

9781760504946

\$14.99 | Hardcover





# Wildlife Compendium of the World

Awe-inspiring Animals  
from Every Continent

## Tania McCartney

June 2023  
9781741177473  
JNF003000  
\$24.99 | Hardcover  
88 Pages | 8¾ x 11 in  
Full-color Illustrations

[View on Edelweiss](#)



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From amphibians and reptiles to monotremes and pilosa, discover our world of enchanting fauna in this stunning, illustrated book, *Wildlife Compendium of the World*.

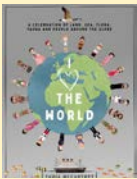
Divided by continent, and with a handy map opener, you can explore some of the wildest, weirdest, and cutest animals that call Earth home. Each animal profile includes the Latin name, type, diet, size, weight, conservation status, curious facts about the species, and either the collective noun or baby name for that animal.

Meet a slug that resembles a banana, and a fuzzball mammal with 90 strands of hair per follicle. Marvel at an ant that burns like fire, a pig-beaver-hippo-cow-camel hybrid that eats its own poop, and a creature with the shortest lifespan on Earth (five minutes!). Discover that a group of bears is called a sloth and a baby lizard is called a hatchling.

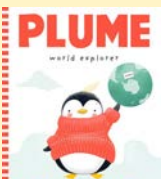
With a lustrous textured cover, this book is a wonderful resource and the perfect gift for children and adults alike.

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

- The bite-size pieces of content and the engaging writing style make this book ideal for children and adults alike



I Love the World  
9781741177398  
\$19.99 | Hardcover



Plume: World Explorer  
9781741177664  
\$17.99 | Hardcover





# North America

From soaring eagles to fire ants, coyotes to road runners, alligators and polar bears, North America is a continent of extremes. Habitats vary from the polar regions of Greenland to the Great Lakes wedged between Canada and the USA. Migrates south for warmer climes – the tropical islands of the Caribbean and the blazing deserts of Mexico.

Animals here range from the largest bear on the planet to tiny butterflies that flutter in great orange clouds from Mexico to Canada and back again – one of the world's most spectacular migrations.

North America has six major biomes: tundra, desert, prairie, coniferous forest, deciduous forest and tropical rainforest.

1. Yellowjacket
2. Bald eagle
3. Moose
4. Monarch butterfly
5. Banana slug
6. Grizzly bear
7. Roadrunner
8. Gila monster
9. Fire ant
10. Rattlesnake
11. Cactus wren
12. Coyote
13. Painted turtle
14. American coot
15. Mayfly
16. Alligator gar
17. Mudpuppy
18. North American river otter
19. Arctic woolly bear moth
20. Wood frog
21. Little auk
22. Polar bear
23. Northern collared lemming
24. Walrus



# Mountains

## WOOD LIZARD

*Lepidodeps albilabris*

**TYPE** >> reptile **DIET** >> omnivore

**SIZE** >> up to 16cm (6in)

A cross between an iguana, a chameleon and Godzilla, the wood lizard is found in rivers and on tree branches in the cloud forests of Ecuador, where the Amazon gives way to the Andes mountains. With temperatures dropping as low as 10°C (50°F), it can get rather chilly for a cold-blooded creature, and scientists puzzle over how the species lizard stays warm. Lizard eggs need to develop, so – quite naturally – this extraordinary lizard has evolved to give birth to live young, called whelps. Cover this.

A GROUP OF LIZARDS IS A LOUNGE **VU**

## SPECTACLED BEAR

*Tremarctos ornatus*

**TYPE** >> mammal **DIET** >> omnivore **SIZE** >> up to 1.8m (5ft) **WEIGHT** >> up to 154kg (340lb)

The only wild bear in South America, this fuzzy creature lives in the Andean jungle. Spending most of its time in trees, it builds a sleeping platform from twigs, conveniently located right next door to a fruit (or nut) tree, where it sleeps and waits patiently for days on end, keen for the fruit to ripen. Intensely shy, the spectacled bear was the inspiration for a certain storybook bear from the jungles of deepest darkest Peru – Rudyard Kipling's 'The Jungle Book'.

A GROUP OF BEARS IS A SOLITARY **VU**

## CHINCHILLA

*Chinchilla chinchilla*

**TYPE** >> mammal **DIET** >> omnivore **SIZE** >> up to 48cm (19in) **WEIGHT** >> 450g (17oz)

This adorable fuffball has been hunted to near extinction for its incredibly soft coat – the thickest of any land mammal. Humans mostly have one hair per follicle, but the chinchilla has up to 90. No parasite can survive in that kind of fur because of its density – even fleas will suffocate. This effectonable, social creature may resemble a round-eared rabbit but it's actually related to guinea pigs and guinea pigs. If grabbed by a predator, it releases fur, leaving the predator with nothing more than a mousetail of fluff.

A BABY CHINCHILLA IS A KIT **EN**

## MOUNTAIN TAPIR

*Tapirus pantherae*

**TYPE** >> mammal **DIET** >> herbivore **SIZE** >> up to 1.8m (5ft) **WEIGHT** >> up to 200kg (550lb)

Is it a pig? An antbear? No, the mountain tapir is just our largest ancient mammal – relatively unchanged for 30 million years. Living high in the Andes mountains, it's closely related to horses, yet has an elephant-like snout that's actually a nose and upper lip combined. The tapir likes to spend time in the water and will dive deep to dine on plants. A heightened tapir may also hide in the water and use its snout like a snorkel with its soft, patterned coat, a baby tapir called a calf, looks just like a fuzzy watermelon on legs.

A GROUP OF TAPIRS IS A GANGLY **EN**

## ANDEAN CONDOR

*Vultur gryllus*

**TYPE** >> bird **DIET** >> carnivore **SIZE** >> up to 3.2m (10ft) **WEIGHT** >> up to 15kg (33lb)

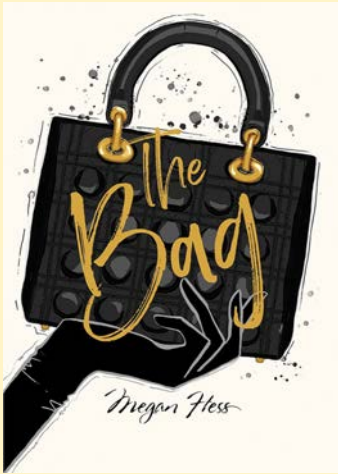
When its weight and wingspan are combined, the Andean condor is the largest flying bird in the world, yet, with a set of white feathers and a bald head, it could really pass for a 15th-century nobleman. This impressive species along with the Andean condor, is a hooded beak is perfect for tearing apart rotting animals – and it uses its beak to help it cook down its food. Feasting helps keep the environment clean.

A GROUP OF CONDORS IS A CONDOR **NT**





# Gift & Narrative



[View on Edelweiss](#)



Megan Hess: The Little Black Dress

9781743797358

\$19.99 | Hardcover



Coco Chanel Special Edition

9781743797440

\$35.00 | Hardcover

## Megan Hess: The Bag Megan Hess

March 2023

9781743797372

DES005000

\$22.99 | Hardcover

144 Pages | 4½ x 6½ in

Full-color Illustrations

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***Megan Hess: The Bag* is an illustrated love story about the most timeless and useful of accessories, from internationally renowned fashion illustrator Megan Hess.**

A beautiful bag is the ultimate fashion investment. From the Hermès Birkin to the Chanel Classic, the Lady Dior to the Louis Vuitton Trunk, the Valentino Rockstud to the Fendi Baguette, these iconic bags are not just the perfect way to carry your lipstick and book—and complete your outfit. They are works of art and craftsmanship.

*Megan Hess: The Bag* is the latest in the *Ultimate Fashion Wardrobe* series, filled with fascinating information and stunning illustrations.

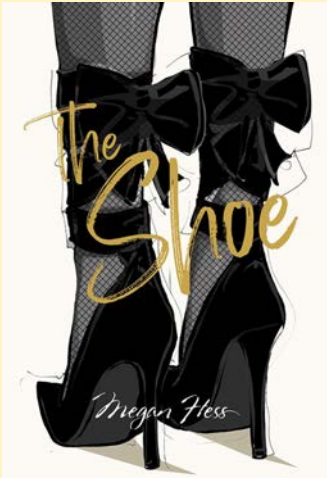
**Megan Hess** is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue*, *Vanity Fair*, *Harper's Bazaar*, the *New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton, and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- The next in a new series from Megan Hess, the *Ultimate Fashion Wardrobe*
- A beautiful small package with a foiled cover and black book block
- Megan has sold over a million books across ten languages
- Megan's profile continues to grow, with over 400k followers across platforms, and another 30k for Claris the Chicest Mouse in Paris



The way a woman uses her bag says so much about her. Jane Birkin insisted on using only one of her namesake bags at a time, carrying it everywhere until it was well and truly worn out. Jackie Onassis used her Gucci saddle bag as a paparazzi shield. Carrie Bradshaw sent out undeniable Paris vibes with her Swarovski-covered Eiffel Tower purse in the original *Sex and the City* movie. Margaret Thatcher even turned hers into a political weapon.





[View on Edelweiss](#)



Megan Hess: The Little Black Dress

9781743797358

\$19.99 | Hardcover



Coco Chanel Special Edition

9781743797440

\$35.00 | Hardcover

## Megan Hess: The Shoe Megan Hess

March 2023

9781743797389

DES005000

\$22.99 | Hardcover

144 Pages | 4½ x 6½ in

Full-color Illustrations

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***Megan Hess: The Shoe* is an illustrated love story about the most coveted accessory of any designer wardrobe, from internationally renowned fashion illustrator Megan Hess.**

Nothing quite says style like an incredible pair of shoes. The red sole of a Louboutin, the jeweled buckle of a Manolo Blahnik, the simple perfection of a Chanel slingback, or the incredible finishes on a Jimmy Choo—these are the details that complete an outfit and define timeless elegance.

*Megan Hess: The Shoe* is the latest in the *Ultimate Fashion Wardrobe* series, filled with fascinating information and stunning illustrations.

**Megan Hess** is an internationally acclaimed fashion illustrator. Her prestigious clients include *Vogue*, *Vanity Fair*, *Harper's Bazaar*, the *New York Times*, Chanel, Dior, Cartier, Prada, Fendi, Louis Vuitton, and Tiffany & Co. Her bestselling fashion books and beloved Claris series for children have sold over a million copies worldwide.

- The next in a new series from Megan Hess, the *Ultimate Fashion Wardrobe*
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Shoes inspire more emotion than just about anything else in our wardrobes.

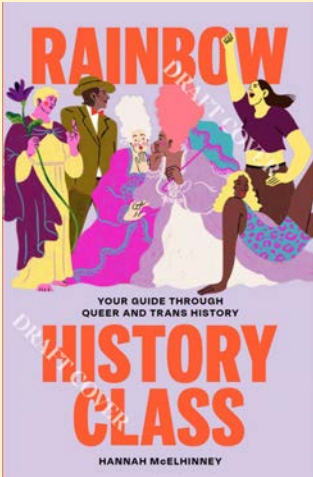
Whether you want to look fierce, playful or practical, shoes can express an attitude like no other accessory can. At their most basic, shoes are objects designed to take us from one place to the next, yet they hold such symbolism and power. From a vintage heel to a classic loafer or the latest sneaker, what you choose to put on your feet says a lot about who you are.

4



5





[View on Edelweiss](#)



# Rainbow History Class

Your Guide Through Queer and Trans History

Hannah McElhinney

March 2023

9781743798348

BIO031000

\$24.99 | Hardcover

216 Pages | 5½ x 8½ in

Full-color Illustrations

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***Rainbow History Class* is your entry into LGBTQ+ history, sharing queer and trans stories from ancient civilisations all the way up to the internet.**

So much of queer and trans history and culture has been erased, but Hannah McElhinney, writer and creator of *Rainbow History Class* (as seen on TikTok), is here to help us all with this crash course. This history lesson isn't dry and academic, nor is it glitter-soaked and reductive. It's a comprehensive and entertaining romp through queer and trans history, full of secret queer codes, gender-bending icons, pop-culture knowledge, and incredible activists.

This illustrated hardback book is a celebration for all LGBTQ+ people, and an invitation to the newly out that says, "Welcome to the club, let's get you caught up!"

**Hannah McElhinney** (she/her) is the writer and creator of *Rainbow History Class*, a space for sharing the queer and trans history we so rarely have the opportunity to learn. Their stories aim to inspire, educate, bring gratitude, build bridges, make you laugh, make you mad, and maybe even help you win an argument.

- Not just a collection of icons and stories—it is an interwoven story of LGBTQ+ people, politics, struggles, and celebration through the centuries
- Includes beautiful illustrations as well as historical photographs
- The *Rainbow History Class* TikTok account has over 440k followers and 10m likes for their content—38%

## KNOW YOUR ICONS

# Sappho

The word 'lesbian' really just means 'person from Lesbos', an island just off the coast of Turkey. And on the island of Lesbos, right at the edge of Ancient Greece, lived a poet named Sappho.

Most historians place Sappho's birth somewhere between 640 and 610 BCE. Sappho was a very prolific poet, admired by many in her time, but only fragments of her work remain. Sappho wrote playfully and exquisitely about love and desire between women – hence the use of the words 'lesbian' and 'sapphic' to describe women who experience queer attraction. Despite being written thousands of years ago, the dramatic feelings Sappho describes in her poetry echo our experiences of love today. These next lines could easily be found in the messaging app of any modern lesbian.

*I have had not one word from her  
Frankly I wish I were dead  
When she left, she wept  
A great deal, she said to  
Me, 'This parting must be  
Endured, Sappho. I go unwillingly.'*



RAINBOW HISTORY CLASS

18

19

THE ANCIENT WORLD

We still can't really say that Sappho herself was a lesbian in the modern sense. All we know about her life is what her poetry belies, and poetry isn't necessarily non-fiction.

It's probably worth stating the fairly obvious but still mind-bending fact that the Ancient Greeks lived a really long time ago. So long ago that there were historians of Ancient Greece who lived in Ancient Greece. The popular culture idea of Ancient Greece, with its sun-bleached stone pillars and wandering philosophers, is actually just one particular time period, known as the Classical Age. Sappho lived close to a century before this, in a period called the Archaic Era.

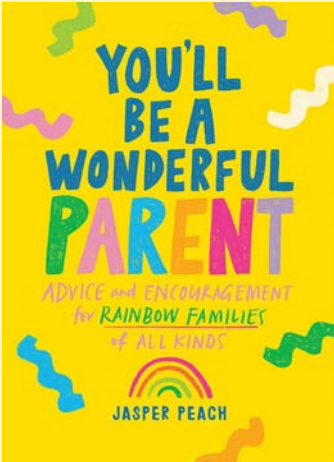
Greeks during the Classical Age were enamoured with Sappho. They wrote plays about her and documented her, but they were as close to sitting down and getting to know her as today's historians are to hanging out with Thomas Edison. They projected their Classical Era biases onto her, devaluing her work because she was female, sexualising her and perhaps even deliberately distorting her. This all helps explain why so much literature surrounding Sappho is relegated to interpretation.

In the many centuries since Sappho wrote of women wearing garlands of violets, every discovery made about her has thrown up more questions. Historians agree that her poetry would have been sung and accompanied by a lyre (a u-shaped stringed instrument). Beyond that, however, there are controversies surrounding almost every aspect of her life, including whether her work was ever performed in public and whether she had a daughter. But there is nothing more hotly debated than Sappho's sexuality. It's been suggested that she was a teacher or leader trusted with educating a collective of young women, and that Sappho's desire for these students was expressed in her poetry.

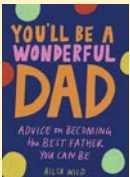
The truth is, we'll never know the truth. Arguing about the sexuality of a person who existed so long ago is pretty redundant, but for better or worse, Sappho has become a symbol. And it's easy to believe poetry that so viscerally describes desire between women could only have been written by a woman who'd felt it herself.







[View on Edelweiss](#)



You'll Be a Wonderful Dad  
9781743798485  
\$14.99 | Hardcover

## You'll Be a Wonderful Parent

Advice and Encouragement for Rainbow Families of All Kinds  
**Jasper Peach**

**March 2023**  
9781743798614  
FAM056000  
\$16.99 | Hardcover  
120 Pages | 5¼ x 7¼ in  
Black and White Illustrations

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**In *You'll Be a Wonderful Parent*, Jasper Peach provides a practical and emotional guide for LGBTQIA+ families around the arrival of a new baby.**

This little book holds the reader's hand through the journeys of both birth and non-birth parents, with advice on everything from dealing with other's definitions of your family, to finding the right medical care and communities, and of course making sure that you take a lot of naps before the baby is born.

A beautifully illustrated hardback full of warmth and personality, *You'll Be a Wonderful Parent* is unlike any other book on the market in its inclusive and celebratory approach to queer parenting, and there is something for everyone to learn from the values and experiences of rainbow families. It is the perfect book for new or expecting parents of all descriptions.

**Jasper Peach** lives on stolen Dja Dja Wurrung Country, Australia, with their wife and two children. They are a trans, non-binary, and disabled writer, editor, civil celebrant, and broadcaster. Jasper served as guest co-editor for Archer Magazine's 16th edition, and their work appears in HireUp, the *Sydney Morning Herald*, SBS Voices, and *We've Got This*, a book about parenting with a disability.

- There is really no book like this on the market that speaks to queer parents in this way
- The ideas are simple and practical, and informed by case studies on all different queer parenting experiences

Carve out time to process it all as you go. Rest, nutrition (including comfort food, obviously), moving your body, debriefing, creating – whatever works to anchor you to your most grounded centre, as the sands shift beneath your feet.

Being told what to make peace with or why fortune did or did not favour you can be the most crushing blow. There are as many complex belief systems as there are people, and when – not if – others try to gift you theirs, it's ok to turn away and seek your own answers inside yourself. **THINK OF BELIEFS LIKE SHOES: IF THEY'RE NOT COMFORTABLE AND YOU DON'T FEEL GOOD FROM YOUR HEAD TO YOUR TOES WHEN WEARING THEM, THEY'RE NOT FIT FOR THE PATH YOU ARE FOLLOWING.**

You are trying very hard to achieve something that is ultimately luck of the draw. It's like falling in love: impossible to force, a game of chance, and fraught with emotions like grief, fear, hope and joy. If you are lucky and the statistical fair winds favour your plotted course, it can be a challenge to let go of the terror that you may yet be becalmed. What matters is that you are a person of worth, no matter the fickle seas.



**A**s a new parent, the main thing – your main job – is to love the baby, make sure they have enough milk to drink, and keep them at the optimal temperature. In the case of a newborn, the first three months are all about the baby's system learning to be in the open, with all the stimulus that brings; they don't really know what's going on other than that, and they still feel part of the birthing parent's body, which is a beautiful thing to support going into the fourth trimester. For fostering, adoptive or other stripes of new parent getting to know their special person down the track, those early days are just as formative and life-changing. A new shared world is explored and the shapes of one another become familiar.



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アコム  
アコム

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24時間



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パチンコ



**Travel**





# Plant-based USA: A Travel Guide to Eating Animal-free in America

Veronica Fil

May 2023  
9781741177336  
TRV025000  
\$29.99 | Paperback  
304 Pages | 6¾ x 8¾ in  
Full-color Photography

[View on Edelweiss](#)



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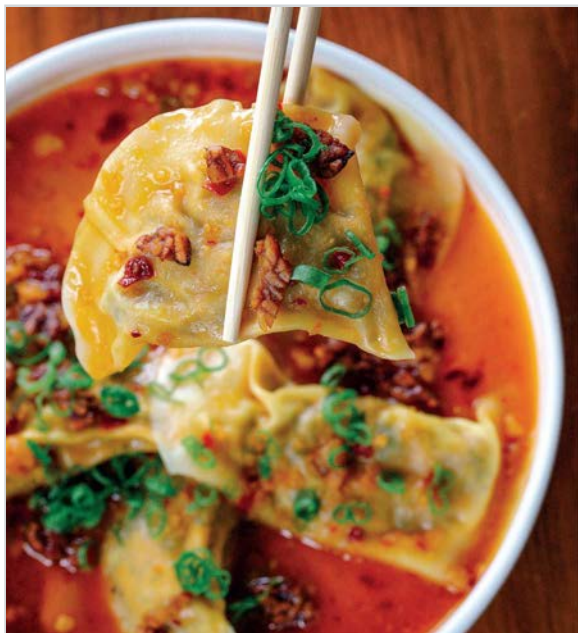
***Plant-based USA* is a food guidebook for anyone looking for vegan-friendly travel experiences throughout the United States.**

Following a plant-based diet can be challenging at the best of times, but it becomes even trickier when travel is involved. This guidebook and directory helps plant-based enthusiasts and climate-conscious eaters to identify “vegan-approved” places to eat and “safe” dishes to order.

Organized by city, *Plant-based USA* covers everything from restaurants to festivals and accommodation, while interweaving short reviews and personal travel tips and recipes from leading chefs on the American plant-based scene.

**Veronica Fil** is an Australian writer now based in the US. In 2019, Veronica and her partner, award-winning chef Shaun Quade, sold out of their internationally recognized restaurant Lume in Melbourne, Australia, to launch their plant-based cheese company Grounded Foods.

- According to VeganNews, a 2020 study by Ipsos Retail Performance showed that 9.6 million Americans now consider themselves to be vegan
- Helps readers identify “vegan-approved” places to eat and “safe” dishes to order
- Uncovers exciting new developments in plant-based cuisine, such as “mushroom meat” and pumpkin seed milk, as well as exploring unique local cuisines



Flush with greenery in the summer, serene ski slopes in the winter and nestled at the base of the Rocky Mountains, Denver is the antithesis of New York's bustling greyscale metropolis. Its picturesque urban landscape makes Denver a popular destination for outdoorsy folk, who seek their thrills hiking, biking and camping. Basically all of the activities that I don't like because they involve natural elements that mess up my hair.

Situated 5,000 feet above sea level (which incidentally gives Colorado the name Mile High City—just in case you thought the nickname referred to something else), it may take time for your body to adjust to the altitude and air quality. For that reason, first time visitors should take time to relax and acclimatize before hitting the nature trails. Maybe start with some snacks instead. Or even better, a brew: there's around 100 local tap houses and brewing companies located in Denver, so allocate your designated driver now or book a hosted tour. That's the kind of trail I can get behind.

I highly recommend a stop at Denver Beer Co. due to the fact that their facility is 100% fueled by solar power. Their forward-thinking sustainability plan also involves carbon dioxide capture technology, allowing the brewery to capture over 100,000 lbs of CO2 per year which can then be reused by other industries (rather than be emitted into the environment). If you need further reason to feel good about indulging in some brewskies, you can join their regular run club. Again, a fitness regime that speaks my language right there. I like how Denver operates.

For those with kids to entertain, skip the zoo (the captivity of animals has no place in this book) and head to an animal sanctuary instead. Luvin Arms is located a short drive from Denver in Erie, Colorado, and is home to a menagerie of rescued farm animals including pigs, goats, horses and llf duckies.

Denver Beer Company  
denverbeerco.com

Luvin Arms  
luvinarms.org

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DENVER

1165 S BROADWAY #104, DENVER, CO 80210

## SOMEBODY PEOPLE

VEGAN

Any restaurant that takes its name from a David Bowie song is a winner in my book. And it just so happens that this is my book.

Somebody People had already won me over with their venue decor alone. The space is dotted with the kind of quirky art that's reminiscent of the laneway coffee shops and pop up galleries in Melbourne. The colorful, sunny interior invokes Sydney-side beach culture, and acts as a stark contrast to the brick-blocked Denver city streets outside. All of this made complete sense when I discovered that the owners, Tricia and Sam Maher, are Aussies like me. This fact seems culturally significant because it guarantees that they'll make excellent coffee.

Upfront on the drinks menu: a short list of zero proof cocktails featuring Seedip, a non-alcoholic distilled spirit made from potent botanicals. It's delicate and sophisticated, but I'm diving directly into the boozy Gap Year to kick off: a party blend of Jamaican rum, peach, pineapple, coconut and lime.

Now for food: it's relatively short menu featuring thirteen sharing-style dishes that are simple (Hummus, spiced with a little sumac and chili oil), yet a little bit fancy (farinata with romano beans, skordalia and scallions). There's always a couple of handmade pastas available, but dishes generally vary with the season. That's a good thing.

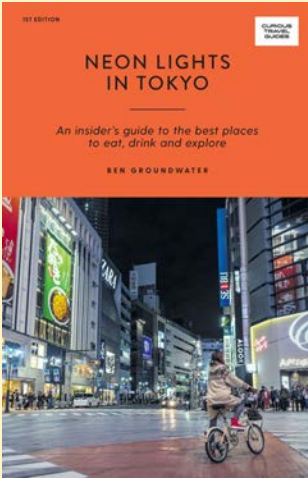
During Covid, Somebody People began offering a weekly fresh produce box that partnered with different farms and suppliers depending on what was seasonally available.

At a time when we were all missing in-person dining, it was an awesome way to grab some biodynamic wine and house-made pasta, and recreate the restaurant experience at home. While it's no longer available, it was an indication that this is a business that has grit and is here to stay.

DENVER

123





[View on Edelweiss](#)



# Neon Lights in Tokyo

An Insider's Guide to the Best Places to Eat, Drink and Explore  
**Ben Groundwater**

March 2023

9781741177015

TRV003050

\$26.99 | Paperback

240 Pages | 5¾ x 9¼ in

Full-color Photography

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***Neon Lights in Tokyo* is your guide to navigating the colossal world within a world that is Tokyo.**

Japan's capital is big, bold, and often highly intimidating to the uninitiated. But this needn't be the case. *Neon Lights in Tokyo* will not only introduce travelers to the heart of this densely packed and buzzing metropolis but also the village-like atmosphere of its smaller suburbs, helping you to find the best restaurants, the best bars, the best shops, and the best attractions hidden within the urban jungle.

Tokyo is the most exciting city in the world—and it's time to dive in.

**Ben Groundwater** is an award-winning Australian travel writer and broadcaster, and the author of *Go Your Own Way*. Ben first visited Tokyo in 2005, and became immediately obsessed. He's since returned to the Japanese capital almost every year, drawn by a city that's always changing, and always amazing.

- The *Curious Travel Guides* highlight the best of coffee, culture, and good food from an insider's perspective
- Detailed reviews of selected temples, shops, cafes, restaurants, bars and izakaya, museums, and open-air spaces
- Other titles in the series: *Sundays in Paris*, *Lost in Florence*, *Art and Fiesta in Mexico City*, *Wanderlust in Berlin*, and *Marrakesh, Explore the Magic of the Red City and California Travel Dreaming*



Lost in Florence

9781741176360

\$24.99 | Paperback



Art and Fiesta in Mexico City

9781741176452

\$24.99 | Paperback



## NOTABLE NEIGHBOURHOODS

*Tokyo is a city of villages, a place that may at first seem huge and intimidating, but is actually a network of easily digestible neighbourhoods that are all connected and yet culturally distinct. These areas are known as chos – a Japanese delineation similar to a suburb – and the trick is to focus on just one or two a day, to allow time to wander and discover in each of them, to enjoy everything the city has to offer without needing to jump on a train and immediately go somewhere else.*

*It's easy to spot a theme to most of Tokyo's chos, to know what you'll be getting when you choose each neighbourhood as your destination. It might be nightlife, it might be vintage stores, it might be high fashion, it might be electronics. It might be something completely different. But it will always be interesting.*

### AKASAKA

This central Tokyo district is about as upscale as the city gets, a haven for politicians and high-flying businesspeople, a place filled with expensive restaurants – such as the lovely Eijetsu (see p.45) – and luxury hotels.

### AKIHABARA

The sheen might have faded slightly from Tokyo's famed electronics town, but Akihabara is still a neighbourhood that is obsessed with technology. This is the place to come for all gadgets and machines, but it's also a hub of gaming and geek culture, with plenty of manga stores and arcade parlours in among the electronics shops.

—

Neighbourhoods



### Artisanal crafts

## SHOKUNIN

*There's a long history in Japan of artisanal passion and brilliance, a culture that stretches back centuries to ceramics supplied to royalty, to swords made for samurai, and to food perfected by obsessives nationwide. What sets Tokyo apart is the incredible dedication of its shokunin, its craftsmen and women, their relentless pursuit of perfection, their drive to innovate and yet preserve tradition in their chosen fields.*

*If you're chasing works of artisanal beauty to bring home as keepsakes, this is the city for you. In most suburbs you will find at least a few artisans who have come close to perfecting their craft, whether they deal in fabrics or pottery, in metalware or food. For the highest concentration, however, stroll around Karamae, or check out Gakusei-Daigaku.*

*Regardless of where you are, you will notice a similar dedication among the artisans involved: a knife isn't just a tool in Japan – it's a work of art; a meal isn't mere sustenance – it's performance; a bowl isn't just something to eat from – it's a statement of origin and of ideas. This quest for perfection makes for excellent shopping, and amazing eating. Enjoy.*

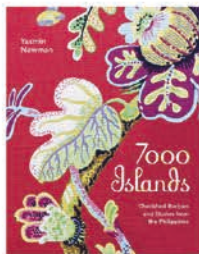
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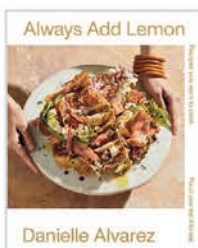


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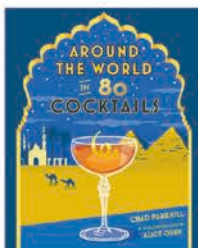
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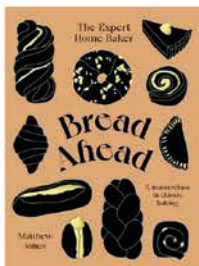


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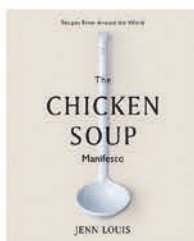
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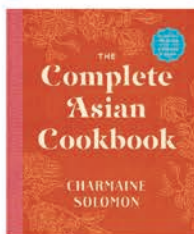
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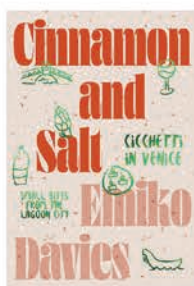
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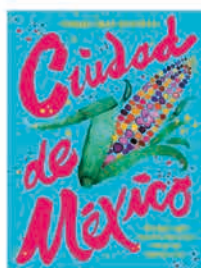
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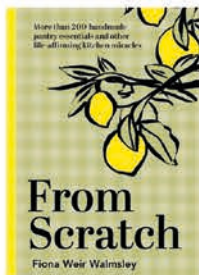
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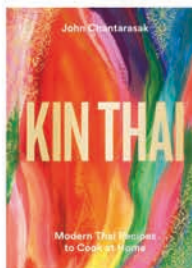
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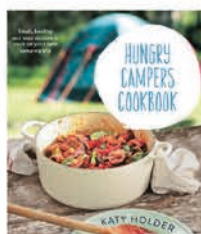
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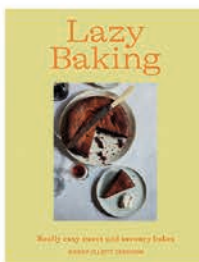
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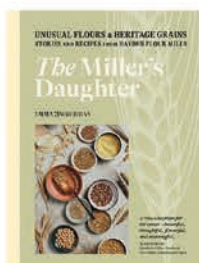
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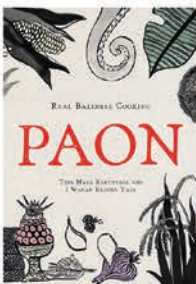
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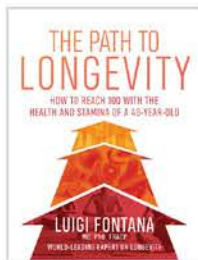




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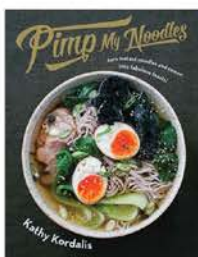
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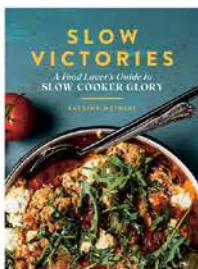
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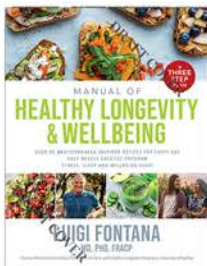
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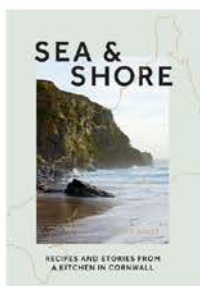
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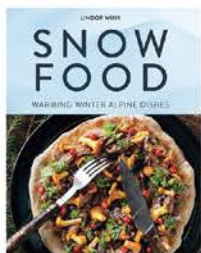
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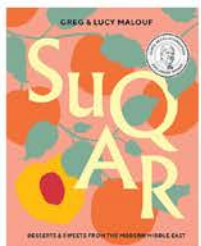
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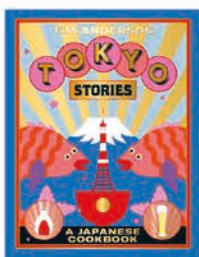




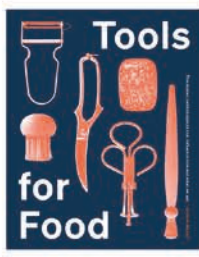
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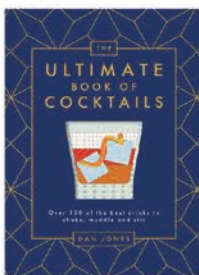
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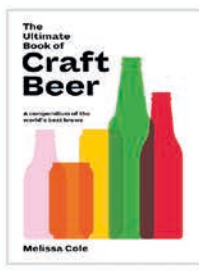
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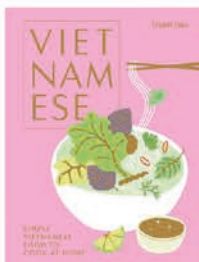
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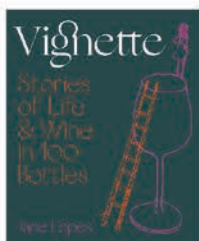
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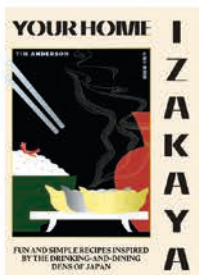
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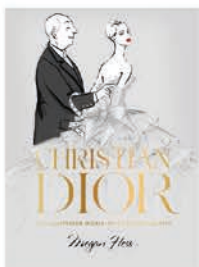


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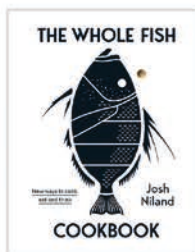
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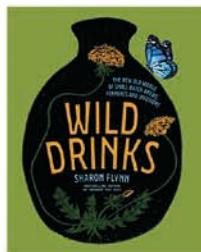
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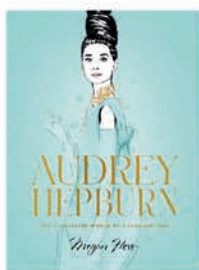
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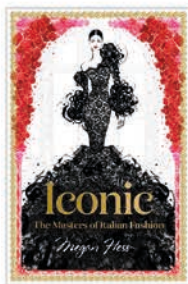




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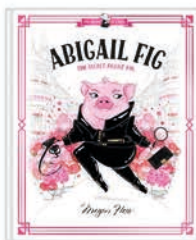
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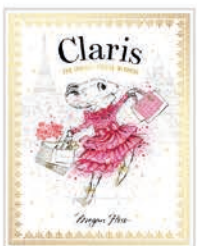


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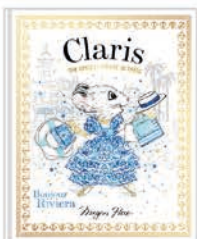


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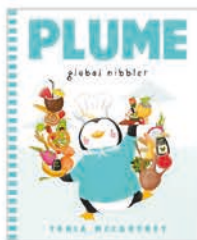
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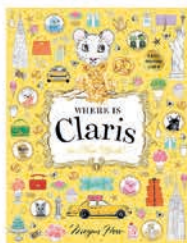
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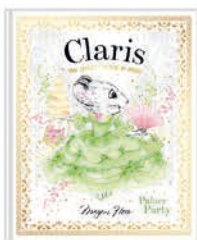
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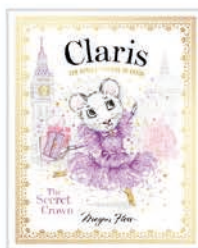
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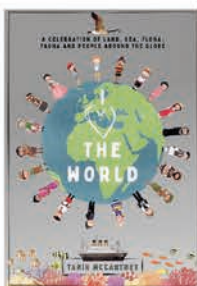
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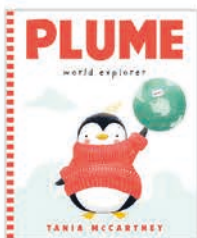
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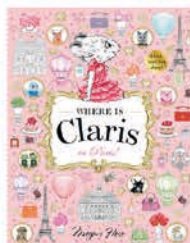
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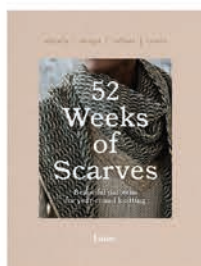
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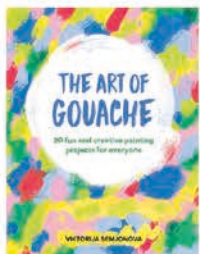
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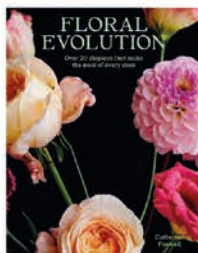


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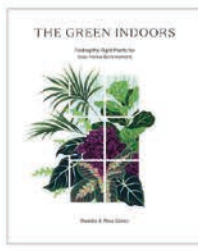


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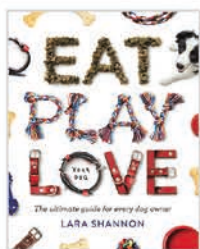
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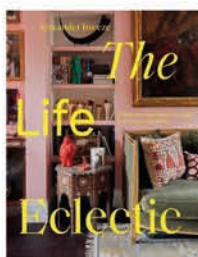
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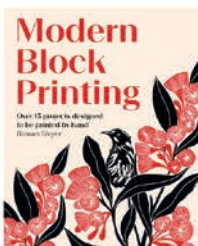
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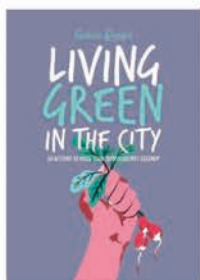
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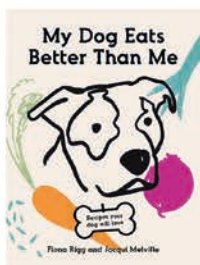
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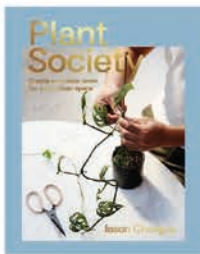


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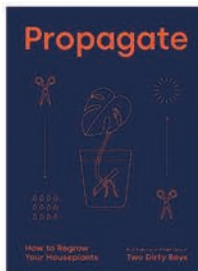




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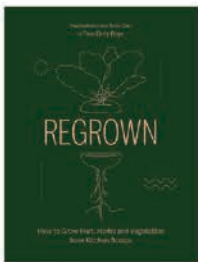
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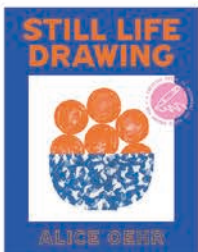
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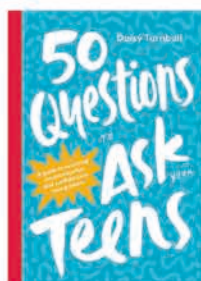
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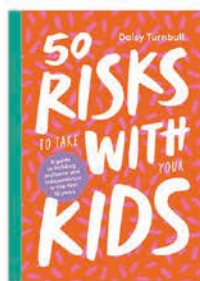
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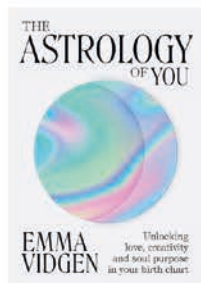
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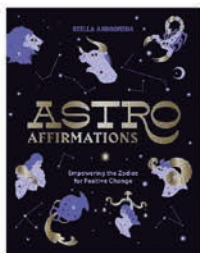
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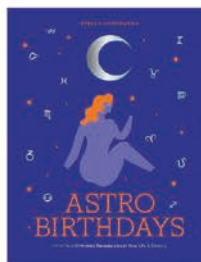
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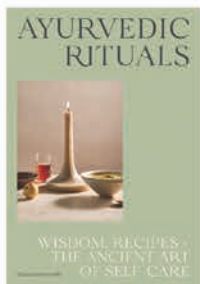
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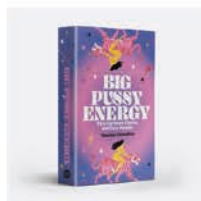
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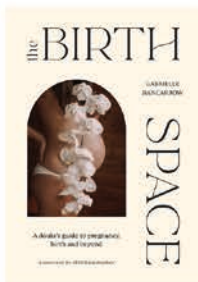
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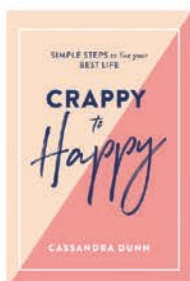
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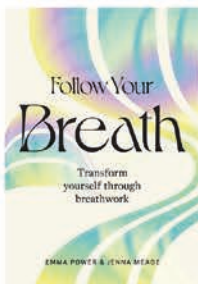
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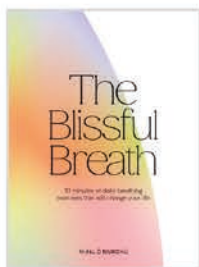


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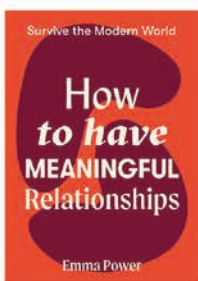




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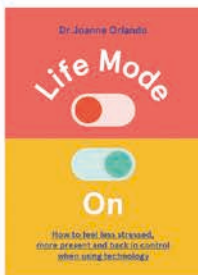
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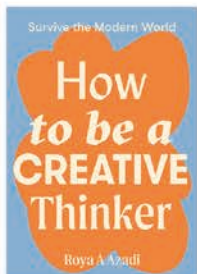


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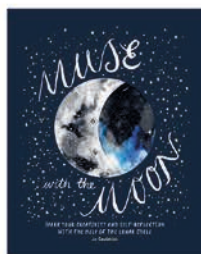




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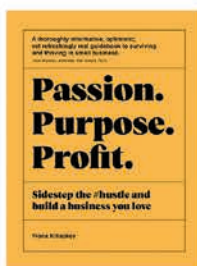
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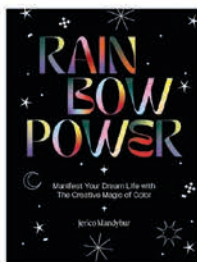
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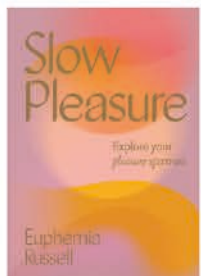
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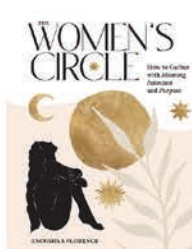
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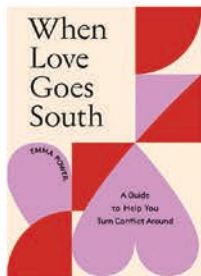
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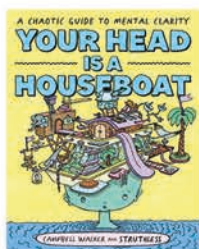
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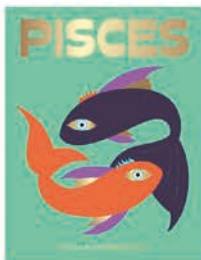
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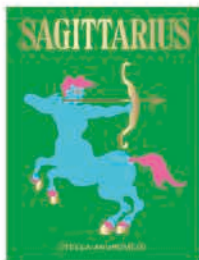




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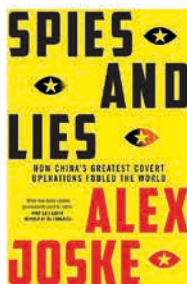
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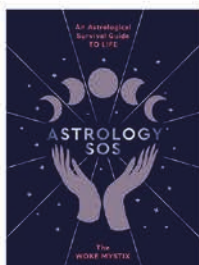
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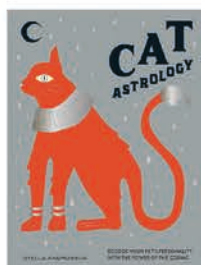
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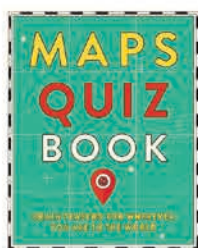
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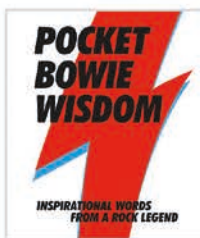
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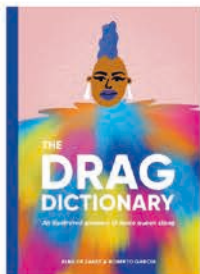
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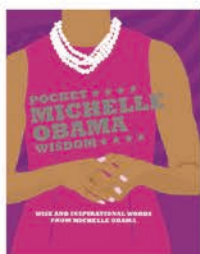
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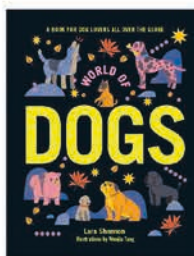
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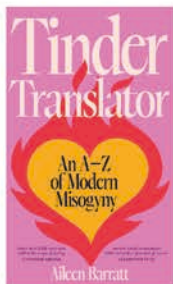
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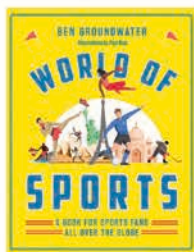
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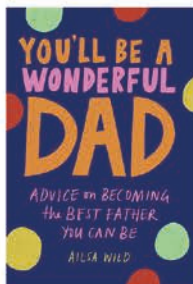
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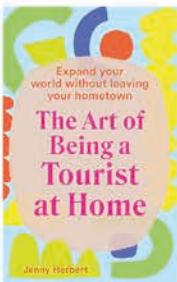
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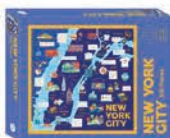
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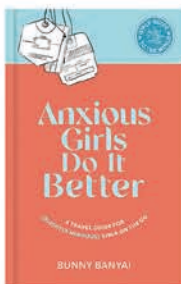
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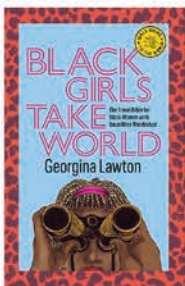
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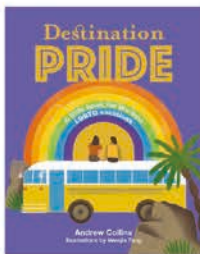


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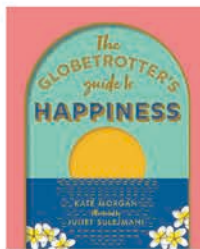
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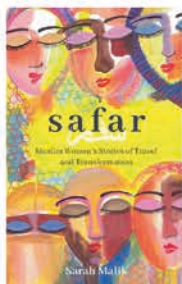
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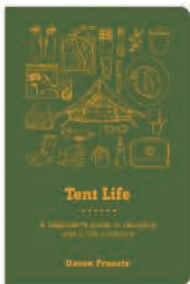
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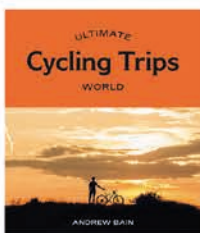
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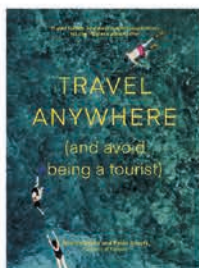


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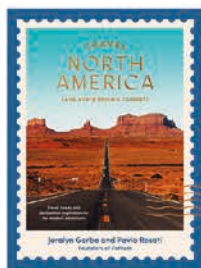
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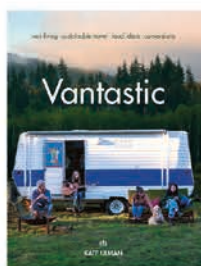
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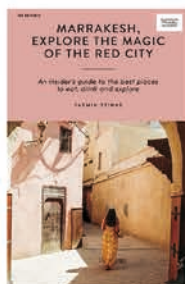
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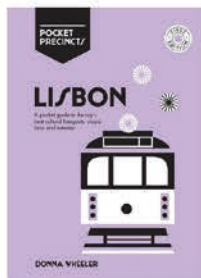
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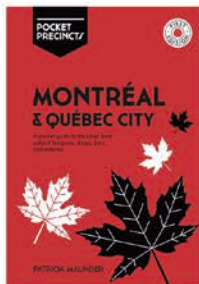
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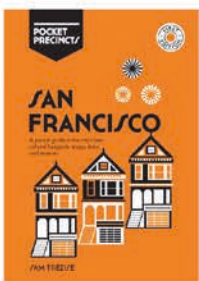
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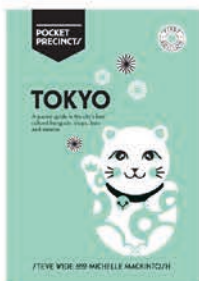
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F 416 703 4745  
Toll free #: 1-866-849-3819  
info@ampersandinc.ca

### Quebec

Hornblower Group Inc.  
T 514 704 3626  
F 1 800 596 8496  
kstacey@hornblowerbooks.com  
T 514 239-3594  
Toll-Free Phone: 1-855-444-0770  
lmsimard@hornblowerbooks.com

### Atlantic Canada

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

## GIFT STORE REPRESENTATIVES

### **AZ, CA, CO, HI, NM, NV, UT, WY**

Stephen Young & Associates  
Los Angeles, CA Showroom  
T 800 282 5863  
F 213 748 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  
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, MN, MO, 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  
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