



Raincoast Books

EARLY SPRING 2020

HARDIE GRANT

This edition of the catalogue was printed on August 26, 2019.

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or visit www.raincoast.com



LEAD

The Art of More

6 Steps to Creating the Life You Really Want to be Living
by Domonique Bertolucci

Have you ever found yourself feeling guilty for wanting more: more happiness, success, money, fun, freedom, flexibility, time, balance, fulfilment or satisfaction in your life? Perhaps you were worried that you were being greedy, that you should be satisfied with what you have, or that you needed to apologize for feeling this way? After all, your life is fine, isn't it? Deep down you know you deserve to live a happy and fulfilling life and that 'fine' isn't nearly good enough. It's time to stop ignoring yourself or hoping this feeling will go away. It won't. It's time to create the life you really want to be living and live a life you love instead.

With a mix of real life stories, exercises, and action plans, this book will take you step-by-step through the internal and external changes you need to make to create the life you really want to be living.

Author Bio

Domonique Bertolucci is the best-selling author of *The Happiness Code*, *100 Days Happier*, *Love your Life* and a number of other bestselling titles. Her advice is the closely guarded secret behind some of the world's most successful people. Passionate about getting the life you want and loving the life you've got, Domonique has a client list that reads like a who's who of CEOs and business identities, award-winning entrepreneurs and celebrities, and her workshops and online courses are attended by people from all walks of life, from around the world. She has coached people in London, Amsterdam, Paris, New York, Toronto, Singapore, Australia and Hong Kong. Her weekly newsletter *Love Your Life* has readers in more than sixty countries.

Hardie Grant

On Sale: Feb 4/20

4.49 x 7.24 • 160 pages

9781743794227 • \$28.99 • pb

Body, Mind & Spirit / Inspiration & Personal Growth

Notes

Promotion



9 781743 794227





Grounded: Slow, Grow, Make, Do

A Companion for Slow Living

by Anna Carlile

Grounded (adjective): used to describe a person who has a good understanding of what is really important in life.

This book is your entry into a world that spins slowly and draws its inspiration from the earth, the ocean, the sun and the sky. Each turn of the page through projects organized into chapters for the four seasons will lead to discover a new way to practice slow living and weave nature into your everyday life. Build a garden bed and plant seeds. Watch your vegetable garden grow, and pluck a tomato or two to make a salad. Go on a walk in the woods, build a campfire and then read the moon. Rediscover a childlike joy of nature through over 20 projects to cook, make or do outside. Grounded is the ideal way to put down your devices and spend time in natural surrounds with your friends, your family and, of course, yourself.

Author Bio

Anna Carlile is the founder of Viola Designs, a communication design company that draws inspiration from nature and promotes design that celebrates and protects the environment.

Hardie Grant

On Sale: Mar 17/20

7.5 x 9.4 • 192 pages

9781741176827 • \$28.99 • pb

Self-Help / Green Lifestyle

Notes

Promotion



9 781741 176827





Only In Tokyo

Two Chefs, 24 Hours, The Ultimate Food City

by Michael Ryan and Luke Burgess

A compelling and rare window on this exciting food city through the lens of chefs and Japanophiles Michael Ryan and Luke Burgess.

Join intrepid chefs Michael Ryan and Luke Burgess on the best sort of culinary adventure—one that could happen only in Tokyo. From daybreak to late night, discover the creative people and compelling stories behind the restaurants, bars and tea houses of the world's most exciting food destination. This is a book as much for people travelling to the city as it is for those with an appreciation of its special magic.

Author Bio

Michael Ryan is one of Australia's best regarded chefs and since 2009 he has operated the acclaimed Provenance restaurant in rural Australia. He is also a Japanophile and conducts regular culinary tours of Tokyo.

Luke Burgess is similarly smitten with Japan and specifically its food culture. He is a food photographer and stylist turned chef, who has returned to his first love to capture an unvarnished take on Tokyo's hospitality scene for the purposes of this book.

Hardie Grant

On Sale: Apr 7/20

7.5 x 9.8 • 224 pages

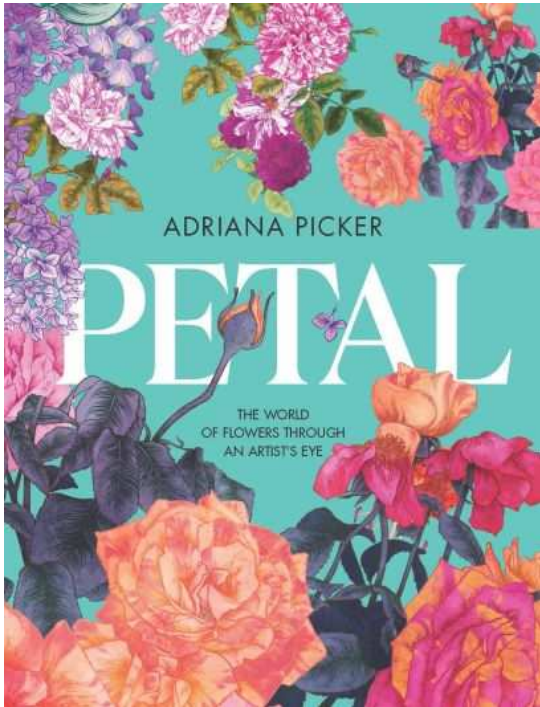
9781743794791 • \$39.99 • cl

Travel / Asia / Japan

Notes

Promotion





Petal

A World of Flowers Through the Artist's Eye

by Adriana Picker

A lush illustrated celebration of nature's most beautiful work, the flower.

From roadside daisies to exotic hothouse lilies, botanical illustrator Adriana Picker has curated specimens from all over the world to create this illustrated compendium of floral wonder. Petal is arranged into various flower families, with illustrations of close-ups, cross-sections, buds and foliage revealing the flowers' unique characteristics, colors and sculptural beauty. Adriana draws on her lifelong obsession for flowers and plants to detail the traditions, folklore, fame, scent and meaning behind our favorite blooms, along with some lesser-known oddities. This is the book of botanical illustration for a new generation of flower lovers.

Author Bio

Adriana Picker is an award-winning artist and illustrator with a lifelong passion for flower, plants and botanical illustration. Adriana's clients range from Vogue and Gourmet Traveller, to Quay Restaurant, Mambo, Absolut Vodka, Mecca Cosmetics and T2. She has also worked in film costume design, most notably for The Great Gatsby, Mad Max: Fury Road and Hacksaw Ridge. She has illustrated three previous books, The Garden of Earthly Delights, Where the Wildflowers Grow, and The Cocktail Garden. Adriana is currently living and working in New York.

Hardie Grant

On Sale: Mar 17/20

8.5 x 11.1 • 256 pages

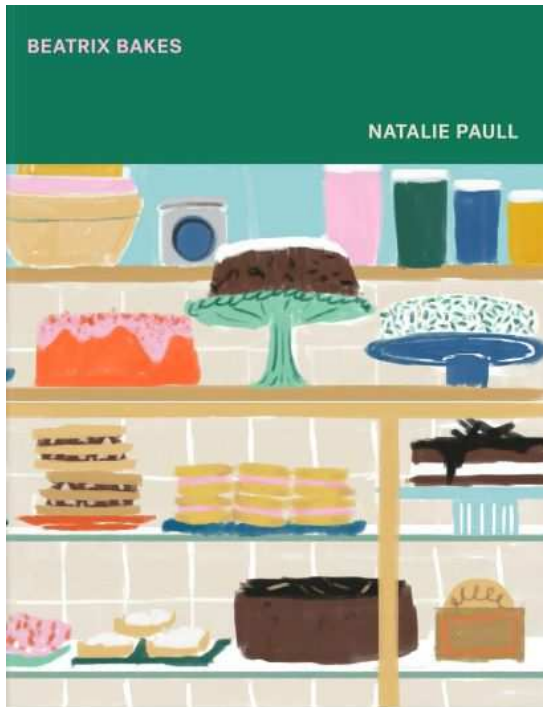
9781743795040 • \$50.00 • cl

Design / Graphic Arts / Illustration

Notes

Promotion





Beatrix Bakes by Natalie Paull

Beatrix Bakes embraces the unparalleled joys of baking seasonally and creatively. It invites you to choose your own adventure-with unique features that inspire you to mix-and-match and create magic out of even the worst baking fails-and to celebrate indulgence, slowing down and being in the (sweetest) moment.

Nat Paull's recipes are inspired by classics the world over, but they are irreverent too, and in this book she delights in showing readers that-once they get the foundations right-the truest magic will come from a willingness to play (with the insurance of her many clever ideas and back-up plans in their apron pocket!). The pages are filled with authentic photography that works as a stunning visual endorsement of Natalie's favorite treats. The recipes are divided across ten chapters: Crusts, Doughs, Pastries & Crusts; Tarts, Pies, A Crostata & a Galette; The Cake List; One in the Hand; Yeasted Bakes; Fruit-full; Creams, Custards, Fillings, Glazes and Buttercreams; and Finishing Touches. Peppered throughout are infographics, offering readers a visual (pie chart) guide to following their baking hearts. For example, The Cheesecake That You Will Love The Most presents options for a crumb base, a bought biscuit base, no base, a sponge base and a failed cookie base! And from there, ideas for toppings from sour cream to crumb, to fruit bits.

Author Bio

Nat Paull has been baking and loving all things sweet for more than twenty-five years. She started cooking in professional kitchens at the age of eighteen and spent her formative years working with Australian food luminaries Maggie Beer and Stephanie Alexander. Nat opened the cultish but tiny blink-and-you'll-miss-it Beatrix Bakes in inner-city Melbourne, Australia in 2011. Crowds line up in the rain for their piece of one of her daily rotating roster of fifteen cakes. In following her heart and baking the cakes she loves to eat, Nat has established an international reputation for melding the traditional pillars of cake baking with her distinct brand of irreverent innovation. Also, she eats a lot of cake. Every day.

Hardie Grant
On Sale: Mar 17/20
7.5 x 9.8 • 256 pages
9781743795255 • \$42.99 • cl
Cooking / Courses & Dishes / Cakes

Notes

Promotion





Hardie Grant
On Sale: Apr 7/20
7.5 x 9.4 • 192 pages
9781743795545 • \$32.99 • pb
Gardening / House Plants & Indoor

Notes

Promotion



hardie grant books

Green

Plants for small spaces, indoors and out
by Jason Chongue

A hands-on guide to transforming small urban spaces into lush, plant-filled retreats.

In *Green*, Jason Chongue explains and simplifies how to curate and look after plants in small urban spaces. He provides a practical and personal guide to creating urban gardens and styling with plants, perfect for a range of environments and climates, inside or out. From balconies, porches, courtyards and small backyards to entryways, offices and living spaces, this 'how to' guide is an approachable resource for gardeners of all types. Chapters cover understanding your climate, a plant maintenance calendar, curating a range of spaces and appreciating plants in public spaces, as well as quick tips for styling and plant care. Jason also invites 'Plant People' across the globe to provide an insight into how people are inspired by nature. *Green* is the perfect guide to small-space gardening, beautifully photographed and illustrated, and will help you transform your indoor and outdoor spaces into a lush, healthy oasis in no time.

Author Bio

Jason Chongue is the Creative Director of design studio and store The Plant Society. After gaining a wealth of experience working as an architect and interior designer, Jason merged his passion for plants and design by establishing The Plant Society in 2016, focusing on designing with plants in small urban spaces. Since being established, The Plant Society has grown exponentially and has attracted a loyal following in Australia and globally. Jason regularly travels internationally to pass on his knowledge to aspiring plant enthusiasts in plant workshops. He has published a previous book with Hardie Grant on indoor gardening, *Plant Society*.



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Hardie Grant
On Sale: Jan 21/20
7.5 x 9.8 • 224 pages
9781743795644 • \$35.99 • pb
Cooking / Methods / Quick & Easy

Notes

Promotion



The Plan Buy Cook Book

Plan Once, Eat Well All Week
by Gabby Chapman and Jen Petrovic

Get organized, keep things easy in the kitchen and never ask "What's for dinner?" again.

Are you always making frantic (and expensive) evening grocery store trips? Do you constantly seem to have a fridge full of food but nothing to cook? Do you feel like you're serving up the same old meals every week? Plan Buy Cook is your guide to beating the daily dinner grind while saving time, money, food waste-and your sanity.

- PLAN with the 4+2+1 formula (which will cut your weekly cooking time in half), along with seasonal meal-plan suggestions and handy tips on how to store food.
- BUY with a guide to pantry and fridge essentials, how to shop and save, and eliminate food waste.
- COOK with more than 80 simple, healthy and delicious recipes that even fussy eaters will love, from fast pad Thai to eat-and-freeze tagines, fresh BBQ salads and speedy sides.

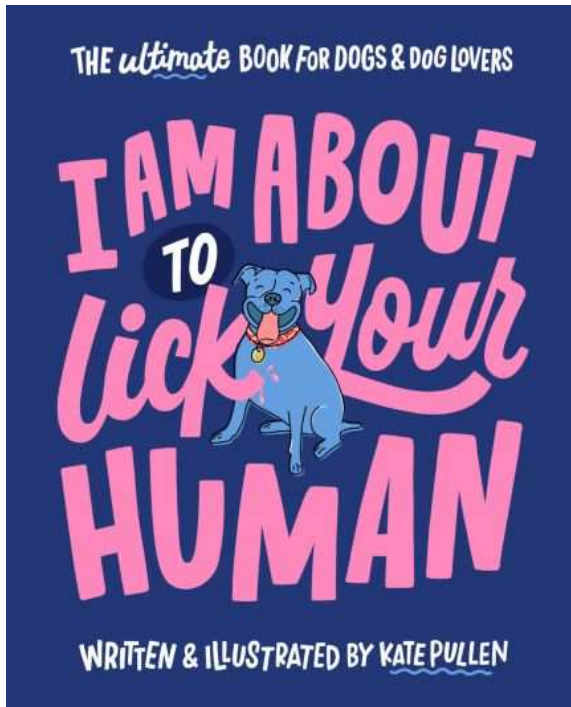
Lose the five o'clock panic and set up for a lifetime of good food habits with Plan Buy Cook.

Author Bio

Gaby Chapman juggled raising three boys with running her own business - and always panicked about what was for dinner. Her cookbook collection was no help (too many ingredients and complicated methods). Add a fussy eater in the mix and she had a recipe for disaster. That was, until she met Jen.

Jen Petrovic is a chef, mother of two and the most organized person ever. She has worked in restaurants, large-scale catering and as a personal chef-in short, she knows how to get a meal on the table with minimal fuss. A chance school-gate conversation led Jen and Gaby to build an app to solve the nightly "What's for dinner?" dilemma, and they have now brought their master meal-planning skills to a book.





I Am About to Lick Your Human

The Ultimate Book for Dogs and Dog Lovers

by Kate Pullen

A book that celebrates how great-and gross-dogs can be.

Do you take your dog to parties so that you know you'll have someone to hang out with? Does your dog eat better than you do? Do you have a doggy daycare report card stuck to your fridge? Do you regularly remove various disgusting things from your dog's mouth and hardly wince? Then this book is for you!

I Am About to Lick Your Human is a hilarious collection of doggo sentiments and situations paired with fun and playful illustrations. It includes a catalogue of all the things you'll pull out of your dog's mouth, confessions of a dog lover, and a checklist for the soon-to-be dog owner (number one: no aversion to bodily fluids). This is the ultimate gift for canine lovers that celebrates all that is good (and bad) about dog ownership.

Author Bio

Kate Pullen is an illustrator, graphic designer and letterer. Often gathering inspiration from pop culture (read: watching a lot of movies), she's driven by the hope that these illustrations may help crack a smile or two.

Hardie Grant

On Sale: Apr 21/20

6.7 x 8.3 • 128 pages

9781743795811 • \$21.99 • pb

Humor / Topic / Animals

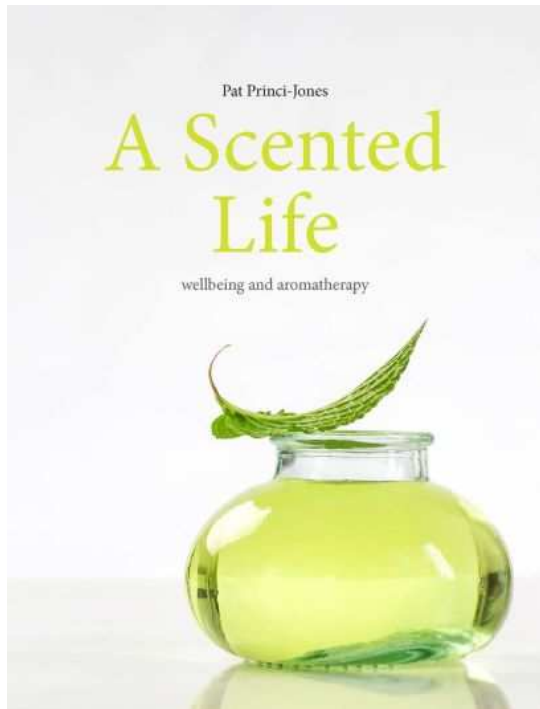
Notes

Promotion



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Hardie Grant
On Sale: Apr 21/20
6.3 x 8.3 • 196 pages
9781743795958 • \$28.99 • cl
Health & Fitness / Aromatherapy

Notes

Promotion



A Scented Life Wellbeing and essential oils by Pat Princi-Jones

A comprehensive and stylish guide in using the ancient practices of aromatherapy for modern wellbeing.

Discover the power of one simple breath.

Aromatherapy is the practice of using pure essential oils extracted from plants as remedies for emotional, physical and spiritual wellbeing. The healing properties of essential oils can relieve headaches, muscular pain, and cold and flu symptoms. A few drops in your skincare regime can increase hydration, treat acne and regenerate damaged skin. What's more, essential oils can shift your mood, improve your sleep patterns and lower feelings of anxiety to make you feel restored, relaxed and renewed.

A Scented Life is a journey into the senses, bringing this ancient practice into today's world. Aromatherapy expert Pat Princi-Jones details what different essential oils can do for you and demonstrates the many ways to mix and apply oils in your daily life for maximum long-term benefits.

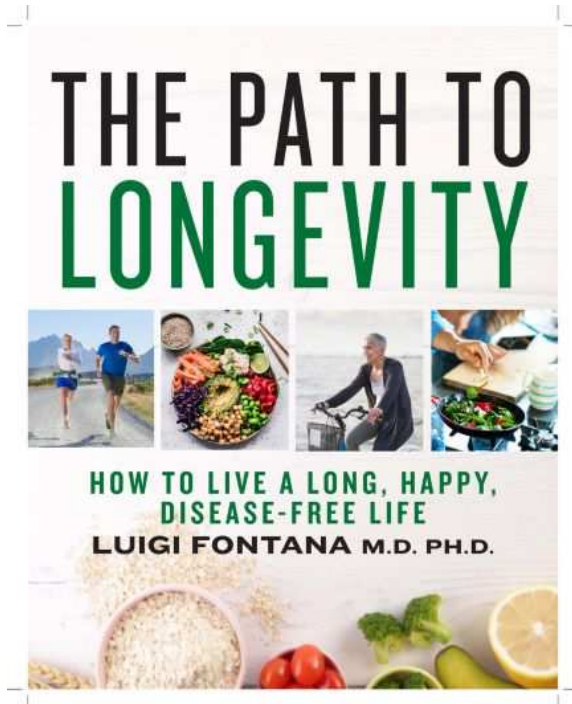
Author Bio

Pat Princi-Jones first became interested in essential oils when she was introduced to the exotic scent of jasmine blooms more than 30 years ago and she has never looked back. She is the aromatherapy specialist for Oil Garden and an associate member of the International Aromatherapy & Aromatic Medicine Association.



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Hardie Grant
On Sale: Feb 4/20
7.1 x 9.2 • 256 pages
9781743795965 • \$35.99 • pb
Health & Fitness / Longevity

Notes

Promotion



hardie grant books

The Path to Longevity

How to Live a Long, Happy, Disease-free Life

by Luigi Fontana

The pathway to enjoying a joyful, active, independent and creative, long and healthy life.

Rather than trying to treat sick people with medicine, Professor Luigi Fontana set out to discover how we can avoid the chronic illnesses in our society, and live long, healthy lives. The Path to Longevity is a summary of more than 30 years of research, clinical practice and his accumulated knowledge on healthy longevity, using an evidence-based approach.

This is not a diet book that offers miracle solutions, this is a holistic book that explains what science tells us about our health, and offers us interventions, that if implemented, will improve not only physical health, but also emotional, spiritual and environmental health.

Luigi Fontana shares the pathway to enjoying a joyful, active, independent and creative long and healthy life.

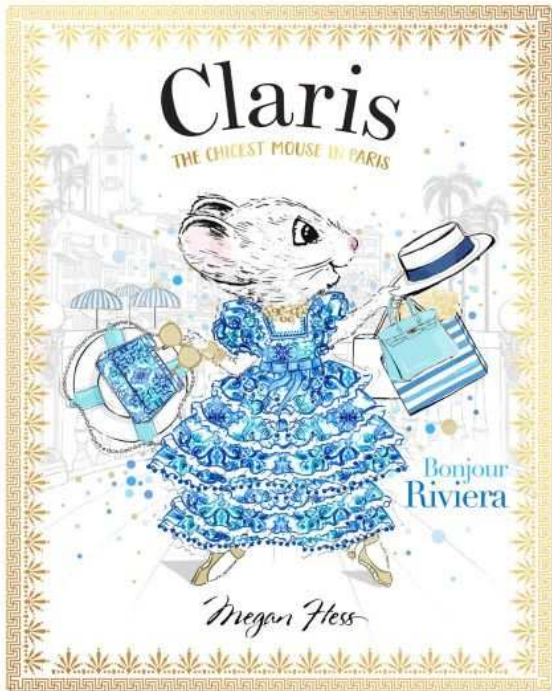
Author Bio

Professor Luigi Fontana, M.D., Ph.D. is a highly skilled medical clinician who is recognised as the leading world expert on longevity. He is a Professor of Medicine and Nutritional Sciences at the University of Brescia in Italy and was for many years Research Professor at Washington University, one of the four most highly regarded medical universities in the USA. Professor Fontana recently was invited to join the University of Sydney as Chair of Translational Metabolic Health. Credited with conducting the foundational research that gave rise to the 5:2 diet, Professor Fontana's revolutionary work is leading the world on longevity and the factors involved in living a long and healthy life.



9 781743 795965





Hardie Grant
On Sale: Mar 17/20
9.1 x 11 • 48 pages
9781760504939 • \$24.99 • cl
Juvenile Fiction / Social / Friendship • Ages ages 0 to 8
Series: Claris

Notes

Promotion



LEAD

Claris: Bonjour Riviera by Megan Hess

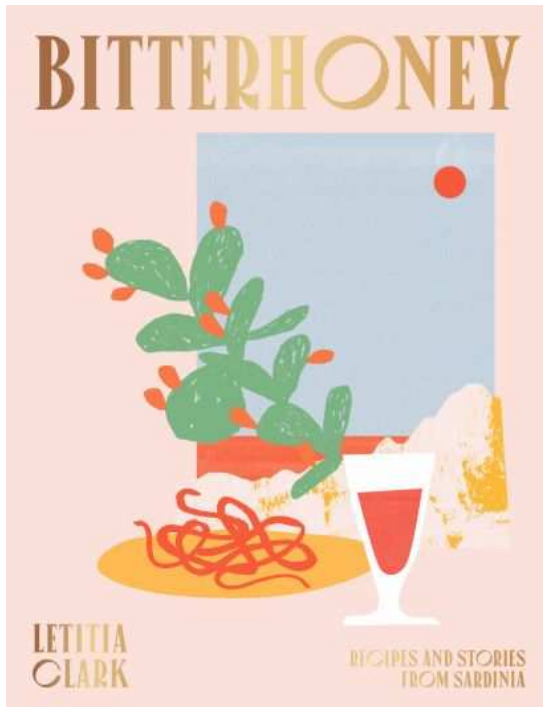
The third title in the best-selling picture book series, **Claris: The Chicest Mouse in Paris**, from acclaimed fashion illustrator **Megan Hess**.

Summer is here, and it's never been more stylish! Can Claris and Monsieur stowaway on the family trip to the French Riviera? The best-selling Claris series follows an adorable mouse who moves to Paris to follow her fashion dreams, for fans of Eloise and Olivia. Destined to delight fashion-obsessed readers of all ages!

Author Bio

Megan Hess is an acclaimed fashion illustrator who works with some of the most prestigious fashion designers and luxury brands around the world, such as Chanel, Dior, Cartier, Montblanc and Tiffany & Co. She is the official illustrator for Bloomingdales New York, and completed the cover artwork for all of Sex and the City author Candace Bushnell's books, as well as a private commission for Michelle Obama, and has collaborated with Gwyneth Paltrow for the 'Blo' Blow Dry Bar campaign. Claris: The Chicest Mouse in Paris is her first children's book series.





Bitter Honey

Recipes and Stories from Sardinia

by Letitia Clark

In *Bitter Honey*, seasoned chef Letitia Clark invites us into her new home on one of the most beautiful islands in the Mediterranean Sea - Sardinia. Cooking here reflects life: it is a slow and relaxed affair. Meat is almost always slow roasted over an open fire, often on a rustic spit. Cheese is made and matured slowly, using age-old methods and tools. Beans and legumes, and most vegetables too are cooked long and slow, extracting all their sweetness. There is no sense of urgency about anything. The recipes in this book don't take long to make, but you can taste the ethos behind every one of them - one which invites you to slow down, to enjoy yourself, to nourish yourself with food, friends, and family.

Try your hand at Roasted eggplants with honey, mint, garlic & burrata, or a fresh, zesty salad of Celery, orange, anchovy and hazelnut, followed by Malloreddus (the shell-shaped pasta from the region) with crab, saffron and tomato, or a Roast chicken stuffed with ricotta and chard. If you're craving something sweet, follow up with an Almond panna cotta with poached apricots, or a bowl of Mascarpone and sour cherry ice cream. Each of these recipes, and the stories behind them, will transport you to the glittering, turquoise waters and laid-back lifestyle of this Italian paradise. With beautiful design, photography, full color illustrations and joyful anecdotes throughout, *Bitter Honey* is a vacation, a cookbook and a window onto a covetable lifestyle in the sun - all rolled into one.

Author Bio

Letitia Clark was born in the UK in 1987. After completing a degree in English Literature at Durham University she put her love of food into practice and completed the diploma course at Leith's School of Food and Wine. Her first professional kitchen was The Dock Kitchen, where she worked for a year. Craving the literary side of her life she went back to Edinburgh University to complete a Masters in English Literature, while cooking and baking in the now notorious Peter's Yard in the evenings. From here she briefly pursued a career in publishing, before feeling herself called back to the stove and becoming head baker at Spring. She worked her way around the pastry and savory section, before accepting a job as Head Pastry Chef at the now Michelin-starred Ellory. After 7 months here, with itchy feet yet again, she moved to Morito, where she met her Sardinian partner, Luca, who was also a chef. Craving open spaces, rustic Italian food and a self-sufficient lifestyle they quit their jobs and London and moved to rural Sardinia. Here they are building a small farm and dairy, while Letitia writes about the food they cook and records the recipes.

Hardie Grant

On Sale: Apr 28/20

7.8 x 9.5 • 256 pages

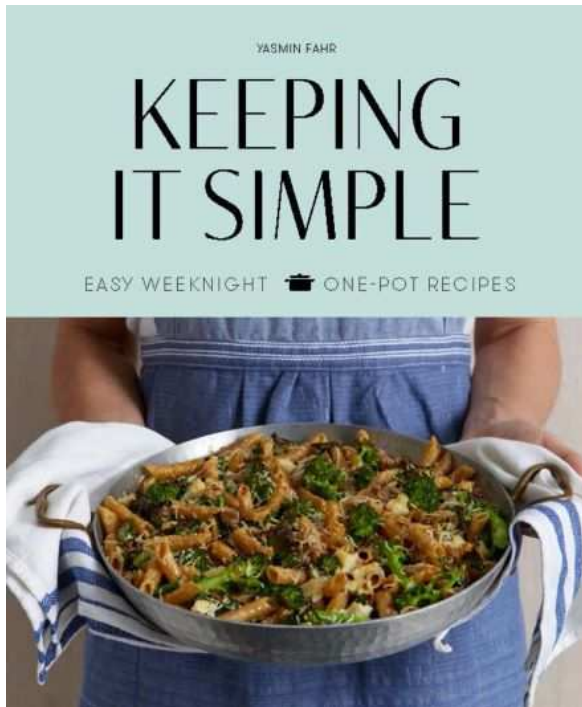
9781784882778 • \$50.00 • cl

Cooking / Regional & Ethnic / Mediterranean

Notes

Promotion





Keeping It Simple

Easy Weeknight One-pot Recipes
by Yasmin Fahr

After a long day at work, heading home to cook a fussy, complicated meal is the last thing anyone wants to do. Keeping It Simple is the ultimate collection to have on hand for these moments. Featuring over 60 quick and easy, drool-worthy one-pot dinners you can whip up in the time it takes to have a glass of wine (or two, let's be honest), Yasmin Fahr has got you covered.

Inspired by her column for Serious Eats, One-Pot Wonders, Yasmin sets out to arm readers with sneaky gems and low-key showstoppers that work every time, and a promise that they will learn at least one new move (if not a good few) to up their skills in the kitchen. The ultimate goal is to get dinner on the table quickly, but also to create something truly delicious as a weeknight reward. Why order a takeaway when you can throw together Miso-Ghee Chicken Thighs with Roasted Radishes or Rigatoni with Crispy Prosciutto, Broccolini, Parm and Chili Flakes in 20 minutes? And when you can cook it all in one pot, clean-up is a breeze.

Featuring humorous and relatable anecdotes and musings on cooking and life, in Yasmin's witty and energetic style, Keeping it Simple is the book you'll keep coming back to night after night for inspiration both in the kitchen and out. It's collection that will remind you why you love to cook in the first place.

Author Bio

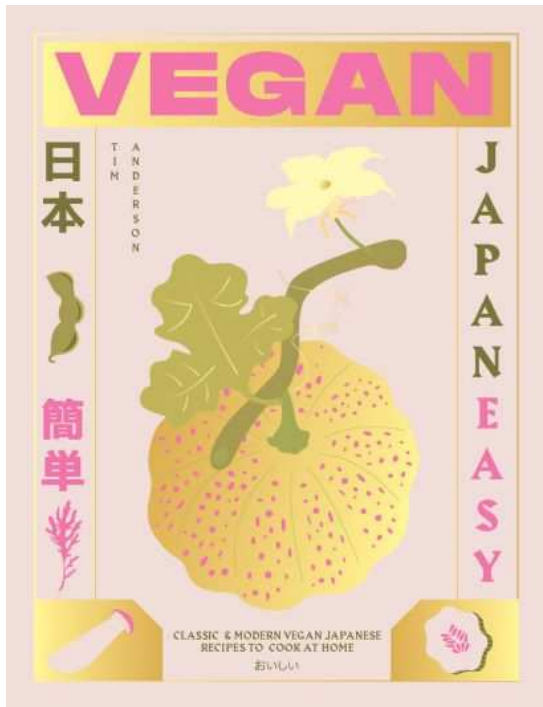
Yasmin Fahr spent four years as an undercover inspector for Forbes Travel Guide, living in New York, LA and London, reviewing over 600 hotels, restaurants and spas around the world. She developed over 200 recipes for her weekly Serious Eats titled One-Pot Wonders. In July of 2017, she launched her own international hospitality consulting company called LokaPack. Her work has appeared in Bon Appetit, Food & Wine, MindBodyGreen, SELF, LATimes and others.

Hardie Grant
On Sale: Feb 4/20
7.5 x 9.1 • 176 pages
9781784882822 • \$35.99 • cl
Cooking / Methods / Quick & Easy

Notes

Promotion





Vegan JapanEasy

Over 80 Delicious Plant-Based Japanese Recipes

by Tim Anderson

Japanese cuisine: Fatty tuna! Wagyu beef! Pork broth! Fried chicken! Squid guts! It's a MINEFIELD for mindful vegans. OR SO IT SEEMS. In reality, there's an enormous amount of Japanese food that is inherently vegan or can be made vegan with just a few simple substitutions. And it's not just abstemious vegan Buddhist temple fare (although that is very lovely) - you can enjoy the same big, bold, salty-sweet-spicy-rich-umami flavours of Japanese soul food without so much as glancing down the meat and dairy aisles. Because Japanese cooking is often inherently plant-based, it's uniquely vegan-friendly. The oh-so satisfying flavours of Japanese cuisine are usually based in fermented soybean and rice products, and animal products were seldom used in cooking throughout much of Japanese history. Yes, there is fish in everything, in the form of dashi, but you can easily substitute this with a seaweed and mushroom-based version that's every bit as delicious. This book won't so much teach you how to make dubious 'vegan versions' of Japanese meat and fish dishes - because it wouldn't be good, and there's no need! Instead, Vegan JapanEasy will tap into Japan's wealth of recipes that are already vegan or very nearly vegan - so there are no sad substitutions and no shortcomings of flavor.

Author Bio

Tim Anderson is a chef, food writer, and MasterChef champion. Born and raised in Wisconsin, Tim studied Japanese food culture at university and lived in Japan for two years. After moving to London, he won MasterChef in 2011, which catapulted him into a position as one of the UK's most prominent voices on Japanese food, American food, and craft beer. He has operated the pop-up Japanese restaurant Nanban since 2013, which inspired a book, Nanban: Japanese Soul Food. Tim's restaurant of the same name, opened in the heart of Brixton at the end of 2015, and has been widely supported by critics and customers alike. He is also author of JapanEasy and Tokyo Stories.

Hardie Grant

On Sale: Mar 3/20

7.5 x 9.8 • 208 pages

9781784882846 • \$42.99 • cl

Cooking / Vegan

Notes

Promotion



ARAN

RECIPES AND RITUALS
FROM A BAKERY IN THE HEART
OF SCOTLAND



hardie grant books

Aran

Recipes and Stories from a Bakery in the Heart of Scotland
by Flora Shedden

aran (Scottish Gaelic - From the Old Irish aran) Noun. bread, loaf

Aran is a beautiful cookbook from an artisan bakery in the heart of Scotland with the same name. In it, Great British Bake Off star Flora Shedden shares her simple, modern recipes and a window onto a picturesque life below the highlands, with stunning location photography and stories about the people and the place that inspire her creations.

With a clean and fresh design, Aran is both whimsical and contemporary, and would be a perfect gift or self-buy for beginners, established bakers, armchair travelers or any lovers of baked goods!

Sweet and savory recipes take you from breakfast, through elevenses, through to your afternoon tea and after-dinner sweet treats, and include Poppy morning rolls, Twice baked almond croissants, Peach, chocolate and almond brioche, Poached quince porridge, Pork apple and sage sausage rolls and Banana, date and chocolate loaf cake.

Author Bio

Flora Shedden has been in the kitchen all her life. When she was ten she began making her own birthday cakes (and everyone else's for that matter) and at twelve she took full creative control over Christmas. She now runs ARAN Bakery. In 2015 she starred on The Great British Bake Off and finished as the youngest ever semi-finalist, becoming known for her style which was referred to as 'florification' and success in technical challenges. She presents a variety of food programmes on BBC Radio Scotland and until recently wrote a weekly baking column for Sunday Telegraph.

Hardie Grant

On Sale: Apr 7/20

6.8 x 9.7 • 240 pages

9781784883102 • \$42.99 • cl

Cooking / Regional & Ethnic / English, Scottish & Welsh

Notes

Promotion



9 781784 883102



Raincoast Books

Sales Rep
Page 15 of 22



Modern Container Gardening

How to Create a Stylish Small-Space Garden Anywhere

by Isabelle Palmer

Whether you have a roof terrace, a tiny balcony or just a window sill, there's no excuse not to do some gardening. In *Modern Container Gardening*, Isabelle Palmer shows just how easy it is to get started in the garden - and how to make the most of every little space. *Modern Container Gardening* is the perfect book for novice gardeners who are looking to make the most of the space that they have. The chapters include the basics, how to make a garden in a day, one-pot wonders, window boxes and finishing touches. It contains a mix of small gardens, singular containers and window boxes, all of which are stylish and easy to manage. This is an accessible book for anyone looking to start gardening.

Author Bio

Isabelle Palmer is the author of *The Balcony Gardener*, *The House Gardener*, and *House Plants*. Isabelle is a renowned city garden designer and the founder of *The Balcony Gardener*, her innovative and fresh approach to small space garden design and gardening retail has earned her well-deserved attention. Isabelle lives in London.

Hardie Grant

On Sale: Mar 3/20

7.5 x 9.1 • 160 pages

9781784883133 • \$32.99 • cl

Gardening / Container

Notes

Promotion





Tin Can Magic

Easy, Delicious Recipes Using Pantry Staples

by Jessica Dennison

Tin Can Magic is full of easy, delicious recipes using pantry staples. After the success of her first book Salad Feasts, author Jessica Elliot Dennison was told again and again that the most-cooked recipes in the book were the ones where readers already had the main ingredient sitting in their kitchen. Working in a tiny cafe kitchen with limited shelf and fridge space, Jessica understands the importance of having a capsule-wardrobe style pantry of cheap, familiar canned items that can be tweaked every week to create an interesting, seasonal menu. This book is an answer to this - focusing on easy meal solutions based around what readers might already have to hand, with smart ideas for adding flavor, freshness and contrast. Try your hand at Chili ramen-style noodles with spicy tuna and spring onion; Cumin and sesame roast chicken thighs, silky butter bean hummus, charred lemon and toasted almond; or Crispy coconut milk pancakes with shrimp and garlic vinegar. If you're in the mood for something sweet, why not rustle up the Cherry and hazelnut clafoutis, Frangipane gazettes or Miso caramel? Tin Can Magic shows you that, with a little bit of guidance, and a can or two from the back of the cupboard, you can create mouthwatering meals for any night of the week.

Author Bio

Jessica Elliot Dennison is self-taught in the kitchen, her flavors and straightforward approach inspired by seasonal vegetables and time spent living in Sydney and Bangkok. Before opening 27 Elliot's, a neighbourhood cafe, workshop and supper club space in her hometown, Edinburgh, Jess worked as a food stylist in London on cookbooks, magazines, adverts and TV for clients including Fremantle, Waitrose, Sainsbury's, Pip&Nut, Observer Food Monthly, Dorset Cereals, Majestic Wine and Phaidon. Jess previously worked in marketing as part of Jamie Oliver's retail team, responsible for the chef's 1000-product food and homeware range. She is a regular contributor to modern business magazine Courier and writes the weekday-suppers feature for Liz Earle's wellbeing magazine.

Hardie Grant

On Sale: Feb 4/20

7.5 x 9.1 • 160 pages

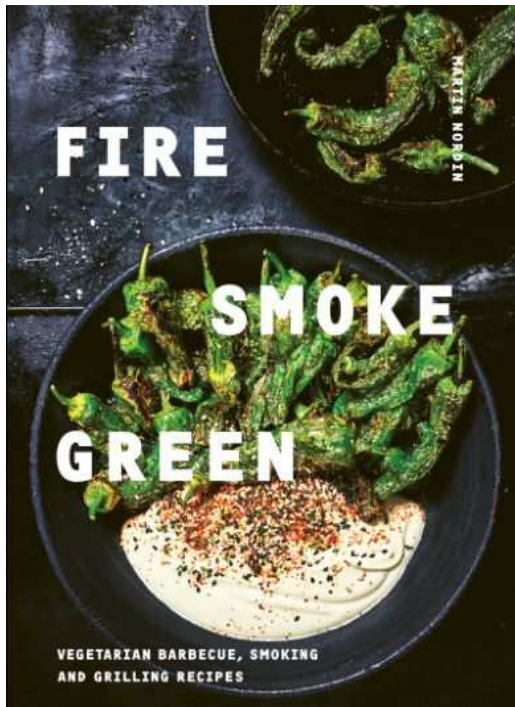
9781784883201 • \$32.99 • cl

Cooking / Methods / Quick & Easy

Notes

Promotion





Fire, Smoke, Green

Vegetarian Barbecue, Smoking and Grilling Recipes

by Martin Nordin

In Martin Nordin's second book, he brings us a host of mouthwatering, modern vegetarian recipes, using the most elemental and ancient method of cooking: fire. Not just a barbecue cookbook, Fire, Smoke, Green is broken up into seven chapters that cover everything you need to know about making great food over the flame: from grilling directly onto fire, to cooking with indirect fire, smoked recipes, and even wood-fired pizza!

Atmospheric photography and charming illustrations throughout bring you something other than your average vegetarian cookbook - as lovers of Martin's first book Green Burgers will attest, his approach to meat-free cooking is anything but boring. Try the Roasted and smoked potatoes with beer-caramelized onions; the Fennel roots with shiitake, green onion, buckwheat and herb oil; or Harissa-marinated sweet potato with grilled cabbage leaves and black dukkah. Or if you still can't get enough of the burger recipes, why not try the Zucchini and mungbean burgers with sriracha mayonnaise and furikake, washed down with a smoky Mezcal with grilled grapefruit.

Author Bio

With a background in advertising and communication, Martin Nordin's passion for perfecting the art of the ultimate veggie burgers has garnered him a loyal following on Instagram. He is now the Creative Leader for IKEA food, where he works on creating delicious, vegetarian recipes every day, inspiring people to eat less meat and more vegetables all over the world. His first book, Green Burgers, was published by Hardie Grant in 2017.

Hardie Grant

On Sale: Apr 14/20

7.7 x 10.2 • 192 pages

9781784883263 • \$32.99 • cl

Cooking / Methods / Barbecue & Grilling

Notes

Promotion





Love Match

An Astrological Guide to Love and Relationships

by Stella Andromeda

Love Match is the ultimate guide to love and dating by the stars.

- Which signs are you compatible with?
- How do you win over a Scorpio?
- What mini-break should you book with your Virgo?
- What happens when an Aries cheats?
- What colors should you wear on a first date with a Libra?
- What pet should you buy with a Leo?
- What is Cancer like to live with?

From the same author of the beautiful Seeing Stars series, this is a bright and gifty manual for zodiac-obsessed millennials trying to navigate the ups and downs of love. Inclusive and queer-friendly, it's not afraid of sex and the short-term adventures of the single life, but also covers all phases of a relationship, from flirtation to co-habitation and long-term loving.

With bright and poppy full-color illustrations throughout, a fun, accessible style, and hardworking content, this book will guide you in all your heart's desires.

Author Bio

Stella Andromeda is an astrology buff and yoga enthusiast, and the author of the Seeing Stars zodiac series. She lives in London.

Hardie Grant

On Sale: Apr 7/20

5.5 x 7 • 176 pages

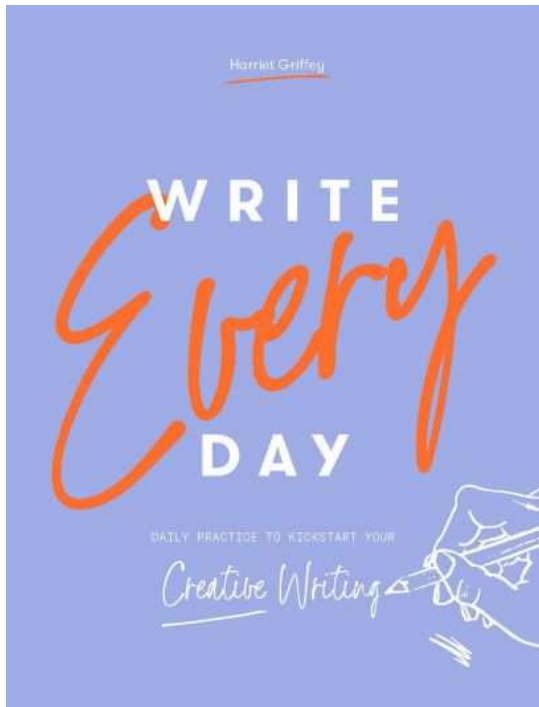
9781784883287 • \$21.99 • cl

Body, Mind & Spirit / Astrology / General

Notes

Promotion





Write Every Day

Daily Practice to Kickstart Your Creative Writing

by Harriet Griffey

Writing for yourself is a wonderful way to explore personal creativity, but whatever writing you want to do - poetry or prose, fiction or non-fiction - you have to remove yourself from your comfort zone, and start to explore the uncharted path to finding your own, unique voice. *Write Every Day* encourages beginner and advanced writers alike to stretch their imagination and enhance their daily writing habit, through daily creative prompts and tasks. Users will discover a new creative writing exercise every day, that focuses on writing techniques, inspiration and craft, by taking a comprehensive look across multiple forms and genres of writing. Split into 12 sections, in 4 weekly blocks with additional 'tasks' (ie. 3 mins, 30 mins, 3 hour, 3 day) this is a brilliant interactive book, filled with writing exercises perfect for any aspiring writer or someone simply looking for a fun, easy creative outlet to get their imagination flowing. Including writer profiles, examples of writing 'styles' and inspirational quotes, *Write Every Day* will help readers put pen to paper and develop their own, individual writing style.

Author Bio

Harriet Griffey is a tutor at the Creative Writing Consultancy, and was previously a commissioning editor at George Allen & Unwin and editorial director at Macdonald Publishers. She also leads and facilitates writers' retreat, is an ex-publisher, published author and journalist, and has an MA in Modern and Contemporary Literature. Author of over 20 books, she has been published by Penguin, Bloomsbury, Pan Macmillan and Hardie Grant publishers. She is also editorial consultant to the literary magazine *One Hand Clapping*, columnist at *In The Moment* magazine, and cultural editor at *The Ecologist*. As a print journalist she has written for all the UK national newspapers, and was a past book reviewer at the FT. As a broadcast journalist she has worked for both the BBC and LBC radio.

Hardie Grant

On Sale: Mar 10/20

6.3 x 8.3 • 352 pages

9781784883348 • \$28.99 • pb

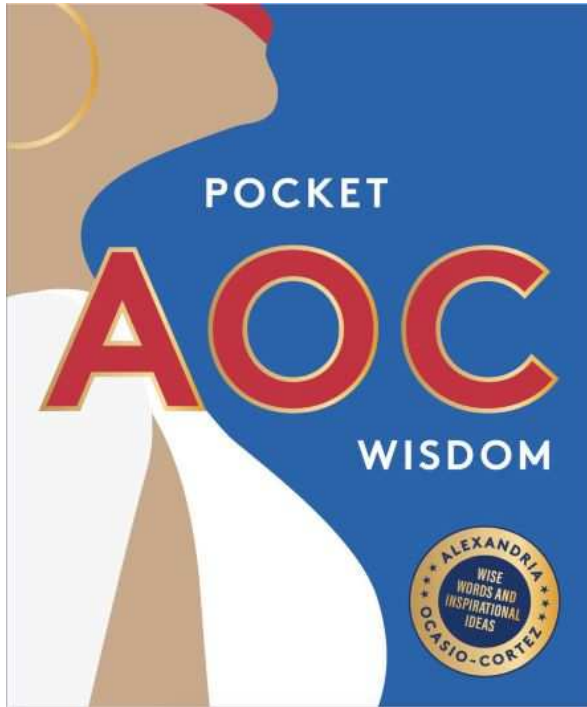
Notes

Promotion



9 781784 883348





Pocket AOC Wisdom

Wise Words and Inspirational Quotes from Alexandria Ocasio-Cortez

by Hardie Grant

In a political landscape that instills abject horror in most of us, we have been delivered one shining ray of hope - going by the name of Alexandria Ocasio-Cortez. At age 29 she became the youngest woman ever to serve in the United States Congress, and she shows no signs of stopping yet. Covering everything from democracy to climate change to feminism, this pocket book of her most insightful, important and brilliant quotes will bring you courage and faith that our future could be in very good hands yet.

Hardie Grant

On Sale: Feb 4/20

5.2 x 4.3 • 96 pages

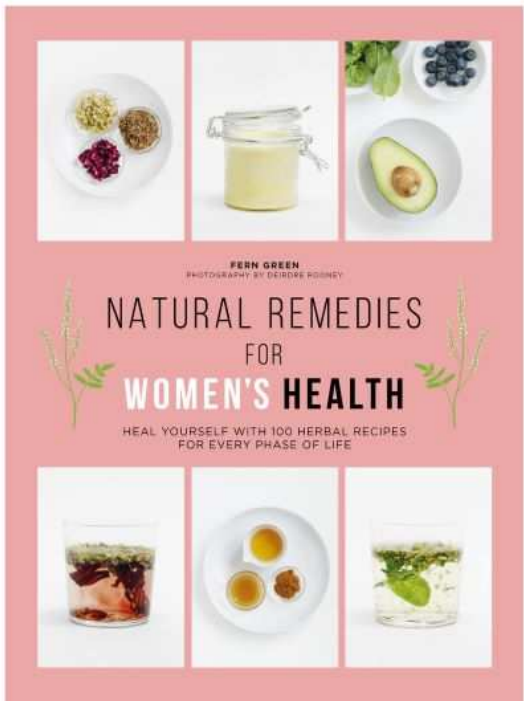
9781784883416 • \$14.99 • cl

Reference / Quotations

Notes

Promotion





Natural Remedies for Female Health

Heal Yourself with 100 Recipes for Every Phase of Your Life
by Fern Green

Natural Remedies for Women's Health brings you plant-based solutions to everyday ailments, harnessing the power of the organic world to keep you well.

Try an Anxiety Relief Smoothie, a Hot Flush Tincture or a Shiny Hair Tonic - all made in your own home with healing herbs and natural ingredients and none of the side effects that come with pharmaceutical remedies.

Discover teas, tonics, smoothies, tinctures and salves to rebalance and restore your body naturally. Learn how to support your body through menstruation, perimenopause and menopause; and to manage stress, anxiety and your skin health.

Author Bio

Fern Green is a food stylist, writer, and boutique hotel owner. She regularly writes and styles for magazines such as Jamie (Jamie Oliver), and works with various high-profile brands, such as Waitrose, on food styling for editorial and video content. She is also a recipe writer and tester and loves developing delicious new recipes to try out on her family and friends.

Hardie Grant
On Sale: Apr 14/20
7.2 x 9.4 • 224 pages
9781784883423 • \$28.99 • pb
Health & Fitness / Women'S Health

Notes

Promotion



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