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BRUNCH

MID-MORNING MEALS TO SATISFY AND SUSTAIN



BRUNCH

Mid-morning meals to satisfy and sustain

£16.99 HB
UNCONFIRMED
144 PAGES
246 X 189MM (7½ X 9¾ IN)
BOUNTY £6.99

If you haven't yet embraced the hottest new mealtime, then now is your chance. Brunch is a collection of mid-morning meals for every mood: quick and easy recipes for when you're in a rush; fun feasts to share with friends; and slow and satisfying dishes for lazy Sundays at home. From Asparagus with smoked salmon to Banana & buttermilk pancakes, you will find a recipe to start your day off with a bang!

ROAST

COMFORTING ROAST RECIPES TO SHARE



ROAST

Comforting roast recipes to share

£16.99 HB UNCONFIRMED 144 PAGES 246 X 189MM (7½ X 9¾ IN) BOUNTY £6.99

Nothing brings loved ones together more than a table full of food fresh from the oven. In this book you will find recipes for all the family to enjoy, from succulent roast meats and tempting sides to indulgent desserts. Recipes include Roast herbed pork belly, Pot-roasted lamb with figs, and Sea bass in a salt crust; Pumpkin with walnut pesto, Vegetable & feta bake, and Sweet potato & garlic mash; and Perfect pecan pies; Brûlée vanilla cheesecake, and Brioche pudding with ice cream.

FAVA BEAN BRUSCHETT

BANANA & BUTTERMILK PANCAKES

MOROCCAN BAKED EGG







MASHED SWEET POTATO & GARLIC



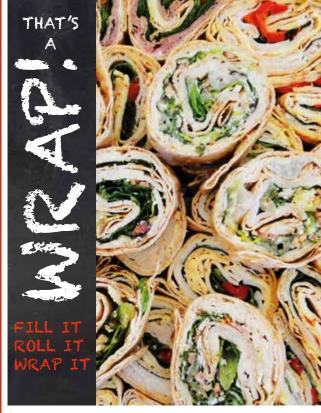




FOOD

Qo

FRONTLIST



THAT'S A WRAP

Fill it. Roll it. Wrap it.

£14.99 PB WITH FLAPS UNCONFIRMED 144 PAGES 235 X 190MM (7½ X 9¼ IN) BOUNTY £5.99

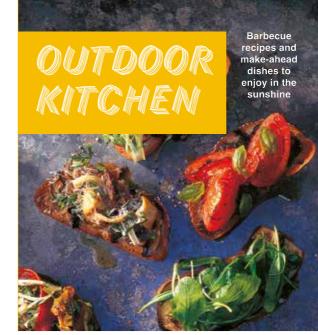
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FAJITAS

1 tablespoon harles pante his tempoon papelka 2 tablespoon adles 2 tablespoon adles di tottila wrapa 16 totgi asur cream 16 togi atom-bough guacamolis 16 tombo asles 16 tombo asles 16 tombo asles 16 tombo asles

Featuring finger-licking, lip-smacking recipes to sink your teeth into, *That's a Wrap!* takes the humble wrap to the next level.

Why not embrace the wrap revolution and try Spicy beef enchilada wraps, Mozzarella & spinach pancakes or, for a healthier alternative, Lettuce wrapped chilli & coriander crab cakes? Whether you are looking for a creative way to use up leftovers, a make-ahead lunch for work tomorrow, or a speedy dinner after a long day, you can wrap a huge variety of tasty fillings in just about anything. So don't stress—just wrap!



GET ORGANIZED

FRUIT & NUT COUSCOUS

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To gamble seek han haf a letter uniges

WITH CHICKEN SKEWERS

OUTDOOR KITCHEN

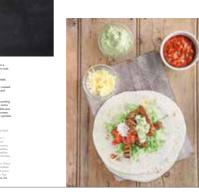
Barbecue recipes and make-ahead dishes to enjoy in the sunshine

£14.99 PB 9780753732106 192 PAGES 246 X 189MM (7½ X 9¾ IN) BOUNTY £6.99

Always enjoyable and eagerly awaited, barbecues are a great way to bring people together, whether it is a big get-together or a simple family meal. With more than 160 recipes for meat, fish, game, poultry, and vegetarian dishes—plus special features on everything from menu planners to themed barbecues—*Outdoor Kitchen* is the ultimate guide to dining al fresco.



and refreshed under cold running water 4 scallions, cut into t strips 10 cucumber, cut into this strips



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Traditional IRISH FOOD

Traditional tastes, traditional flavours







Traditional tastes, traditional flavours £16.99 HB

9780753730089 144 PAGES 246 X 189MM (7½ X 9¾ IN) BOUNTY £5.99

Fresh, simple, and comforting, this collection of classic Irish recipes is perfect for big family gatherings around the dinner table-whether it is a lamb stew with plenty of root vegetables, oysters in Guinness, or a big slice of Irish wheaten bread with lashings of butter.

TRADITIONAL IRISH FOOD

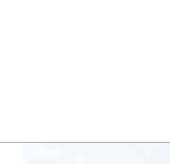
Including more than 60 recipes, as well as features on the history of selected dishes, this book is a must-have for anyone who is interested in the cuisine of this cherished island.

PREVIOUSLY PUBLISHED ...











GORDON RAMSAY'S

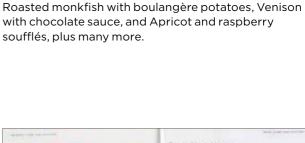


Passion for Flavour with Roz Denny



Roasted monkfish with d wine sauce

Sarbets



GORDON RAMSAY'S

Gordon Ramsay with Roz Denny

£20.00 HB

192 PAGES

UNCONFIRMED

BOUNTY £10.00

273 X 216MM (81/2 X 103/4 IN)

PASSION FOR FLAVOUR

Ideal for the enthusiastic cook, *Passion for Flavour*

sophisticated things that you can do with them. Using the freshest produce, minimal butter and cream, and the

cleanest, deepest flavoured stock as a base, Michelin-

starred chef Gordon Ramsay conjures up dishes that

should never fail to excite the palate. Recipes include

celebrates the simplest ingredients and the

Rump of lamb New



Jamh Niçoise



Rump of

FOOD & DRINK

C С .

STAR INGREDIENTS SERIES

avocado

£14.99 HB UNCONFIRMED 176 PAGES 210 X 149MM (6 X 8¼ IN) <u>BOUNTY £6.99</u>

FRO

NTLIS

The Star Ingredients series showcases the many ways in which a single ingredient can be used to create inventive and diverse dishes. Shining a spotlight on staple foods like the egg and potato, as well as the incredibly popular avocado, this series features a fantastic array of simple recipes for everyday cooking. With a cute format and quirky illustrations throughout, these books are an ideal gift or self-purchase.

AVOCADO

UNCONFIRMED

If you have browsed Instagram lately, you were probably inundated with everyone's new favourite meal: avocado on toast. Whilst this is a very tasty way to enjoy the fashionable food of the moment, there is much more to the avocado than this. As trendy as its subject matter, *Avocado* is for anyone who wants to find new ways to enjoy this bright and beautiful ingredient.

tortilla lime			
toruna mite			
soup			
serves 2			
I medium white onion, chepped coarsely 2 closes garlie, quanced 1 firsh long red chilli, chepped coarsely 4 medium tomatoos, peeled, quartered	2.	Blend or process white onion, garlic, chill and tomato until smooth. Heat oi in large saucepary, cook tomato mixture and allipsice. string, until fragment. Add stook, the water, rind, juice and paster, bring	
I tablespoon peanut oil % tempoon ground allepice 1% cops(375m] chicken mock		to the boil. Reduce heat; simmer, uncovered, about 15 minutes or until soup thickens. Season to taste.	
1.25 litres (5 caps) water 2 tempoons finely grated litre rind % cap (60m) litre juice		Meanwhile, heat extra o'il in medium fiying pan; cook tortilla strips in batches, until golden. Drain on absorbent paper.	
%: cop/202 tomate parts //cop/2010 parts of a /com /com/202 parts of a /com/202 par	2.	Dada tarihi ang anti banki tah sag ant Satu dan saga ng satu dan saga ng satu ng ng n	
3			



	lamb fajitas	5	
	makes 24		
	l tablespoon olive oil l medium brown onion (150g), chopped finely	1.	Heat oil in until soft <i>i</i> until brown
	% teapoon each ground cumin, ground cinnamon & smoked	2.	Stir hard-b mixture; se
	paprika % teaspoon each ground nutmeg & ground	3.	Preheat ov
	cloves 375g (12 ounce) minced pork 2 hard-boiled eggs, grated coarsely ^{1/2} cap (40g) seeded black	4.	To make er rounds fro of filling or egg. Fold edges to s
	olives, chopped finely 6 sheets shortcrust pastry 1 egg, beaten lightly	5.	Place emp edge uprig
	i egg, besen agniy	<i>6</i> .	Bake empi browned li



EGG

egg

potato

UNCONFIRMED

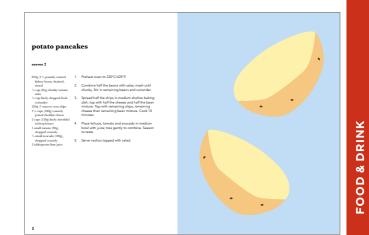
Fried, scrambled, poached... is there a food more versatile than the egg? Cheap and nutritious, this amazing ingredient can be adapted in endless ways for both sweet and savory dishes. Eggs are also a great source of protein, making them a great foundation for breakfast, lunch, or dinner. Egg is a collection of recipes that celebrate this all-time favorite food.



ΡΟΤΑΤΟ

UNCONFIRMED

Top of the crops, the potato is a perennial favorite the world over. Peeled, unpeeled, fried, mashed, or roasted, the humble spud can be cooked in a multitude of ways. This book puts the potato on a pedestal with an assortment of recipes for simple, hearty, and delightful dishes to enjoy using this classic vegetable.





THE VEGAN COOKBOOK

Over 80 plant-based recipes for all occasions

£9.99 PB UNCONFIRMED 128 PAGES 246 X 189MM (7½ X 9¾ IN) BOUNTY £3.99

More and more people are turning to veganism for a healthier lifestyle—the vegan diet is naturally low in saturated fat, packed full of flavor, and bursting with essential nutrients.

The Vegan Cookbook contains more than 80 recipes for healthy and delicious meals without any meat, fish, or animal produce. It provides important nutritional information and all the essential knowledge needed to understand this ever-popular lifestyle choice. michael van straten 'The original juice expert'





Healing soups for mind, body and soul

SUPER SOUP

Healing soups for mind, body, and soul

MICHAEL VAN STRATEN £14.99 PB UNCONFIRMED 144 PAGES 235 X 190MM (7½ X 9¼ IN) BOUNTY £4.99

From best-selling health expert Michael van Straten, Super Soup tells you how to tackle a variety of common ailments through revitalizing, quick and delicious soups.

Would you like to improve your mood, lose weight, or even spice up your love life? Use the A-Z chart listing the curative powers of soups so that you can "prescribe" soups tailored to your needs, and find recipes to help aid circulation, skin, moods, weight management and the immune system.

PREVIOUSLY PUBLISHED...



FRONTLIST

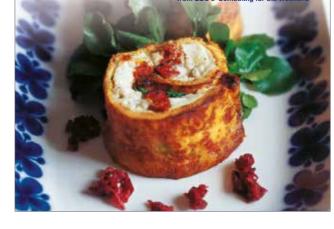






The Accidental Vegetarian

Simon Rimmer



THE ACCIDENTAL VEGETARIAN

SIMON RIMMER £14.99 PB UNCONFIRMED 144 PAGES 241 X 229MM (7½ X 9 IN) BOUNTY £6.99

A committed meat eater, TV chef Simon Rimmer has created straightforward yet scrumptious vegetarian recipes to please even the most dedicated carnivore. *The Accidental Vegetarian* is a selection of his go-to recipes, including Pumpkin enchiladas with mole sauce, Gnocchi with wild mushroom and rosemary ragù, and Rendang shallot and asparagus curry.

ESSENTIALS SERIES

£14.99 PB 192 PAGES 246 X 189MM (7½ X 9¾ IN) BOUNTY £6.99

RONTL

Essentials is a range of practical and affordable cookbooks, perfect for even the novice cook. Every book serves as an all-purpose guide to a particular type of cookery or ingredient. They feature more than 100 recipes with easy-to-follow instructions and gorgeous photography.

Brunch essentials



Whip up a sophisticated snack or indulgent elevenses in the comfort of your kitchen. Whether you enjoy it with

SARA LEWIS

UNCONFIRMED

your family, want to whip up a late breakfast with friends, or simply feel like treating yourself, these moreish recipes show you how to create everything from the perfect maple syrup pancakes and wickedly indulgent waffles to the ultimate eggs Benedict.

BRUNCH ESSENTIALS

Cooking	for	a crow	d

The majority of the recipes in the book are for four servings—with the excepts in the book as of hold servings—with the excepts of the cakes and bakes. If you plan to have more guests, simply multiply up the recipes to suit. The pancake recipes tend to make eight small pancakes—if feeding a crowd, the chances are your guests would just take one each, o one recipe quantity would serve eight if other ecipes were served for this course. Again, when naking biscuits or crepes, you may also find that your quests take just one or two



WINTER BIRTHDAY BRUNCH MOTHER'S DAY BRUNCH Neich with gingered green te Pigs in blankets Chocolete oeppermint welfter VEGETARIAN BRUNC Quince and golden raisin portid, Summer vegetable frittate Chocolate cherry crepte Carrot and honey bread MAKE-AHEAD BRUNCH Seabod pancake pie Over-baked pacan Prench toas Prunes in tes with coange yoga Macipan tes loaf

Green eggs and harn cup Salmon kedgeree Endt select keheter

How to make pancakes Pancakes fall into two categories: thin lacy pancakes cakes, or drop biscuits.



most often called crepes, and the thicker pancakes known to Americans, also called hotcakes, griddle









Valentina Harris

Soup essentials

PASTA ESSENTIALS Pasta essentials

VALENTINA HARRIS UNCONFIRMED

Pasta Essentials is your one-stop guide to perfect pasta. Discover diverse methods of cooking one of the world's most popular foods, and boil, bake, and fill your way to a world of new tastes and flavors. This comprehensive introduction to both dried and fresh pasta includes suggestions for the best combinations of shapes and sauces, and detailed instructions on how to make your own fresh pasta.



PASTA TIMBALES WITH PEPPERS & MINI **MEATBALLS**

SOUP ESSENTIALS

ELISABETH LUARD UNCONFIRMED

A dish for all seasons, there is nothing so delicious, comforting, and nourishing as a bowl of freshly made soup. With plenty of advice on seasonal ingredients, equipment, and storage, Soup Essentials provides creative and economical ways that will have you cooking soup throughout the year.



FRONTLIST

FOOD

20

RINK

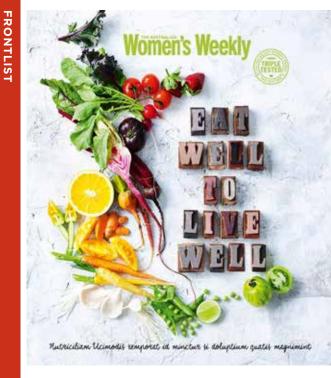
How to make waffles

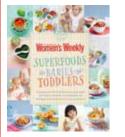
Made with a mix of flour, melted butter, eggs, and



Elisabeth Luard











THE AUSTRALIAN WOMEN'S WEEKLY EVERYDAY SERIES

£17.99 PB + FLAPS 240 PAGES 290 X 235MM (9¼ X 11½ IN) BOUNTY £7.99

Renowned for clear and easy-to-use instructions, inventive Triple Tested[®] recipes, exceptional reliability and gorgeous illustrations, The Australian Women's Weekly is the world's best-selling cookery series with over 70 million books sold in more than 100 countries.

Superfoods for Babies & Toddlers UNCONFIRMED

Everyday Express UNCONFIRMED

Slow Cooker UNCONFIRMED

Sugar-free for Everyone

Everyday Gluten-free UNCONFIRMED

Low Carb Dinners



kids baking





for kids^{25 super-nutritious foods} to keep your children in great health



Juliette Kellow

Recipes by Sunil Vijayakar

KIDS BAKING

60 delicious recipes for children to make

SARA LEWIS £14.99 PB UNCONFIRMED 144 PAGES 241 X 229MM (7½ X 9 IN) BOUNTY £6.99

Suitable for children of all ages, *Kids Baking* features more than 60 clear and concise recipes with baking tips and a guide to kitchen equipment, hygiene and safety, cake tins, and cake-making techniques. Pre-schoolers and teenagers alike can flick through the colorful pages and choose from cookies, teatime treats, cakes to impress, and breads. This book is the perfect way to get kids in the kitchen and enthused about baking.

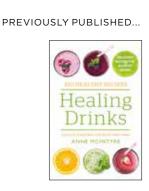
MIRACLE FOODS FOR KIDS

25 super-nutritious foods to keep your children in great health

JULIETTE KELLOW AND SUNIL VIJAYAKAR £12.99 PB UNCONFIRMED 128 PAGES 260 X 194MM (7½ X 10¼ IN) BOUNTY £5.99

Did you know that oranges can ease the symptoms of asthma, carrots fight infections, and blueberries can help to improve your child's memories?

This informative guide will tell you everything you need to know about some of the best miracle foods for your child. *Miracle Food for Kids* features 50 delicious recipes and dozens of useful tips for adding healthy foods to even the fussiest child's diet. There is a breakdown of the types and quantities of vitamins, minerals, and supernutrients that a child needs at each stage of their development, along with a list of foods that contain this vital nutrition.



THE HEALTHY STUDENT

£10.00 PB UNCONFIRMED 176 PAGES 210 X 149MM (6 X 8¼ IN) BOUNTY £4.99

Filled with 100 healthy recipes that require minimal prep and cooking time, *The Healthy Student Cookbook* is the perfect gift for the busy student. With no specialist ingredients or equipment to worry about, these recipes are ideal for a student living away from home. Each recipe is cheap, easy to follow and packed full of energy – perfect for a hungry mind and a hectic social life!

PREVIOUSLY PUBLISHED





THE

HEALTHY

STUDENT

COOKBOOK

Don't leave home without it!

EASY • SPEEDY • CHEAP

with over

100

RECIPES

INSIDE!



100 HEALTHY RECIPES SERIES

£9.99 PB 128 PAGES 210 X 149MM (6 X 8¼ IN) BOUNTY £4.99

These colourful health books are jam-packed with easy-to-follow recipes, expert advice, and scientific explanations for why certain ingredients are so good for you. Discover which foods can soothe your ailments and find a recipe using it – all in one place!





Healing

Recipes

Vegetarian

DELICIOUS RECIPES FOR BODY AND MINE

HEALING SOUPS

Delicious recipes for body and mind

9780753732151 BOUNTY £4.99

Warm, hearty, and healthy, soups are the perfect pick-me-up for your body and your soul. *Healing Soups* is packed full of easy-to-follow recipes that flood your body with the key nutrients it needs. Why not try Red Lentil Soup to boost your immunity or Toasted Pecan Soup to build up your fibre intake? This book tells you why certain ingredients are better for you than others and includes tips on nourishment, relaxation and emotional wellbeing.

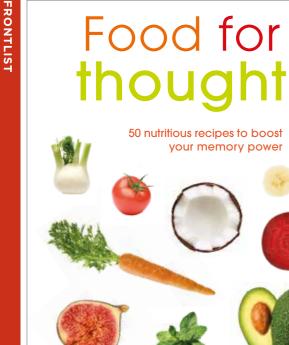
HEALING VEGETARIAN RECIPES

Delicious recipes for body and mind

9780753732229 BOUNTY £4.99

Healing Vegetarian Recipes is packed full of easy-tofollow recipes that provide your body with the key nutrients it craves. This book contains expert advice as to why certain ingredients are better for you than others and shows you that life without meat can be just as fulfilling as a carnivore lifestyle - if not more so! Enjoy everything from mixed bean burritos to delicious wholegrain pancakes, find tips on relaxation and discover how to heal your body by using the power of natural fruit and vegetables.

FOOD & DRINK



LORRAINE PERRETTA Recipes by Oona van den Berg

FOOD FOR THOUGHT

50 nutritious recipes to boost your memory power

LORRAINE PERRETTA AND OONA VAN DEN BERG	
£10.99 PB	
9780753732182	
144 PAGES	
246 X 189MM (7½ X 9¾ IN)	
BOUNTY £4.99	

Food for Thought explains how to make the right food choices for your brain, and how best to avoid foods that make it difficult for the brain to work to its full potential. Packed full of tried-and-tested nutritional information, this book highlights which foods will increase your alertness, what you ought to be snacking on before an exam, and what vegetables can minimize the effects of ageing. Discover the specific nutrients that can aid short-term memory, improve co-ordination and balance, or fight against depression and stress.





The low glycaemic way to lose weight and gain energy

HELEN FOSTER
£5.99 PB
UNCONFIRMED
96 PAGES
210 X 149MM (6 X 8¼ IN)
BOUNTY £3.99

With GI ratings for more than 300 everyday foods to maximize your choices, GI Basics is all you need to get you started on a low-GI diet.



THE NUTRIBIBLE

100 super foods for super health

£12.99 PB UNCONFIRMED 176 PAGES 246 X 189MM (7½ X 9¾ IN) BOUNTY £4.99

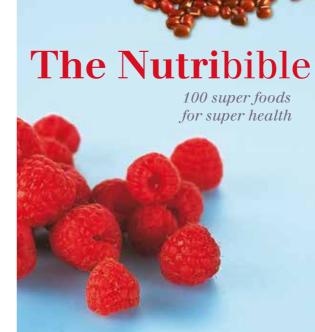
Whether you want to cure a cold, have more energy, lower blood pressure or prevent heart disease, you'll find the 100 best foods here, complete with vital information and research about what each food contains and why it will boost your health.



Food for thought



IQ-boosting minerals and vitamins



The low glycaemic way to lose weight

and gain energy

Helen Foster

FOOD & DRINK

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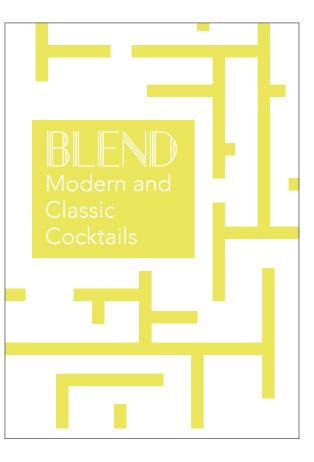
Ō 20 RINK

MIXOLOGY SERIES

£10.99 HB 128 PAGES 210 X 149MM (6 X 8¼ IN) BOUNTY £4.99

RONTLIST

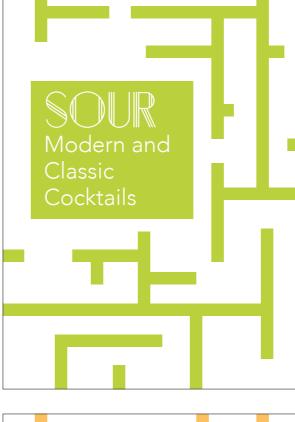
A stylish and sophisticated series of cocktail books. With *Fizz, Sour*, and *Blend* you can make any drink a celebration. From classic to contemporary cocktails, these creative concoctions will make you the toast of the town!

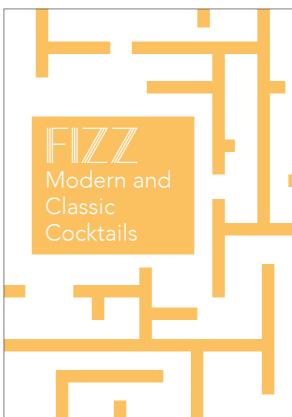


UNCONFIRMED

Whether it's a piña colada, a strawberry daiquiri, or a frozen margarita, nothing says summer like a blended cocktail. These colorful, fruity, and boozy blends are perfect for big gatherings in the sunshine. Spike your favourite slushes with a tipple of your choice and enjoy a cool and refreshing alternative to the classic cocktail.

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SOUR

UNCONFIRMED

One of the oldest families of cocktails, sours are mixed drinks made from a mixture of liquor, lemon or lime juice, and a sweetner. Learn how to make all the classic sours—including the margarita, sidecar, and daiquiri—as well as discovering some new favorites. These drinks are easy to make and even easier to drink!



FIZZ

UNCONFIRMED

Pop open a bottle of something fizzy and enjoy this fantastic collection of cocktails. Go beyond French Champagne with spectacular sparklers from around the globe—including Italian Prosecco, Spanish Cava, and German Sekt. For a hint of glamour, just add bubbles.





FRONTLIST

summer cocktails

SUMMER COCKTAILS

£9.99 PB UNCONFIRMED 128 PAGES 210 X 149MM (6 X 8¼ IN) BOUNTY £4.99

Balmy summer evenings call for cocktails, and with this book you can enjoy the satisfaction of creating your own! Each recipe is simple, ideal for even the novice cocktail maker, and accompanied by gorgeous photography. With simple recipes for fun and fruity drinks to enjoy throughout the warmer months, Summer Cocktails is an ideal gift for a cocktail drinker.

Summer Cocktails Introduction

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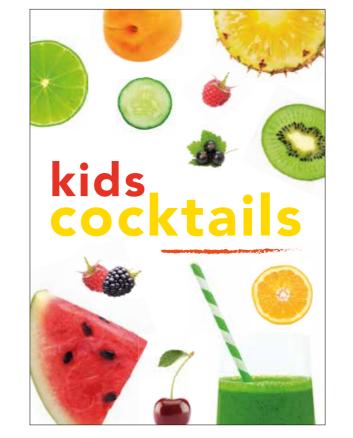
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KIDS COCKTAILS

£9.99 PB UNCONFIRMED 128 PAGES 210 X 149MM (6 X 8¼ IN) BOUNTY £4.99

It's easy to get children to eat healthy fruit and veg if you know how. Simply serve up delicious and fun mocktails, packed with good ingredients, and kids will come back for more! Quick and easy to prepare, these alcohol-free cocktails are guaranteed to boost health and vitality, using fruit- and vegetable-based recipes to ensure that your little ones get all the vitamins and minerals they need.



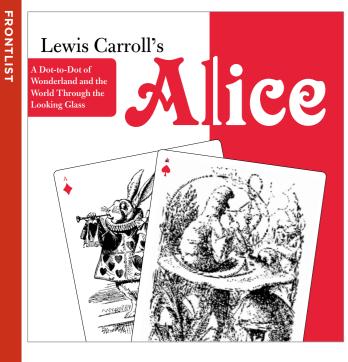
Banana heaven

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Serves 1-2

medium-sized, ripe banana 250ml coconut milk pround cinnamon. to serve (optional)

Untiaesed que dictas exerecum lis asperum reium veri FRONTLIST



LEWIS CARROLL'S ALICE

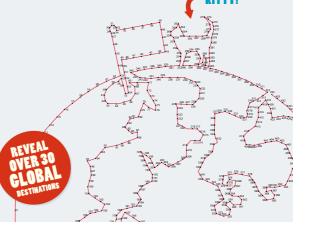
A Dot-to-Dot of Wonderland and the World through the Looking-Glass

£10.00 PB UNCONFIRMED 80 PAGES 249 X 249MM (9³/₄ X 9³/₄ IN) BOUNTY £4.99

Are you ready to fall down the Rabbit Hole?

Inspired by *Alice's Adventure in Wonderland* and *Through the Looking-Glass, Lewis Carroll's Alice* features 40 illustrations of classic characters and scenes, including the White Rabbit, the Cheshire Cat, the Red Queen, and the Mad Hatter's Tea Party. With this beautiful coloring book, you can bring the mad and magical world of Wonderland to life!

WHERE'S KITTY? IN TIME DOT © DOT

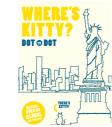


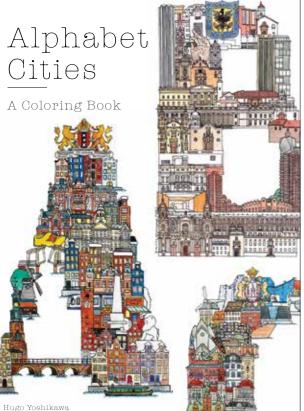
WHERE'S KITTY? IN TIME

£10.00 PB UNCONFIRMED 80 PAGES 280 X 210MM (8¼ X 11¼ IN) BOUNTY £4.99

In this brand new book, Kitty is travelling through time to some of the world's most iconic eras and events, from Ancient Egypt to the first Moon landing. Join the dots to reveal the location, then try to find Kitty on the page.

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ALPHABET CITIES

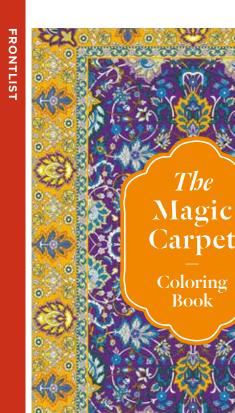
A Coloring Book

HUGO YOSHIKAWA £10.00 PB UNCONFIRMED 96 PAGES 280 X 210MM (8¼ X 11¼ IN) BOUNTY £4.99

Who knew that travelling the globe was as easy as saying the alphabet? With *Alphabet Cities*, you can go around the world in 26 letters, coloring in landmarks, objects, and symbols associated with the 26 cities featured.



FRONTLIST



THE MAGIC CARPET **COLORING BOOK**

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Vibrant and majestic, magic carpets exist in myths and make-believe. With The Magic Carpet Coloring Book, you can lose yourself in the fantasy-enrich these intricate illustrations with colors of your choice and design your very own magic carpet.



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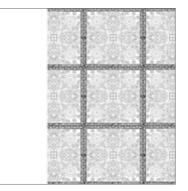


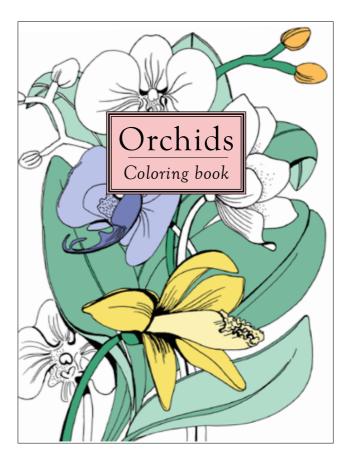
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TILES & MOSAIC COLORING BOOK

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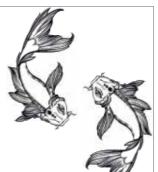
Add your own contemporary spin to these artworks, inspired by ancient Greek and Roman mosaics and tiles. This distinctive coloring book explores both symmetry and repetition, enabling artists of all ages to be as complex with their coloring as they wish.

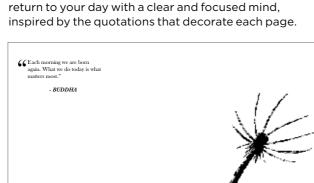












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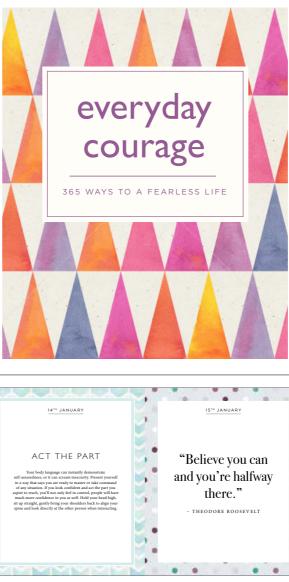
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365 ways to a fearless life

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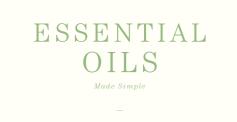
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getting to grips with the practice. Begin today and reap the benefits

for the rest of your life!

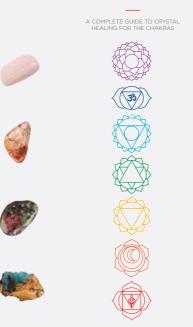


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John Matthews Foreword by Caitlin Mattews

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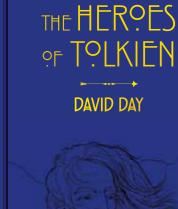
Celebrating the journey of the sun from may day to harvest

JOHN MATTHEWS £16.99 PB UNCONFIRMED 176 PAGES 254 X 203MM (8 X 10 IN) BOUNTY £7.99

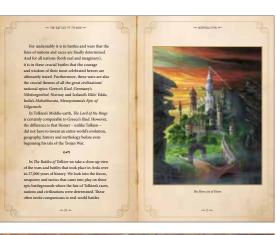
This book follows the journey of the sun from May to September, exploring the customs and ceremonies of May Day, Midsummer and Harvest and offering new ways to celebrate the turning of the seasons.



MIND, BODY & SPIRIT









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Tolkien's Middle-earth has endured cataclysmic wars and critical battles, causing great men and women to arise and shape the course of its history. In his latest book, best-selling author and Tolkien expert David Day examines the complexities surrounding Tolkien's portrayal of good and evil, analyzing the most celebrated heroes from the creation of the world of Arda until the end of the War of the Rings.

This work is unofficial and is not authorized by the Tolkien Estate or HarperCollins Publishers.

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Memory
Boosters
10 steps to boost
your memory
Implicit Memory Expanded Rehersal

Shoes

JUDITH MILLER



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Charting shoe fashion from tight-laced Edwardian boots to the eccentric designer classics of today, with stunning full-colour photography, this chunky and fun collection appeals to the princess in every woman. Special feature spreads shine a spotlight on major shoe designers, their influences and their most famous clients and their shoes, from Naomi Campbell to Elton John. Shoes is the perfect gift book for any woman who loves shoes.

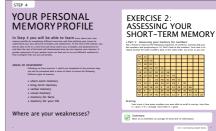


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BOOST YOUR MEMORY IN 10 STEPS

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Memory Boosters features a ten-step plan to release the full potential of your memory using straightforward, scientifically tested systems. A memory personality profile helps you to find a memory-boosting strategy that works for you. Including visualization exercises, general knowledge guestions to assess your long-term memory, and motivation goals and retrieval strategies, this book is full of helpful techniques to help focus your mind.



FRONTLIST

FRONTLIST

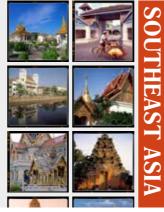
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RONTLIS

The Top 10 Travel series is the essential collection of bucket lists for the keen traveller. Each book features more than 15 lists showcasing the top 10 best events, landmarks and journeys in different areas of the world. Whether you want to island hop in paradise, eat your way through Asia or plan the ultimate American road trip, these books will tell you what to see along the way.



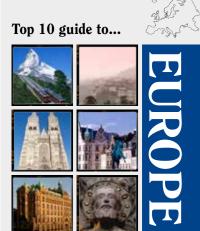


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Discover the best Southeast Asia has to offer with the *Top 10 Guide to... Southeast Asia*.

A popular destination for backpackers, Southeast Asia has never been easier for travellers. Plan your adventure with this guide to some of the best things to do there: tantalize your tastebuds with delicious street food, island-hop to your heart's content and experience unforgettable sights.



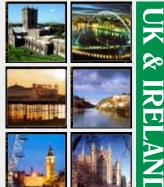
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Discover the best Europe has to offer with the *Top 10 Guide to... Europe*.

One of the most diverse continents in the world, there is no end of sights to see in Europe. This wonderful book highlights some of the must-see cities, beautiful natural wonders and irresistable foodie hotspots in parts of France, Germany, Spain, Italy, Greece, Croatia, Poland, Czech Republic and many more.



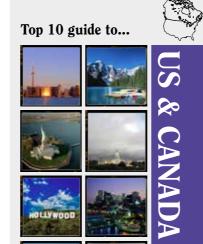


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Discover the best the UK and Ireland has to offer with the *Top 10 Guide to... UK & Ireland*.

If there is one word to describe the UK and Ireland it is variety. With more than 60 bustling cities, luscious green farmland, towering moutain ranges and classic seaside resorts, there truly is something for everyone. With this indispensible guide, you will know the best parts to see and when. Just remember your umbrella!



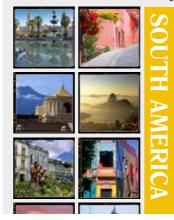
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The high-flying, cosmopolitan cities in the US and Canada offer some of the most thrilling and memorable experiences in the world. Fancy an escape from the hustle and bustle? You can also explore the vast landscape of the continental US, venture across the Canadian wilderness and take in the awesome views along the way. This must-have reference has it all.

Top 10 guide to...



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Discover the best South America has to offer with the *Top 10 Guide to... South America*.

Plan your perfect trip to this impressive continent and get to know its history, culture and cuisine. Experience an unforgettable trek across Machu Picchu and the Inca Trail, dance the tango in Buenos Aires and connect to nature in the jungles of the Amazon. After one trip to South America, you will already be planning your next one!

REFERENC

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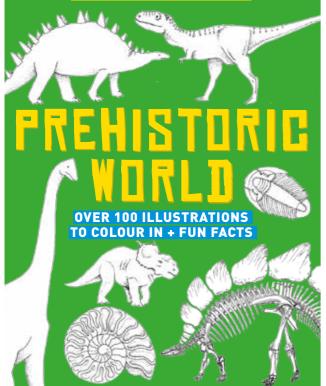
COLOUR + LEARN SERIES

SUBTITLE

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Work meets play with this fantastic children's series. Each book provides a basic introduction to a particular subject and encourages children to interact with the material by colouring it in as they learn.

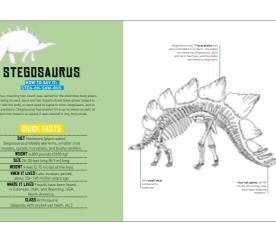
COLOUR + LEARN



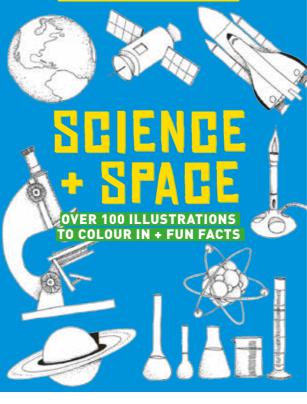
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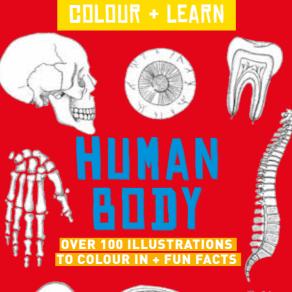
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Millions of years ago, dinosaurs roamed the earth. Today scientists have found fossils as long as 122 feet! There is so much to learn about these fantastic creatures and now you can with *Colour + Learn: Prehistoric World*.



COLOUR + LEARN



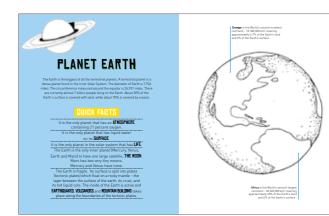




SCIENCE + SPACE

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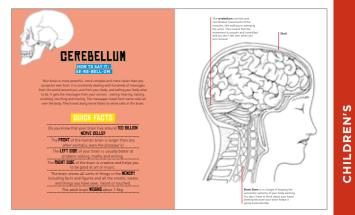
Learn about some of the world's most fantastic scientific discoveries with *Colour + Learn: Science & Space*. Find out about the first moon landing, how magnets work, the invention of the internet and much more.



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Your body is made up of bones, muscle, organs and much more. Discover how all of these different parts work together to make you breathe, eat or walk with *Colour + Learn: Human Body*.





creative crafts for kids













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Over 100 fun projects for two- to ten-

Stimulate your child 's creative talent and imagination

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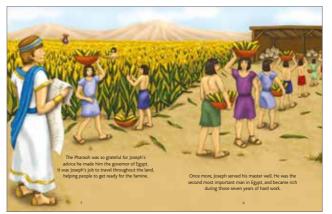
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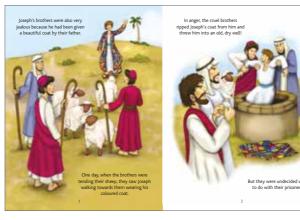


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EIGHT OF YOUR VERY FAVORITE TALES







A TREASURY OF BIBLE STORIES

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From Joseph and his coat to Jonah and the whale, eight classic adventures are brought to life in this colourful anthology. While giving children a strong knowledge of the background to many religious beliefs today, the stories stimulate thought, faith and discussion, along with a real enjoyment of these captivating tales. Storytelling at its best.



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BOWL FOOD ONE BOWL RECIPES TO NOURISH YOUR BODY

BACKLIST



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Bowl food is everything together - a mixture of fresh ingredients combining new tastes and textures. It is fun, casual and easy, and you can be as inventive as you like. There is no need to separate your ingredients onto fiddly little plates, just combine it all together and find a pretty bowl to serve it up.

MONKFISH & SWEET POTATO CURRY	SWEET POTATO CONTAINS IRON, POTASSIUM, MAGNESUUM AND VITAMIN C FOR INCREASED ENERGY LEVELS.	1	
SERVES 4 PREP TIME 15 minutes	1 Put the lemongrass, shallots, chill, garlic, ginger and oil in a food processor or blender and blend to a smooth pasts.		
	unity and the set of the set o	E	

Slow Cooking

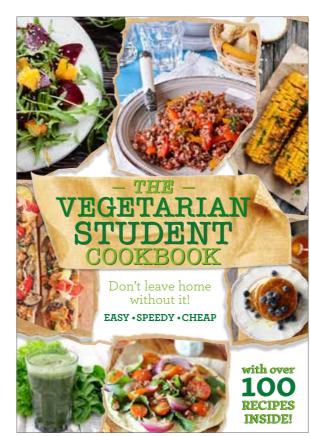
OVER 100 SLOW-COOKED RECIPES FOR

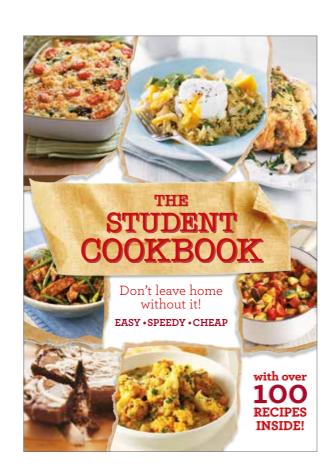
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GIUTEN FREE

Fresh & simple gluten-free recipes for healthy eating every day





Gloriously Gluten Free contains over 100 delicious

gluten-free recipes for family and friends, and includes

cheats, swaps and dietary advice that will make going



100 HEALTHY RECIPES



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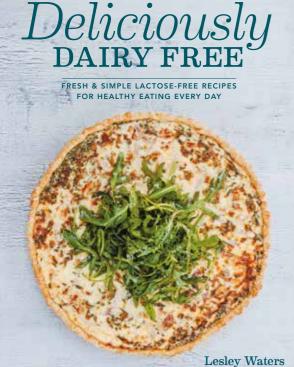
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This book is packed full of easy-to-follow blends which provide your body with the key nutrients it craves; whether you're dealing with a specific ailment or just in need of a boost, and offers expert advice and scientific explanations for why certain ingredients are better for you than others.





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Delicious drizzled over keep in the refrigerate Ginger & Orange Sesa	e vinaigentie when you can make it this quichty? a baked potato or spoonad ever reggins, or simply er and war to draws your sublack. Serve the Warns me Drawing (behav) ever wouldes or spoonad over gi is also great with fresh turus or strige of steak.	polators, or use Mg favourite us	rapen denoring is grout pulled thermaph haday none it an a delicionan dap with chipto or fish gengiona. yto aeros the Simoload Papper Routlle (Indone) is a big fish stew or bool of steamed masseda.
Honey, Mu	istard & Cider Vinaigrette	Soured Ci	ream & Tarragon Dressing
	SERVES 4		5897453 4
Takingson site singe Estington site, speared or seriour at	Place all the tagendinets in a stockined Elines or other preserving (see or a junc) as Jonano well with sail and popper, soil and shale well. More in the entripyenter sail involved. Disting to reaso transposition and shale again before saing.	1920-ri (N piris) Autop free single senser 2 temperen Dijne maateel 1 taktempoor stepped temper Bases waareer of freema kin	Place all the impositents in a small level and going with highlaw. Season in laste with soil and prypes.
1 takingaran shan baray 1-2 takingaran satar sali ani pappar		my surplastice.	
1.2 tablengen vers nader salt and papper	r & Orange Sesame Dressing	with and program	oked Pepper Rouille
1.2 tablengen vers nader salt and papper		with and program	

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Sara Rose



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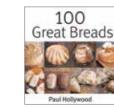


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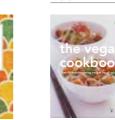
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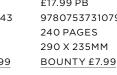


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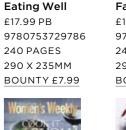




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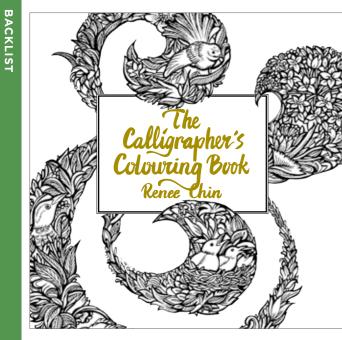
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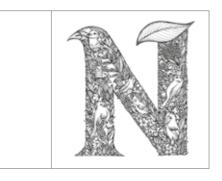


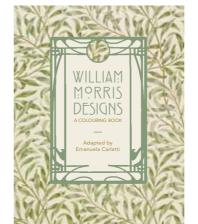


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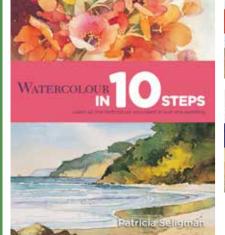
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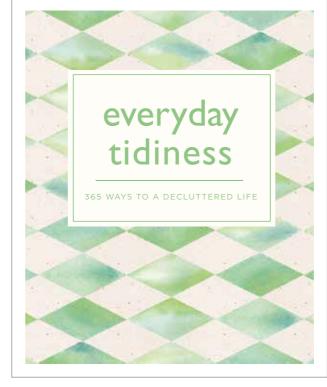
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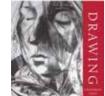
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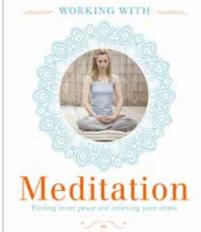
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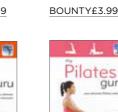
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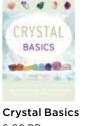




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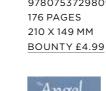
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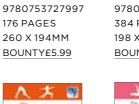
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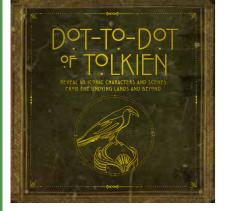


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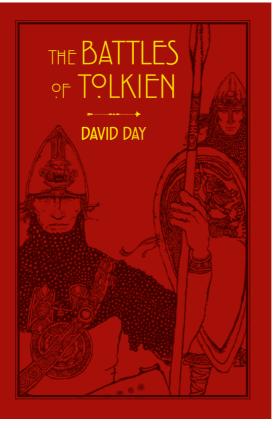
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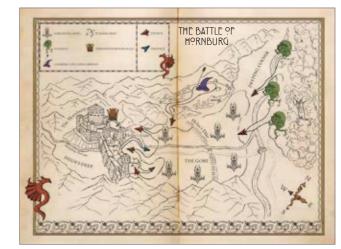


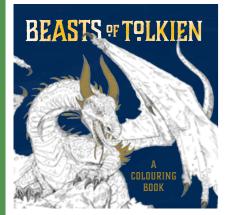
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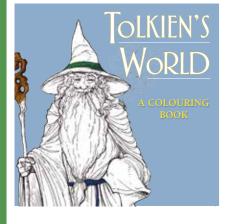




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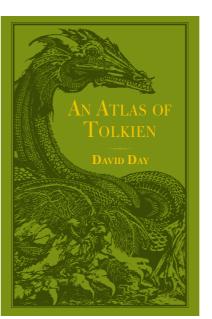
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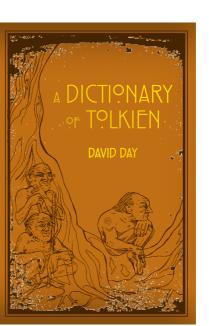


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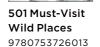


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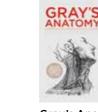
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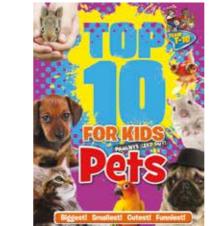
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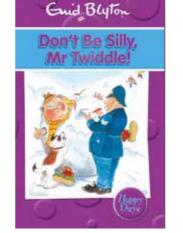
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