Welcome to the Octopus Spring 2014 New Titles Catalogue

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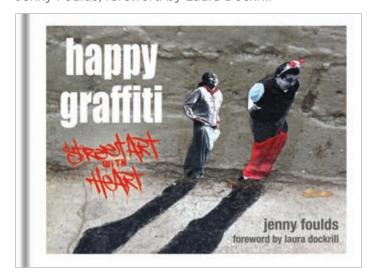
We can't wait to connect with you.

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Happy Graffiti

Street art with heart

Jenny Foulds; foreword by Laura Dockrill



Graffiti doesn't have to be all doom and gloom in a spray can – it can be used to make people laugh and as a voice for upbeat communication. Curated by street-art blogger Jenny Foulds, *Happy Graffiti* celebrates graffiti and street art that can be funny, poignant or a little bit rude, but is always uplifting.

An irresistible collection, this book contains 120 photographs of pictures, words and phrases that have been sprayed, written or etched on wood, concrete, toilet walls, brick walls, pavements and other surfaces in public spaces. There are also features on leading graffiti artists including Ben Eine, Morley, BortusK Leer, Mobstr, Binty Bint and Pure Evil

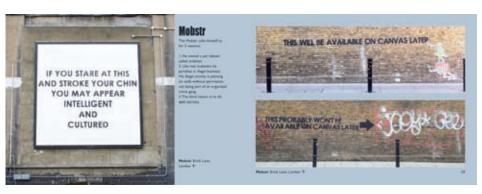
Be it whimsical, witty, weird or just plain silly, the graffiti in this book is sure to bring a smile to your face.





October 2013

Cassell £10.00 hb 978 1 84403 773 5 128 pages 142 x 196 mm 3,000 words 120 colour photographs Rights available: World English language, excluding North America



www.octopusbooks.co.uk

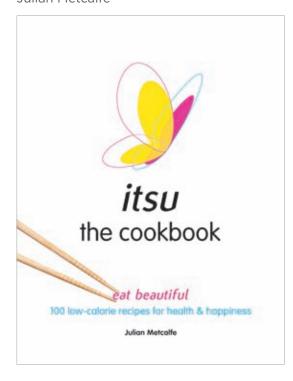
2

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itsu the cookbook

Eat beautiful: 100 low-calorie recipes for health & happiness

Julian Metcalfe



Julian Metcalfe, founder of Pret A Manger, a global success, is dedicated to building his healthy food chain, itsu. Years of listening and reacting to Pret's customers resulted in itsu: a fresh, skinny solution with a low-fat, low-calorie menu for the upbeat and active. Itsu is the first and only fast-food chain dedicated to light, healthy food with a vibrant Asian-inspired menu. After 10 years of developing an exciting glossary of light, delicious recipes it's time to put them in a book and pass them on.

itsu the cookbook is a user-friendly, down-to earth guide to cooking and eating the itsu way, with its many benefits for health, weight loss and improved energy levels. There are 100 recipes for soups, broths, salads, miso dishes, noodles and rice as well as favourites like teriyaki dishes, brown rice pots, iced teas, and even sushi and frozen yogurt. Every dish provides fewer than 300 calories per serving, each takes fewer than 30 minutes to master and contains minimal amounts of saturated fat. It's not just the calories that are taken care of, the superfood ingredients and fat in the recipes will provide optimum nutrition too: potassium-rich avocados, vitamin-packed cucumbers, edamame beans full of fibre and protein or pumpkin and sesame seeds bursting with iron and zinc.



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Brown & wild rice with seven
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March 2014 Mitchell Beazley £15.99 pb with flaps 978 1 84533 894 7 192 pages 246 x 189 mm 30,000 words 150 colour photographs Rights available: World

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Diana Henry

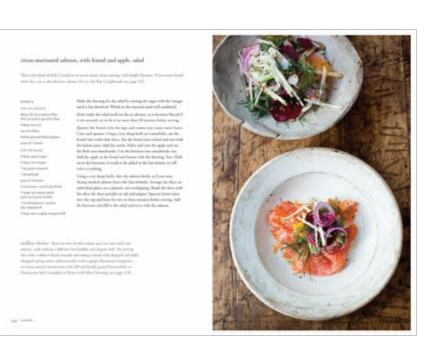


What happens when one of today's best-loved food writers has a change of appetite? Here are the dishes that Diana Henry created when she started to crave a different kind of diet - less meat and heavy food, more vegetable-, fish- and grain-based dishes - often inspired by the food of the Middle East and Far East, but also drawing on cuisines from Georgia to Scandinavia.

In her year of good eating, Diana lost weight, but this was about much more than weight loss. Led by taste, it was about discovering a healthier, fresher way of eating. From North African Mackerel with Cumin to Blood-orange & Cardamom Sorbet, the magical dishes in this book are bursting with flavour, with goodness and with colour.

Peppering the recipes is Diana's inimitable writing on everything from the miracle of broth to the great carbohydrate debate. Above all, this is about opening up our palates to new possibilities. There is no austerity here, simply fabulous food that nourishes body and soul.

March 2014 Mitchell Beazley £25.00 hb 978 1 84533 784 1 336 pages 260 x 178 mm 80,000 words More than 120 colour photographs Rights available: World



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The Ginger & White Cookbook

Tonia George, Emma Scott & Nicholas Scott



'Hampstead has taken this affable coffee bar to heart; near closing time on a recent visit, staff were sending a small queue of disappointed locals away as the espresso machine had been switched off. Success has led to new branches in Belsize Village and Soho.' Time Out

'The baking is a real highlight. The carrot cake, in particular, is a light, moist slice of gingery genius. Meanwhile, Ginger & White's flat white is possibly the best coffee I've tasted throughout this London series.' The *Guardian's* Top 10 Budget restaurants

March 2014

Mitchell Beazley £16.99 hb 978 1 84533 875 6 160 pages 246 x 189 mm 30,000 words 100 colour photographs & illustrations Rights available: World

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London café Ginger & White is famous for its wonderful baking, great coffee and delicious comfort food created from superb artisanal ingredients. Its devoted customers, who range from toddlers to grannies, are all drawn to the family-friendly atmosphere and the exceptional flavours on offer. Now you can bring some Ginger & White magic into your kitchen with this, their first cookbook.

With 80 super-simple yet indulgent recipes for salads, soups, sandwiches, cakes and more, you can enjoy their Roasted Portobello Mushrooms with Garlic Mayo on Potato Sourdough, famous Stem Ginger Loaf, and best-ever Lemon Polenta Drizzle Cake at home.

Voted one of the *Independent*'s Top 50 coffee shops & Top 50 tea rooms

'A pretty, kid-friendly caf with sensational coffee, exceptional cakes and simple food with mostly British ingredients.' Jamie Oliver Magazine



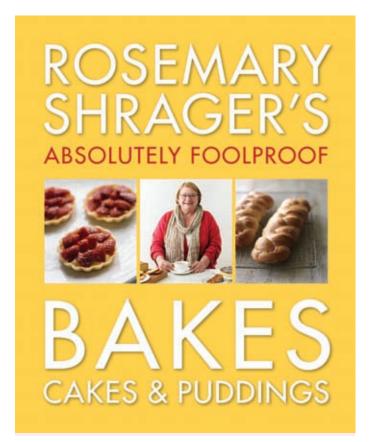


Food & Drink

5

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Rosemary Shrager's Absolutely Foolproof Bakes, Cakes & Puddings Rosemary Shrager

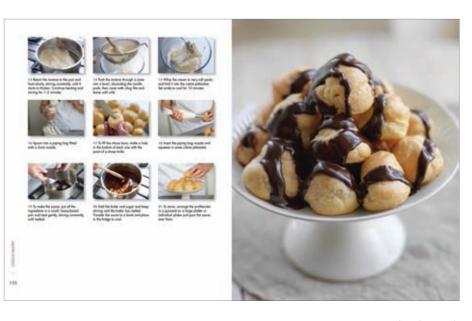


With over 200 new failsafe recipes from TV chef and cookery school doyenne Rosemary Shrager, you can prepare delicious sweet and savoury treats for any occasion. Rosemary Shrager's Absolutely Foolproof Bakes, Cakes & Puddings makes it easy to cook tried-andtested dishes perfectly every time. With crystal-clear instructions for 20 master recipes and techniques in brilliant photographic detail, plus hints, tips and ideas, and plenty of explanation to take the mystery out of cooking, this book is the next best thing to being side by side with Rosemary at her famous cookery school.

From understanding basic equipment and techniques to preparing a range of dishes from scratch, you'll soon be able to create dozens of new creations, including Rye Sourdough Bread, Ginger Biscuits, Fig, Honey & Walnut Tarts, Cornish Pasties and retro Black Forest Gâteau. Rosemary will guide you effortlessly every step of the way, and in no time you'll have the confidence to create tasty treats for every occasion.

March 2014

Hamlyn £18.99 hb 978 0 60062 411 0 288 pages 235 x 190 mm 73.000 words Over 350 colour photographs Rights available: World



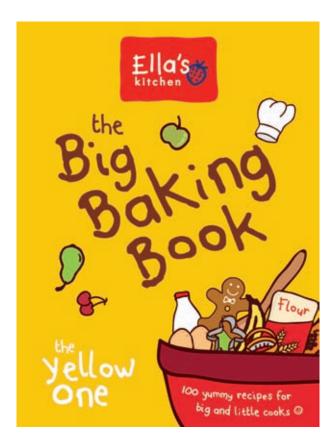
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Food & Drink

6

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Ella's Kitchen: The Big Baking Book



Roll up your sleeves and get baking with this scrummy collection of 100 kid-friendly recipes from the people behind Ella's Kitchen, the highly successful and growing brand of food products for babies and toddlers.

With a wide range of recipes for all occasions, from lunchtime to party time, Ella's Kitchen: The Big Baking Book takes children beyond licking the bowl. Have a brilliant time with your kids, cooking up a host of nutritious treats, and watching them learn about counting, weighing and measuring at the same time.

This is sure to become your family's go-to cookbook, with recipes designed to fit your lifestyle. Try the savoury snack bakes to fill a gap until dinner - a healthy way to keep your children's energy up - or take your meal outside with the delicious selection of picnic recipes. And, from the On-the-Go chapter, there are easy recipes that are perfect for family days out, with individual portions, and not a crumb or a sticky finger in sight!

More than anything, the book promises fun for your family, as you discover new recipes together and create fond memories for you and your children.



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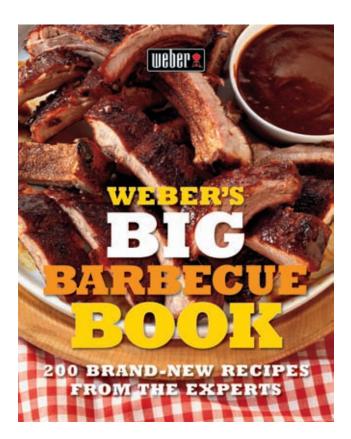


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Food & Drink

Weber's Big Barbecue Book

Jamie Purviance



Take your barbecuing skills to the next level and get ready to be inspired! Weber - the leading authority in grilling - shares proven techniques and mouthwatering dishes you never imagined would come off the grill. From Deep-Dish Pizza to Vegetarian Chilli and Steak Stir-Fry to Baconwrapped Prawns, over 200 delicious recipes will reveal everything your trusty barbecue is capable of. Fully illustrated step-by-step instructions ensure you achieve great results every time with this, the ultimate cookbook for every barbecue fan.

April 2014 Hamlyn £16.99 pb 9780600628835 336 pages 253 x 201 mm 70,000 words Over 100 colour illustrations Rights available: UK & Ireland



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Food & Drink

8

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Brazilian Food

Thiago Castanho



Brazil is a vast country with a cornucopia of fabulous ingredients and a wealth of ethnic culinary influences; the result is one of the most exciting cuisines in the world. In this ground-breaking book, acclaimed young chef Thiago Castanho and internationally respected food writer Luciana Bianchi explore the best of Brazilian food and its traditions with more than 100 recipes that you'll want to try at home – wherever you live.

The book includes recipes from a team of celebrated 'guest chefs' from all over Brazil, including Roberta Sudbrack, Rodrigo Oliveira and Felipe Rameh. Chapters celebrate the best food that Brazil's diverse cuisine has to offer including Small Bites, Street Food, Fish & Seafood and Meat & Poultry for Fire & Grill. Shot on location in Brazil by Rogerio Voltan, the book is a visual as well as culinary feast.

As host nation for the World Cup in 2014 and the Olympics in 2016, Brazil will be the focus of international attention so now is the perfect time to discover its vibrant food culture and cook some of its gutsy, flavourful dishes at home.



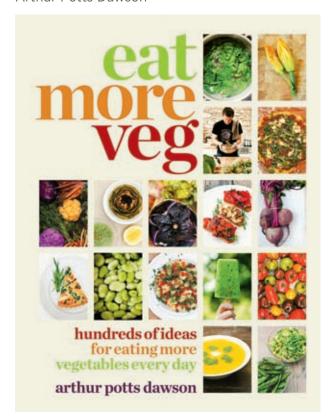
May 2014 Mitchell Beazley £30.00 hb 978 1 84533 661 5 256 pages 246 x 189 mm 50,000 words 250 colour photographs Rights available: World

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UK Spring2014 FINAL.indd 9 18/06/2013 15:34

More than 250 recipes for over 50 delicious vegetables

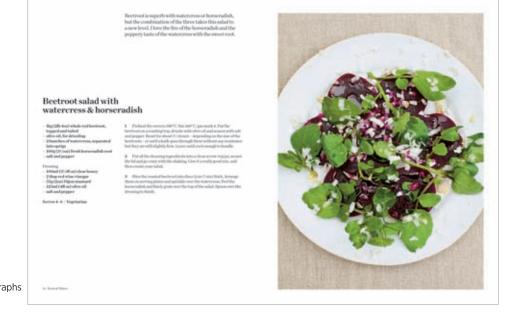
Arthur Potts Dawson



Arthur Potts Dawson is passionate about good food, eating well and making the most of what's fresh, local and seasonal. With *Eat More Veg*, he answers the call to eat more veg and less meat, offering everything you need to take your veggies from accompaniment to centre stage. This isn't a vegetarian cookbook.

Instead, it's a call to change the balance of what we eat. This celebration of vegetables presents a mix of classics, basics, simple food and show-off dishes that make the most of what's in season throughout the year.

With suggestions for your store cupboard and advice on what to eat when, plus more than 250 recipes using an incredible variety of vegetables, it's got all the inspiration you need – from Beetroot Soup with Cumin & Coriander to Butternut Ravioli with Brown Butter, and from Gratin Dauphinoise to Asparagus Salad with Peas, Broad Beans & Mint – all arranged by vegetable so that you can easily find recipes for whatever veg you fancy.



February 2014
Mitchell Beazley
£15.00 pb
978 1 84533 900 5
304 pages
246 x 189 mm
75 000 words
Over 400 colour photographs
Rights available: World

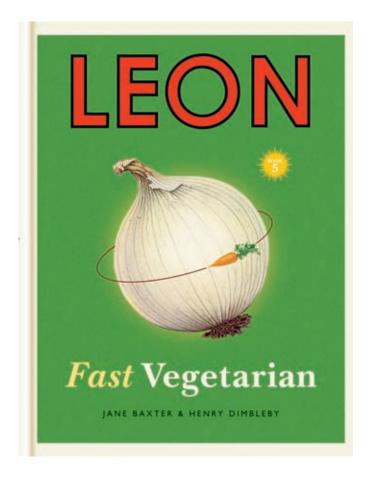
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Food & Drink

Leon Fast Vegetarian

Jane Baxter and Henry Dimbleby



A new cookbook from Leon is always something to celebrate. *Leon Fast Vegetarian* explores the vibrant, flavourful meals that can be created from the wonderful range of vegetables on offer.

Leon restaurants are all about delicious, healthy fast food made from sustainable ingredients and that philosophy is at heart of this book.

Less – or no – meat has become key to the way many of us choose to cook and this collection of more than 150 really easy, really fast recipes is a treat for vegivores everywhere.

As with any Leon cookbook, the idea is that cooking is not about spending hours in the kitchen but rather bringing family and friends together with simple, gutsy, happy food.

'Wholesome, yummy... joyously healthy.' Sunday Times

March 2014
Conran Octopus
£25.00 hb
978 1 84091 610 2
304 pages
253 x 193 mm
60,000 words
300 colour photographs & illustrations
Rights available: World



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Quick to prepare and easy to cook recipes

Valentine Warner



TV chef Valentine Warner is known for his strong focus on excellent ingredients and his adventurous, flavoursome food. In *Feed Me Now!* he offers 150 delicious recipes that can be on the table in no time with the minimum of fuss.

Many can be ready in under 30 minutes while others are dishes that are quick to prepare and then cook slowly in the oven while you get on with something else. With recipes such as Pork with Creamy Cider Sauce, Smoked Trout Fish Cakes, Quick Soup au Pistou and Piri Piri Chicken there is no corner-cutting – just straightforward good cooking.

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March 2014
Mitchell Beazley
£20.00 hb
978 1 84533 542 7
224 pages
246 x 189 mm
50,000 words
80 colour photographs
Rights available: World

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Food & Drink

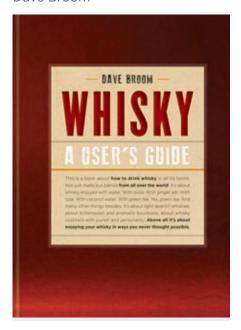
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Whisky: A User's Guide

How to enjoy whisky

Dave Broom



In this spirited and entertaining guide, world-renowned expert Dave Broom dispels the mysteries of whisky and unlocks a whole host of exciting possibilities. This is a book about how to drink whisky in all its forms - not just malts but blends from all over the world. In extensive tasting notes Dave assesses over 100 whisky brands, each paired with water, soda, ginger ale, coconut water and green tea, to reveal the best combinations. A cocktail section provides further ideas, from the classic Manhattan to the Rusty Nail. Above all this book is about enjoying your whisky in ways you never thought possible.

March 2014 Mitchell Beazley £14.99 hb 978 1 84533 755 1 224 pages 210 x 149 mm 50,000 words 50 photographs & illustrations Rights available: World

Wine Science

The application of science in winemaking

Jamie Goode

A new edition of the 2006 Glenfiddich Drinks Book of the Year – a groundbreaking book that clearly details all the key scientific developments in wine and winemaking. This revolutionary book is the only in-depth reference to detail the processes, developments and factors affecting the science of winemaking.

Jamie Goode, a highly regarded expert on the subject, skilfully opens up this complex subject and explains the background to the various processes involved and the range of issues surrounding their uses. This is a key reference and classic text for winemakers, wine professionals and the wine trade.

February 2014

Mitchell Beazley £30.00 hb 978 1 84533 878 7 216 pages 246 x 189 mm 90,000 words Over 80 colour photographs & illustrations Rights available: World ex. USA WINE SCIENCE

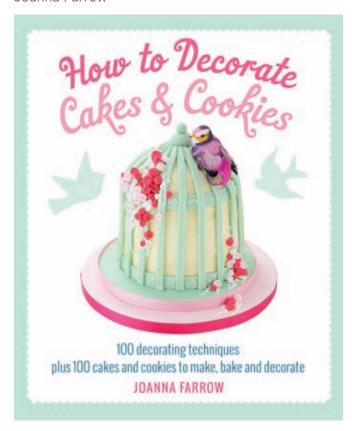
The Application of Science is Winemaking by Jumie Goode

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Food & Drink

100 decorating techniques plus 100 cakes and cookies to make, bake and decorate

Joanna Farrow



The book that every cake decorating enthusiast needs! This detailed, practical and expert guide shows you how to create 100 beautiful and fun decorated cakes and cookies. It begins by taking you step by step through 100 cake and cookie decorating tips from baking and shaping cakes, mixing icing colours and stencilling to creating icing flowers and animals and using templates.

The step-by-step tips and techniques allow beginners to take on decorating cakes and cookies with confidence and offer more experienced decorators plenty of inspiration to be really creative.

The 100 finished designs include something for every occasion and taste, including a delicately beautiful Vintage Birdcage cake, adorable Mischievous Mouse cupcakes and cute Booties cookies for that special baby.



May 2014 Spruce £16.99 pb with flaps 9781846014734 256 pages 190 x 235 mm 35,000 words 350 photographs Rights available: World

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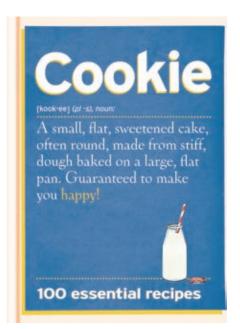
Food & Drink

14

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Cookie

100 essential recipes



Who can resist a freshly baked cookie? This collection offers over 100 of the best cookie recipes, including favourites like Triple Choc Cookies, Spicy Gingerbread and Classic Shortbread, as well as a host of more adventurous treats, such as Citrus Cream Clouds, Macadamia, Fig & Ginger Cantuccini, White Chocolate & Lemongrass Cookies and Mint Chocolate Sandwiches.

Packed with expert hints and tips to give you perfect results every time, *Cookie* has everything you need to know for baking success.

March 2014

Spruce £12.99 hb 978 1 84601 430 7 160 pages 210 x 149 mm 20,000 words 50 illustrations Rights available: World

Pie

100 essential recipes

If you have a passion for pastry, then this fantastic collection of over 100 sweet and savoury pies is the book for you. Choose from traditional favourites like Steak & Kidney Pie and Lemon Meringue Pie or mouthwatering contemporary recipes like Chorizo, Aubergine & Tomato Pie and Mango Pie. There's also a chapter of delicious ideas for sauces, gravies and custards to add the perfect finishing touch. In addition to all this, *Pie* is filled with helpful advice and troubleshooting tips to ensure pie perfection every time.

March 2014

Spruce £12.99 hb 978 1 84601 431 4 160 pages 210 x 149 mm 20,000 words 50 illustrations Rights available: World Pie (pathy) (pl -sk, nount)

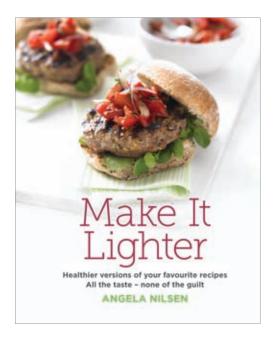
A baked food with a fruit, meat, or vegetable filling, prepared in a pastry-lined pan or dish and often topped with a pastry crust. Guaranteed to make you happy.

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Food & Drink

Make It Lighter

Angela Nilsen



Ditch diets for good and simply make your meals lighter to lose weight and live well. With a few subtle changes you can eat the same flavoursome food without even noticing that you've cut down on fat, calories and salt. In *Make it Lighter* Angela Nilsen has done all the work for you, testing your favourite recipes in order to create healthier, slimmed-down versions. Read how she did it and compare the results to see how much you've saved. With nutritional analysis, step-by-step photographs and handy tips throughout, you'll learn essential skills to cook and eat healthily for life.

January 2014
Hamlyn
£14.99 hb
978 0 60062 772 2
224 pages
253 x 201 mm
50,000 words
Over 150 colour photographs
Rights available: World

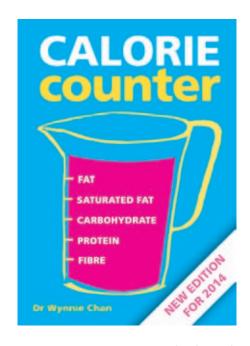
Calorie Counter new edition

Ideal for 5:2 and fasting dieters

Dr Wynnie Chan

This new edition of the pocket-sized, carry-everywhere guide is handy for the calorie-conscious and those with special dietary needs. And if you're following a 5:2 or fasting diet, it's essential! Clearly laid out and easy to use, the guide gives detailed and accurate nutritional information – calories, kilojoules, total fat, saturated fat, protein, carbohydrates and fibre – for over 1,500 favourite foods and drinks.

January 2014
Hamlyn
£3.99 pb
978 0 60062 686 2
144 pages
147 x 105 mm
25,000 words
Approximately 200 illustrations
Rights available: World



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Diet & Health

16

UK Spring2014 FINAL.indd 16 18/06/2013 15:34

Eat Yourself...

Series

Did you know that dark chocolate helps alleviate depression and that mangoes contain stress-relieving vitamin B6? Or that green tea will boost your metabolism and eating almonds will give you energy?

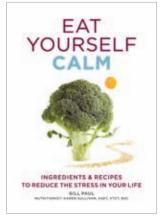
Eat Yourself... is an accessible new series which shows how to harness the power of food to improve wellbeing and deal with common health concerns. By taking control of what you eat and drink – and when – you can improve your health both instantly and in the long term.

The first part of each book looks at key ingredients – the superfoods – and what they can offer your health. A clever problem-solver then helps you choose the superfoods to address your own individual symptoms, looking at the most common everyday ailments, from insomnia in *Eat Yourself Calm* through to depression in *Eat Yourself Happy*, listing the key foods and recipes to target the problem.

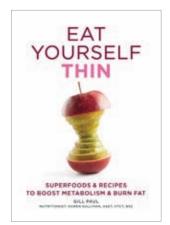
Meal planners make it easy to put it all together, with seven days of three meals and three snacks a day. Each title also includes 60 easy-to-make, deliciously satisfying recipes for breakfasts, snacks and light meals, main meals and sweet treats.

January 2014
Hamlyn
£7.99 pb with flaps
128 pages
210 x 149 mm
25,000 words
Approx. 80 colour photographs

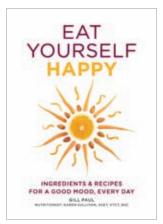
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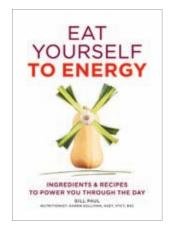
Eat Yourself Calm



Eat Yourself Thin 978 0 60062 679 4



Eat Yourself Happy 978 0 60062 748 7



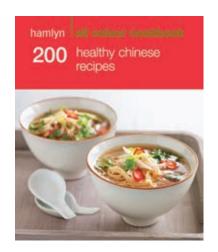
Eat Yourself to Energy

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Diet & Healtl

17

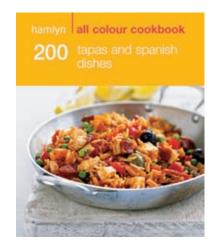
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Hamlyn All Colour Cookbook 200 Healthy Chinese Recipes

Do your wallet and your waistline a favour: say no to takeaways and make your own fresh and healthy Chinese food. There's a selection of tempting broths, salads, main courses and sides, all made the healthy way. From Hot & Sour Soup with Tofu, Cantonese Steamed Fish and Prawn & Pork Wonton Soup to Chinese Greens with Garlic Sauce and Baked Vegetable Spring Rolls, here are 200 recipes that are packed with flavour and body-boosting ingredients.

January 2014
Hamlyn
£4.99 pb
978 0 60062 682 4
240 pages
25,000 words
167 x 140 mm
100 colour photographs
Rights available: World

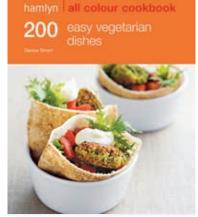


Hamlyn All Colour Cookbook 200 Tapas and Spanish Dishes

With over 200 recipes infused with the vibrant and complex flavours of Spain, you can recreate the tastes of the tapas bar in your home. There are tempting recipes to suit any occasion, from simple family lunches to dinner party centrepieces.

Whip up a refreshing Andalusian Gazpacho on a hot summer's day or, for something simple yet delicious, try Mussels in a Saffron Broth. If you've got a celebration coming up, wow friends and family with a Valencian Paella. And, to round things off perfectly, sample one of the sweet treats, such as Moscatel Roasted Peaches or Santiago Almond Torte.

January 2014 Hamlyn £4.99 pb 978 0 60062 683 1 240 pages 167 x 140 mm 25,000 words 100 colour photographs Rights available: World



Hamlyn All Colour Cookbook 200 Easy Vegetarian Dishes

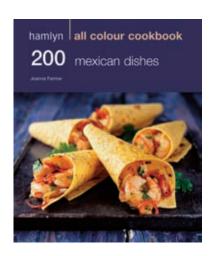
Many of us are choosing to reduce or completely remove meat from our diet and this book offers 200 simple yet mouthwatering recipes that make vegetarian eating a truly delicious choice. Tasty and inspiring flavour combinations make for memorable meals, such Caramelized Apple, Blue Cheese & Walnut Salad, Beetroot & Horseradish Soup and Sweet Potato Curry with Lemongrass & Coconut. And why not indulge your sweet tooth with the great ideas for baking and desserts, including Hazelnut Meringue Gâteau, Plum & Frangipane Tart or Melon, Ginger & Lime Sorbet?

April 2014 Hamlyn £4.99 pb 978 0 60062 820 0 240 pages 167 x 140 mm 25,000 words 100 colour photographs Rights available: World

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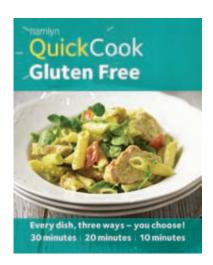
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Hamlyn All Colour Cookbook 200 Mexican Dishes

A brilliant range of 200 Mexican recipes to enjoy at home with friends and family. You could have a taco night and cook up a classic spread or get creative and sample some less familiar dishes, such as Coconut Seabass Ceviche, Chilled Avocado Soup and Spicy Clams with Bacon. Be sure to leave enough room to sample one of the array of exotic and unusual desserts, including Tequila Roasted Pineapple, Margarita Lime Pie and Mexican Three Milk Cake.

April 2014
Hamlyn
£4.99 pb
978 0 60062 824 8
240 pages
167 x 140 mm
25,000 words
100 colour photographs
Rights available: World

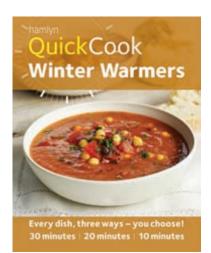


Hamlyn QuickCook: Gluten Free

Gluten-free eating is a way of life for those who suffer from coeliac disease or gluten allergies or for those who simply prefer to cut wheat from their diet. With 360 delicious recipes, Hamlyn QuickCook: Gluten-Free Meals showcases how satisfying life can be when going gluten-free.

With recipes such as Cocoa, Orange & Pecan Flapjacks, Chicken & Cashew Nut Curry, Tagliatelle with Dolcelatte & Walnut Sauce, Crispy Cornbread and Chocolate Birthday Cake, you can create healthy meals and special treats in the time that suits you – 30, 20 or as little as 10 minutes – without sacrificing any flavour.

January 2014 Hamlyn £7.99 pb with flaps 978 0 60062 684 8 288 pages 200 x 160 mm 40,000 words 120 colour photographs Rights available: World



Hamlyn QuickCook: Winter Warmers

Satisfying, fuss-free winter warmers are the perfect antidote to cold and rain. With this selection of 360 recipes a wide range of meals is at your fingertips. What's more, you can choose the recipe option to fit your busy schedule – prepare your food in just 30, 20 or 10 minutes.

So banish the winter blues with deliciously comforting dishes, including Pork, Pepper & Chorizo Goulash, Tiger Prawn & Sweet Potato Curry, Cowboy Beef & Bean Casserole, Roasted Squash & Chickpea Tagine, Melting Chocolate & Date Fondants and Rhubarb & Clementine Crumbles.

January 2014
Hamlyn
£7.99 pb with flaps
978 0 60062 685 5
288 pages
200 x 160 mm
40,000 words
120 colour photographs
Rights available: World

www.octopusbooks.co.uk

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Whether filling your home with the sweet scent of cake-baking and the welcome comfort of a slow-cooked stew, or vicariously travelling the world through your taste buds, the Test Kitchen has been working overtime to ensure the latest Triple Tested® recipes are perfect for sharing.



Essentials

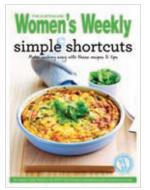


Monday-Friday Diet

Keep the weight off for good with the simplest eating plan ever! Most diets are so strict that many of us fall off the wagon before long, but this one is easy to stick to in the long term. It allows you to indulge at weekends while, during the week, you follow a healthy, nutritious and delicious plan. Packed with tasty recipes for nutrient-filled breakfasts, lunch on the go and fast mid-week dinners, this food is designed to fit real life and make losing weight straightforward and satisfying.

January 2014 £6.99 pb with flaps 978 1 74245 428 3 120 pages 277 x 205 mm 23,500 words Over 100 colour photographs English language only, for sale in UK, Ireland, Europe, Cw (ex. ANZ, SA,

Mal, HK, Sing, In, Can)

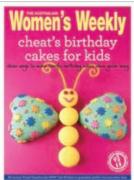


Simple Shortcuts

Perfect for busy week nights and other occasions when you're really pushed for time, Simple Shortcuts provides brilliant inspiration for how to make the most of your store cupboard and freezer, with a few clever tips for culinary cheats on the side. Using good quality ingredients and innovative cooking methods, the famous Test Kitchen shows how to create delicious, nutritious and satisfying food in practically no time at all.

February 2014

£6.99 pb with flaps 978 1 74245 444 3 120 pages 277 x 205 mm 23,500 words Over 100 colour photographs English language only, for sale in UK, Ireland, Europe, Cw (ex. ANZ, SA, Mal, HK, Sing, In, Can)



Cheat's Birthday Cakes for Kids

A collection of foolproof yet impressive birthday cakes that are ideal for time-pressed parents. Every recipe comes backed by the expertise of the legendary Test Kitchen and has step-by-step instructions and clear photography to make creating your child's dream cake effortless for even the most novice of bakers.

From animals to sport, and fantasy to adventure, there is a cake for all ages and interests, and for both boys and girls.

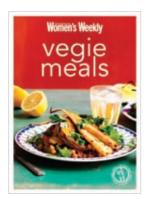
March 2014

£6.99 pb with flaps 978 1 74245 430 6 120 pages 277 x 205 mm 23,500 words Over 100 colour photographs English language only, for sale in UK. Ireland. Europe, Cw (ex. ANZ, SA, Mal, HK, Sing, In, Can)

www.australian-womens-weekly.com

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UK Spring2014 FINAL indd 20 18/06/2013 15:34



Vegie Meals

Whether you're a committed vegetarian, looking to reduce your meat consumption for environmental reasons, or just looking to broaden the variety in your diet, the fabulous food in this book is satisfying, delicious and nutritious. With warming stews and pies, refreshing salads, impressive tarts and quick and easy frittatas, you'll never be stuck for inspiration to get your 5 a day and keep it packed with flavour.

£3.50 pb 978 1 74245 436 8 80 pages 190 x 138 mm 10,000 words Over 50 colour photographs English language only, for sale in UK, Ireland,

Europe, Cw (ex. ANZ, SA, Mal, HK, Sing, In, Can)

February 2014



Best-ever Brownies

Luscious, fudgy and soft, brownies are every home baker's favourite. Quick and easy to whip up, they are the perfect treat for family and friends. This collection of foolproof recipes offers something to satisfy the most avid brownie-lover. There are rich, delicious recipes for classic and contemporary brownies and blondies. Why not try traditional Triple-chocolate Brownies or, for something more unusual, Salted Caramel Brownies or Beetroot Brownies?

March 2014

£3.50 pb 978 1 74245 437 5 80 pages 190 x 138 mm 10,000 words Over 50 colour photographs English language only, for sale in UK, Ireland, Europe, Cw (ex. ANZ, SA, Mal, HK, Sing, In, Can)

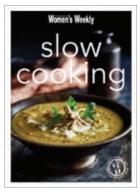


Superfoods

Nutritional powerhouses, superfoods include avocados, beetroot, berries, nuts, seeds and even dark chocolate! With energy-boosting, immunity-enhancing and skin-glowing properties, you'll want to ensure these heroes are a part of your daily diet. This book offers a host of easy recipes that make the most of superfoods so you can enjoy flavour-packed meals and say hello to a healthier new you at the same time.

April 2014

£3.50 pb 978 1 74245 441 2 80 pages 190 x 138 mm 10,000 words Over 50 colour photographs English language only, for sale in UK, Ireland, Europe, Cw (ex. ANZ, SA, Mal, HK, Sing, In, Can)



Slow Cooking

Slow cookers are the ultimate kitchen appliance for today's busy lifestyle. With just a few minutes' preparation in the morning, you can return home to comforting stews, hearty soups and perfect puddings.

With recipes for one-step dishes, mid-week family suppers, indulgent puddings and meals to make and freeze for those extra-busy days, this collection will provide you with great ideas to make the most of your slow cooker.

June 2014

£3.50 pb 978 1 90742 894 4 80 pages 190 x 138 mm 10,000 words Over 50 colour photographs English language only, for sale in UK, Ireland, Europe, Cw (ex. ANZ, SA, Mal, HK, Sing, In, Can)

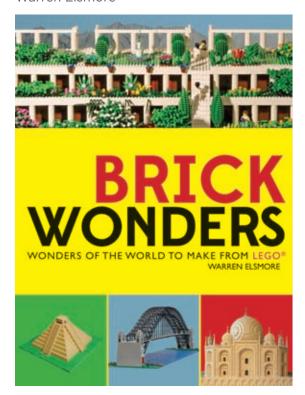
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Brick Wonders

World wonders to make from LEGO®

Warren Elsmore

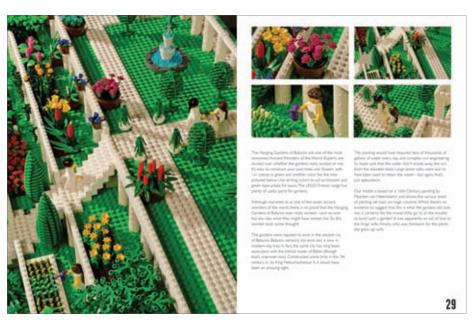


Brick Wonders – the sequel to the hugely successful Brick City which has been an international bestseller, translating into 10 languages – is an exploration of the marvels of the ancient, modern and natural worlds, created using solely LEGO bricks. LEGO artist Warren Elsmore has skilfully designed stunning scenes using standard LEGO bricks that, following the easy-to-understand instructions, you can recreate.

The seven ancient wonders of the world, including the Lighthouse at Alexandria and the Hanging Gardens of Babylon, are depicted as they might have been, to amazing effect. And, from the modern world there are seven still-standing wonders, including the Great Wall of China and Petra. Seven modern inventions, among them electricity and transport, are represented in LEGO creations both small and vast – a Model T car, television, the light bulb, the International Space Station. There are seven natural wonders, too, presented in their majestic beauty, including Victoria Falls, the Great Barrier Reef and the Matterhorn.

Whether you are an adult fan of LEGO (an 'AFOL'), or are just fascinated by the use of LEGO as a modelling medium, this book will take you on a unique journey through history and around the globe.





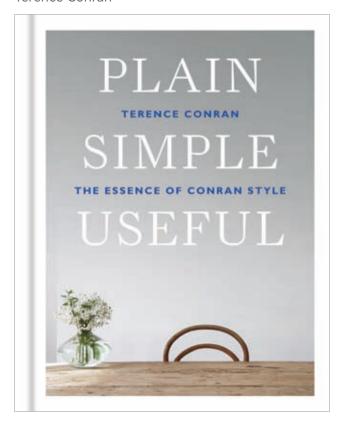
www.octopusbooks.co.uk

UK_Spring2014_FINAL.indd 22 18/06/2013 15:34

Plain Simple Useful

The essence of Conran style

Terence Conran



Make the most of your time, space and funds with this indispensable guide to contemporary living by the world's leading guru on interior design. Terence Conran has always believed that objects - and surroundings - that are plain, simple and useful are the key to easy living. By being practical and performing well over time, they are as much the antidote to superficial styling as they are to the shoddy and second-rate. Applied to the home as a whole, this discerning approach results in interiors that are effortlessly stylish, confident and timeless, with plenty of room allowed for the expression of personal taste.

Plain Simple Useful is organized according to the main activities that take place at home. Inspirational interiors, many of which are Conran's own, and a number of projects designed by him exclusively for this book, provide all the guidance you need to tailor-make your own storage. The book also features iconic examples of classic designs that will enhance any home, as well as a peek behind the closed doors of those well-ordered cupboards, larders and other stowing spaces that contribute so much to easy living.



COOKING

May 2014 Conran Octopus £25.00 hb 978 1 84091 655 3 224 pages 253 x 201 mm 25,000 words 225 colour photographs

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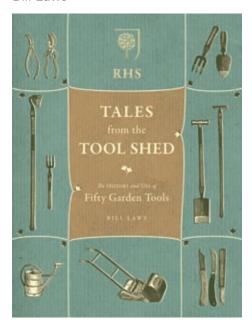
23

UK Spring2014 FINAL.indd 23 18/06/2013 15:34

RHS Tales from the Tool Shed

A gardener's guide to the history and use of fifty garden tools

Bill Laws



RHS Tales from the Tool Shed is an historical, horticultural journey told through 50 pieces of garden gear. It describes the origin and evolution of 50 tools, organized into five chapters relating to different garden features, such as the lawn, or to types of garden, such as kitchen gardens. Feature boxes explore the roots and evolution of words, names, places and objects, covering everything from the humble lawnmower to life-saving medicines. Beautifully illustrated throughout with photographs and botanical watercolours and written by the author of the bestselling Fifty Plants that Changed the Course of History, this intriguing and fascinating book will appeal to all gardeners.

April 2014
Mitchell Beazley
£14.99 hb
978 1 84533 884 8
224 pages
227 x 170 mm
60,000 words
150 photographs & illustrations

Rights available: World English language ex. USA, CAN & ANZ

Compost

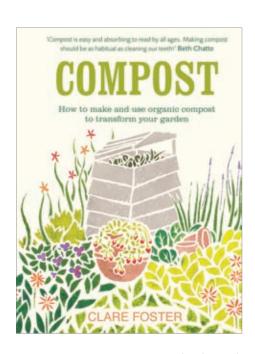
How to make and use organic compost to transform your garden

Clare Foster

Recently selected by gardening doyenne Beth Chatto as one of her top 20 gardening books of all time, this invaluable book demystifies the art of composting. House & Garden gardens editor, Clare Foster, shows you how to build a compost box, select the right ingredients and how to make great compost. Simply by taking some ordinary things, such as dead leaves and old banana skins, you can improve and enrich your soil, feed your plants and nourish your vegetables, restoring the natural balance of life in your garden.

March 2014 Mitchell Beazley £9.99 hb 978 1 84533 895 4 144 pages 210 x 149 mm 25,000 words 120 artworks and photographs Rights available: World 'Together with the benefits that well-made compost provides, the practice of compost-making becomes as fascinating as the practice of gardening itself.'

Beth Chatto



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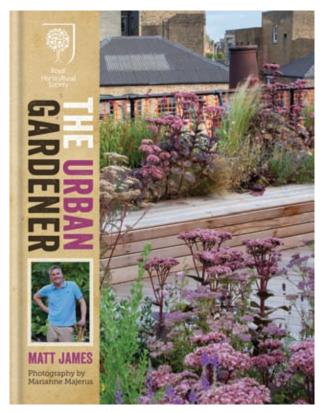
Gardening

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RHS The Urban Gardener

Matt James Photography by Marianne Majerus



In RHS The Urban Gardener garden designer, broadcaster and lecturer Matt James provides an approachable, practical guide to making the most of an urban garden while improving your environment through plants. He explores how to design an outdoor space, no matter the size or location - from balconies and roof terraces to courtyards, basement areas and front gardens, factoring in areas for relaxation, play and growing your own produce. There are 15 step-bystep projects including creating a 'living' green wall, planting under mature trees and making a gravel garden and 13 case studies showing great design in action, with examples from Tom Stuart-Smith, Charlotte Rowe and Christopher Bradley-Hole. Award-winning photographer Marianne Majerus provides the visual inspiration.



April 2014 Mitchell Beazley £20.00 hb 978 1 84533 796 4 224 pages 246 x 189 mm 50,000 words 320 colour photographs Rights available: World

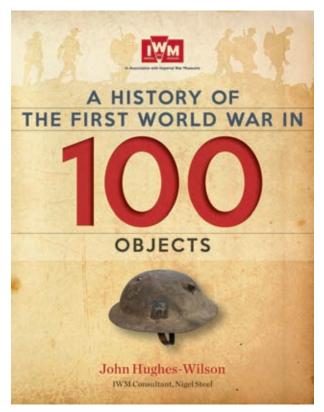
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A History of the First World War in 100 Objects

The Imperial War Museum

John Hughes-Wilson



A History of the First World War in 100 Objects narrates the causes, progress and outcome of the First World War by telling the stories behind 100 items of material evidence of that cataclysmic and shattering conflict

From weapons that created carnage to affectionate letters home and from unexpected items of trench decoration to the paintings of official war artists, the objects are as extraordinary in their diversity and story-telling power as they are devastating in their poignancy. Each object is depicted on a full page and is the subject of a short chapter that 'fans out' from the item itself to describe the context, the people and the events associated with it.

Distinctive and original, A History of the First World War in 100 Objects is a unique commemoration of 'the war to end all wars'.



March 2014

Cassell £25.00 hb 978 1 84403 744 5 448 pages 246 x 189 mm 140,000 words 200 colour photographs Rights available: World

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Histor

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Miller's Collectables Handbook & Price Guide 2014-2015 Judith Miller and Mark Hill

Collectables Handbook & Price Guide 2014~2015 THE INDISPENSABLE GUIDE TO WHAT IT'S REALLY WORTH JUDITH MILLER & MARK HILL

If you want to know the value of your collectables or find out how the market is faring, the world's only full-colour, fully illustrated collectables handbook and price guide is the place to look.

With an entirely new selection for every edition, photographs of more than 4,000 items keep Miller's Collectables Handbook & Price Guide up-to-date with collecting and buying trends. Comprehensive sections cover advertising, books, ceramics, costume jewellery, glass, posters, vintage fashion and much more. This new edition is also packed with even more special features than ever before. Our experts explain why one piece is worth more than another, show you how to value an item and teach you to be your own appraiser.

Whenever you're buying or selling, a dealer, collector, internet addict or auctioneer, always take the expert advice of Judith Miller and Mark Hill with you in this invaluable guide.

April 2014 Mitchell Beazley

120.000 words

Price £19.99 pb 978 1 84533 730 8 432 pages 235 x 194 mm

4,000 colour photographs Rights available: World ex. US

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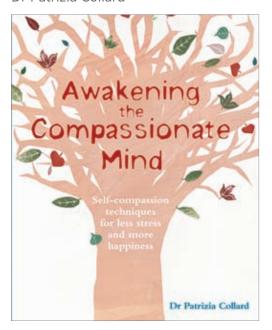
Miller's Antiques

UK Spring2014 FINAL.indd 27 18/06/2013 15:34

Awakening the Compassionate Mind

Self-compassion techniques for less stress and more happiness

Dr Patrizia Collard



Self-compassion is a life-changing way of thinking that is rooted in Mindfulness. By learning to have more loving kindness for ourselves, we have more empathy and compassion for others. The self-compassion movement has been growing rapidly, with recent research into the neuroscience of compassion showing that changing our thinking habits makes new neural pathways in the brain – and that compassion can be learned.

With gentle exercises, meditations, visualizations and inspiring case studies, this book is your first step in applying loving kindness to release negative attitudes, heal mind and body and live joyfully from the heart.

February 2014

Gaia £14.99 pb 978 1 85675 340 1 144 pages 235 x 190 mm 30,000 words 100 colour photographs & illustrations Rights available: World

The Complete Pilates Tutor

A structured course to achieve professional expertise

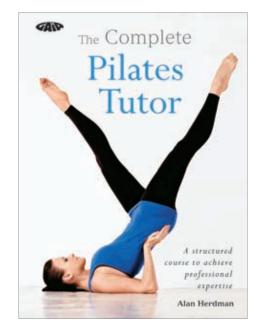
Alan Herdman

New in the trusted *Gaia Tutor* series is this manual on Pilates matwork from world-renowned Pilates expert Alan Herdman. Whether you are just beginning your journey or have been practising for years, this complete course is an invaluable resource, taking you through the exercises originally conceived by Joseph Pilates along with specially designed pre-Pilates moves and sections on anatomy and physiology.

Throughout there is clear step-by-step photography for beginner, intermediate and advanced levels, with instructions on adapting poses with supports and alternative moves for those with special needs.

February 2014

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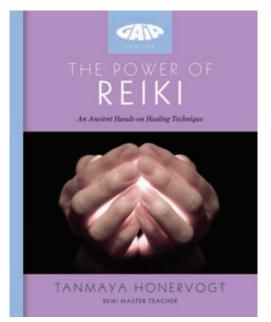
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The Power of Reiki

An ancient hands-on healing technique

Tanmaya Honervogt



This is the definitive guide to Reiki - having sold over 300,000 copies worldwide - reissued for a new generation of readers.

Whether you are looking to ease the effects of chronic illness or simply feel fatigued, the wisdom of Reiki, a form of touch healing, may offer the help you seek. Written by a Master-Teacher who has been practising Reiki for more than 25 years, this is a practical, beautifully illustrated introduction to traditional Reiki stages I, II and III.

March 2014

Gaia £14.99 pb 978 1 85675 331 9 144 pages 235 x 190 mm 35.000 words Over 150 illustrations Rights available: World

The New Book of Shiatsu

Vitality and health through the art of touch

Paul Lundberg

The New Book of Shiatsu is the classic guide to the philosophy and practical techniques of the healing art of shiatsu. Beautifully illustrated with clear step-by-step instructions and full colour photography, the techniques in this book will help improve your health and well-being, bring relief to a wide range of common ailments, and help you to combat stress by teaching you how

You are in expert hands with Paul Lundberg, who has been teaching shiatsu since 1976 and is founder and director of the Shiatsu College in London.

February 2014

Gaia £14.99 pb 978 1 85675 332 6 192 pages 235 x 190 mm 60.000 words Over 300 illustrations Rights available: World

GAID PAUL LUNDBERG FOREWORD BY PAULINE SASAKI

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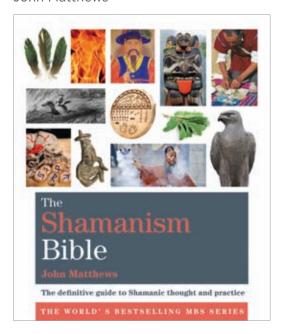
Mind, Body & Spirit

UK Spring2014 FINAL.indd 29 18/06/2013 15:34

The Shamanism Bible

The definitive guide to Shamanic thought and practice

John Matthews



New to the bestselling *Bible* series is this evocative and detailed guide to shamanism, which takes you on a journey from its origins in Europe, North America, Siberia and the Arctic Circle through to contemporary rituals to try today.

From shapeshifting and vision questing to working with totems and power animals, shaman and bestselling author John Matthews explains the rich animistic traditions of this ancient spirituality and reveals how it can empower your life.

February 2014 Godsfield Press £14.99 pb 978 1 84181 432 2 400 pages 167 x 140 mm

60,000 words 350 photographs Rights available: World

The Tai Chi Bible

The definitive guide to decoding the Tai Chi form

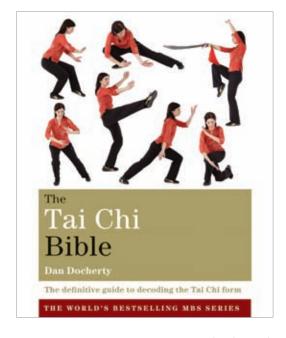
Dan Docherty

From his experience of teaching thousands of students throughout the world over a great many years, Dan Docherty gives down-to-earth advice that is ideal for novice and adeptable.

This comprehensive book presents practical Tai Chi Chuan – the most common Tai Chi techniques – and explains them with reference to the Ming dynasty book, *The Classic of Boxing*, and to Chinese myth and legend. Beginners benefit from practising the postures, while advanced practitioners will gain greater insight into their regular practice.

February 2014

Godsfield press £14.99 pb 978 1 84181 433 9 167 x 140 mm 400 pages 60,000 words 350 colour photographs Rights available: World



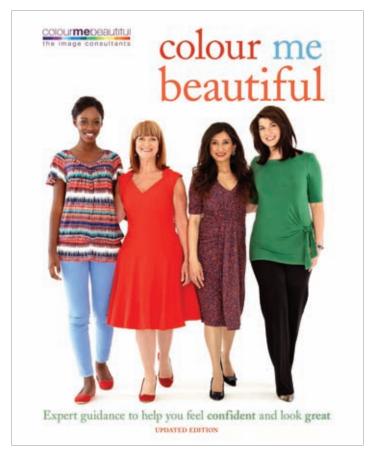
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Colour Me Beautiful new edition

Expert guidance to help you feel confident and look great

Veronique Henderson and Pat Henshaw



For over 30 years the internationally acclaimed Colour Me Beautiful team has been sharing the secrets of looking great on the outside and feeling confident on the inside. Here they guide you through identifying your colouring type, shape and style personality, and then choosing outfits that will suit you perfectly.

This fully revised and updated edition has an expanded range of colour profiles for women of all skin tones and a brand-new section on looking your best in the office, with lots of tips on workwear.

April 2014 Hamlyn £15.99 pb 978 0 60062 817 0 208 pages 235 x 190 mm 30,000 words 100 colour photographs & 500 illustrations Rights available: World

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TRIANGLE

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First Ascent

Stephen Venables



First Ascent follows the stories of the men and women who conquered the top of the world, from the ascent of Mont Blanc in the 1780s through the golden age of alpine climbing, where the Matterhorn and Bietschorn were conquered, to the great climbs of the Americas, the majesty of the Himalayan peaks, Everest, Annapurna and Yosemite.

Some of the world's most renowned climbers, mountaineers and adventurers give accounts of their greatest climbs, and the book chronicles the adventure, joy and heartbreak of mountaineering's most esteemed pioneers.

May 2014

Cassell £7.99 pb 978 1 84403 758 2 192 pages 198mm x 130mm 40,000 words Rights sold: Ger. Dut

How to Coach a Soccer Team

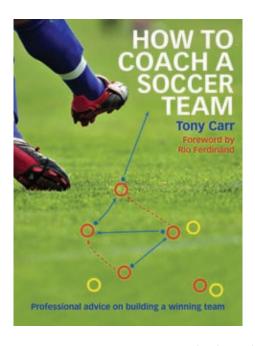
Tony Carr, with foreword by Rio Ferdinand

Whether you are taking charge of a school team or have run out of ideas for what to do in the next training session, in *How to Coach a Soccer Team* you will find easy-to-follow drills for every aspect of the game. Whatever your team needs to work on, clearly illustrated techniques will improve their game and help you develop a winning team.

Packed with practical tips and advice, you'll find all the warm-up routines, tactics, skills, in-game coaching and problem solving you need to boost your coaching skills and lead your team to success.

April 2014 Hamlyn

£9.99 pb 978 0 60062 757 9 192 pages 260 x 194 mm 40,000 words 50 colour photographs Rights sold: Ger



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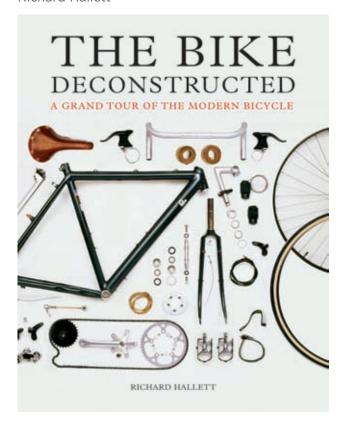
32

UK Spring2014 FINAL.indd 32

The Bike Deconstructed

A grand tour of the modern bicycle

Richard Hallett



This fascinating book literally and figuratively dismantles the modern bicycle to look at the design, origins and evolution of each constituent part. From the anatomy of the drive chain to the geometry of the main frame, and from spokeweaving patterns to the effect of fork rake on steering and stability, every aspect of the bike is examined in detail. Focusing on seven key areas – Frame, Drive Chain and Gearing, Steering, Wheels, Brakes, Saddle and Suspension – and featuring stunning photography and a wide range of diagrams, this is a truly unique view of the bicycle.

For five years editor of RoadCyclingUK.com, author Richard Hallett has written for *Rouleur*, *Procycling* and *Cycling Plus* magazines and was technical editor of *Cycling Weekly* and *Cycle Sport*. He has been writing about cycles and cycling for 25 years and is noted for his knowledge of the intricacies of cycling technology.



March 2014
Mitchell Beazley
£20.00 hb
978 1 84533 883 1
192 pages
255 x 200 mm
50,000 words
200 photographs and diagrams
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English language ex. US
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Reference

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Philip's Astronomy & Reference

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Philip's Stargazing 2014
Heather Couper &
Nigel Henbest
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64 pages
230 x 160 mm
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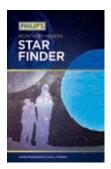


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Philip's Guide to the



& Planets
Sir Patrick Moore
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978 1 84907 281 6
256 pages
198 x 126 mm
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Philip's Month-by-Month Star Finder John Woodruff &

Wil Tirion £4.99 pb 978 1 84907 298 4 64 pages 198 x 126 mm Rights Available: World



Philip's Stargazing with a Telescope

Robin Scagell £8.99 pb 978 1 84907 301 1 192 pages 198 x 126 mm Rights Available: World ex. US & Can



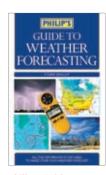
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Robin Scagell & David Frydman £8.99 pb 978 1 84907 300 4 208 pages 198 x 126 mm Rights Available: World ex. US & Can



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Philip's Guide to Weather Forecasting

Storm Dunlop

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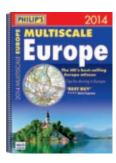
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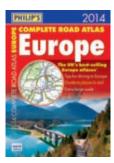
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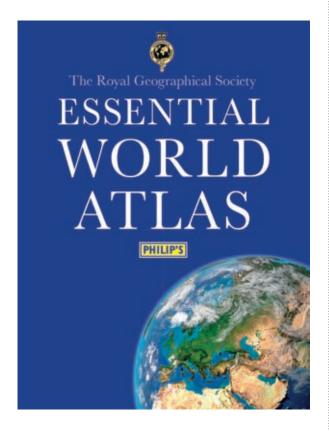
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SOUTH AMERICA

David Williams
InterMediaAmericana Ltd
PO Box 8734
London SE21 7ZF
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david@intermediaamericana.com

CARIBBEAN

Chris Humphrys and Lynda Hopkins 5 Voluntary Place Wanstead London E11 2RP T +44 (0)20 8530 5028 F +44 (0)20 8530 7870 humph4HRA@aol.com

For Philip's:
David Williams
InterMediaAmericana Ltd
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Matt Cowdery
Hachette UK Ltd
Office 38, 7th floor, Al Thuraya Tower 11
Dubai Media Clty, PO Box 500717
Dubai, UAE
matthew.cowdery@hachette.co.uk

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Contacts

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lan Pringle
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