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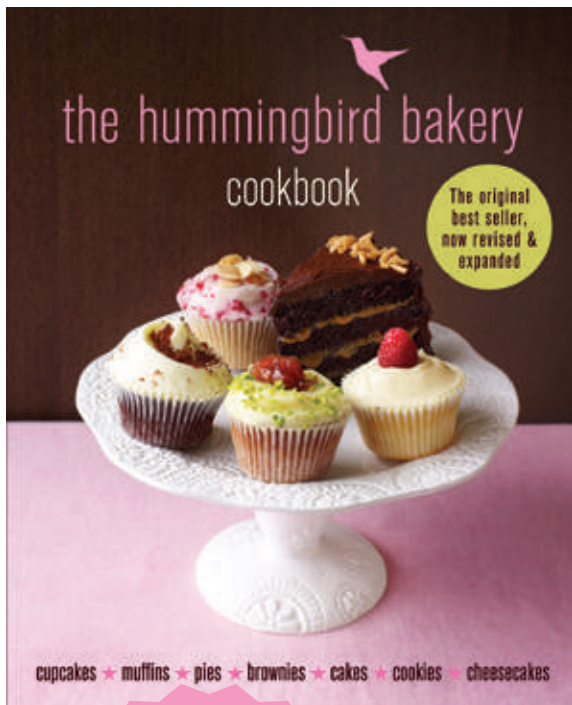
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SPRING — SUMMER 2018



The original edition has sold nearly 1 million copies worldwide

THE HUMMINGBIRD BAKERY COOKBOOK

The original best-seller now revised and expanded with new recipes

Tarek Malouf and the Hummingbird Bakers

The Hummingbird Bakery Cookbook has sold more than 830,000 copies worldwide. Newly updated and with extra recipes

From their first shop in Notting Hill's Portobello Road, The Hummingbird Bakery introduced London to the delights of American-style baking. The simple yet spectacular recipes for indulgent cupcakes, muffins, pies, cheesecakes, brownies, cakes and cookies, in this, their first and bestselling cookbook, ensured that the home cook could create some Hummingbird magic in their own kitchens too, wherever they lived. Now Tarek Malouf and the Hummingbird bakers have created a new edition of the book, fine tuning their classics and introducing eight new recipes.

With new recipes such as Sticky Fig and Pistachio Cupcakes, Hot Cross Bun Cupcakes, Mile-high Chocolate Salted Caramel Cake and Chocolate Cola Cake, this is the must-have book for cake lovers everywhere.

Tarek Malouf is the founder and owner of The Hummingbird Bakery, an American-style bakery founded in London's Notting Hill in 2004 to bring the authentic taste of American home baking to the UK. The Hummingbird Bakery now has seven branches across London and Surrey and four in the Middle East, with further launches planned. It is famed the world over for its delicious cupcakes and other sweet treats and desserts.

Visit The Hummingbird Bakery website at www.hummingbirdbakery.com.

9781784724436

March 2018

Mitchell Beazley

US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 1/4"

160 pages

almond and raspberry cupcakes

These cupcakes have a different kind of sponge, made with almond milk instead of cow milk. We've decorated with silvered almonds that have been lightly toasted for flavor and color.

2½ cups (330 g) all-purpose flour
2½ teaspoons baking powder
1 teaspoon baking soda
1½ teaspoons salt
1½ cups (330 g) superfine sugar
1 cup (110 g) almond meal
1 egg plus 1½ teaspoons (2½) egg white
1½ cups (170 ml) vegetable oil
¾ teaspoon almond extract
¾ cup (210 g) raspberry preserves
¾ cup (210 g) silvered almonds, to decorate (optional)

cupcake frosting

2 cups (330 g) confectioners' sugar
2½ cups (330 g) confectioners' sugar
4½ cups
2½ teaspoons vanilla extract
¾ cup (210 g) raspberry, dusted with the salt of a pinch

½ cup (120 ml) milk plus
buttermilk (200 ml) plus
buttermilk (200 ml)

Notes

Preheat the oven to 320°F.

Sift the flour, baking powder, baking soda, and salt into a hand-cranked electric mixer with a paddle attachment (or use a hand-held electric mixer), add the sugar and almond meal, and beat on slow speed until well incorporated.

Put the almond milk, oil, and almond extract into a small bowl and whisk to combine. Slowly pour into the flour mixture and beat until all the ingredients are just incorporated. Turn the mixer up to medium speed and continue beating for a couple more minutes until the batter is smooth and well combined.

Spoon the batter into the paper liners until about one-third full and bake in the preheated oven for 18–20 minutes, until the springs bounce back when touched. A toothpick inserted into the center should come out clean. Let the cupcakes cool for about 15 minutes in the pans before turning out onto a wire cooling rack to cool completely.

For the macaroon frosting: Beat together the macaroon, confectioners' sugar, and vanilla extract in a hand-cranked electric mixer with a whisk attachment (or use a hand-held electric mixer) on a slow speed until the sugar is incorporated. Turn the mixer up to medium speed and beat until the frosting is well combined and smooth. Use in the cupcake refrigerator by hand and add incorporated.

When the cupcakes are cool, use a sharp knife to make out a small section in the center of each cake, about ½ inch (2 cm) in diameter and 1½ inches (2 cm) deep. Using the sponge plunger, spoon or pipe the raspberry preserves into the hollows, then fill with the frosting pieces. If you have any leftover preserves, spread it thinly over the top of each cake, making sure not to go over the edges. Spoon the frosting onto each cupcake, gently smoothing over with a rubber spatula, and making a swirl of frosting on each one. Decorate with silvered almonds, if using.

22 cupcakes



chocolate cola cake

So many vintage American recipes call for soft drinks as an ingredient, and this makes sense, giving moisture, tang, and sweetness to the resulting bakes. Make sure you don't use the sugar-free version of your favorite cola brand, because it will mar the flavor of the cake.

1½ cups (330 g) all-purpose flour
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cake frosting

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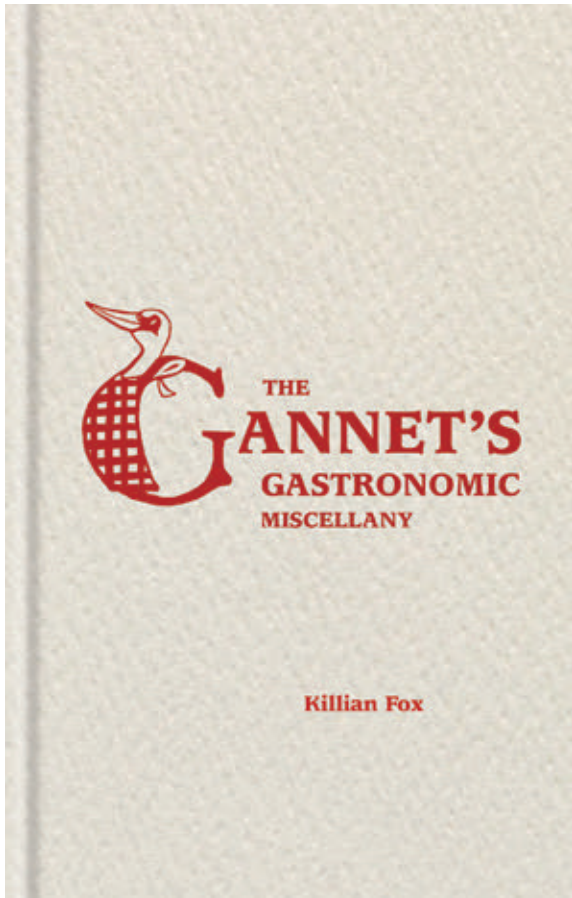
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24 cakes

When the cakes are cool, remove the frosting from the refrigerator, put into a hand-cranked electric mixer with a paddle attachment (or use a hand-held electric mixer), and beat for 2–4 minutes, until thickened, pale, and fluffy (it will be a little flatter than a normal buttercream).

Put one cake on a cake stand and spread one-quarter of the frosting over with a palette knife. Place a second cake on top and spread another quarter of the frosting over it. Top with the last cake and spread the remaining frosting over the top and sides. Finish with pecan nuts, if using.





THE GANNET'S GASTRONOMIC MISCELLANY

Killian Fox

A collection of fascinating, funny and unexpected facts about food and drink.

gannet

'gant/

noun

1. a large seabird with mainly white plumage, which catches fish by plunging into the water.
2. British informal, a greedy person.

The Gannet's Gastronomic Miscellany goes beyond the usual food fixations. Presented in a fresh, visually inventive style, it will appeal to anyone with a passing interest in food – which, in this gastronomy-obsessed age, is pretty much all of us.

In this compendious hotpot of a book you'll find a guide to creating a hit food profile on Instagram, a cross-section of a tiffin box, an explanation on craft beer, the origin story of chicken Marengo, a list of millennia-old products that are still edible today (should you be brave enough to try Irish bog butter or Ancient Egyptian honey) and many more delightful nuggets of information.

The Gannet is an online magazine that explores people's lives through food. We are based in London but travel widely, gathering food stories from all over the world and reporting them online at TheGannet.com and in our biannual print magazine *Fork in the Road*. Find out more at www.thegannet.com.

Killian Fox is the editor and co-founder of *The Gannet* and a regular contributor to the *Observer Food Monthly*.

9781784723996

March 2018

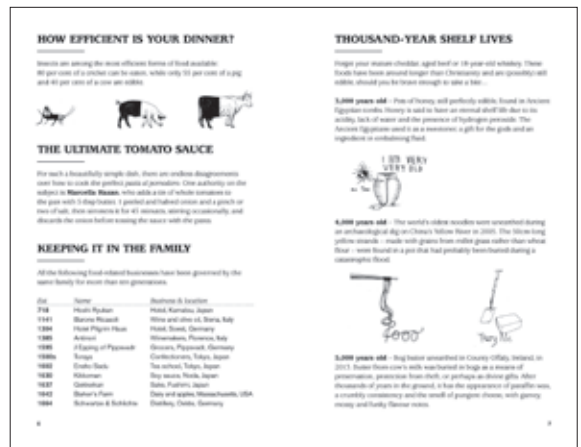
Mitchell Beazley

US\$12.99 CAN\$14.99

Hardcover

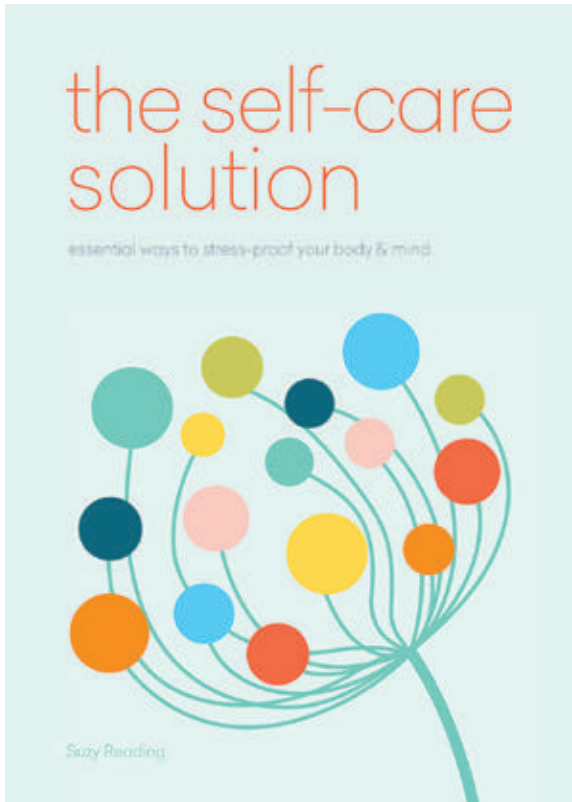
5" x 7 3/4"

192 pages



"The Gannet noses out the hidden stories about food – the unusual, the quirky, the unexpected, the personal." – Diana Henry

"A breath of fresh air." – El Pais



THE SELF-CARE SOLUTION

Suzy Reading

Essential ways to stress-proof your body and mind.

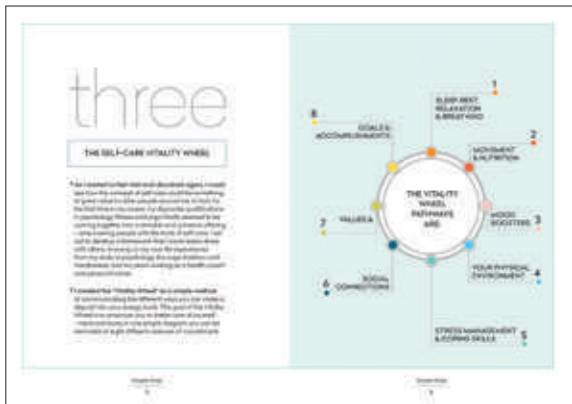
Self-care is the future of preventative medicine - daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the concept of self-care is the idea that taking care of yourself is not selfish and offers essential ways to stress-proof your body and mind, bringing us back from the brink of energetic bankruptcy.

Based on the latest scientific research into the mind/body connection, psychologist, yoga teacher and personal trainer Suzy Reading has developed a 'vitality wheel' that offers a complete head, heart and body self-care toolkit that readers can select from according to their needs. Included are 8 evidence-based ways to boost your happiness, energy, resilience and resourcefulness.

Each section includes power poses from yoga that enhance and build on the practical advice.

Suzy Reading is a chartered psychologist and qualified yoga teacher specializing in wellbeing.

'I love this book!' – Mandy Lehto, *Psychologies Magazine*



9781912023363

March 2018

Aster

US\$14.99 CAN\$16.99

Paperback

6" x 8 1/2"

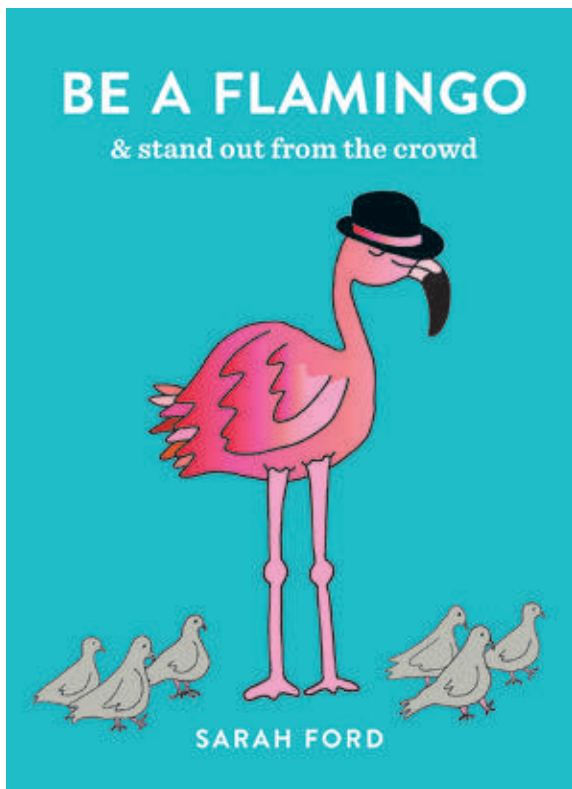
224 pages

Also Available in Audiobook:

9781912023523

US\$14.99

\$16.99 in Canada



BE A FLAMINGO

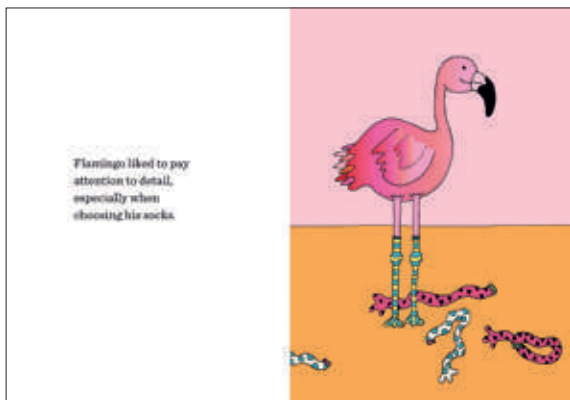
& stand out from the crowd

Sarah Ford

**Want to be strong, independent and utterly fabulous?
Be a flamingo.**

Flamingo is that one friend who always brightens a room as soon as she walks in. She is always the first on the dancefloor and the very last to stop boogying. She has never tried to dress like a Parisian, never followed advice on what not to wear, and certainly has never tried to tone down her natural pinkness; she knows she is perfect just the way she is. And even when life throws Flamingo a curveball, she is always ready to embrace the unknown and jump straight in.

A gorgeous little gift book of motivational sayings and hilarious axioms, *Be a Flamingo* is a perfect pink pick-me-up gift for a friend who needs a confidence boost, or great as an impulse self-purchase when you feel you need to start tooting your own horn a little louder. Because we could all do worse than taking a leaf out of Flamingo's book.



9781846015540

March 2018

Spruce

US\$6.99 CAN\$7.99

Flexiback

4 1/4" x 5 3/4"

96 pages



STREET ART ACTIVITY BOOK

Create your own virtual street art within the pages of this interactive activity book, inspired by the work of the most innovative graffiti artists in the world today

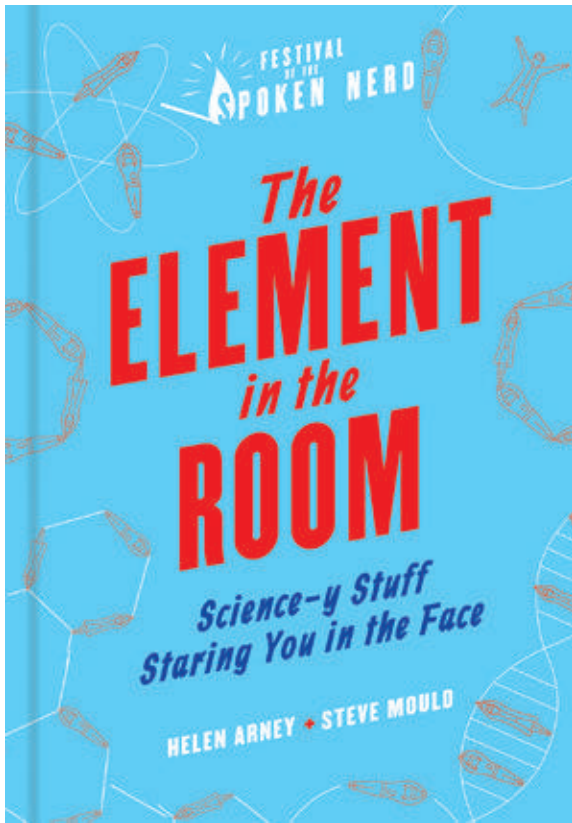
From witty road signs to bold painted street bollards, cute cartoons to politically inspired wall paintings, street art is colorful, vibrant, diverse and exciting. Now, you can create your own.

Paint your own wall art, create your own billboards or transform road signs into colorful cartoons. Transform your surroundings and distort street publicity. *The Street Art Activity Book* is filled with pages of city canvases on which to create your own graffiti masterpieces.

Images of works by individual modern street artists provide inspiration, while technical chapters explain how to be inspired by the shapes and colors on the streets and interact with the city surroundings. Discover the greatest graffiti artists transforming the urban landscape and bring your creativity to the street with a stroke of the brush or pencil.



9781784723224
 March 2018
 Mitchell Beazley
 US\$16.99 CAN\$18.99
 Paperback
 8 7/8" x 11 1/4"
 176 pages



THE ELEMENT IN THE ROOM

Science-y Stuff Staring You in the Face

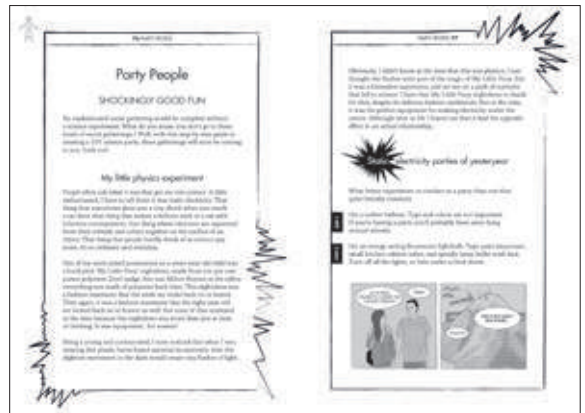
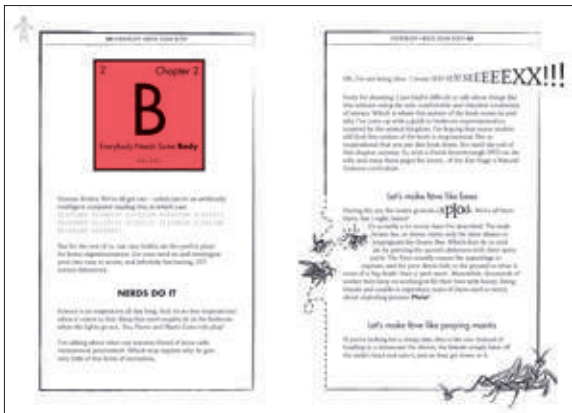
Helen Arney and Steve Mould

Let the brains behind the hugely successful Festival of the Spoken Nerd take you on a rib-tickling, experiment-fueled adventure to explain the everyday science staring you in the face.

Have you ever wanted to perform sonic experiments with your morning coffee? Predict the exact second your unborn child will be born? Spice up your love life with inspiration from the animal kingdom? Well now you can... *The Element in the Room*, the Nerds' first ever book, is designed for anyone who is sci-curious and wants to know more about the world around them, especially the elements of everyday science that other books ignore.



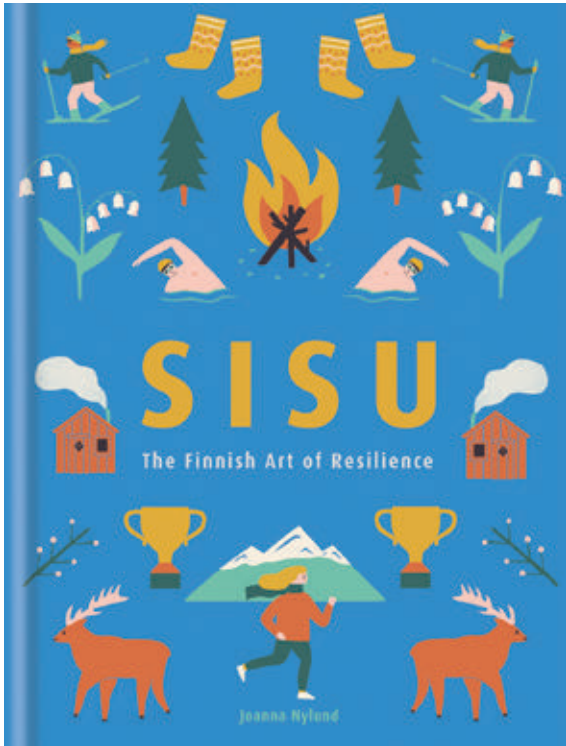
The Element in the Room will take you on a rib-tickling, experiment-fueled adventure to explain the everyday science that is staring you right in the face.



9781788400138
 March 2018
 Mitchell Beazley
 US\$18.99 CAN\$20.99
 Hardcover
 6 1/2" x 9"
 224 pages

Also Available in Audiobook:

9781788400206
 US\$18.99
 \$20.99 in Canada



SISU

The Finnish Art of Resilience

Joanna Nylund

A comprehensive guide to the Finnish attitude of courage and determination in the face of adversity.

Derived from the Finnish word sisu, which refers to the internal organs (the guts), the ancient word sisu describes an attitude of bravery, resilience, stoicism, perseverance and determination in the face of adversity. It is a key psychological competence that enables extraordinary action to overcome a physically or mentally challenging situation. To have sisu confers a further dimension of doing so with honesty, integrity and humility.

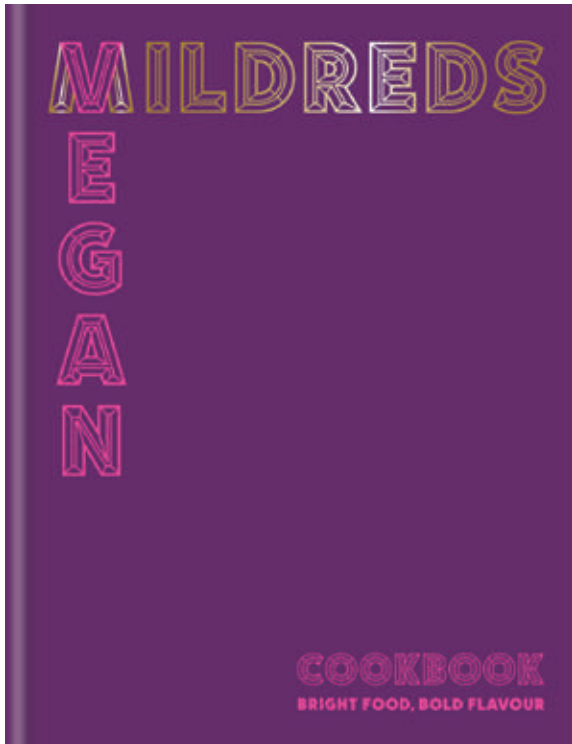
The book will teach how the Finnish concept of sisu can help you to:

- Make courageous decisions
- Take action against the odds
- Cultivate resilience
- Overcome failure
- Manage stress in difficult circumstances
- Embrace change
- Take on new challenges
- Tap into mental strength
- Prevent doubt, nerves and self-criticism from holding you back
- Overcome limiting beliefs
- Replace negative thinking with positivity
- Achieve your goals
- Live the good life

Joanna Nylund is a Finnish writer, photographer and translator. Find out more about Joanna on Instagram @joannaufsdotter, Facebook @joanna.nylund or her blog at www.joannaufsdotter.com.



9781856753807
 March 2018
 Gaia
 US\$9.99 CAN\$10.99
 Hardcover
 5 1/4" x 6 3/4"
 160 pages



MILDREDS VEGAN COOKBOOK

Bright Food, Bold Flavor

Mildreds

Bursting with clever ideas for feasts with family and friends, as well as for delicious, simple everyday meals, *Mildreds Vegan Cookbook* brings you punchy flavors, satisfying dishes, a dash of urban cool and a refreshing take on the conventional stereotype of vegan food.

There are plenty of dishes to wow a crowd, whether it's Walnut, Date & Cinnamon Rolls and Smoky Baked Beans on Grilled Sourdough for a brunch with friends; or Memphis Bourbon Barbecue Skewers and Rainbow Root Slaw with Orange, Maple & Thyme Dressing for a summer barbecue. A vegan diet the Mildreds way will bring joy and surprise to your life, and ensure your taste buds are well, alive and kicking. Sit back and enjoy fantastic-tasting food for everyone and every occasion.

Lively and effortlessly cool, **Mildreds** is London's mecca for all food lovers that has been offering exciting, affordable vegetarian and vegan food from its original restaurant, in London's Soho, since 1988.

The Mildreds manifesto: To reach as many people as possible and give them the ideas and confidence to enjoy vegetarian and vegan food at home.

'Only Lady Luck can get a table at Mildreds. It's one of London's coolest vegetarian restaurants.' - *Time Out*

9781784723736

March 2018

Mitchell Beazley

US\$29.99 CAN\$32.99

Hardcover

7 1/2" x 9 3/4"

256 pages





BREAKFAST IS SERVED

Laura Ascari and Elisa Paganelli

Discover recipes from across the globe with this delightful collection of breakfast and brunch recipes for the most important meal of the day.

Forget your poached eggs and avocado on toast, this cookbook will inspire you with new breakfast and brunch recipes from around the world. From Canada for Pumpkin Pie and Ecuador for Bolon de Verde, to Lebanon for Labneh and Germany for Pumpernickel, these recipes take inspiration from the four corners of the globe to make sure your breakfasts and brunch is never the same again. Learn how to make the perfect Pain au Chocolat, delight your friends with colorful doughnuts, or indulge in comforting Miso Soup.

From a sociable brunch with friends to the ultimate hangover cure, meals to fill you up all day or indulgent sweet treats, there's a recipe here for every morning occasion, all accompanied by gorgeous photography.

Laura Ascari is a professional food photographer and video-maker. **Elisa Paganelli** is an illustrator and designer.



9781784723378

March 2018

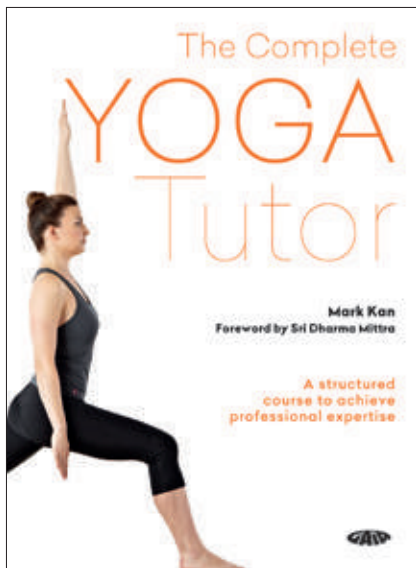
Mitchell Beazley

US\$14.99 CAN\$16.99

Hardcover

6 3/4" x 9 1/2"

144 pages



THE COMPLETE YOGA TUTOR

Mark Kan

The newest title in the authoritative Gaia Tutor series, *The Complete Yoga Tutor* is a concise manual on Hatha Yoga for any aspiring teacher or serious practitioner.

Mark Kan, one of the UK's leading yoga teachers, demonstrates how this ancient practice will show you the way to radiant health, mind control and peace within one's self and with nature. This practical guide takes you through the practices of asana (postures), pranayama (breathing exercises), shatkarma (cleansing techniques), mudra (seals), bandha (locks) and meditation, as they were originally conceived. It explains the true purpose of yoga: to purify and prepare the body for the mastery of the mind and help you understand the nature of the self, through the awakening of the vital energies: the pranas, the chakras and Kundalini shakti.

9781856753791

March 2018

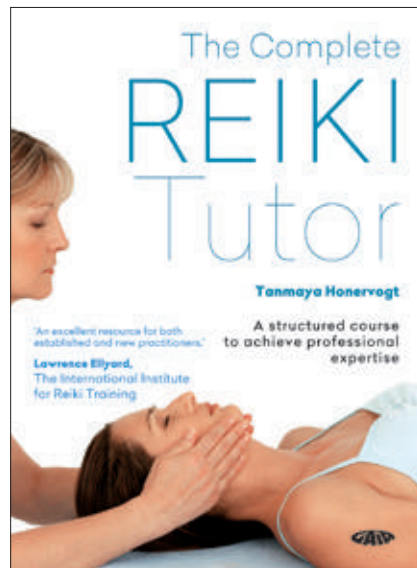
Gaia

US\$24.99 CAN\$27.99

Paperback

7 3/4" x 10 1/4"

256 pages



THE COMPLETE REIKI TUTOR

Tanmaya Honervogt

Includes all the key information you need about the three Reiki degrees and how to use the training acquired. The essential source book for students, teachers and all practitioners.

This all-encompassing guide to reiki will inform you of every aspect of this ancient healing practice. Expert reiki master Tanmaya Honervogt explores the history of reiki and its background, then explains how reiki's healing powers work. This comprehensive book also features an extensive list of treatable common ailments, and a section on the spirit healing qualities of reiki. There are also handy tips and advice for becoming a reiki master starting up a public practice. Covering every aspect of this intriguing therapy, this is an indispensable book for student and teacher alike at every level.

9781856753784

March 2018

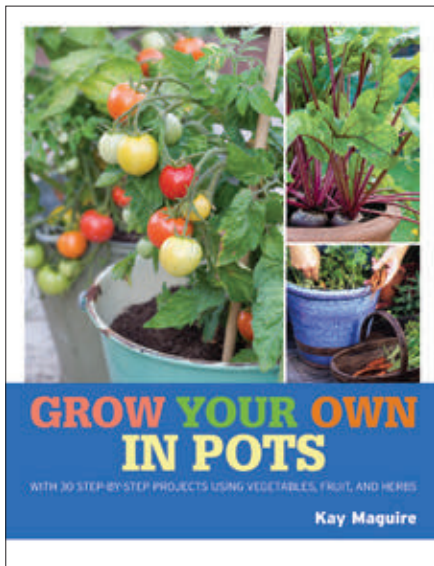
Gaia

US\$24.99 CAN\$27.99

Paperback

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256 pages



GROW YOUR OWN IN POTS

With 30 step-by-step projects using vegetables, fruit and herbs

Kay Maguire

30 step-by-step projects for growing vegetables, fruit and herbs in containers.

Winner of the Practical Book of the Year 2013 at the UK Garden Media Guild Awards.

Grow Your Own Crops in Pots is the natural successor to Carol Klein's bestselling *Grow Your Own Vegetables*, which has sold more than 300,000 copies since publication. With this book you can turn the tiniest space into a productive and attractive plot, using the best varieties and techniques. Follow 30 tried-and-tested container recipes for top tasting crop combinations such as tomato with basil, fruit salads and cut-and-come-again vegetables. Discover the essential techniques that every container-gardener should know and use the crop directory to find out the best way to grow more than 60 vegetables, fruit, salads, herbs and edible flowers.

9781784724375

March 2018

Mitchell Beazley

US\$14.99 CAN\$16.99

Paperback

7 1/2" x 9 3/4"

176 pages



THE HANDMADE LOAF

The book that started a baking revolution

Dan Lepard

The authoritative guide to baking that every baker needs in their kitchen, now revised and updated.

With more than 75 recipes, from dark crisp rye breads and ricotta breadsticks to effortless multigrain sourdough, *The Handmade Loaf* guides you through the stress-free techniques you need to make and bake great breads at home. Made and photographed in kitchens and bakeries across Europe, from Russia to the Scottish Highlands, Dan Lepard's ground-breaking methods show you how to get the most flavor and the best texture from sourdough and simple yeast breads with minimal kneading and gentle handling of the dough. Let this classic cookbook guide you to making superb bread at home.

9781784724429

March 2018

Mitchell Beazley

US\$16.99 CAN\$18.99

Paperback

8" x 10"

192 pages



GET BAKED

Space cakes, pot brownies, and other tasty cannabis creations

Dane Noon

Give yourself the munchies (in every sense) with this ultimate guide to easy-to-make cannabis creations. This is a fun, easy way to whip up a truly relaxing snack or those perfect house-party hash cakes.

Cooking with cannabis is the easiest way to enjoy the herb without the hassle of all that paraphernalia and the health risks of smoking. Studies have shown that tar from joints can contain up to 50% more carcinogens and carbon monoxide than regular cigarettes, making this the perfect gift for anyone who wants to avoid the respiratory problems and stigma of smoking, or plain can't roll a spliff.

Plus, with a section on the different forms that cannabis comes in, and how you can adapt your recipes to suit them, you can be sure to never overdo the dope. This no-nonsense, no-fuss cookbook ensures that even a half-baked chef can turn out perfect results every time.



9781846015618
 March 2018
 Spruce
 US\$9.99 CAN\$10.99
 Hardcover
 6" x 8"
 96 pages





THE SPAM COOKBOOK

Marguerite Patten

If all the cans of Spam ever eaten were placed end to end, they would circle the globe ten times. Residents of Hawaii eat an average of 4 cans of Spam per person each year—more than any other place on earth! It's retro, it's fun, and it's about lunchmeat! Just think of how many friends you could give this to! And be sure to keep a copy for yourself, because you don't want to miss out on the fun, the lively anecdotes, and the merry memories of Spam dinners. From the giant Spam can on a building to the fastest Spam can on earth (it's a car) to the hilarious Spam song intoned by the Monty Python troupe, this is an irresistible treat. Packed with drawings and photos from the nostalgic to the wacky, featuring 20 recipes that will redefine your idea of the Spam meal, this scrapbook of Spam treasures is one delicious treat!

9780600635383

March 2018

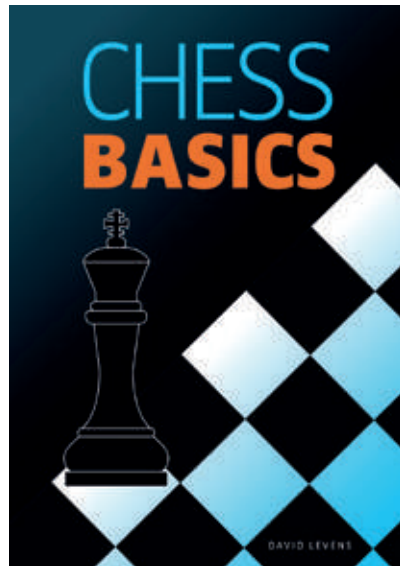
Hamlyn

US\$9.99 CAN\$10.99

Hardcover

7 1/2" x 7 1/2"

64 pages



CHESS BASICS

David Levens

Chess is the world's most popular board game, and now anyone can play with this straightforward, jargon-free introduction.

Written especially for beginners, it's the most comprehensive manual available and includes everything from explanations of each piece to orchestrating endgames. In addition to expert advice, simple instructions, and more than 200 easy-to-follow diagrams, novices will find aggressive openings, the top-ten traps and attacks, basic tactical principles, specimen games to learn and crib from, and a test your chess IQ section.

9780600635390

March 2018

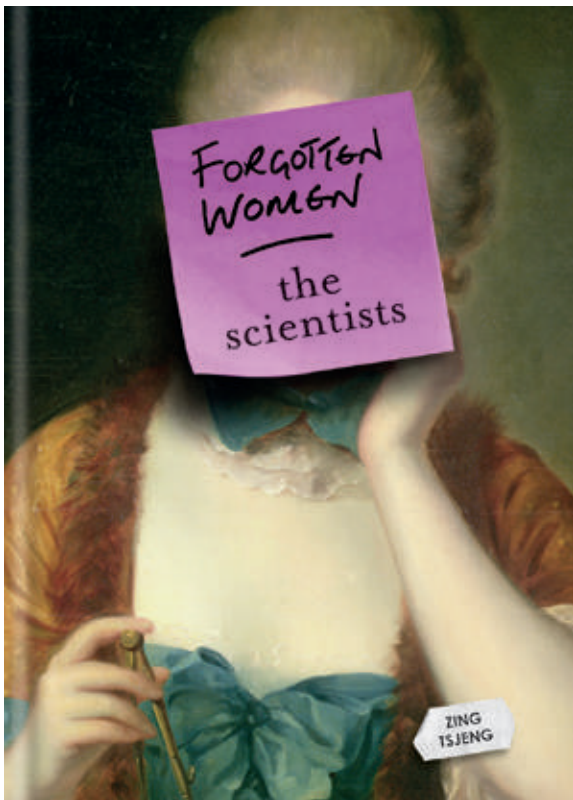
Hamlyn

US \$9.99 CAN\$10.99

Paperback

6 1/2" x 9 1/8"

192 pages



FORGOTTEN WOMEN: THE SCIENTISTS

Zing Tsjeng

Putting 48 pioneering and innovative female scientists firmly back on the modern map.

'For most of history, anonymous was a woman.' Virginia Woolf

Everyone knows a forgotten woman. The ones we hold close to our hearts, the rebels we raise in conversation over a drink, the pioneering early feminists who have been overlooked for too long. *Forgotten Women* redresses the balance.

Forgotten Women: The Scientists recognizes and celebrates the work of 48 (the number of Nobel-prize-winning women) female scientists from across history and from all scientific disciplines, including mathematics, genetics, technology, chemistry, astronomy, physics and medicine. From Rosalind Franklin, who uncovered the structure of DNA but whose work was attributed to her male colleagues, to Ruby Hirose, whose pioneering research led to the polio vaccine, *Forgotten Women: The Scientists* shines a light on the unsung scientific heroes whose hugely important yet broadly unacknowledged research have transformed the face of science.



With evocative illustrations from the first open international directory of female professional illustrators – womenwhodraw.com – and in collaboration with the **New Historia**, an academic initiative designed to document and promote the achievements of women in history, *Broadly* editor-in-chief **Zing Tsjeng** brings together the stories of the most remarkable female scientists from across the ages.



9781844039838

March 2018

Cassell

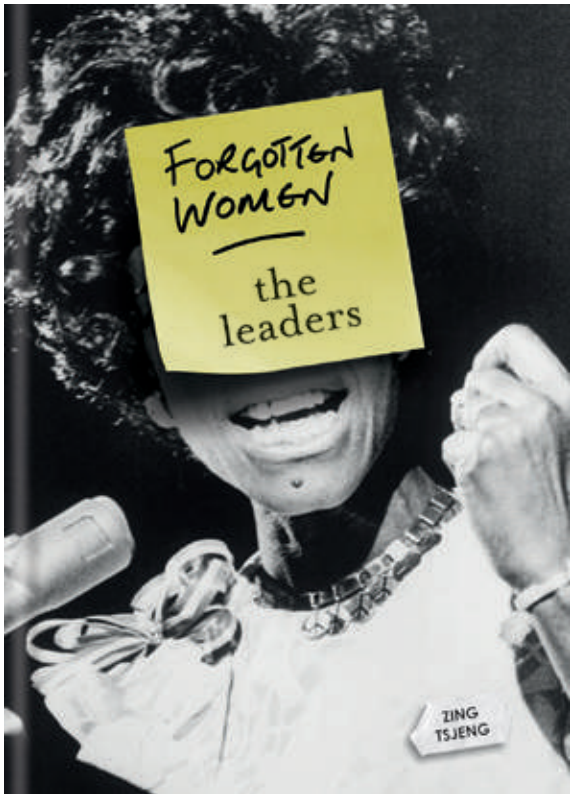
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Hardcover

6" x 8 1/2"

224 pages

**International
Women's Day
March 8th**



FORGOTTEN WOMEN: THE LEADERS

Zing Tsjeng

The influential and rebellious female leaders history should never forget.

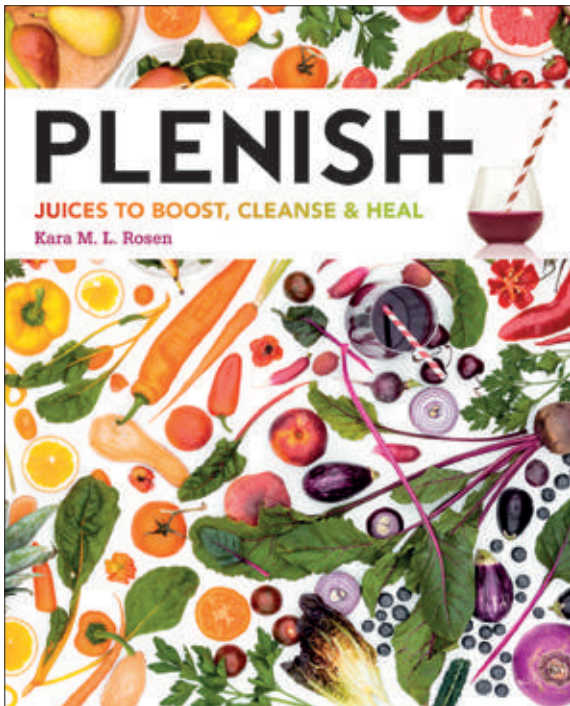
'For most of history, anonymous was a woman.' Virginia Woolf

Everyone knows a forgotten woman. The ones we hold close to our hearts, the rebels we raise in conversation over a drink, the pioneering early feminists who have been overlooked for too long. *Forgotten Women* redresses the balance.

Forgotten Women: The Leaders weaves together 48 (the number of Nobel-prize-winning women) unforgettable portraits of women who made huge yet unacknowledged contributions to history, the true pioneers and leaders who deserve to have had history books written about them, such as Grace O'Malley, the 16th century Irish pirate queen; Sylvia Rivera, who spearheaded the modern transgender movement; or Agent 355, the rebel spy who played a vital role in the American Revolution.



9781844039715
March 2018
Cassell
US\$19.99 CAN\$21.99
Hardcover
6" x 8 1/2"
224 pages



PLENISH

Juices to boost, cleanse & heal

Kara Rosen

Recipes and cleanse programs for detox, wellbeing and vitality, from *Plenish*, the popular UK juice brand.

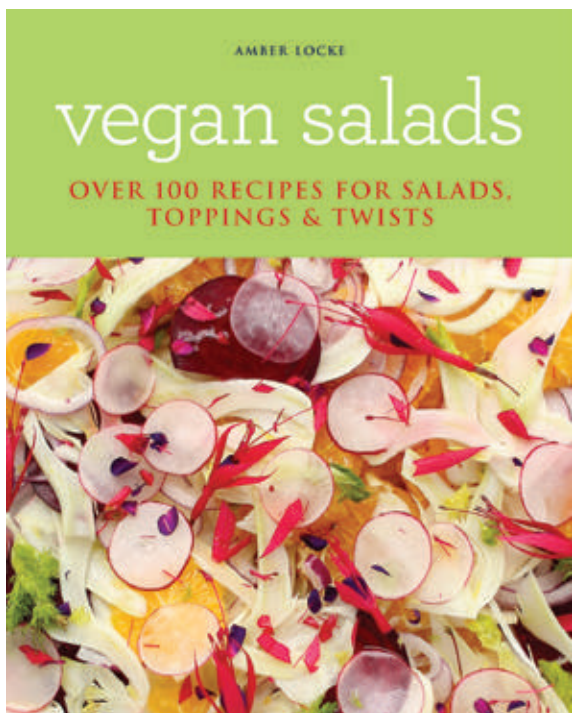
You are what you eat, and consuming fresh, raw juices is a delicious way to flood your body with nutrients, cleanse your system and cure your ills. *Plenish* shows you how to make over 40 juice blends, detox with a cleanse program, heal your body naturally, fuel your system, fight disease, promote mind and body wellness, and lose weight in the process. From the Thai Melon Brightener to the Greenie Mary, each recipe will help your body to detox and rejuvenate, so that you can thrive.

PLENISH Cleanse founder **Kara Rosen** spent a decade flying between New York and LA, jet-lagged, overindulged and exhausted from a hectic work schedule. Kara turned to a holistic nutritionist who suggested a 5-day juice cleanse, that cleanse turned into a love for a new lifestyle and Kara started to turn regularly to cold-pressed juices for a detox.

After a year of making the juices for friends and family and receiving fabulous feedback, PLENISH was born to make organic, raw, cold-pressed juices available to everyone. It is now available throughout the UK.



9781912023455
 March 2018
 Aster
 US\$8.99 CAN\$9.99
 Paperback (reduced format)
 6 1/4" x 7 3/4"
 144 pages



VEGAN SALADS

Over 100 recipes for salads, toppings & twists

Amber Locke

Over 100 salad recipes from Instagram sensation
@RawVeganBlonde

Create big, beautiful and vibrant vegan salads with a variety of fresh ingredients and epically delicious dressings. These salads are not only show-stoppingly gorgeous to look at but also are super-nutritious and delicious to eat. Why not try a Kale & radish salad with blueberry dressing, Avocado 'truffle' salad, lettuce tacos or Pepper salad with crushed tomato and orange salsa. With features on ingredients, tools, cutting techniques, toppings and dressings, plus over 100 recipes, you'll be left feeling fully delighted and satisfied yet light, bright and energized too!

Amber Locke runs a fruit and veg-based design business and is part of the "fresh talent" team on Jamie Oliver's Food Tube, Amber recently held her first exhibition at the gallery in the Anthropologie store on London's Kings Road and held live design demonstrations in the store and at Whole Foods in High Street Kensington.



9781784724566

April 2018

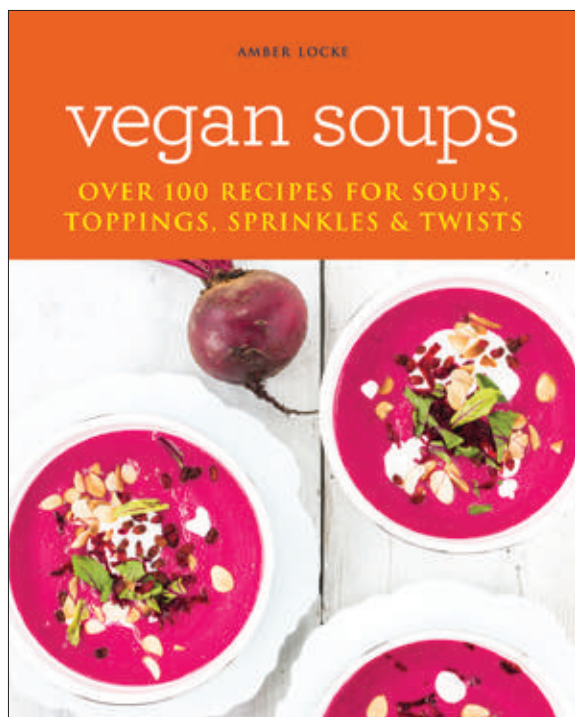
Mitchell Bezaley

US \$8.99 CAN\$9.99

Paperback

6 1/4" x 7 3/4"

144 pages



VEGAN SOUPS

Over 100 recipes for soups, toppings, sprinkles & twists

Amber Locke

Over 100 vegan soup recipes from Instagram sensation @RawVeganBlonde

Celebrate the glory of vegetables all year round with these spectacularly tasty vegan soups. From a refreshing Watermelon Gazpacho, perfect for a summer's afternoon, to a chunky, wholesome Black-Eyed Bean Chilli stew to warm you up on a cold winter's night, soup is not just incredibly versatile but is also an easy way to make the most of fresh, seasonal ingredients. Try Curried Greens and Coconut, Butternut Noodle, Sparkling Pineapple soup, and many more.

Featuring more than 100 recipes, including extra toppings and twists to transform your bowl, *Vegan Soups* has something for everyone.



9781784724559

April 2018

Mitchell Bezaley

US \$8.99 CAN\$9.99

Paperback

6 1/4" x 7 3/4"

144 pages

The Chakra Project

The healing power of flow
to transform your life

Georgia Coleridge



THE CHAKRA PROJECT

The healing power of flow to transform your life

Georgia Coleridge

Experience the power of chakras and flow of good energy through your body, mind and soul

Chakras are energy centres in the body, usually depicted as spirals or circles of light. Understanding our chakras gives us a window into understanding how we are and whether we are feeling free flowing, energised and on the right path in our lives or whether we are feeling 'stuck' in some way.

The practices in this stunning book allow us to get to know the 7 chakras and in turn ourselves. We are able to release any stagnant energy and encourage the flow of new cleansing energy. We have a revitalized sense of freedom, lightness and purpose.

Georgia Coleridge is a professional healer with a busy practice and a lot of experience with chakras. As a former journalist, married to a prominent magazine publisher, she worked at the *Daily Mail* and has co-written two well-received parenting books. Her articles on healing have been published in a variety of newspapers and magazines, including the *Evening Standard*, the *Daily Mail* and *Vogue*, and she has appeared regularly on Radio 4.



9781912023448

April 2018

Aster

US\$19.99 CAN\$21.99

Hardcover

7 1/2" x 9 1/4"

192 pages

Also Available in Audiobook:

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US\$19.99

\$21.99 in Canada

VOGUE ESSENTIALS



HANDBAGS

Carolyn Asome

Since its inception more than a century ago, Vogue has been fascinated by the infinite incarnations of the handbag. From the myriad surrealist creations of Karl Lagerfeld at Chanel to Prada's democratic nylon backpack, from the exclusive Hermès Birkin bag to individual vintage gems, the handbag is fashion's most inventive accessory.

No shock, then, that the handbag market today is worth more than a hundred billion dollars. From each season's must-have to five-figure rarities, the handbag symbolizes the inexplicable power of fashion desire. *Vogue Essentials: Handbags* from British *Vogue*, explores all the greatest hits in a collection that any fashion devotee will covet.

9781840917666

April 2018

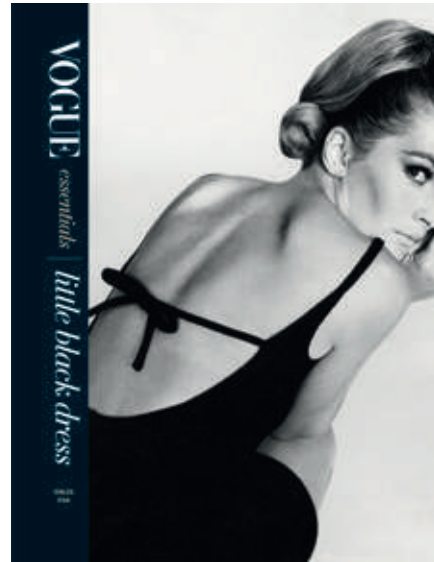
Conran

US\$20 CAN\$22

Hardcover

6 1/4" x 8 1/4"

160 pages



LITTLE BLACK DRESS

Chloe Fox

Ninety years after Vogue dubbed Coco Chanel's simple short black 'Ford' dress 'the frock that all the world will wear', the perfect Little Black Dress continues to be every woman's most sought after fashion essential. At its classic best, the LBD doesn't just make its wearer look beautiful and stylish; it empowers her too. Dress it up, pare it down, wear it forever - the Little Black Dress is a fashion essential.

From the bold, dramatic designs of Zandra Rhodes to the eye-catching LBDs by Vivienne Westwood, from Elizabeth Hurley's iconic safety pin Versace number to the tight off-the-shoulder Christina Stambolian dress worn by Princess Diana, *Vogue Essentials: Little Black Dress* celebrates the very best of the LBD.

9781840917659

April 2018

Conran

US\$20 CAN\$22

Hardcover

6 1/4" x 8 1/4"

160 pages

introduction

the joy of arm candy

You can't get ahead a speckling from about things, celebrity, social politics, economics, even a dose of Freud. It almost goes without saying, then, that handbags have become a signifier of the 1990s in the same way that the handbag has been a signifier of the 1950s. It's not that the handbag has become a signifier of the 1990s, but that the handbag has become a signifier of the 1950s.

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'Any woman can wear shoes and handbags: it's not a question of how tall you are, how skinny you are, how blonde or blue-eyed or tanned or whatever!' – Marc Jacobs

'One is never over-dressed or under-dressed with a Little Black Dress' – Karl Lagerfeld

introduction

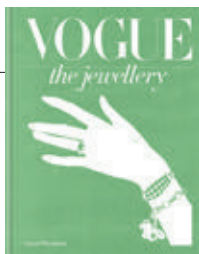
fashion's best friend

When a single shirt black dress, designed by Coco Chanel, appeared on the pages of *Vogue's* 1920s, it was dubbed 'Chanel's Ford'. Like the black T-shirt, it was simple, practical, and available to every color, and became the black – the ultimate French color – of the 1920s. It was simple, practical, and available to every color, and became the black – the ultimate French color – of the 1920s.

Today, almost a century later, the Little Black Dress – or LBD – is the most popular, go-to dress in any woman's wardrobe. Loved around the world for its simplicity and its elegance, it's no wonder that the LBD is the fashion world's most beloved friend.

But it's not always that simple. Traditionally the color of mourning, black has been considered a dark, brooding, and even a bit scary color. For many years, it was considered a color of mourning, and even a bit scary color. For many years, it was considered a color of mourning, and even a bit scary color.

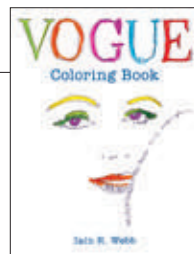
It's not that the handbag has become a signifier of the 1990s, but that the handbag has become a signifier of the 1950s. It's not that the handbag has become a signifier of the 1990s, but that the handbag has become a signifier of the 1950s.



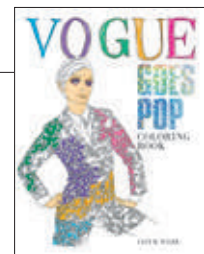
VOGUE: THE JEWELLERY
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\$125 (HC in a clam shell slipcase)
\$150 in Canada



VOGUE: THE SHOE
9781840916591
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\$150 in Canada

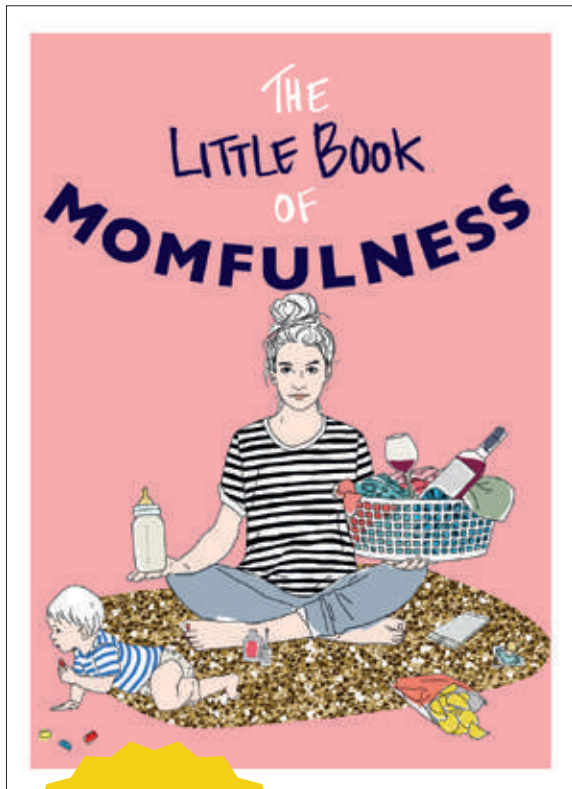


VOGUE COLORING BOOK
9781840917260
\$12.99 (PB)
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VOGUE GOES POP
978117840917444
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Also Available:



LITTLE BOOK OF MOMFULNESS

Sarah Ford

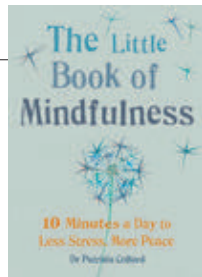
A non-expert guide to imperfect momhood.

You've run out of diapers, you also haven't eaten in well over twelve hours and your house is beginning to look like it has been burglarized. If you're at the end of your tether and wondering if it's just you (it isn't), then you need *The Little Book of Momfulness*.

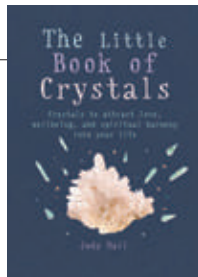
In *The Little Book of Momfulness*, a non-expert mom takes you through the non-perfect guide to getting through motherhood without losing your mind from exhaustion. It includes advice on how to take time throughout the day to restore your equilibrium (like having a long, loud scream in a closet), how to shortcut child-related tasks (by avoiding them altogether) and how to let off steam through momful exercises. It also includes the news that IT'S NOT JUST YOU who is struggling with the demands of being the 'perfect' mother, and if you need a long swig of prosecco (or any wine from the fridge, or the cupboard for that matter) at the end of a day of parenting, then that is more than a-ok. Most importantly, this book will help you to remember that being a good mom is about finding your own momfulness among the imperfect chaos.

The Perfect Gift for Mother's Day

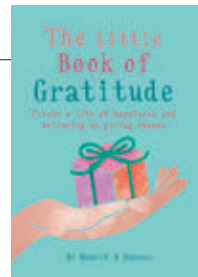
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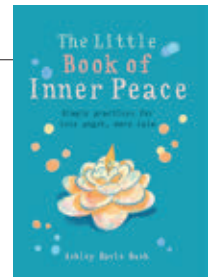
THE LITTLE BOOK OF MINDFULNESS
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 \$7.99 (Flexi)
 \$8.99 in Canada



THE LITTLE BOOK OF CRYSTALS
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 \$7.99 (Flexi)
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THE LITTLE BOOK OF INNER PEACE
 9781856753678
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 \$8.99 in Canada

9781846015588
 April 2018
 Gaia
 US\$7.99 CAN\$8.99
 Flexiback
 4 1/4" x 5 3/4"
 96 pages

And a big fat thank you to me

Definition: Momfully grateful—feeling thankful (FOR MOM), appreciative (OF MOM) and returning kindness (TO MOM). FAMILY PLEASE READ AND TAKE NOTE.

Same old. Every day you serve up the dinner that you have lovingly got out of the package, microwaved, and arranged beautifully on the plate for your loved ones... only to be met with a wall of silence. Oh, the indignity of having to ask if they like it when you know the answer (it is being pushed around plates and hidden under forks) or, even worse, the pain of trying to force a loaded spoon into a baby's pursed lips. It's hard to feel thankful when this scene plays out on a daily basis.

But you must silence your inner voice, the one that is screaming, "just fucking eat it, it's not arsenic-laden pig poo, it's highly nutritious pizza with a side serving of well-balanced garden salad". Instead, try a new approach: don't take it personally, pat yourself on the back for getting a lovely meal on the table in good time, and think of all the

worms that will benefit from your delicious meal when you turn it into compost. Count your blessings for your lovely, healthy family...so what if they don't like your cooking? Truth be known, you don't like it either.



26 MOMFULLY GRATEFUL

AND A BIG FAT THANK YOU TO ME 27

5 things to be grateful for:

-  The baby's artwork. The crayoning on the wall is so creative; such a budding talent.
-  Dad's smelly sports kit left on the bathroom floor. It's great that Dad is taking care of himself and keeping himself fit and healthy.
-  Someone has left a turd in the toilet and peed on the floor. A sign of healthy bowel movements. And we all make small puddles now and again, don't we mom?
-  Hairwash day. Ignoring the screams before, during, and after (as the comb goes through the tangles)...the bath is a warm, bubbly, and delicious-smelling experience.
-  Gin and tonic, wine (red, white, sparkling, who cares?) and cold beer.

"Be thankful for the small love tokens your children bring: wilted flowers, muddy stones, half-dead snails, the glitzy mother's day necklace... before too long they will be bringing home smelly boyfriends and large bills."

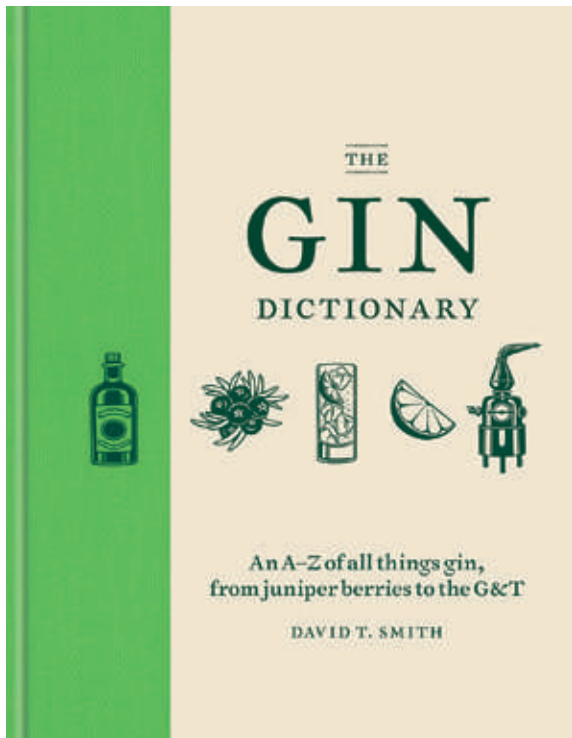
EXERCISE:

The gratitude jar—
a written reminder of
how lucky you are

This is a lovely project for everyone to get involved with. Each family member writes down one great thing that happened to them that day—something that they are thankful for—then rolls it into a small ball and puts it in the jar. At the end of the year the jar should be inundated by small balls, full of happy memories. That's the New Year entertainment sorted, it'll take all day to read them...so much to be thankful for!

28 MOMFULLY GRATEFUL

5 THINGS TO BE GRATEFUL FOR 29



THE GIN DICTIONARY

An A-Z of all things gin, from juniper berries to the G&T

David T. Smith

An A-Z compendium of everything you need to know about gin, from botanicals to the perfect G&T.

The Gin Dictionary is the gin drinker's guide to the many complex terms and techniques, equipment and varieties that go into creating the perfect drink.

With hundreds of entries on everything from gin's fascinating history to the new wave of distilleries making their mark, this book will guide you through all the key factors that impact the taste of this classic drink. Ingredients, distilling techniques, tasting notes, interesting asides and features on many gin-based drinks from around the world make this beautifully packaged book the indispensable guide to everything related to gin.

David T Smith is an internationally renowned gin expert, judge and author. He chairs judging panels for the American Distilling Institute and the International Wine and Spirits Competition, as well as the Gin Masters competition. He is the winner of the 2016 Think Gin award for best communicator, and runs workshops of the art of gin distilling as well as the drinks website Summer Fruit Cup.

Also Available:

<p>GIN: THE MANUAL 9781845339388 \$19.99 (HC) \$21.99 in Canada</p>	<p>RUM: THE MANUAL 9781845339623 \$19.99 (HC) \$21.99 in Canada</p>	<p>WHISKY: THE MANUAL 9781845337551 \$19.99 (HC) \$21.99 in Canada</p>

9781784723989

April 2018

Mitchell Beazley

US\$20 CAN\$22

Hardcover

6" x 8 1/2"

256 pages

111 1111
 Angelica Root
 Juniper p.201
 Marjoram p.212



Angelica Root

Known as *Angelica arvensis* in gardening circles, angelica root is the third most prominent botanical to be used in gin, and adds a earthy, dry note as well as being thought to have fibrative properties. It is sometimes referred to as the botanical that gives gin its 'dryness'. Angelica is cultivated in Germany, France and Belgium, although it grows wild in other cool climates such as the UK, Scandinavia and parts of the USA. There are a round 20 varieties of the species, with some grown as flavouring agents and others for medicinal purposes. The flavour of angelica can sometimes be mistaken for that of juniper berries – though the two are quite separate. This confusion is likely due to the root's enduring use in gin – angelica is regarded by many as the third major ingredient in the spirit, following juniper and coriander seeds.

Aniseed

Aniseed, or *anise*, is a member of the *Apiaceae* family of plants, alongside cumin, celery and carrots. Imparting a signature anise-like note, aniseed plays a similar role in gin to star anise, which contains similar flavour characteristics. This raises an interesting question to consider when discussing its use in gin – namely, is it quite as essential a part of the recipe as more traditional gin distillers would have you believe? It was long held in high regard by the gin community, though not quite in such essential terms as the essential juniper berry; but its role is now being questioned by more adventurous distillers, who argue that star anise, celery seed or even mustard seed can be used to impart a similar flavour to the finished drink. The jury is

111 1111
 Angelica root above
 Celery seed p.200
 Juniper p.201
 Marjoram p.212

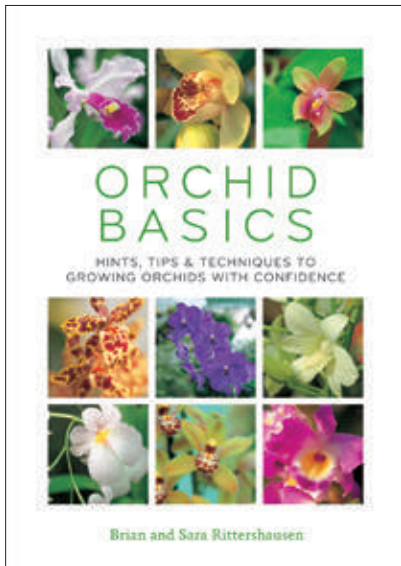
111 1111
 Gin and Tonic p.202
 Martini p.203
 Negroni p.212
 Tom Collins p.210

put into an infusion chamber (or 'gin bucket') made up of perforated plates positioned at the top of the line arm of the still. During distillation, spirit vapour passes through the chamber and over the botanicals, extracting their flavours and aromas. The main benefit of this method is that it stops the botanicals from getting too hot and cooking, which can give the gin more a lewd flavour. As a result, the spirit boils at a lower temperature, which helps to extract finer flavours and aromas without cooking the botanicals.

Ginlet

A classic gin drink made from equal parts gin and lime cordial; the latter is sometimes substituted for a mix of fresh lime juice and sugar syrup. Traditionally, Plymouth Gin and Rose's Cordial are used. The drink has strong naval connections and it is likely that the drink is named after a tool used to pierce holes in barrels, although some sources suggest that it is named after a former Surgeon Admiral, Sir Thomas Gimlette. Lime juice was given to sailors to help prevent scurvy and lime cordial was a way to preserve fresh lime juice for long voyages. Rose's Lime Cordial has played a central role in the story of the Gimlet, as it was the accessible and necessary sweet fruit preserve of choice by sailors. The cordial was first produced by Scottish entrepreneur James Watson in 1847 and was the world's first fruit concentrate. Rose patented the process in a move that quickly paid off, as later that year a law was passed that all vessels should carry lime juice and serve it as a daily ration to their crews. The cocktail was featured in Harry Craddock's 1930 *The Savoy Cocktail Book*, where he offered the advice that





ORCHID BASICS

Hints, tips & techniques to growing orchids with confidence

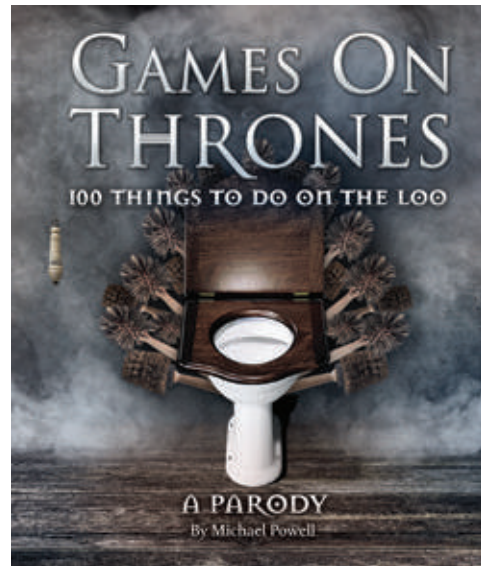
Brian and Sara Rittershausen

Found in nearly every climatic condition in the world and consisting of some 25,000 to 30,000 species, orchids are one of the largest groups of flowering plants.

Elegant and exotic, the allure of orchids is undeniable and this practical guide will ensure that even the most nervous newcomer can grow them with confidence. With expert advice, clear instructions and step-by-step photographs, father and daughter team Brian and Sara Rittershausen explain all the techniques you will need to ensure that your orchids flourish every time. There are hints and tips on watering, feeding and the optimum lighting and temperature conditions in which to grow your plants in addition to advice on propagation, hybridization and caring for orchids in pots. Also included is an extensive directory of all the specialized and popular orchid groups.

9780600635321

April 2018
Hamlyn
US\$9.99 CAN\$10.99
Paperback
6" x 8 1/2"
128 pages



GAMES ON THRONES

100 things to do on the loo

Michael Powell

The only book of games you will ever need for your own personal throne room (or privy).

The Porcelain Throne, set at the heart of the smallest room and witness to our dark business, can also be the seat of reflection and self-improvement. With that aim, this book contains more than one hundred dilatory games, tricks, puzzles, projects and pranks. Learn to make toilet roll tube gargoyles and an origami dragon, gain deep knowledge of toilet roll telekinesis, and discover the secret of the vanishing toothbrush trick. Many more amusing diversions and exciting challenges jostle for your attention to see you through those long bathroom visits.

9780600635338

April 2018
Hamlyn
US\$9.99 CAN\$10.99
Flexiback
5 1/2" x 6 1/2"
96 pages



'Finding the balance between health and indulgence, this book has a little bit of everything, from full-on comfort food to zen-inducing bowls to nourish from within. Discover the beauty of plant-based food and leave your preconceived notions at the door - it's time to cook, eat, smile (repeat)' Áine Carlin

9781784724122

May 2018

Mitchell Beazley

US\$24.99 CAN\$27.99

Hardcover

7 3/4" x 10"

240 pages

COOK SHARE EAT VEGAN

Delicious vegan recipes for everyone

Aine Carlin

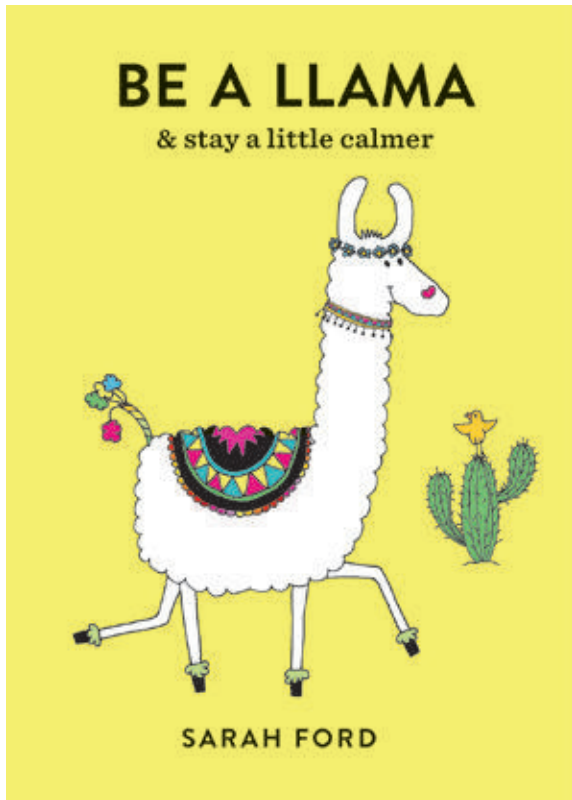
With an emphasis on great flavors and fresh, seasonal dishes that don't rely on substitutes or hard-to-source ingredients, Áine's style of cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then.

In *Cook Share Eat Vegan*, Áine has created the ultimate vegan bible, with 118 recipes that prove there's a place for plant-based food at every table.

Delight your friends with Crispy Cinnamon Potato Tacos, enjoy a warming bowl of Turmeric & Sweet Potato Soup, or indulge in a delicious Vanilla Panna Cotta. Discover recipes for every occasion and for all times of year - that just happen to be vegan.

Áine Carlin is the UK's bestselling vegan author, and has forged a unique niche for herself in the world of plant-based cooking with her refreshingly fun and easy approach to veganism.





BE A LLAMA

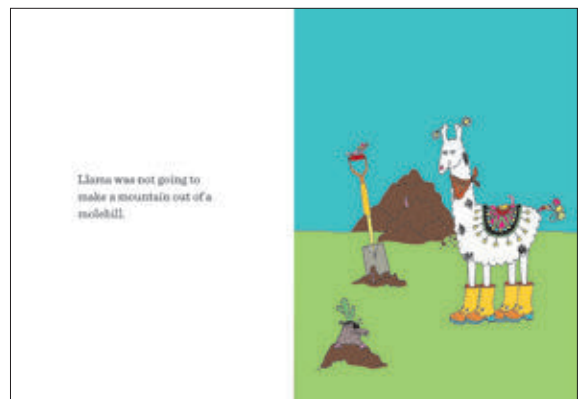
And stay a little calmer

Sarah Ford

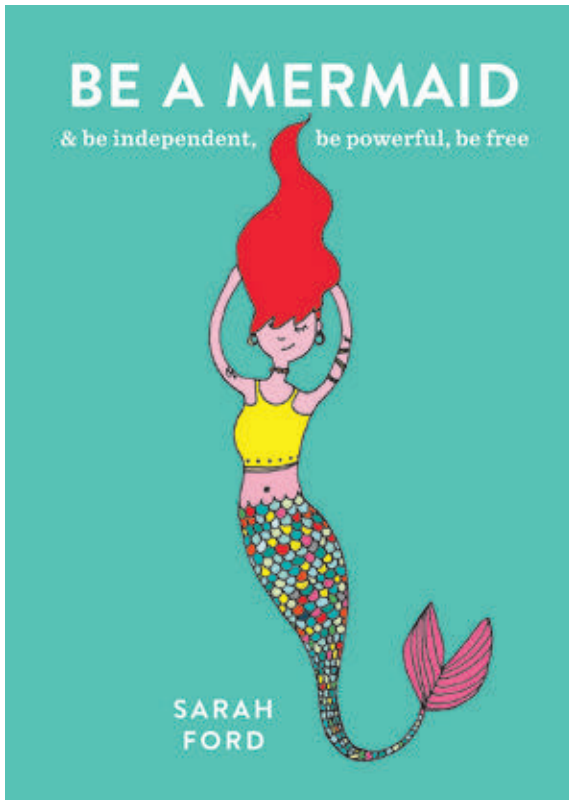
Sweet natured, sociable, and blessed with great hair, Llama is taking on the world...she is doing it one step at a time and staying really, really chilled. Take a leaf out of Llama's book and seek out the calm amidst the chaos.

From llama weddings to therapy llamas, these are the animals of tomorrow. Or the day after. No rush.

Find your inner Llama Zen with this little book of calm, illustrated with sweet pictures of little charmer Llama. Full of funny quotes to help you achieve total llama 'calma', this book is a wonderful gift for friends and family, as well as a great treat for you.



9781846015625
April 2018
Mitchell Beazley
US\$6.99 CAN\$7.99
Flexiback
4 1/4" x 5 3/4"
96 pages



BE A MERMAID

And be independent, be powerful, be free

Sarah Ford

Iridescent and independent, Mermaid is the soul of the party, the leader of the rebellion and the queen of the ocean. If she takes a tumble she'll pick herself up unaided. She cries at commercials but laughs through rollercoasters. She's partial to rule breaking, but only because they're out-dated, unfair and so not fun. Free-spirited, thrill seeking and fun loving, Mermaid is an inspiration.

A little book that packs a big punch, with motivational sayings and colorful, characterful drawings of the sea-queen herself. *Be a Mermaid* is a great gift for friends who need reminding of their inner mermaid, as well as a must-have addition for anyone who needs to regain the power.

Sarah Ford is a publisher, writer and lover of all things bright and beautiful. She lives in The Cotswolds but works in London, traveling back and forth on her unicorn. When she's not working she can often be found chasing a small child, a cat and several chickens round her garden.

9781846015632

April 2018

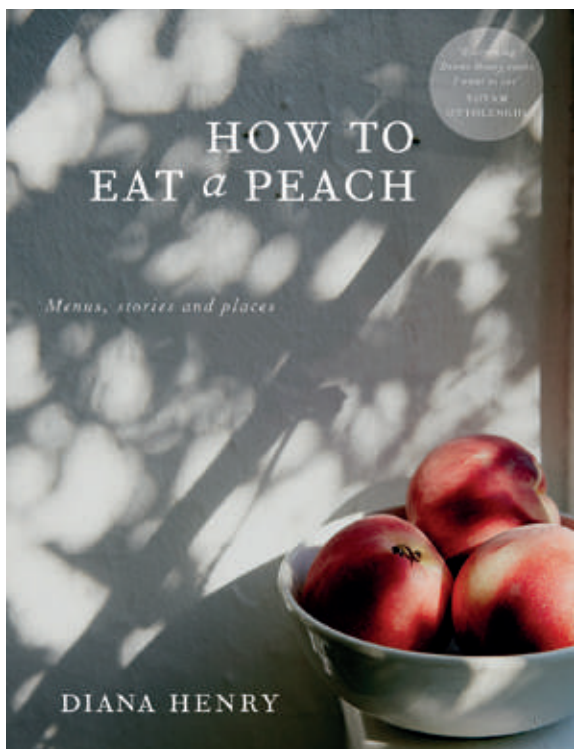
Mitchell Beazley

US\$6.99 CAN\$7.99

Flexiback

4 1/4" x 5 3/4"

96 pages



Diana Henry won a James Beard Award for *A Bird in the Hand*. She has a weekly column in *The Sunday Telegraph*, writes for *BBC Good Food*, *Red* and *House & Garden*, and is a regular broadcaster on BBC Radio 4. She has won numerous awards for her journalism and

books, including Cookery Journalist of the Year from the Guild of Food Writers (three times) and Cookery Writer of the Year at the Fortnum & Mason Food Awards in 2013 and 2015. *How to Eat a Peach* is Diana's 11th book.

"Who's the Best British Food Writer? (Clue: It Isn't Nigella or Jamie) Why you should know the wonderful, warm, and always delicious Diana Henry." – Martha Stewart Living 2017

9781784724115

May 2018

Mitchell Beazley

US\$34.99 CAN\$38.99

Hardcover

7 3/4" x 10"

256 pages

HOW TO EAT A PEACH

Menus, stories and places

Diana Henry

Award-winning author Diana Henry serves up a collection of recipes, stories, and menu ideas inspired by places she loves and meals she has cooked over the years.

When Diana Henry was sixteen she started a menu notebook (an exercise book carefully covered in wrapping paper). Planning a menu is still her favorite part of cooking.

Menus can create very different moods; they can take you places, from an afternoon at the seaside in Brittany to a sultry evening eating mezze in Istanbul. They also have to work as a meal that flows and as a group of dishes that the cook can manage without becoming totally stressed. The 24 menus and 100 recipes in this book reflect places Diana loves, and dishes that are real favorites.

The menus are introduced with personal essays in Diana's now well-known voice- about places or journeys or particular times and explain the choice of dishes. Each menu is a story in itself, but the recipes can also stand alone.

The title of the book refers to how Italians end a meal in the summer, when it's too hot to cook. The host or hostess just puts a bowl of peaches on the table and offers glasses of chilled moscato (or even Marsala). Guests then slice their peach into the glass, before eating the slices and drinking the wine.

That says something very important about eating – simplicity and generosity and sometimes not cooking are what it's about.

Also Available:



SIMPLE

9781784722043

\$32.99 (HC)

\$34.99 in Canada



PLENTY

9781784723002

\$29.99 (HC)

\$32.99 in Canada

after the passeggiata
in mediterranean style

Ingredients: fresh seafood
Produce with fresh, creamed potatoes, mushrooms, and cream
Spaghetti with a drizzle of olive oil
Crispy, roasted bread, and pistachio ice cream

...the night is a...
...the night is a...
...the night is a...

radish butter and salmon quinoa with rye bread

...the night is a...
...the night is a...
...the night is a...

white peaches and chilled moscato

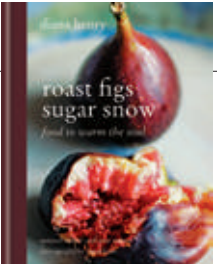
...the night is a...
...the night is a...
...the night is a...



A BIRD IN THE HAND
9781784720025
US\$29.99 (HC)
\$32.99 in Canada



A CHANGE OF APPETITE
9781845338923
\$34.99 (HC)
\$38.99 in Canada



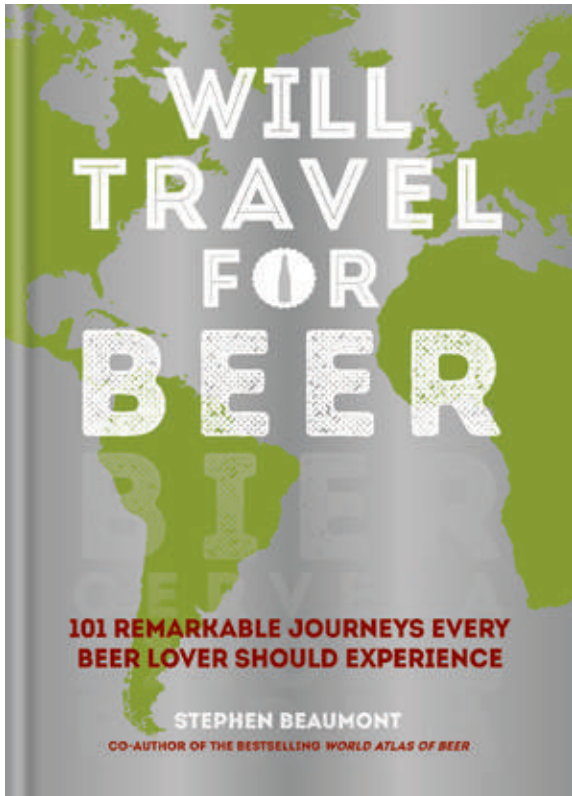
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SALT SUGAR SMOKE
9781784721190
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\$27.99 in Canada



CRAZY WATER, PICKLED LEMONS
9781784721572
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WILL TRAVEL FOR BEER

101 remarkable journeys every beer lover should experience

Stephen Beaumont

The definitive guide to the world's best beer destinations, from beer expert Stephen Beaumont.

From the walkable breweries of Asheville, North Carolina, to the Ølfestival in Copenhagen, Oktoberfest in Brazil and to the breweries of Beijing, discover 101 traditional, quirky, absurd, must-visit beer destinations across the globe. Find the world's most romantic pub crawl in Bruges, drink beer in paradise in Latin America or step into Germany via Bangkok, Thailand.

Complete with tasting notes, drinking tips and handy address lists, this is the perfect gift for both beer enthusiasts and keen travelers alike.

Also Available by Stephen Beaumont:

BEST BEERS
 9781784723903
 \$14.99 (flexi)
 \$16.99 in Canada



9781784723200
 May 2018
 Mitchell Beazley
 US\$19.99 CAN\$21.99
 Hardcover
 6" x 8 1/2"
 224 pages



THE SPIRITS COLLECTION

Dave Broom

Gin The Manual * Rum The Manual * Whisky The Manual

The range of fantastic spirits available around the world has never been better. You can enjoy a Mediterranean-style gin from Spain, a rum agricole from Martinique and a malt whisky from Japan. But how do you navigate through the wealth of options? And how do you know the best mixers to drink with each, or the most delicious cocktails to make?

Award-winning spirits author Dave Broom has done all the research for you. In these three manuals he includes for each spirit more than 100 outstanding examples for you to try. And he has also tested each spirit many ways – with tonic, coconut water, cola and so on – and scored the results. Delicious classic and contemporary cocktail recipes round things off.

Dave Broom is an award-winning author specialising in spirits. He has been writing about drinks for more than 25 years and has won multiple awards for his work.

Praise for Gin The Manual:

'You could not write a more sophisticated book or pack more detail onto each page... it is rocket science impressive.' – *Huffington Post*

Whisky: The Manual:

Winner 2015 Tales of the Cocktail Spirited Award
Winner for Best Book

9781784724597

May 2018

Mitchell Beazley

US\$39.99 CAN\$43.99

Three hardcovers in slipcase

6" x 8 1/2"

672 pages





FARMACY KITCHEN

Plant-based recipes for a conscious way of life

Camilla Fayed & Emily Pearson

Fresh ideas and delicious food to support a sustainable lifestyle.

Farmacy is one of London's most successful new restaurants. It's mission is to promote a healthy plant-based food lifestyle and a more conscious approach to eating and living. Inside *Farmacy Kitchen* you will find dishes inspired by their favorite places around the world that are not only energizing and delicious, but free of dairy, refined sugar, additives and chemicals. Discover the secrets of Farmacy classics, such as Farm green soup, the signature Farmacy burger, Goji ketchup, Raw banoffee pie, Fire Starter elixir and Brain booster latte. Also featured are personal stories, advice on a healthy kitchen set-up, homemade beauty products, tips for a happy lifestyle and stunning photography.



Farmacy was created by **Camilla Fayed**, previously at Harrods and head of fashion brand Issa. Camilla had the inspiration to set up the restaurant following her personal journey exploring how food can be used to uplift and nourish the body.

'Farmacy has redefined healthy eating by perfecting the often elusive balance of purity and authenticity with an inclusive, welcoming ethos.'
 – Calgary Avansino, *British Vogue*



9781912023462

May 2018

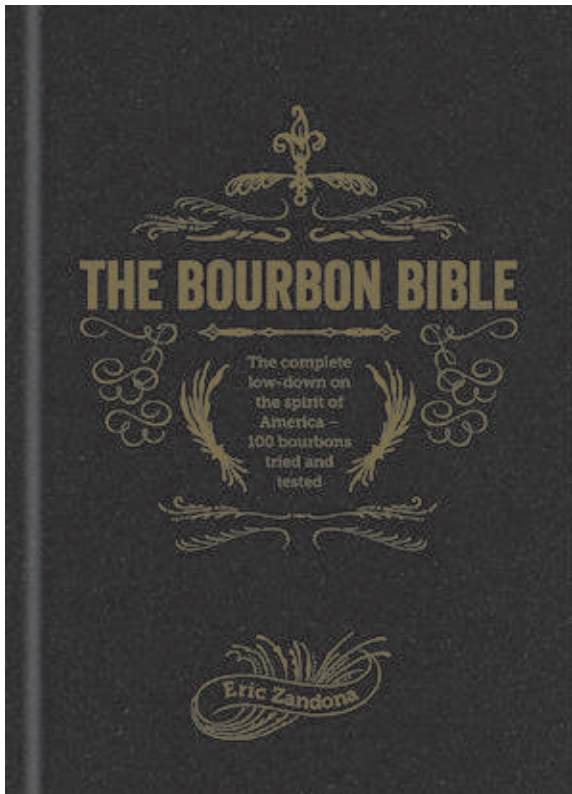
Aster

US\$29.99 CAN\$32.99

Hardcover

7 1/2" x 9 3/4"

256 pages



THE BOURBON BIBLE

Eric Zandona

Bourbon is booming, and this guide will teach you all you need to know about America's favorite spirit. Eric Zandona – spirits specialist at the American Distilling Institute – explores 100 of the finest bourbons in the world, from the big-name classics to tiny craft distilleries, with flavor profiles and recommendations for the best way to drink each one. Also featuring recipes for 20 classic bourbon cocktails, as well as chapters on the history of bourbon, how the drink is made and the key things you need to understand when buying a bottle, *The Bourbon Bible* is the ultimate guide to the ultimate drink.

Based in San Francisco, **Eric Zandona** is Director of Spirits Information at the American Distilling Institute, and a writer for *Distiller Magazine*. He also runs the website EZdrinking.com and is an author/editor for the ADI's publishing arm, White Mule Press.



9781784724573

May 2018

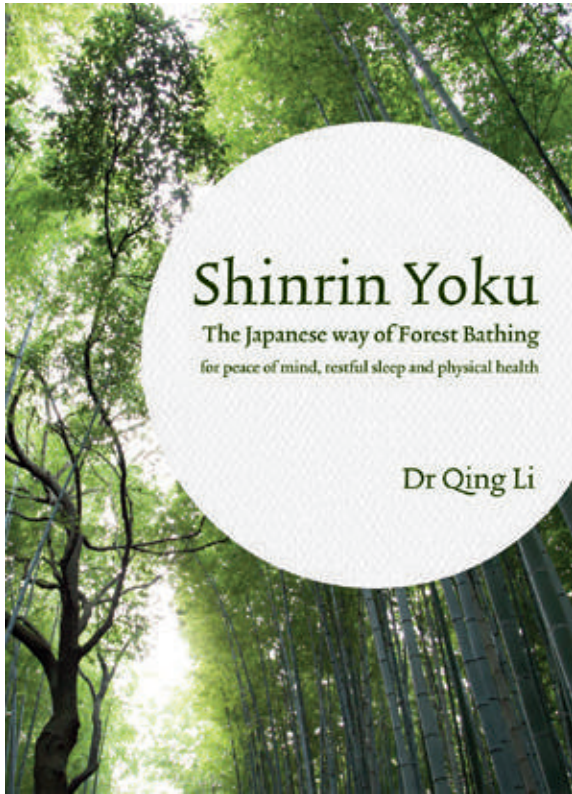
Mitchell Beazley

US\$19.99 CAN\$21.99

Hardcover

6" x 8 1/2"

224 pages



SHINRIN YOKU

The Art of Japanese Forest Bathing

Dr Qing Li

Nature meets modern science in this stunning book about the healing power of trees.

Shinrin Yoku or 'forest bathing' was developed in Japan in the 1980s and brings together ancient ways and wisdom with cutting edge environmental health science. There are now forest bathing stations and walkways scattered throughout Japan, although the good news is that we can all benefit from this simple practice.

Simply put, forest bathing is the practice of walking slowly through the woods, in no hurry, for a morning, an afternoon or a day. It is a practice that involves all the senses and as you gently walk and breathe deeply, the essential oils of the trees are absorbed by your body and have an extraordinary effect on stress levels, positive feelings, energy levels and even promote the activity of NK (anticancer) cells and the balancing of blood sugar levels and blood pressure.

In this wonderful book, by the leading expert in the field, science meets nature and mindfulness, as we are encouraged to bathe in the trees and become observers of both the nature around us and the goings on of our own minds.

Qing Li, MD, PHD, is Senior Assistant Professor at the Dept of Hygiene and Public Health, Nippon Medical School, Tokyo. He is also president of the Japanese Society of Forest Medicine. Qing Li is considered the foremost scientist and expert in this area of environmental medicine.



9781912023516

May 2018

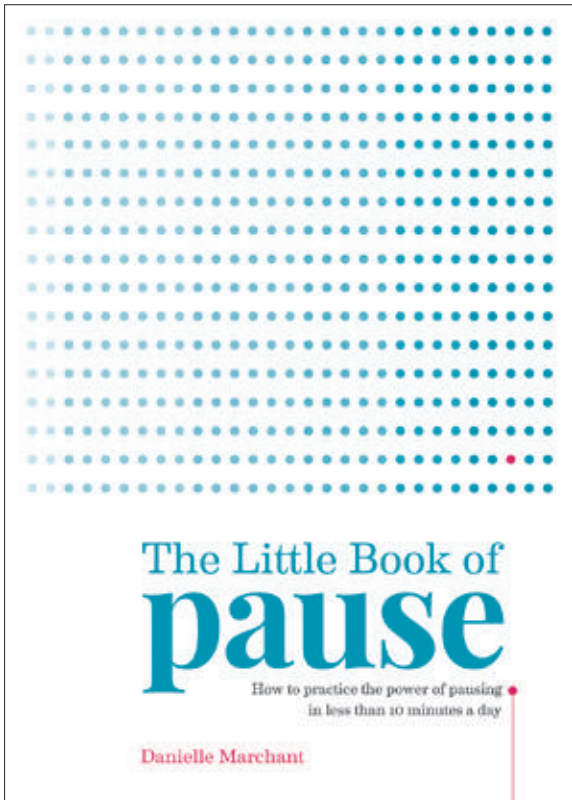
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US\$14.99 CAN\$16.99

Hardcover

6" x 8 1/2"

192 pages



THE LITTLE BOOK OF PAUSE

How to practice the power of pausing in less than 10 minutes a day

Danielle Marchant

The Little Book of Pause is a beautiful collection of short guided mindfulness and meditation practices for busy people. It will teach you in less than 10 minutes a day how to bring the power of pausing into everyday life and all the situations you are faced with.

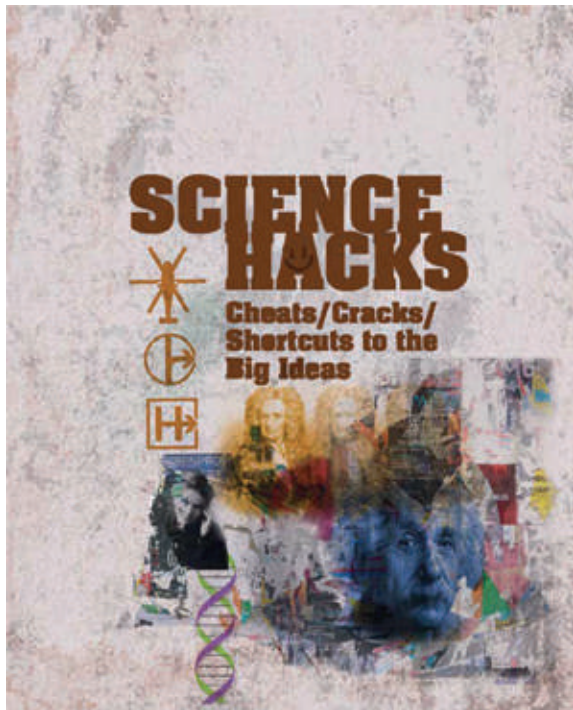
The guided 'pauses' are divided into sections:

- Pause for Calm
- Pause for Vitality
- Pause for Restful Sleep
- Pause for Perspective
- Pause for Clarity
- Pause for Gratitude
- Pause for Technology

The Little Book of Pause gives you a sense of time and space in which you can listen to the whispers of your heart. It allows you to breathe deeply again and be fully present in your life.



9781912023530
 May 2018
 Aster
 US\$7.99 CAN\$8.99
 Flexiback
 4 1/4" x 5 3/4"
 96 pages



SCIENCE HACKS

100 Cheats/Cracks/Shortcuts to the Big Ideas

Colin Barras

Get an ingenious and unique shorthand way to understand and remember even the most complex scientific theories with *Science Hacks*.

With *Science Hacks*, you no longer need a PhD to understand the fascinating ideas behind science's greatest theories and discoveries. This latest addition to the ingenious new *Hacks* series will show you a technique for understanding and, crucially, remembering 100 of the most important and most interesting scientific theories from throughout the ages.

On each topic, you'll start with a helicopter overview of the subject, which will give you an introduction to the idea and some context surrounding it. Next, you'll zoom in on the core elements of the theory, with clear explanation of each point to make sure you really understand the concept before finally, you'll be given a one-liner hack to really make the theory stick in your mind.

Includes such topics and fields as:

- Particle Physics
- Evolutionary Biology
- Genetics
- Medicine
- Chemistry
- Ecology

Dr Colin Barras is a science writer who has written for *New Scientist*, the *Daily Telegraph* and the *BBC*, along with numerous academic papers during his PhD at the University of Birmingham. He also wrote for the *ATLAS* project, part of the Large Hadron Collider at CERN. He currently lives between Ann Arbor, Michigan and Edinburgh, Scotland.



9781844039845

May 2018

Cassell

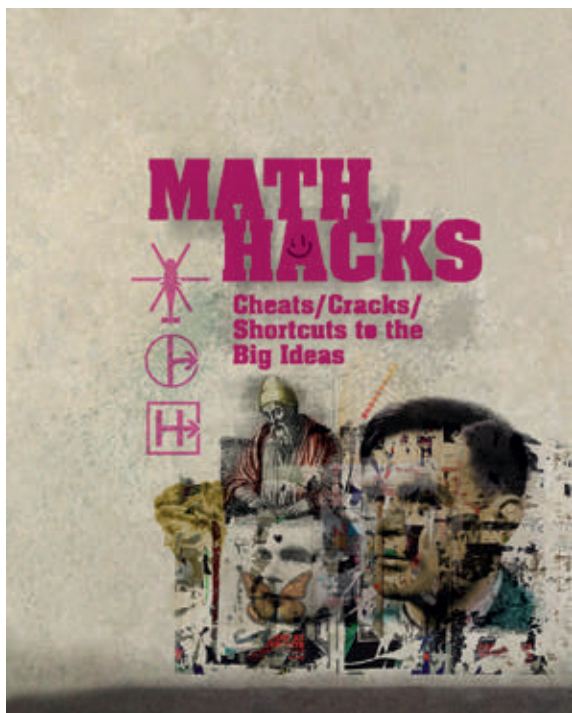
US\$18.99 CAN\$20.99

Paperback

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208 pages

BRAND NEW HACK SERIES: 100 shortcuts to the big ideas



MATH HACKS

100 Cheats/Cracks/Shortcuts to the Big Ideas

Richard Cochrane

100 ingenious hacks to make even the most complex mathematical theories easy to understand.

Everything you need to know about 100 key mathematical concepts condensed into easy-to-understand sound bites designed to stick in your memory and give you an instant grasp of the concept.

On each topic, you'll start with a helicopter overview of the subject, which will give you an introduction to the idea and some context surrounding it. Next, you'll zoom in on the core elements of the theory, with clear explanation of each point to make sure you really understand the concept, along with simple examples that everyone can follow. Finally, you'll be given a one-liner hack to really make the theory stick in your mind.

The perfect introduction to algebra, logic, probability and much more, this is a great new way to learn about the most important mathematical ideas and concepts in a way that makes them easy to recall even months after reading the book.

Topics covered include:

- Numbers
- Algebra
- Logic
- Geometry
- Probability
- Computer science
- Applied mathematics
- Mechanics
- Statistics
- Set Theory



9781788400121

May 2018

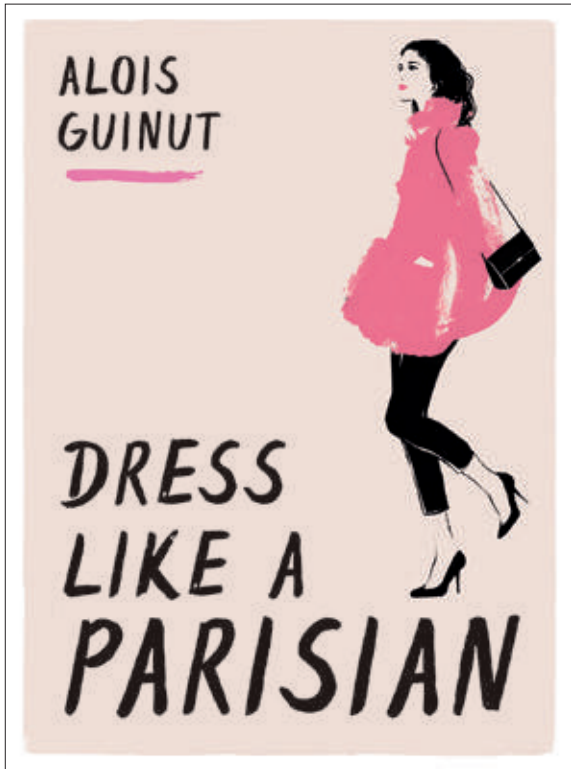
Cassell

US\$18.99 CAN\$20.99

Paperback

6 1/4" x 7 3/4"

208 pages



Aloïs Guinut studied fashion at the prestigious Institut Français de la Mode (French Institute of Fashion), founded by former business partner of Yves St. Laurent, Pierre Bergé. She has previously worked as a fashion trend forecaster and now runs her own personal shopping service, giving advice to women from outside of France on Parisian style and designers.

DRESS LIKE A PARISIAN

Aloïs Guinut

Discover how the French look so effortlessly good with this lively guide by a Parisian fashion insider.

Bring a Parisian *je ne sais quoi* to your style, wherever you live. *Dress Like a Parisian* is a wise and witty guide to finding your personal style, taking inspiration from how real Parisian women dress. With personal stylist and fashion blogger Aloïs Guinut as your guide, you can explore which colors, shapes and styles work best for you, whatever the occasion. Aloïs reveals Parisian style secrets, rejects restrictive fashion rules and shares her favorite shops and brands, demonstrating how you can use fashion to enhance your personality rather than shaping your personality to fashion. In the words of the patron saint of Parisian women, Yves St. Laurent, 'fashions fade, style is eternal!'

This book is illustrated with photography shot on the streets of Paris plus illustrations by acclaimed fashion illustrator, Judith van den Hoek, who has worked with *Elle*, *Hermes*, *Vogue*, *Prada* and *Grazia*.

9781784724184

May 2018

Mitchell Beazley

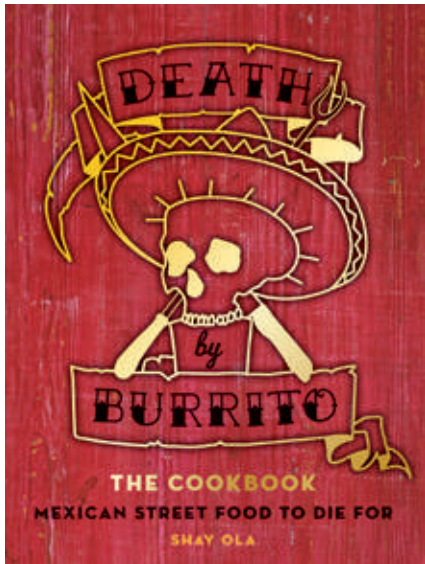
US\$19.99 CAN\$21.99

Hardcover

6" x 8 1/2"

240 pages





DEATH BY BURRITO

Mexican Street Food to Die For

Shay Ola

Contemporary Mexican food from Shay Ola, founder of *Death by Burrito*, one of east London's trendiest eateries.

Delicious modern recipes from *Death by Burrito*, the revolutionary Mexican eatery based at the Catch bar in the heart of Shoreditch, with a new branch recently opened in central London.

A far cry from the Tex-Mex style of Mexican fast food, where cheese and chopped beef dominate, the dishes in *Death by Burrito* put taste first - the truly exceptional range of starters, main meals and sides prioritizes fresh, vibrant flavors: Smoked Beef Short Rib Mole Tacos, Deconstructed Guacamole with Blue Corn Tortillas and Crab Cakes are delicious also look stunning on the plate.

9781784724382

May 2018

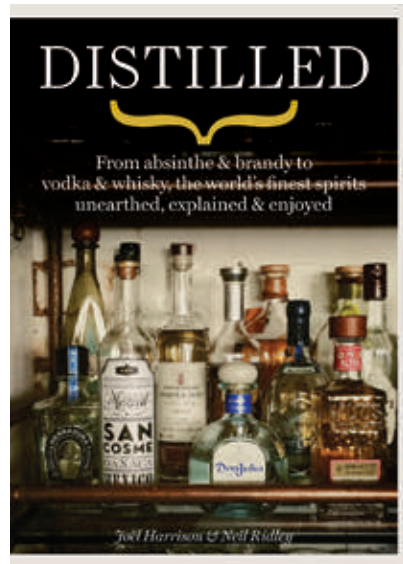
Mitchell Beazley

US\$19.99 CAN\$21.99

Hardcover

7 1/2" x 9 3/4"

160 pages



DISTILLED

From absinthe & brandy to vodka & whisky, the world's finest artisan spirits unearthed, explained & enjoyed

Joel Harrison & Neil Ridley

A guide to exploring the burgeoning world of craft spirits.

Fortnum & Mason Food & Drink Awards Drink Book of the Year 2015. Spirited Awards Nominee for Best New Spirits Book 2015.

This book uncovers the best spirits the world has to offer. These are not necessarily the best-known examples on the planet - though if they are good, they have a place here - but the best crafted and most interesting. Spirit by spirit Joel Harrison and Neil Ridley explain what you need to know to appreciate a spirit - its ingredients, its classic forms, the choices a distiller makes in creating it - and offer their picks to 'Drink Before You Expire' - the world's best examples of their type, from gin and rum to shochu and tequila. There are plenty of suggestions for how to drink too, with innovative and classic cocktails and their insider tips on getting the best out of your spirits.

9781784724467

May 2018

Mitchell Beazley

US\$14.99 CAN\$16.99

Paperback

6" x 8 1/2"

224 pages



FENDER

The Golden Age 1946-1970

Martin Kelly, Paul Kelly & Terry Foster

The definitive book about Fender.

Leo Fender's guitars have arguably had the greatest influence on modern music than any other make of guitar. Over 250 guitars in every model, style and finish are lovingly photographed and detailed, from the greatest to the rarest - Strats, Teles and the infamous Marauder.

Includes hundreds of never-before-seen images from recently unearthed archives and specially commissioned shoots around the world. Working with a worldwide network of collectors each model has been photographed specially for the book and alongside these exceptionally rare guitars are reproductions of Fender ephemera - the largest collection anyone will have ever seen. Tracing the history and influence of the company, in an easy-to-read format, with a level of detail no other book can rival. These vintage guitars are among the most loved and collectible instruments in the world.

Martin Kelly is the joint Managing Director of highly acclaimed British independent record label Heavenly Recordings.

Paul Kelly is an award winning film maker (director of Finisterre and This Is Tomorrow) and designer, who photographed the book.

Terry Foster is one of the world's leading authorities and collectors of Fender guitars.



9781788400091

May 2018

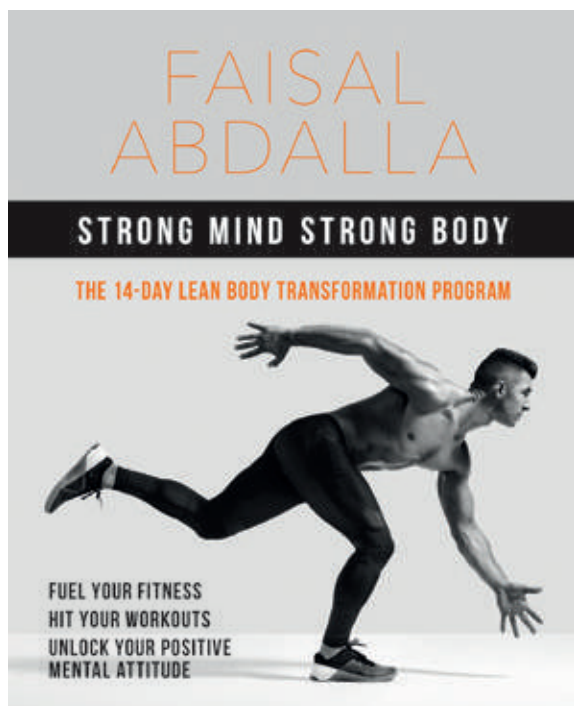
Mitchell Beazley

US\$29.99 CAN\$32.99

Hardcover

8 1/2" x 11"

288 pages



FAISAL ABDALLA STRONG MIND STRONG BODY

The 14-Day Lean Body Transformation Program

Faisal Abdalla

Faisal Abdalla, is a Nike master trainer, a master trainer at Barry's Bootcamp and Ellie Goulding's personal trainer. He believes that there are three golden rules to looking and feeling great: diet, fitness and, most importantly, a Positive Mental Attitude.

Faisal's Body Transformation Program is not a magic wand. It is about working hard to achieve the body you want and a positive mindset in life; it is about understanding how the smallest of steps can have huge results and add up to a better you. Featuring structured exercise routines for the body and mind, delicious and healthy versions of your favorite food to fuel your fitness - wake up to a hearty breakfast of Kicking scrambled eggs, followed by a post-workout lunch of Itsa pizza pitta and finish your day with nutritious Fish & chips - this book will help you unlock your own positive mental attitude and motivate you to smash those goals.

Celebrity trainer and founder of PMA* Fitness **Faisal Abdalla** can usually be found bouncing around the studios of Barry's Bootcamp, where he is based as a master trainer. Named as one of London's top personal trainers by *Hip & Healthy* magazine, he has an infectious energy and positive mental attitude that has earned him the title 'Mr PMA' among clients.

Faisal also keeps busy in his role as an official trainer for Nike and often teaches huge crowds of strong women at Nike Women events across London.

Find out more about Faisal on Instagram @faisalpmafitness, Twitter @faispmafitness or at www.pmafitness.co.uk.

*Positive Mental Attitude



9781912023370

June 2018

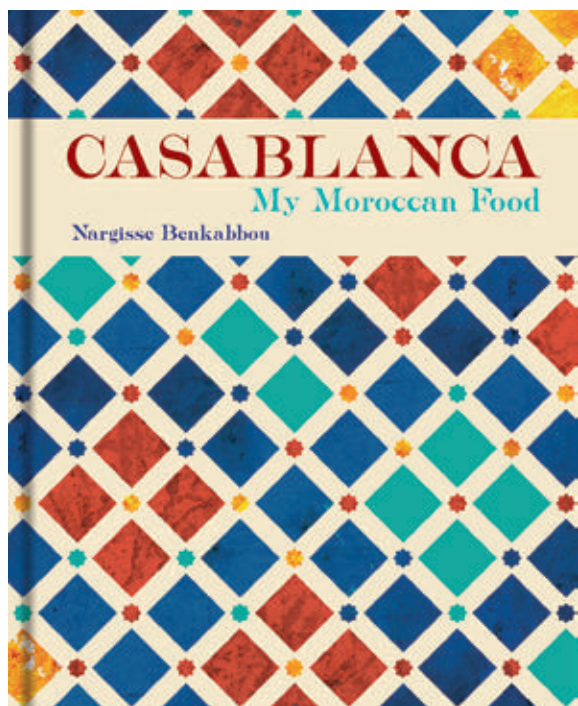
Aster

US\$19.99 CAN\$21.99

Paperback

7 1/2" x 9 1/4"

224 pages



CASABLANCA

My Moroccan Food

Nargisse Benkabbou

Simple recipes inspired by Moroccan cuisine

Casablanca is the exciting debut from Moroccan chef Nargisse Benkabbou. This book features more than 80 recipes for simple and satisfying dishes such as Artichoke tagine with peas, baby potatoes & preserved lemons, Peach & ras el hanout short rib stew with garlic mash and Sweet potato & feta maakouda. Also featured are tasty western classics with a unique Moroccan twist: try your hand at Kefta & kale mac & cheese, Roasted almond & couscous stuffed poussin and Moroccan mint tea infused chocolate pots.

Nargisse breathes new life into Moroccan cuisine, blending that authentic Moroccan spirit and the contemporary to create accessible recipes for the everyday.

Nargisse Benkabbou was raised in Brussels, where she grew up in a strongly food-oriented family that continually nurtured her connection with her roots and country of origin, Morocco.

After training at Leiths School of Food and Wine, she started blogging and sharing her Moroccan recipes "with a twist". In addition to recipes that run the gamut from starters to desserts, Nargisse also shares her own "food for thought", a personal commentary section of her site dedicated to exploring Moroccan ingredients and experimenting with new cooking techniques.

Discover more about Nargisse on twitter and instagram @mymoroccanfood, and on her website www.mymoroccanfood.com



9781784724450

June 2018

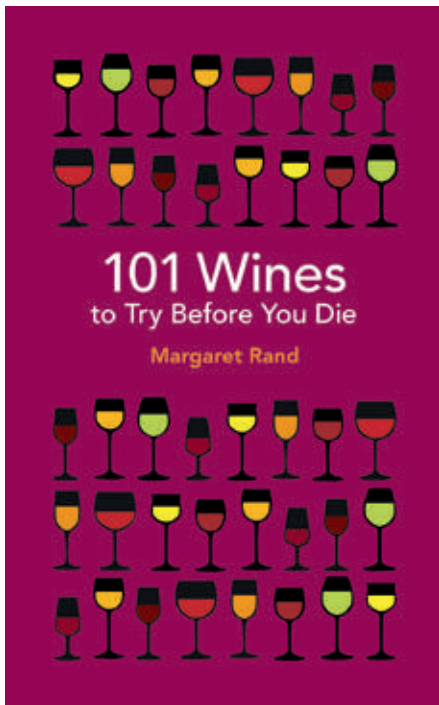
Mitchell Beazley

US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 1/4"

224 pages



101 WINES TO TRY BEFORE YOU DIE

Margaret Rand

The world is full of wines. So why waste your time drinking something mediocre?

Award-winning author Margaret Rand has selected the 101 wines you should taste in your lifetime. Some will definitely challenge your bank balance - but are so worth it; some are classics that any serious wine lover should experience; others are secret inexpensive gems that you will be delighted to discover. Together they form a fabulous selection of must-drink wines.

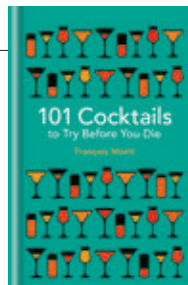
From the prestigious vineyards of France and California to lesser-known wine makers in Hungary and Greece, discover the best wines from across the globe. Complete with tasting notes, advice on the best vintages and dishes to pair with the wines, this is the perfect gift for both wine aficionados and wine novices alike.

Margaret Rand is the former editor of *Wine Magazine*, *Wine & Spirit International* and *Whisky Magazine*. She now writes for the *World of Fine Wine*, *Drinks Business*, *Decanter* and *Imbibe* among others, and is general editor of *Hugh Johnson's Pocket Wine Book*. She has won several Roederer and Lanson awards.

Also Available:

101 COCKTAILS TO TRY BEFORE YOU DIE

9781844038770
\$12.99 (HC)
\$14.99 in Canada



9781784723569

June 2018
Mitchell Beazley
US\$12.99 CAN\$14.99
Hardcover
4 1/4" x 7"
224 pages





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 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.

Sir Terence Conran is one of the world's best-known designers, restaurateurs and retailers. Born in 1931, he founded the Conran Design Studio in 1956 and later the Habitat chain of home furnishings stores. In the Eighties Terence founded The Design Museum, the world's first museum dedicated to design. He was knighted for his services to design in 1983.



Also Available:



CONRAN ON COLOR

9781840917604
US \$24.99 (PB)
\$27.99 in Canada



TERENCE CONRAN: A LIFE IN DESIGN

9781840917208
US\$40 (HC)
\$44 in Canada

9781840917710

June 2018

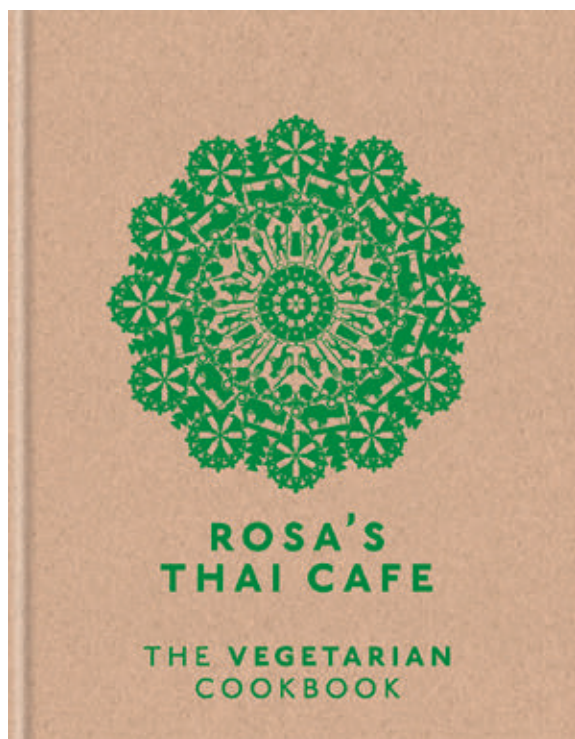
Conran

US\$24.99 CAN\$27.99

Paperback

8" x 10"

224 pages



ROSA'S THAI CAFÉ: THE VEGETARIAN COOKBOOK

Saiphin Moore

Simple vegan and vegetarian Thai food from the founder of Rosa's Thai Café.

Finding strictly vegetarian food in Thailand can be tricky, where fish sauce is the king of the kitchen. Saiphin Moore embraces this challenge, creating over 100 delicious and simple recipes for adventurous, Thai-loving vegans and vegetarians. Featuring authentic dishes such as Tom yum mixed mushrooms, Panang curry with tofu, stir fried aubergine with soybean sauce and Butternut red curry. This brilliant book adds a wealth of exciting new recipes to your vegetarian repertoire.

Saiphin grew up on a mountain farm in Khao Kho, Northern Thailand, where she learned to cook with ingredients brought straight from field to wok. When she was 20, Saiphin moved to Hong Kong as a nanny where she spent the next 18 years cooking endless family meals and dinner parties, fitting in catering jobs around her babysitting duties. In 2001, she set up her own Thai takeaway, then a sitdown restaurant named Tuk Tuk Thai and finally Rosa's Thai Cafe.

'Damn, Saiphin can cook - the perfect ambassador for this glorious food and country' - Tom Parker Bowles

'One of London's coolest female chefs' - *Timeout*

9781784724238

July 2018

Mitchell Beazley

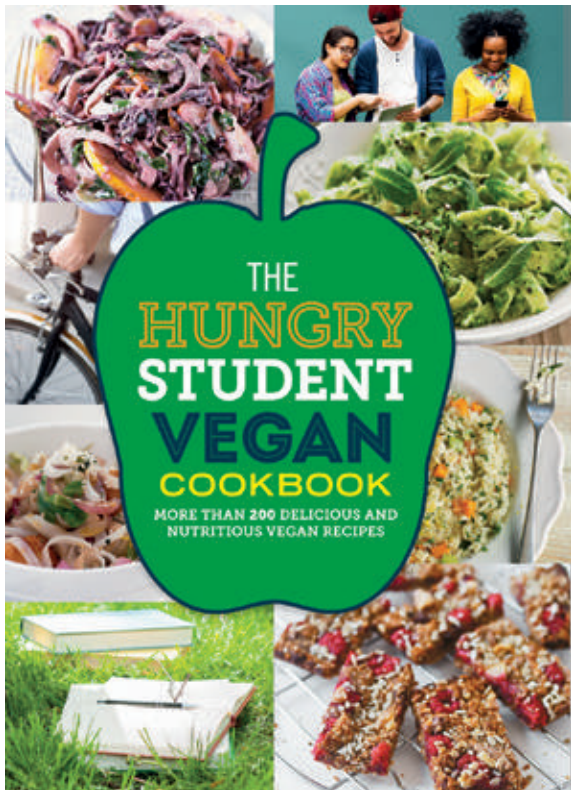
US\$24.99 CAN\$27.99

Hardcover

7 1/2" x 9 3/4"

224 pages





THE HUNGRY STUDENT VEGAN COOKBOOK

More than 200 delicious and nutritious vegan recipes

The ultimate guide to cooking delicious and nutritious vegan food while at university, with over 200 recipes.

With all the essays and exams, not to mention the enormous pressure of having to go out partying at least four nights a week, staying healthy and well-fed has never been more important, and *The Hungry Student Vegan Cookbook* will make sure you get all the essential nutrients to get you through to graduation, all while following a vegan diet. Alongside the recipes are helpful hints and tips for getting the most out of a tiny student budget, creating gourmet feasts out of what you can find in your cupboard, and advice on what kind of equipment you might need to take to university (read: steal from the kitchen at home).

Carry the flag for the vegan revolution all the way to your student halls, and once your new friends get a whiff of the amazing food you're cooking up, you're bound to find more people willing to join the healthy-eating and cruelty-free vegan revolt. This book isn't just about cooking some truly delicious recipes; it's also about reducing your carbon footprint and your impact on the environment by cutting out animal products, and improving your health with a plant-based diet. And ok, yes, it is also about cooking totally yummy recipes and eating (and with a clear conscience too!).

Whether you're a committed vegan looking to branch out with some new recipe ideas, or you're just getting started on the road to veganism and want to learn the ropes of vegan cooking, this is the perfect book to add to your student bookshelf.

Also Available:

9781846015595

July 2018

Mitchell Beazley

US\$9.99 CAN\$10.99

Flexiback

6" x 8 1/2"

224 pages



THE HUNGRY STUDENT ONE POT COOKBOOK

9781846015427

US\$9.99 (Flexi)

\$10.99 in Canada



THE HUNGRY STUDENT HEALTHY COOKBOOK

9781846015298

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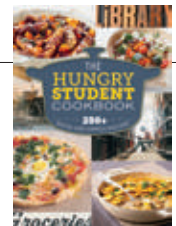


THE HUNGRY STUDENT VEGETARIAN COOKBOOK

9781846015069

US\$14.99 (Flexi)

\$16.99 in Canada



THE HUNGRY STUDENT COOKBOOK

9781846014710

US\$9.99 (Flexi)

\$10.99 in Canada

HONEY-ROASTED GRANOLA

1 Mix the honey and oil together until it's a smooth consistency.

2 Mix the oats and fruit together thoroughly in a large bowl. Pour the honey-oil mixture over the oats and mix well to combine.

3 Spread the mixture over a large baking sheet, using a spatula to make an even layer. Bake at 300°F for 20-25 minutes, stirring every 10 minutes.

4 Let the granola cool. Remove the sheet from the oven and let it cool for 10 minutes. Break up the granola into clumps and store in an airtight container.

INSPIRATION
For maximum crunch, remove a variety of fruits for the recipe. Try blueberries, strawberries, and raspberries. You can also use nuts like almonds, walnuts, and pecans. For a sweeter granola, add a splash of vanilla extract.



10 BREAKFAST & BRUNCH

TOASTED MUESLI with coconut chips

1 Mix together the oats, coconut chips, and sugar. Toss with oil and honey.

2 Spread the mixture over a large baking sheet. Bake at 300°F for 20-25 minutes, stirring every 10 minutes.

3 Let the muesli cool. Remove the sheet from the oven and let it cool for 10 minutes. Break up the muesli into clumps and store in an airtight container.

4 Use the muesli as a topping for yogurt, smoothies, or cereal.

INSPIRATION
For a sweeter muesli, add a splash of vanilla extract. You can also use nuts like almonds, walnuts, and pecans. For a crunchier muesli, add a splash of oil.



THAI CHICKPEA burgers

1 Cook together the chickpeas, eggplant, onion, garlic, and coriander. Drain the chickpeas and eggplant. Add the onion, garlic, and coriander.

2 Add the chickpeas and eggplant to a food processor. Pulse until the mixture is chunky. Add the onion, garlic, and coriander.

3 Add the mixture to a pan and cook for 10 minutes. Add the chickpeas and eggplant.

INSPIRATION
For a sweeter burger, add a splash of honey. You can also use nuts like almonds, walnuts, and pecans. For a crunchier burger, add a splash of oil.




SPINACH IDEAL WITH CHERRY TOMATOES

1 Put the spinach in a pot and add water. Cook until the spinach is wilted. Drain the water and add the cherry tomatoes.

2 Add the olive oil and garlic to the pot. Cook until the garlic is golden brown. Add the spinach and cherry tomatoes.

3 Season with salt and pepper. Cook until the spinach is wilted. Add the cherry tomatoes.

4 Let the spinach cool. Remove the pot from the heat and let it cool for 10 minutes. Break up the spinach into clumps and store in an airtight container.

INSPIRATION
For a sweeter spinach, add a splash of honey. You can also use nuts like almonds, walnuts, and pecans. For a crunchier spinach, add a splash of oil.



100 THE BEST IDEAS

SPICED POTATO CURRY

1 Heat the oil in a large pot. Add the onion, garlic, and ginger. Cook until the onion is golden brown.

2 Add the potatoes and cook until they are tender. Add the spices and cook until the potatoes are golden brown.

INSPIRATION
For a sweeter curry, add a splash of honey. You can also use nuts like almonds, walnuts, and pecans. For a crunchier curry, add a splash of oil.



POTATO BREAD WITH TOMATOES

1 Cook the potatoes in a large pot of water until they are tender. Drain the water and add the tomatoes.

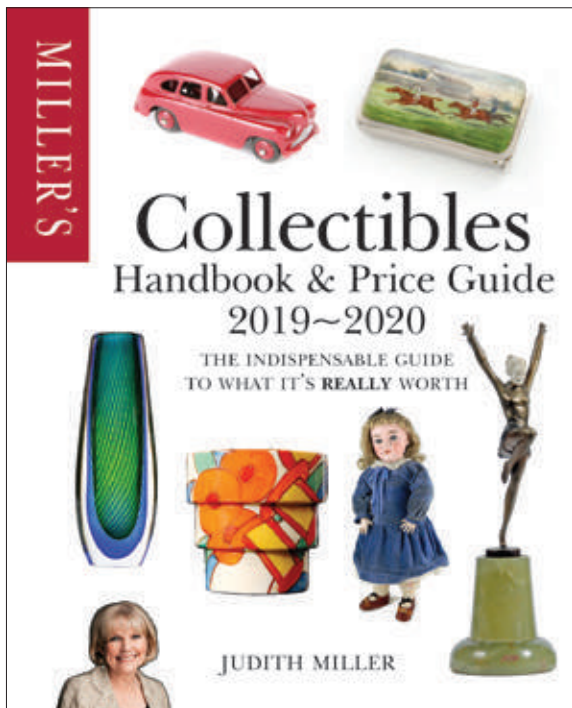
2 Add the olive oil and garlic to the pot. Cook until the garlic is golden brown. Add the potatoes and tomatoes.

3 Season with salt and pepper. Cook until the potatoes are tender. Add the tomatoes.

4 Let the potatoes cool. Remove the pot from the heat and let it cool for 10 minutes. Break up the potatoes into clumps and store in an airtight container.

INSPIRATION
For a sweeter bread, add a splash of honey. You can also use nuts like almonds, walnuts, and pecans. For a crunchier bread, add a splash of oil.



MILLER'S COLLECTIBLES HANDBOOK & PRICE GUIDE 2019-2020

Judith Miller

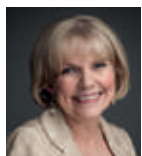
The brand new, up-to-date guide to the collectibles market for 2019-2020. Whether you're buying or selling, this is the book you need.

Miller's Collectibles Handbook & Price Guide 2019-2020 is the up-to-date guide to the collectibles market no dealer, collector or auctioneer should be without. Featuring more than 4,000 objects in full color, each with a detailed description and current price range, the book also offers what those in the know look for - how to spot that rare example that may be worth twenty times more than another piece. Meanwhile, in-depth Closer Look features explain what to look for when appraising everything from 20th century glass to costume jewelry.

Every image is changed for every edition to keep the book up-to-date with collecting and buying trends. *Miller's Collectibles Handbook & Price Guide 2019-2020* is the only full color, fully-illustrated collectables price guide in the world.

Comprehensive sections cover advertising, books, ceramics, glass, metal ware, pens and writing equipment, plastics and Bakelite, posters, rock and pop, sporting memorabilia, teddy bears, toys and games and vintage fashion.

In-depth features explain why one piece is worth more than another, show how to value an item and teach you to be your own expert - this book is the essential eBay companion! Biographies of designers and factories give the background information you need to help date and value objects.



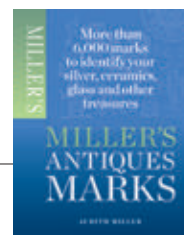
Judith Miller began collecting in the 1960s while a student at Edinburgh University in Scotland. She has since extended and reinforced her knowledge of antiques through international research, becoming one of the world's leading experts in the field. In 1979 she co-founded the international best-seller *Miller's Antiques Price Guide* and has since written more than 100 books which are held in high regard by collectors and dealers.

Also Available:



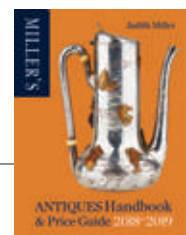
MILLER'S ANTIQUES ENCYCLOPEDIA

9781784723651
\$55 (HC)
\$60 in Canada



MILLER'S ANTIQUES MARKS

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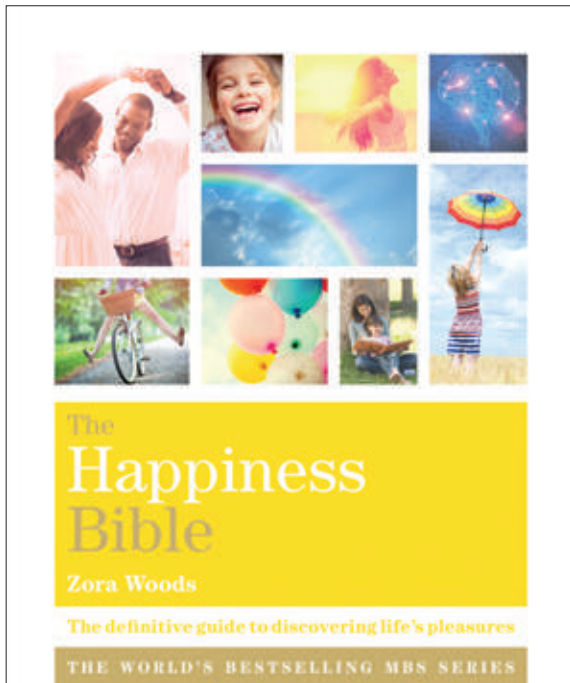


MILLER'S ANTIQUES PRICE GUIDE 2018-2019

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9781784724207

July 2018
Mitchell Beazley
US\$27.99 CAN\$29.99
Paperback
7 1/2" x 9 1/4"
432 pages



THE HAPPINESS BIBLE

The definitive guide to discovering life's pleasures

Zora Woods

A fully illustrated guide to happiness.

The quest for happiness is universal. In this comprehensive guide to the history, art, science, psychology and attainment of happiness you will find answers to those searching questions and discover how to live a happier life.

The Happiness Bible includes activities, techniques and meditations in each of the following areas to bring you closer to happiness:

- What is happiness?
- Does money buy happiness?
- Different cultural views of happiness
- The science of happiness & Positive Psychology
- Basic ingredients of happiness: housing, food & clothing
- Influence of psychology, character & genetic make-up
- Influence of life circumstances, background & opportunity

Dr Zora Woods has a PhD in Applied Positive Psychology and is a leading practitioner of the science of flourishing. Zora works as a trainer, speaker, consultant and coach. She leads a number of positive psychology workshops, and has written a large number of articles on positive psychology, including for the *Huffington Post*, the *New York Times* and *Psychology Today*.



9781841814841
 August 2018
 Mitchell Beazley
 US\$14.99 CAN\$16.99
 Paperback
 5 1/2" x 6 1/2"
 400 pages



101 THINGS TO DO WITH A RETIRED MAN

... to get him out from under your feet!

Gabrielle Mander

Your well-earned break from the daily slog will suddenly look much brighter once you've figured out 101 Things to Do With Your Retired Man.

Sunny days and heady nights await you in retirement, not just for two weeks each year, but forever! You have been looking forward to this and have an endless list of things to do, but only once you have sorted out your other half and got him out from under your feet.

101 Things to do with a Retired Man is designed to inspire and tease your retiree into having the time of his life and to fill his days (and yours) with sometimes silly, sometimes useful, but always interesting things to do, which do not include lying on the sofa, watching daytime television, tidying the garden to within an inch of its life or stacking and restacking the dishwasher in the most efficient fashion, as apparently only a man can.

Retirement is the perfect time to learn a new skill, get in touch with old friends, and explore the great wide open, so get out there and get started! This hilarious look at retirement is cheaper than marriage counseling and makes the perfect tongue-in-cheek gift for anyone facing their (and their husband's) retirement with excitement but more than a little wariness.



9781846015564
 August 2018
 Spruce
 US\$9.99 CAN\$10.99
 Hardcover
 6" x 8 1/2"
 128 pages





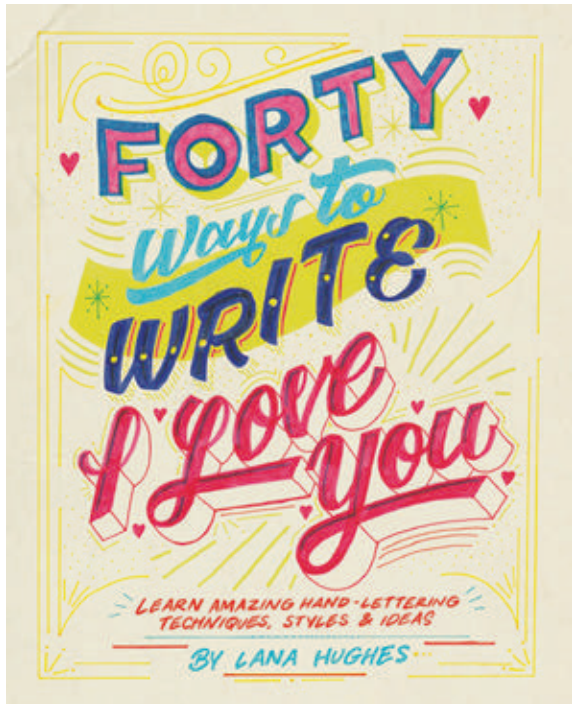


ilex

SPRING - SUMMER

2018

Perfect gift for
**Valentine's
Day**



FORTY WAYS TO WRITE I LOVE YOU

Learn amazing hand-lettering techniques,
styles and ideas

Lana Hughes

Pick up your pens and discover the loved-up world of fresh hand lettering!

For globe-trotting romancers and lovers of hand-lettering the world over, this is an activity book like no other. Expert letterer, Lana Hughes, has created 40 unique and beautiful designs of the heart-filling words 'I love you' but with one major difference - they are each written in a different language.

The designs can be copied on the opposite page in the color and medium of your choice, and if you need a little more help with technique, each 'I love you' is accompanied by a lesson in cool lettering style which can also be practiced in the book. Lana uses felt tips, marker pens and colored pencils to create her vivid designs, so there is something for all budding letterers - and romantics.



9781781575239

December 2017

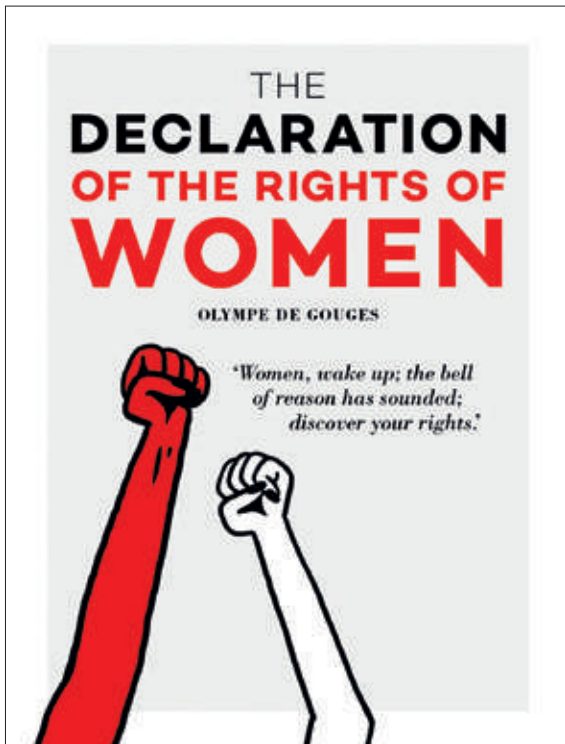
Ilex

US\$14.99 CAN\$16.99

Paperback

7 1/2" x 9 1/4"

176 pages



THE DECLARATION OF THE RIGHTS OF WOMEN

Olympe de Gouges



Understand the history behind feminism with these core treatises on women's rights.

People often consider feminism to be a modern idea and assume that women of the past simply accepted the life carved out for them. In fact, women's rights have been at the forefront of political and social debate for centuries. Written over 200 years ago, *The Declaration of the Rights of Women* by Olympe de Gouges started a chain reaction in history that went on to inspire other women to fight against the lives society had imposed upon them. Written with a sarcastic tone and militant spirit, the arguments still remain true today. Also included are articles from *The UN Declaration On The Elimination of Discrimination Against Women*.

This book presents the texts to you in an engaging way. Articles are interspersed with artist's interpretations of each point along with quotes from a range of feminists throughout history including Emmeline Pankurst and Hilary Clinton.

Olympe de Gouges was a French feminist and activist during the French Revolution.



9781781575673

March 2018

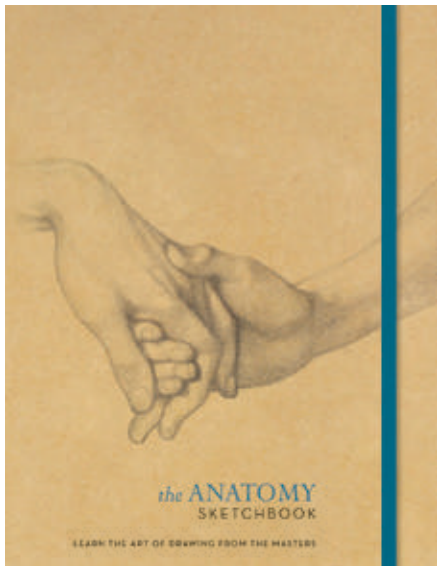
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US\$12.99 CAN\$14.99

Hardcover

5 1/4" x 6 3/4"

144 pages



THE ANATOMY SKETCHBOOK

Unveil the extraordinary architecture of the human anatomy through centuries of artistic wisdom and learn to master figure drawing.

Anatomical mastery was critical to Michelangelo and Leonardo da Vinci's success. They understood that to draw a figure you must first learn its underlying architecture. Touching on structural drawing, the skeleton, musculature and modelling, this sketchbook includes 20 pioneering examples of anatomical study alongside helpful directions from celebrated artists, scientists and art historians. Whether drawing hands with Raphael, an eye with Escher, a foot with da Vinci or a torso with Giacometti, you will come to understand each element of the body and how they form a whole.

The masterpieces, wisdom and glossary included in these aided sketchbooks together offer a strong foundation for artistic progression. Gain the technique and confidence you need to produce accomplished results.

9781781575055

March 2018

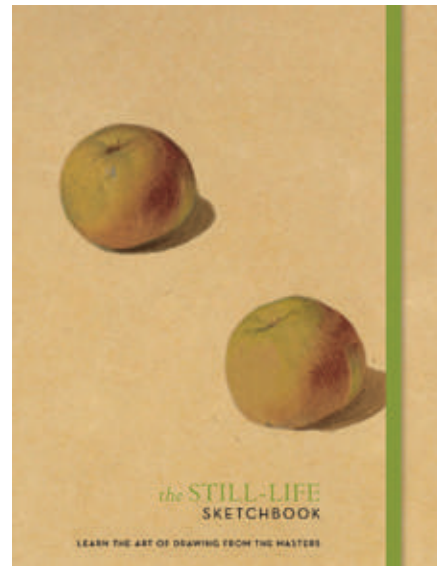
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Paperback

7 1/2" x 9 3/4"

128 pages



THE STILL LIFE SKETCHBOOK

Gain the understanding and skills necessary to produce accomplished still-life drawings.

Line, shape, space, composition and depth are most simply understood through the study and practice of still life drawing. The artist can enjoy the freedom of arranging objects exactly as desired, testing perception and pushing the boundaries of reality.

Littered with ingenious prompts to help explain different methodologies and approaches, this guided sketchbook will help you to master proportion, tone, color, texture and form by copying the masters. Included are 20 revelatory still life drawings by leading artists through history, from Da Vinci and Hokusai, through to Picasso and Freud. Look at things with a fresh eye, relish color and build confidence by putting into practice a range of essential drawing techniques.

9781781575345

March 2018

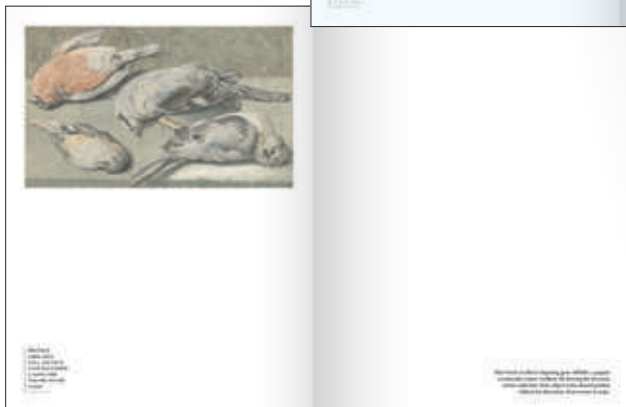
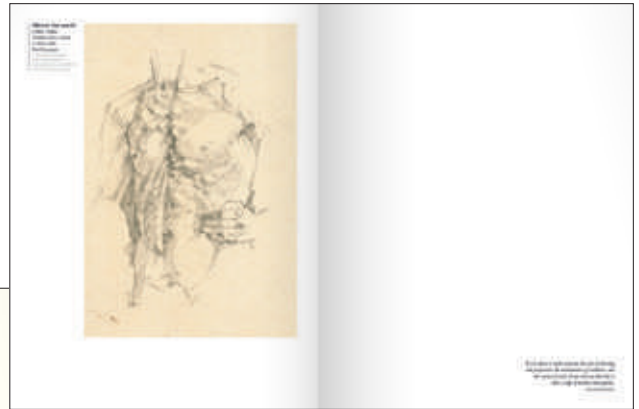
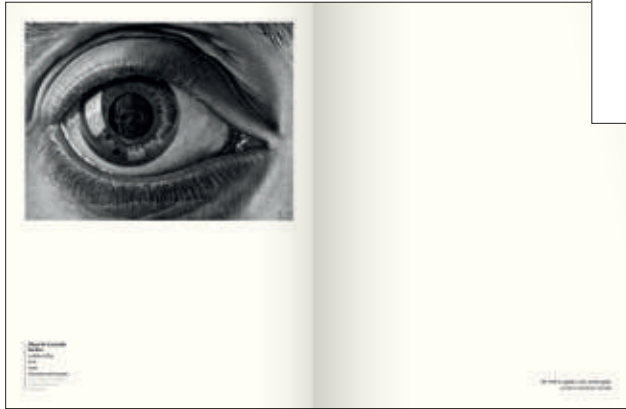
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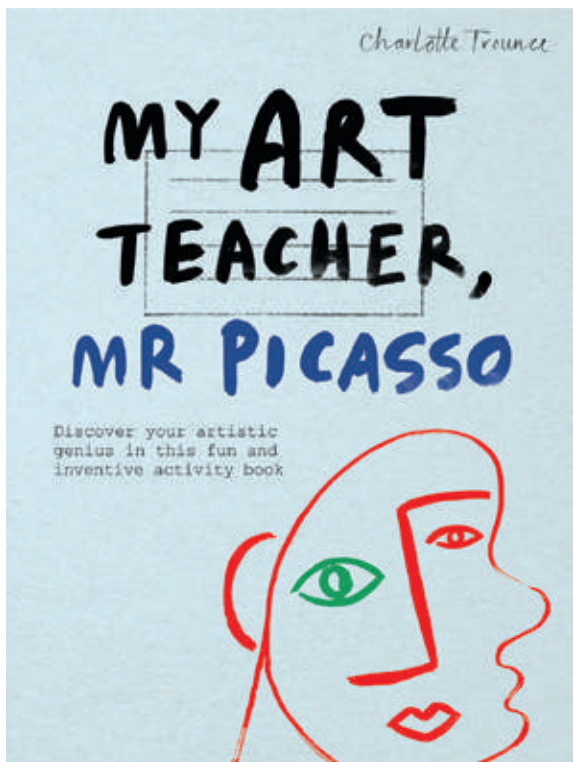
THE PORTRAIT SKETCHBOOK

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MY ART TEACHER, MR PICASSO

Discover your artistic genius in this fun and inventive activity book

Charlotte Trounce

Imagine learning from one of the very greatest artists of the all.

"Every child is an artist. The problem is remaining an artist when we grow up." Picasso said a lot of wise things about how to create great art in any medium; with this innovative workbook, you'll be able to put them into practice immediately!

Enriched with plentiful images, quotes, and techniques from the artist's incredible oeuvre, this colorful book offers a variety of tasks to complete on or off the page, and describes a host of techniques and exercises.

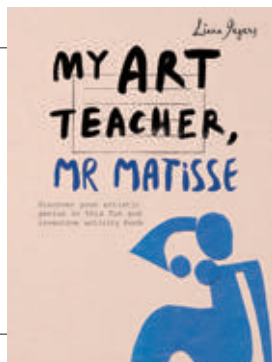
My Art Teacher, Mr Picasso is the first in a new series of inspirational activity books: later volumes will feature the wisdom and expertise of Mr. Matisse, Ms. Kahlo and Mr. Warhol. Pick one up, and begin an artistic voyage of discovery like no other.

Charlotte Trounce is a freelance Illustrator living in London. Since graduating from Falmouth University in 2011, she has worked for clients such as *The New York Times*, Barbican, Art Fund and Penguin Books and has covered a varied range of commissions including editorial, advertising, publishing and product design.

Also Available:

**MY ART TEACHER,
MR MATISSE**

9781781575505
US\$14.99 (PB)
\$16.99 in Canada
JULY 2018



9781781575130

March 2018
Ilex
US\$14.99 CAN\$16.99
Paperback
8 1/4" x 11"
128 pages

KEEPING IT SIMPLE

Inspired by 16th-century primitive art, in his later years Picasso began creating simpler line drawings. If you look at 'The Bull' you can see how he started with a very complex drawing and then worked in stages to reduce it to its most basic form. Although incredibly simple, the final drawing has perhaps more character than the original, having condensed the spirit of the bull into as few lines as possible.



©1997 AMERICAN

You can use Picasso's simplification technique with any subject matter, as a starting point. Here I have applied the same principle of reducing detail with each drawing stage to a vase of flowers. I have done four drawings but there are no limits or barriers in the series, only in how far you can simplify down!



COLOUR ASSOCIATION

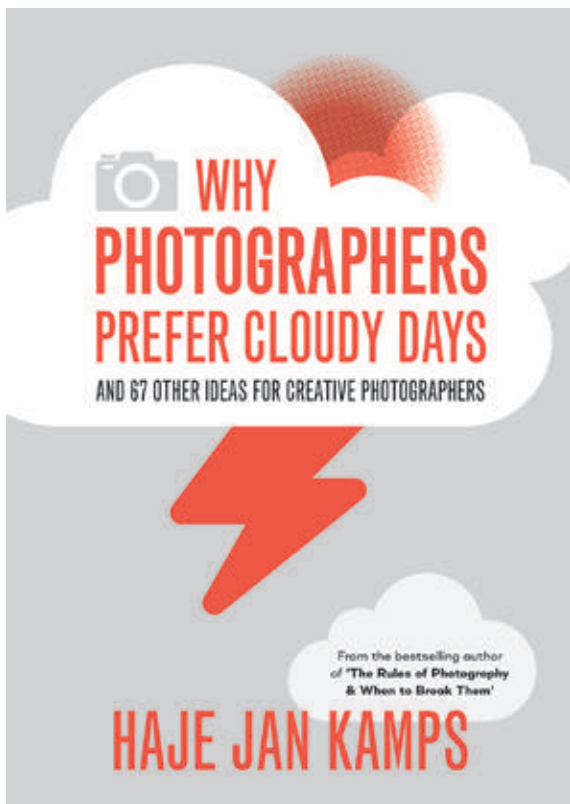
"Some painters transform the sun into a yellow spot,
others transform a yellow spot into the sun."

Transform this yellow dot into something (it doesn't have to be the sun!) and turn these coloured blocks into whatever you like, by adding more details with a pen or pencil.



Certain colours automatically remind us of particular objects or subjects. You can make use of these associations in your work by encouraging people to make their own connections. Like Picasso did with cool colours and feelings of melancholy, or with surprising associations to go against convention.

42-43 00008



WHY PHOTOGRAPHERS PREFER CLOUDY DAYS

And 67 other ideas for creative photographers

Haje Jan Kamps

Pick up a camera and start telling your story with this book full of photography ideas.

Capturing a beautiful photograph isn't magic. It isn't even particularly different. You don't need a fantastic camera or an expensive lens or a fancy flash. The purpose of this book isn't to help you take photos. It's to help you tell stories.

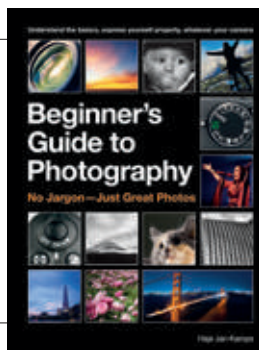
Whether you're photographing that perfect sunset or your morning coffee, everyone has a story and *Why Photographers Prefer Cloudy Days* is full of tips and ideas so that you can tell your story in the best way possible. Remember, you miss 100% of the photos you don't try to take. So get out there and get shooting.

Haje Jan Kamps set up his first photo website at the age of 16 and is now one of the world's best-read photography bloggers; his site photocritic.org has thousands of visitors every day. Shooting with any camera he can, including his smartphone, he has built a successful freelance career, and written books for serious professionals and hobbyists alike.

Also Available:

BEGINNER'S GUIDE TO PHOTOGRAPHY

9781781575109
US \$19.99 (PB)
\$21.99 in Canada



9781781574546

March 2018

Ilex

US\$14.99 CAN\$16.99

Paperback

6" x 8 1/2"

144 pages

01

FLOWERS

Photographing flowers well is all about three simple steps:

- 1. Find the perfect specimen.** Once you really start looking, you'll probably discover that few flowers are flawless, but for photographic purposes, that's exactly what you'll want.
- 2. Check out the background.** Now that you have a great flower, it becomes all about context. There are three ways you can go here: Photograph it in its natural setting, take it out of context and place it on a perfect white (or colored) background, or do something wildly contrasting. A fresh flower photographed against a grassy area or a crumbling city wall makes for great contrasts.
- 3. Get the focus right.** I know we were just talking about the background, but now it's time to cast your eye back to the main subject again. If your flower isn't in perfect focus, you're not telling the story of the flower, but of everything else around it.

WALTER DILLON



Whether you choose a white background or a more in-context one makes for two very different photos. Think about which story you're trying to tell.

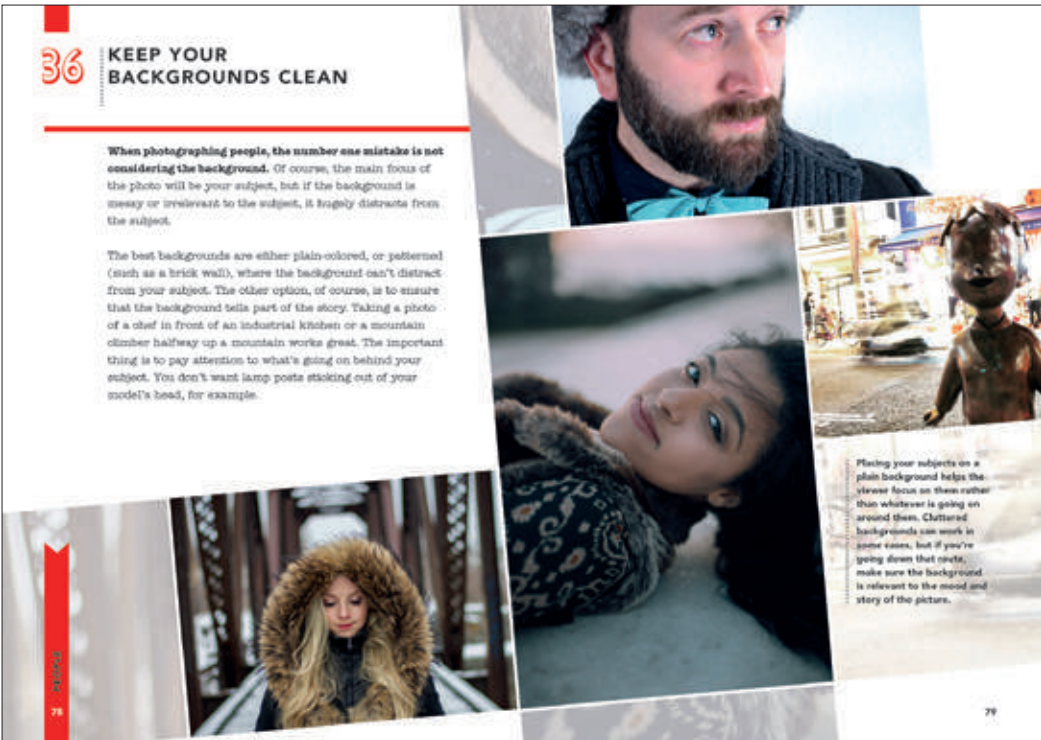
36

KEEP YOUR BACKGROUNDS CLEAN

When photographing people, the number one mistake is not considering the background. Of course, the main focus of the photo will be your subject, but if the background is messy or irrelevant to the subject, it largely distracts from the subject.

The best backgrounds are either plain-colored, or patterned (such as a brick wall), where the background can't distract from your subject. The other option, of course, is to ensure that the background tells part of the story. Taking a photo of a chef in front of an industrial kitchen or a mountain climber halfway up a mountain works great. The important thing is to pay attention to what's going on behind your subject. You don't want lamp posts sticking out of your model's head, for example.

WALTER DILLON



Placing your subjects on a plain background helps the viewer focus on them rather than whatever is going on around them. Cluttered backgrounds can work in some cases, but if you're going down that route, make sure the background is relevant to the mood and story of the picture.



GREAT PAINTINGS: SPOT THE DIFFERENCE

40 Fine Art Puzzles

The National Gallery

Take a closer look at these famous paintings and endeavour to discover 20 differences along the way.

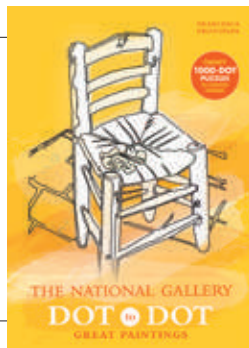
Study world-famous works from an iconic collection like never before. Inspired by London's National Gallery's best-loved paintings, find 40 fun and challenging visual puzzles that traverse art history with the likes of Raphael, Rubens, Rembrandt and Renoir. Lose yourself in moody seascapes, poignant portraits, bustling markets and mythical scenes. Test your brain, artistic understanding and knowledge with this rewarding, detail-driven and witty collection.

The National Gallery, London, houses one of the greatest collections of paintings in the world. Discover works by Botticelli, Rembrandt, Turner, Monet, Van Gogh and many more.

Also Available:

THE NATIONAL GALLERY DOT-TO-DOT GREAT PAINTINGS

9781781574249
US \$14.99
\$16.99 in Canada



9781781574232

March 2018
Ilex
US\$12.99 CAN\$14.99
Paperback
9 3/4" x 9 3/4"
96 pages

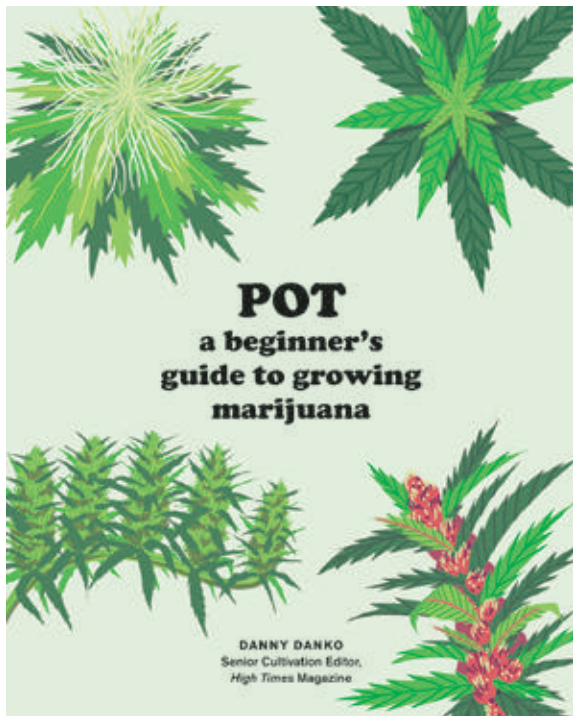


Titian
Das Fest der Götter (Festmahl der Götter)
1528
Öl auf Holz
119,5 x 165,5 cm
Venedig, Museo della Biennale di Venezia



Titian
Der Fall Adams (Der Fall der Menschheit)
1528
Öl auf Holz
119,5 x 165,5 cm
Venedig, Museo della Biennale di Venezia





POT

A Beginner's Guide to Growing Marijuana

Danny Danko

Why buy pot when you can grow your own?

The novice marijuana grower's handbook, guiding you through the absolute essentials of cannabis horticulture to produce the most potent buds.

From buying seeds to sowing, nurturing and maintaining your crop, this handy bible will grant you the perfect harvest. Learn how to grow a low maintenance garden by following the easy step-by-step, cleverly illustrated instructions.

Danny Danko is a writer, photographer and the Senior Cultivation Editor of *High Times* magazine. He has published in *The New York Times*, *Wall Street Journal*, *LA Times*, *Vice* and *The Washington Post*.

Also Available:



THE LITTLE BOOK OF MARIJUANA

9781846015250
\$7.99 (Flexi)
\$8.99 in Canada



THE LITTLE MARIJUANA COOKBOOK

9781846015458
\$7.99 (PB)
\$8.99 in Canada



STONER MUG CAKES

9781846014987
\$9.99 (HC)
\$10.99 in Canada

9781781575307

April 2018

Ilex

US\$9.99 CAN\$10.99

Paperback

6 1/4" x 7 3/4"

144 pages

National Weed Day 4/20

INTRODUCTION: Why grow your own?



Why make cannabis cultivation your new hobby? Because you can create a far more superior product, free from pesticides and contaminants. These months, though, and ultimately in a relatively small space. More importantly, you'll learn everything that went into, or was spread into, your precious buds. If you want to grow organically, or even organically, it's totally up to you.

Cultivate regularly and evidence of pesticides, fungicides and other potential poisons on organically-grown cannabis. Most get grown for retail sale - it rarely flowers, not properly dried and cured. Overheating, late harvest and the finished product can burn irregularly and taste harsh. Some plants are even harvested when immature or overly ripe, decreasing their appeal and effectiveness.

It's also essential to know the genetics of what you're growing and measuring. Different genotypes can vary greatly in flowering time, aroma, taste and more importantly, potency level.

Medical marijuana patients must be certain that they're getting the most effective remedy for treating specific ailments and symptoms. Connoisseurs and aficionados have their preferences.

But most of all, growing your own is fun! Like modern day alchemy, you can conjure custom-made cannabis from just light, air, water and food, while also avoiding and avoiding the feared "corporate takeover" of the marijuana industry.

The book you hold in your hand is the key to gaining a total understanding of how pot plants grow and what you'll need to grow them from start to finish. I hope you will embark on the rewarding and never-ending journey using the information and tools provided herein.

Get growing today!
Darryl Dennis



STEP 1: Healthy mother-plants are required for successful cloning

A healthy mother plant will produce dozens of cuttings, each a genetic duplicate of the mother. It's important that the plants from which you take your clones are not flowering or begin their cycle of at least 18 hours of light per day.



STEP 2: Where to cut your clone

Assemble all of your materials and test out before making any cuts. Cut clones just before a node before the bud starts the stem. Make sure there are at least 2-3 sets of leaves and at least 2-3 inches of stem above where you plan to cut.

STEP 3: Cut with a sharp blade at a horizontal angle

Use an electric weed trimmer blade and slice the stem at a 45-degree angle to ensure the most surface area at the cut end. Avoid exposing the cut end to air for any length of time. Air bubbles in the stem (embolism) will greatly decrease your rooting rate. Don't worry, the roots will appear just above your cut and leaving a smooth 1/8 inch to an inch of bare stem.



STEP 4: Dip the cut end in powdered or liquid/gel rooting hormones

Rooting hormones containing fungicide promotes the development of roots while at the same time discouraging fungus and rot that can attack your vulnerable cuttings. They seal the cut tissue and begin immediately supplying vital vitamins and minerals essential for promoting root growth. Dip the plants and ensure that the gel or powder covers the cut end and some of the stem above it.



Cloning Success 43

Drying

Always hang your plants to dry in a dark room or closet. Humidity levels in the drying area should be around 50 to 60% and temperature should be between 60-70 degrees Fahrenheit. It's a good idea to have a fan circulating air in the room but not directly blowing on the plants. When a week or so depending on ambient humidity, the buds will be crispy on the outside and ready for the curing process. When the stems snap instead of bending, you know you can begin the cure.

If you choose to not individual branches, you can use them as long as well-drying. It's not for fans of chlorophyll (see branching advice). Each branch becomes its own focus in hanging on the drying line. Make sure not to connect the branches too close together to facilitate air movement around the buds and reduce the risk of mold.

It should be noted that some growers reverse the trimming and drying process and hang their plants without trimming them at all. They choose to trim the leaves off the buds after drying the plants whole. This may be a bit more time-consuming but the finished product essentially dries slower and slow drying means for better pot.

Curing

Buds that have gone through the drying process aren't really "dry". There is still moisture deep within them and that is why curing is so important. Branches and chlorophyll at the plant need to be "removed" out to reduce the harsh taste of an un-cured pot. Curing is a delicate balance between moisture and oxygen. Too wet and the buds will mold, too dry and they become too dry.

When the hanging branches begin to get crispy and the stems snap when bent, you know it's time to begin curing. Individual buds so that no stem is visible and place them into airtight opaque completely sealed glass jars. Moisture from inside the buds will spread outward in no time at all and the dry nitrogen you put in will soon be next again.

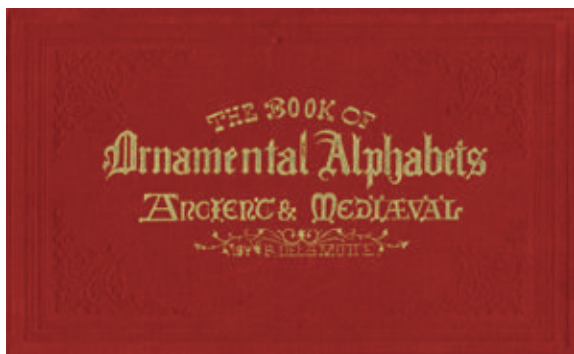
Opening the jars several times daily releases the built up humidity and replenishes the air inside. Slowly but surely, moisture will leave the residual levels in the jar and the buds will "snap up" allowing you to open the jar less and less. Some growers use paper bags for this process but that is ill advised and impacts an unpleasant flavor and odor.

Well-dried and cured pot is sweet and smooth with some of the harshness of fresh-to-burn smoke. If a joint burns evenly and the ash is grey and white, the herb is well-cured. Properly cured pot releases its full flavor and the ash is dark and chunky like a piece of charcoal.

Storage

Plastic baggies should never be used for long term pot storage. Find some reason you probably shouldn't, and do not overuse them. Keep the jars in a dark, cool, dry place (never a refrigerator or freezer) and you'll be enjoying your homegrown cannabis at peak potency and flavor for months if not years.





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Freeman Gage Delamotte (1814-1862) was a master draughtsman and engraver, with a desire to make the essential and beautiful accessible.



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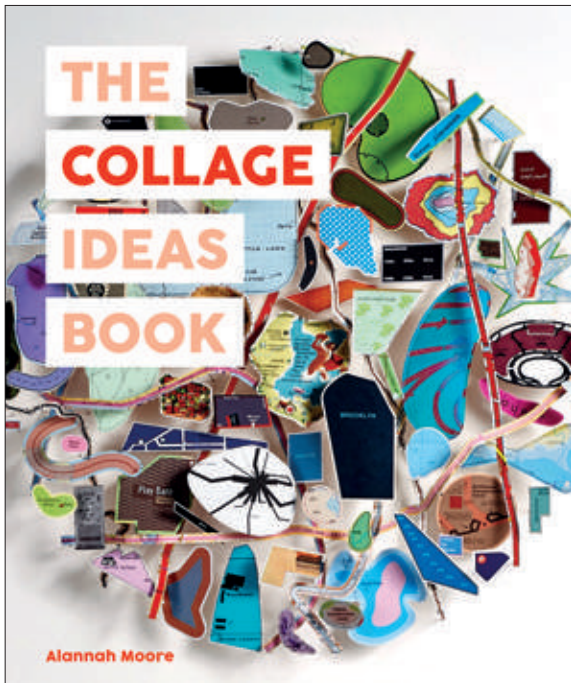
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Alannah Moore

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Collage allows your creativity to run riot. It lets you juxtapose disparate elements, styles and media against each other and create something entirely novel, bizarre, arresting, beautiful, ironic or unsettling. Old and new can be fused together; digital and hand-produced can be combined. What you can create with collage knows no bounds.

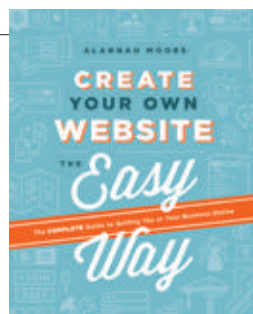
Expertly curated with an eye to the fresh, the exciting collection of new collage ideas will inspire collage artists at every level, from those dipping a toe in the art form to experts.

Author **Alannah Moore** leads a double life between Paris and London. When she's not prying into the lives of artists or kitchen-table business owners, she might be found cracking open a bottle of Menetou-Salon, rustling up an Indonesian curry or strolling leisurely along the Seine with her Cavalier King Charles. Alannah's website is at www.alannahmoore.com

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Joanna Goss

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This little book is full of big ideas to inspire you to think outside your humble box of watercolors. With a new idea on every spread of the book, you will discover textures, applications, techniques, combinations of materials, and new ways of tackling the subjects you love. You will take advantage of watercolor's immediacy and find it a flexible, dynamic medium, full of artistic opportunities.

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Goss has a Bachelor of Fine Arts in Painting from Northern Illinois University. She lives with her boyfriend and their two cats in Aurora, Illinois.

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COMBINING MEDIA #3

Embroidery

Adding embroidery to your watercolour composition, as here, is a lovely way to bring texture to your artwork. Alternatively you can paint your watercolours onto fabric, but the painting takes a little more care.

Colour bleeds less on unbleached fabric, bleached muslin having a smoother and more even surface. Of course, you may want your fabric to bleed, but be aware of the different surfaces.

If you want to bring strength to your colours it is better to use watercolour pencils, as paints are much more subtle on fabric. Try sketching onto the fabric first, and then add the water. Compare this to adding the water first and sketching onto the wet fabric. See which result you like the most for your design.

Details are best added with a rigger watercolour brush: the long, thin hairs carry more paint at the tip. Once the paint is dry, complete your work with stitching for a beautiful textured finish.



Swans with embroidery
by Veronica Bollert Laje

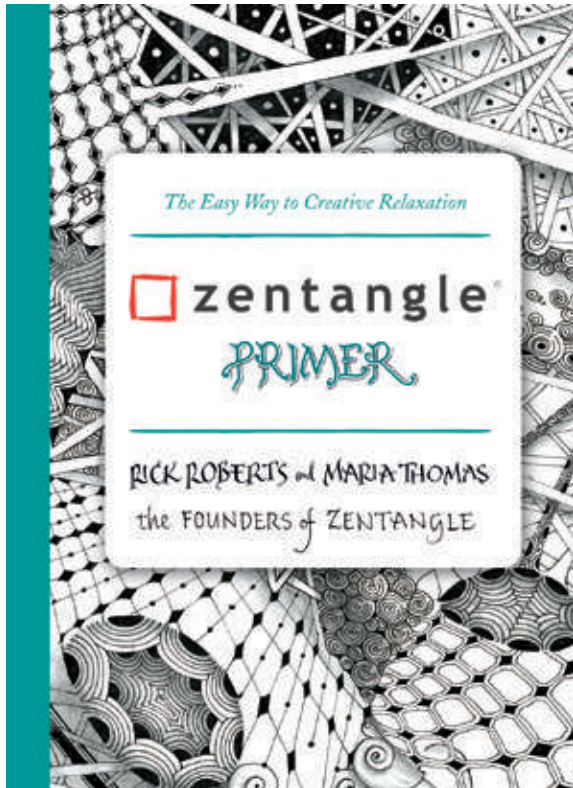
Inspire Your Creativity

The Watercolour Ideas Book is the first in an exciting new series aimed at anyone who wants to take their creativity further. Full of ideas for subjects, methods and styles for each medium, the books are a source of inspiration for artists of all abilities.

Most artists like to investigate new ways of using their chosen medium. They may see something they like and wonder *how* it was done, or they may wish to evolve their repertoire. Many ideas are quick to explain and easy to follow. These little books gather them up and present them as a smorgasbord of artistic delights.

Comprising several titles including *Collage, Pencil, Paper, Oil Paint, Marbling, Fabric Design and Printing*, the series kicks off with *Watercolour*, a highly creative medium popular with many artists and illustrators today. The series is perfect for collecting and keeping as a constant reference and source of inspiration.





ZENTANGLE PRIMER

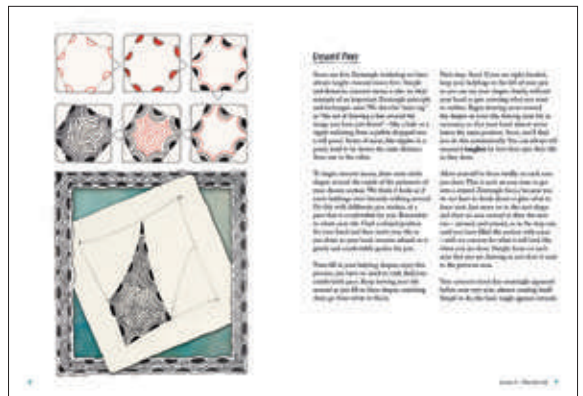
The Easy Way to Creative Relaxation

Rick Roberts & Maria Thomas

Learn the simple art of Zentangle from the people who invented it, in this first official instructional book.

Are you looking for an escape from your hectic life? Do you struggle to wind down? Maybe you've lost your creativity and are seeking inspiration. Join the millions of people who have discovered that the Zentangle Method is more than just doodling; it's an all-consuming, relaxing experience. Learn how to create beautiful images using structured patterns and unlock a world of mindfulness and stress-busting creativity.

Founders **Rick Roberts** and **Maria Thomas** provide clear and detailed instructions so that no matter your age, you can pick up your pencil and forget about your worries. Jam-packed full of in-depth lessons, exciting exercises and tangle step-outs, this book will unlock your creativity in new and unexpected ways.



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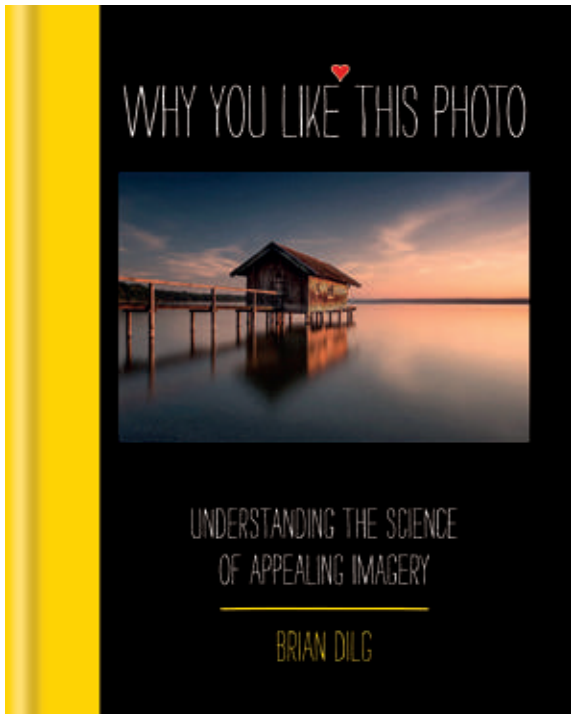
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WHY YOU LIKE THIS PHOTO

Understanding the Science of Appealing Imagery

Brian Dilg

Photographic beauty may be in the eye of the beholder, but it can also be measured and understood. Scientists and psychologists are discovering more and more about how the mind has developed over human history; and this new knowledge has a direct bearing on our understanding of aesthetics and beauty. Did you know that the landscape photos people most enjoy looking at are closely correlated with exactly the kind of fertile landscape that early humans sought out on their migrations? This kind of information is fascinating, but if you're a photographer it's also very useful.

Featuring interviews with numerous great photographers combined with concepts from exciting areas of science and psychology, this accessible photographic guide is illustrated with infographics highlighting brain areas triggered by particular views, and a selection of sensational fine art photos.

Brian Dilg is a photographer, filmmaker, writer and educator. Founding chair of the Photography department of the New York Film Academy, he has also served as a spokesperson for Canon, for whom he created a series of photography tutorials. His work has been exhibited and collected worldwide, and published in the *New York Times*, *Time Out*, the *Village Voice*, and on book covers for Simon and Schuster, Hyperion, Doubleday and others.



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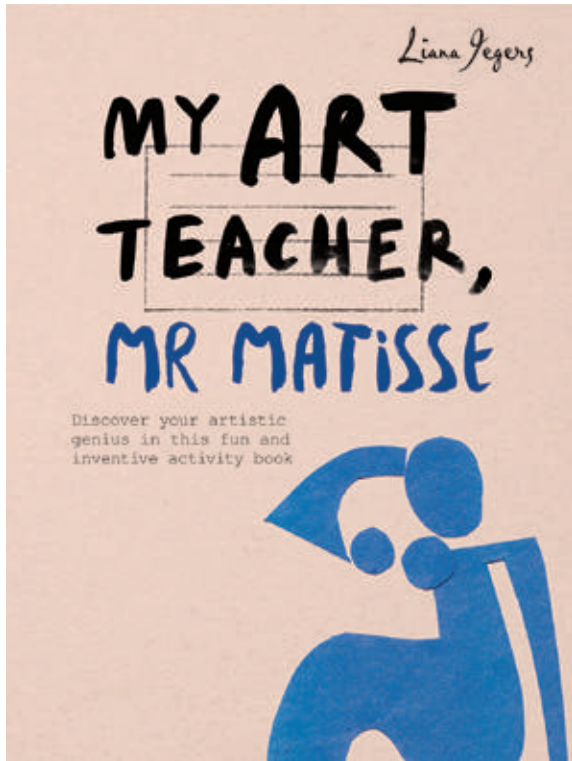
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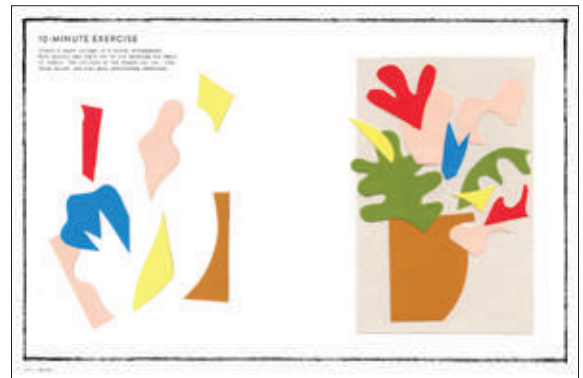
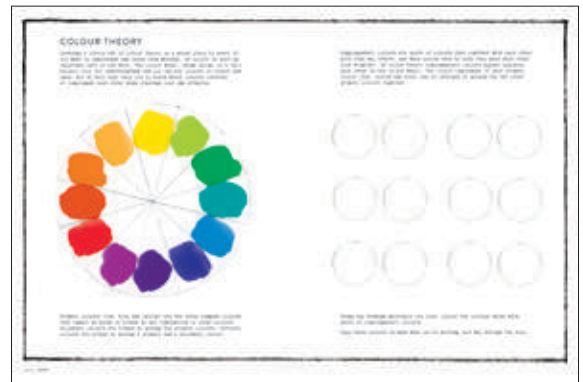
Liana Jegers

Henri Matisse is considered one of the greatest artists of the twentieth century with a unique vision that continues to inspire artists to this day.

Using prompts, quotes, techniques and inspiration from the artist's incredible oeuvre, this colorful book sets a variety of tasks to complete on the page, and describes several techniques to attempt.

My Art Teacher, Mr Matisse is the second in a delightful new series of master-led activity books in which you will also discover the wisdom and expertise of Mr. Picasso, Mr. Warhol and Ms. Kahlo.

Liana Jegers is a writer and illustrator based in Chicago. She has written various pieces for small publications and contributes a column to *The Smudge*, a small monthly newspaper which she co-founded and edits. In addition to her personal practice, she regularly illustrates for various magazines, books and websites.



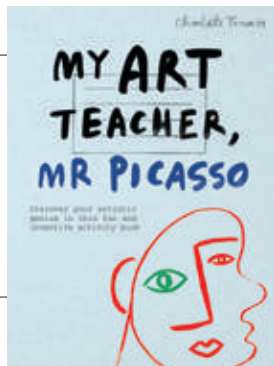
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Bev Speight

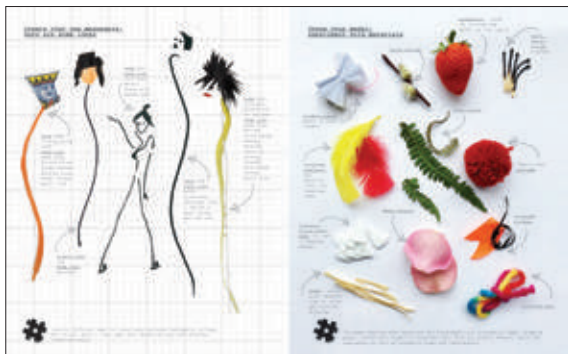
Express yourself and make something amazing with these rapid art projects!

Making art is so much easier and more enjoyable than you ever imagined. This lively book brings together 35 short, inspiring projects that will get you excited about creating real art. Your impressive results can be captured on a smartphone camera, then uploaded and shared with friends and family.

With the emphasis on fun, fast and quirky the projects in this book will entice you to try something a bit different. You will explore new techniques and create satisfyingly impressive art pieces with surprising ease. In particular, these projects are designed to prevent you from over-thinking - you will be amazed what you can do when you abandon your fears and produce spontaneous, fresh art works that anyone would be proud of.

No special equipment is needed - simplicity is key. *Fast Art* will unlock your inner artist with its fun and informal approach to releasing your creativity.

Bev Speight is an artist, illustrator, designer and educator who teaches at Middlesex University. She was previously creative director for a major book publisher and, among many other clients, has worked extensively on high profile campaigns for the BBC.



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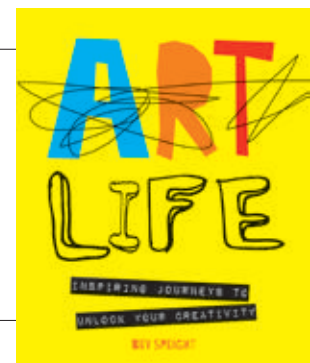
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THE COMPLETE GUIDE TO VR & 360° PHOTOGRAPHY

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Jonathan Tustain

Enter the 360-degree world of VR and get to grips with this exciting new technology, with this complete guide.

The Complete Guide to VR & 360° Photography will help you get to grips with this exciting new technology from first principles, so you know what's out there, and what you want.

Discover all there is to know about home VR systems, whether they're computer-based, or even work using your mobile phone. This book will introduce you to a whole spectrum of VR possibilities including VR games, creating your own VR films and even exploring the world using it.

Jonathan Tustain has been fascinated with virtual reality all his life and has worked in the industry since 2012. Founding Europe's largest VR developer, Meetup, he is well known in VR circles, writing for roadtovr.com, founding mobile VR company Proteus (Freefly VR), acts as a consultant for companies wishing to enter the VR space and speaks at VR events.

He has written features and stories for Shots.net, *How it Works* magazine and Yahoo. He also shoots video reports from VR events such as VRLO.

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VR GLASSES

01 BASICS When it first drifted across the public consciousness, Virtual Reality was inaccessible, requiring astoundingly expensive dedicated equipment and super-computers. While you still need some kind of glasses for the 3D experience, the computing power is certainly no longer an issue..



GOOGLE CARDBOARD

Created by David Cha and Dave Huxley, Google engineers at the Google Cultural Institute in Paris during their 20% innovation time, the Google Cardboard is a very inexpensive route into VR which works with both Android and iOS (Apple) mobile phones.

To use it, you just download an app to your phone, and place the phone into the Cardboard. The unit is compatible with the screen in the Cardboard, ensuring that your eyes are two slightly different views for a 3D effect. The app views your phone's screen, sends to direct movement, and updates the images accordingly.

By March 2015, over 10 million Cardboard viewers had shipped and over 160 million Cardboard app downloads had been made.



PHONE ADAPTER

If getting into VR appeals, and you'd like to try out the look of experience that Google's Cardboard movement supports, but want something that looks and feels a little more high-tech, then you'll find plenty of phone adapters on the market. Samsung have even gone as far as building a whole 'bout VR system specifically for their phones which put some of the hardware into the helmet. Yet the principle still seems to still very much the story of the phone.

SAMSUNG GEAR VR

Using the principle of a phone holder,

Samsung's VR headset includes sensor tracking hardware, a trackpad and a



PC PERIPHERALS

While we see eyes and ears seeing into what we call the 'good PC' age, to which we do all our computing on our mobile phones, most users still have a great deal of computing capability of doing heavy graphical lifting—even more likely to be the case of anyone to that home enjoys PC gaming.

HTC Vive and Oculus Rift are the best known examples of this, the latter especially well known as the computer headset to receive a next level support by Facebook to Rift.



PLAYSTATION VR

The latest incarnation of the world's most successful games system, Sony's PlayStation, introduced a VR experience in June 2016. The glasses, which work in conjunction with the PlayStation camera and, ideally, the 'Move Controller' sensors, were considerably changed to keep their PC peripheral glasses, and given the console's relatively accessible price, PSVR provides a relatively accessible priced gateway to 'real' VR. Compatibility has brought these features or downloaded from the PlayStation store the regular console game. A suite of new and downloadable to the Rift 2 months.



SYSTEM PLACEMENT

02 VR GEAR If there's one rule about setting up your system hardware, it is give yourself some room for manoeuvre. When you're wearing VR glasses, you're essentially blind to the real world, but that doesn't mean the physical objects in the real world are any less painful if you walk (or fall) into them.

Each different system that you encounter will operate differently, but the essential one that the computer will need to be able to track you where you are looking, and then get the right image to your eyes. Google Cardboard and similar remain an exception, but do not even attempt to solve the problem that these more sophisticated systems do.

VR technologies use the term 'head tracking' and (OVR) the Degree of Freedom when they refer to the ability to plot your head in terms of X, Y & Z axis. It is crucial that the head tracking has an extremely low latency—meaning that the time between the player's head movement and the image they see being updated to reflect it is as short as possible. If the delay is longer than the processing is somewhat of a moment that our brain will believe it and the player will experience motion sickness.

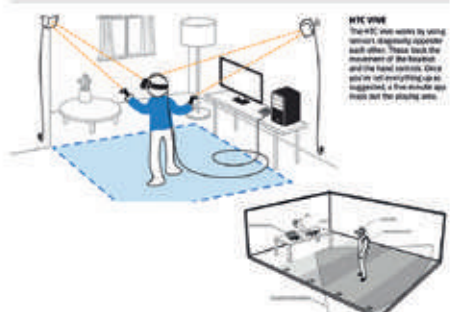
They use the term 'Motion Tracking' to refer to the ability to track the movement of your whole body. This doesn't just mean the position of the player in the game, the first thing that most people want to see when they look down is their own hands. That is something that can be achieved, to some extent, if they are playing using hand controllers and a system to tracking their position in 3D space.

Headphones, too, play a big part in enhancing the effect of immersion. If the sound appears to be coming from the right direction, and changes as the player turns their head, they will be much more convinced by the false surroundings around them.

In the future, tracking the position of the eye themselves will do better and easier built into the hardware could also yield better results. At the moment (assuming the glasses are set up properly) the VR landscape is all or local, which is not how we are used to seeing the world. If the eyes are tracked, it's theoretically possible to simulate our field of vision as well, and not have to force that which should be



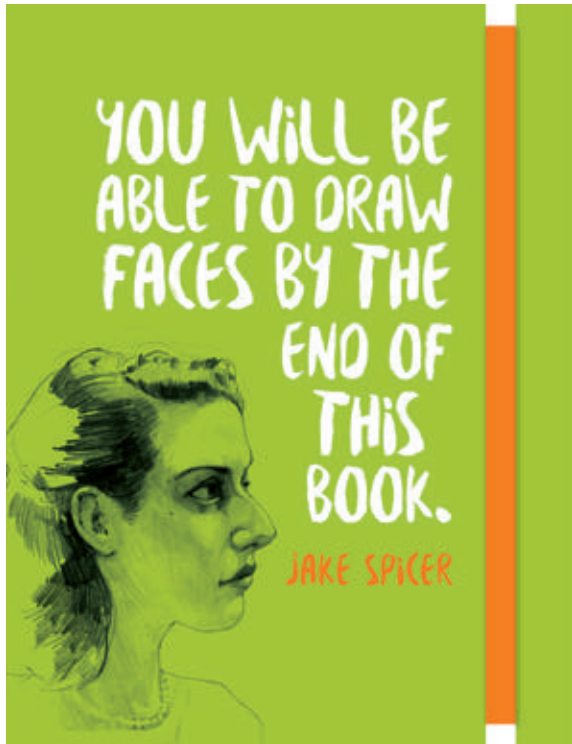
PLAYSTATION MOVE An early dedicated tracking technology based on location, allowing you to safely walk and fall in the VR landscape.



HTC VIVE The HTC Vive works by using several depth-sensing cameras which track the movement of the headset and the hand sensors. Data can be fed everything up to a computer, if the whole app runs out the playing area.



PLAYSTATION VR The PSVR system makes use of PlayStation Camera which tracks the same data as the Vive sensors, though used in far smaller number. The play can stand for any other those system. From this camera the camera should really be placed close to better the corner of the TV system. A nice touch is that the image on the VR glasses is scaled to the TV so players in the room can watch along.



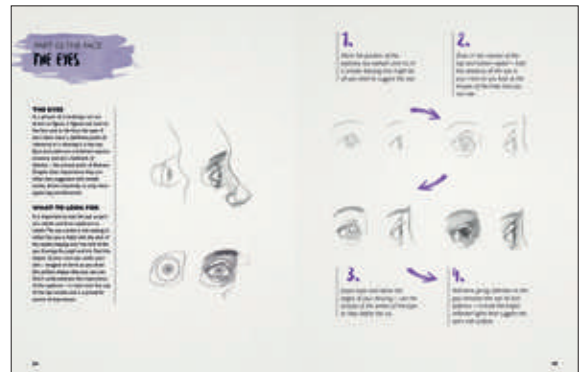
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Jake Spicer is an artist and drawing tutor based in Brighton, England. He is head tutor at the independent drawing school Draw, a co-director of the Drawing Circus and regularly runs portrait and figure drawing courses for the Camden Arts Centre and National Portrait Gallery.



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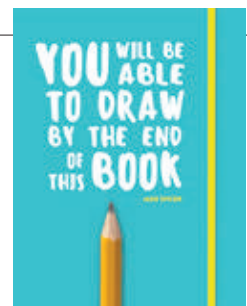
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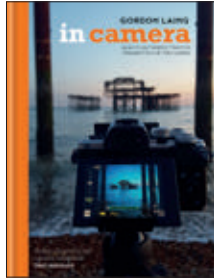


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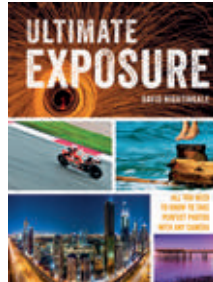
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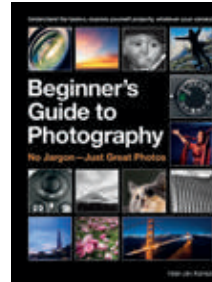
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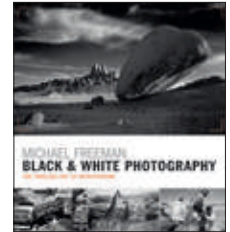
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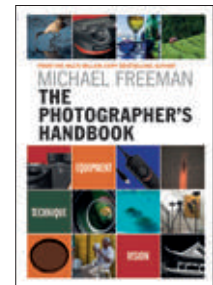
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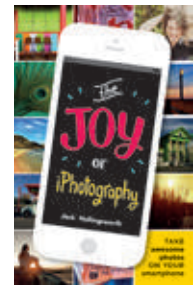
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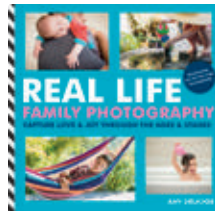
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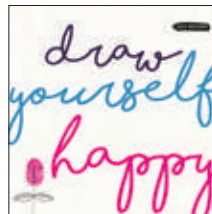
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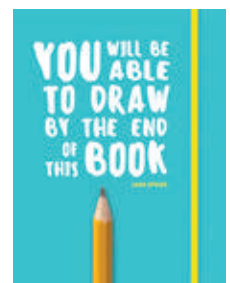
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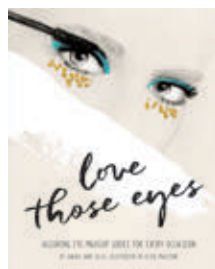
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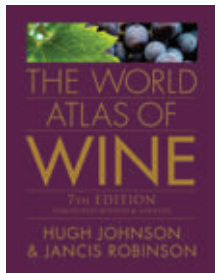
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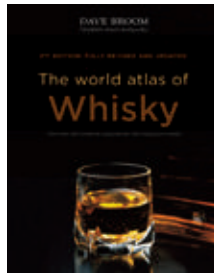
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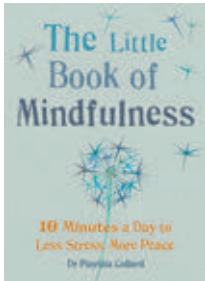
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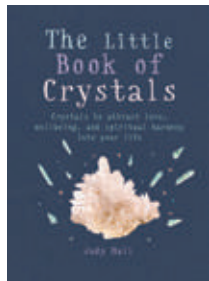
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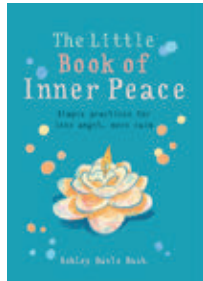
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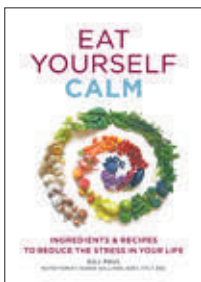
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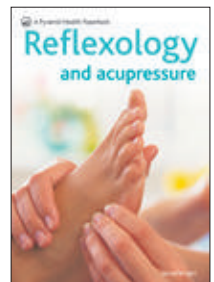
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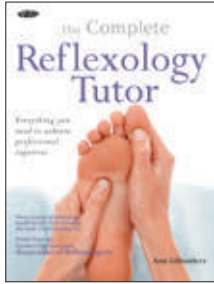
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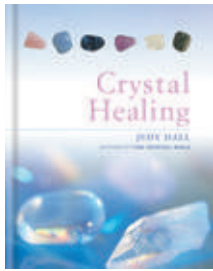
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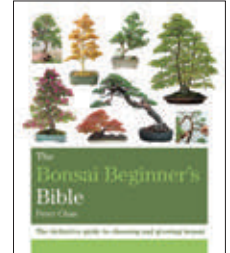
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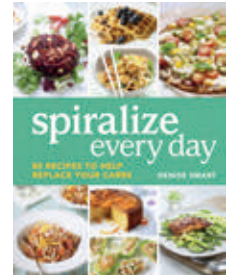
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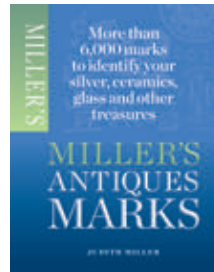
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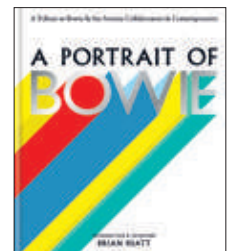
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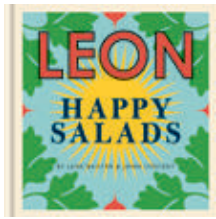


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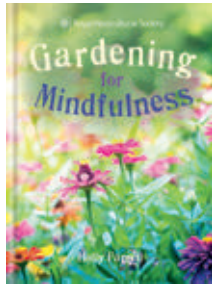
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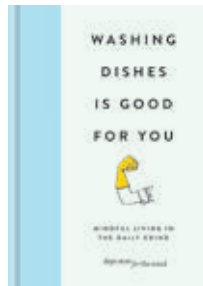
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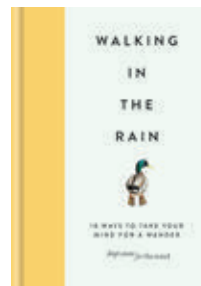
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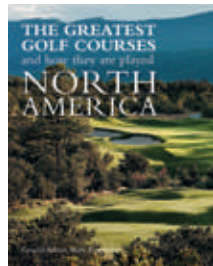
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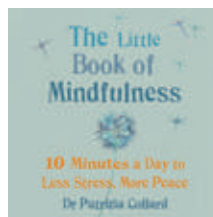
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