



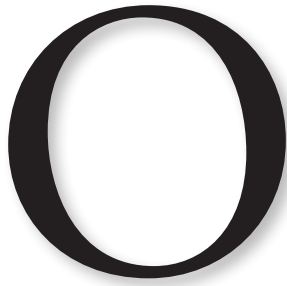
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SUMMER
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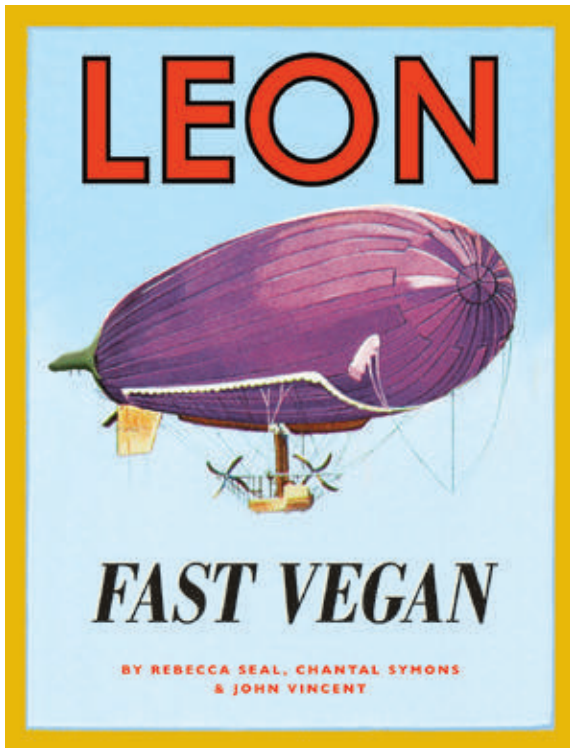
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March 2019

Conran

US\$29.99 CAN\$32.99

Hardcover

7 ½" x 10"

304 pages

LEON

Fast Vegan

Rebecca Seal, Chantal Symons
& John Vincent

From the home of healthy fast food, *Leon Fast Vegan* is all about delicious food, which just happens to be vegan.

Leon Fast Vegan contains more than 150 recipes. Divided into three sections, it kicks off with The Main Event, with easy recipes for everything from breakfast and brunch to sharing plates, via quick suppers and slow-cooked one-pot dishes. Part two, On the Side, features sauces, dressings, nourishing side dishes and scrumptious breads. Part three, Sweets, gives vegan options for desserts and cakes.

As ever, healthy fast food chain LEON takes inspiration from around the world, with recipes for vegan sushi, Mexican tacos, Vietnamese pancakes and American burgers. The emphasis throughout is on great flavor and keeping things simple.

Whether you are looking for breakfasts or party food, weekday suppers or ambitious feasts, there is something here for everyone.



John Vincent

John is co-founder of Leon, which now has more than 55 restaurants (including restaurants in Washington DC). He believes food has the power to delight, invigorate and bring people together.



Rebecca Seal

Rebecca has written about food and drink for the *Financial Times*, *Evening Standard*, the *Observer*, the *Guardian* and *The Sunday Times*. She co-authored *LEON Happy Soups* with John Vincent. She believes that with the right skills, and just a bit of knowledge, everyone can eat well and hopes that her writing goes a little way towards helping that happen.

Chantal Symons

Chantal's passion for cooking was ignited when, as a teenager, she was diagnosed as allergic to dairy, eggs and wheat. She believes everyone should take joy and satisfaction from food and so she specializes in freefrom cooking.

Vietnamese crispy pancakes

4

GF WF NF

(To keep these WF choose tamarin soy sauce or check ingredients)

FOR THE PANCAKE BATTER:

150g **gluten free plain flour** (we use Dove's Farm (or 130g **rice flour** plus 20g **cornflour**, **ground tapioca** or **arrowroot**)
400ml **full fat coconut milk**
½ teaspoon **turmeric**
20–50ml **water**
2 **spring onions**, finely sliced
salt and **freshly ground black pepper**

FOR THE FILLING:

coconut oil for frying
1 **onion**, sliced into medium 2mm thin half moons
2 **cloves garlic**, very thinly sliced
280g **firm tofu**, cubed 1-cm pieces
400g **beansprouts**

FOR THE SAUCE:

1 **clove garlic**, finely chopped
1 small **red** or **green chilli**, finely chopped
sprich of **freshly ground black pepper**
1 teaspoon **sweet white miso**
2 tablespoons **rice vinegar**
1 teaspoon **sugar**
2 tablespoons **water**
3 tablespoons **soy sauce**

TO SERVE:

a handful of **mint leaves**, chopped
a handful of **Thai basil leaves**, chopped
a handful of **coriander leaves**, chopped

41

PREP TIME: 15 MINS + 30 MINS RESTING • COOK TIME: 20 MINS

Chantal first tasted these perched on a child's plastic chair at the side of the Hoi An river in Vietnam. It was the best thing she'd eaten on her solo trip around Vietnam, Cambodia and Thailand. Today, the pancakes take her back every time she cooks them. They are made with a mixture of rice flour and cornflour, but you can use gluten-free plain flour instead, which is usually a blend of both.

1. To make the pancake batter, whisk together the flour, coconut milk and turmeric with a pinch each of salt and pepper. The finished batter should be the consistency of double cream, so if necessary add water, just a little at a time. Once smooth, add the spring onions, mix and rest at room temperature for at least half an hour.
2. Make the sauce by combining all the ingredients and leave to infuse.
3. Put the oven on low (around 80°C) to keep the pancakes warm. Line a baking sheet with baking paper.
4. Place a 25cm cast-iron or non-stick frying pan over a medium heat and when hot, drizzle with a little coconut oil. Pour about 3 tablespoons of batter into the hot pan and swirl to evenly distribute the batter so that it covers the base of the frying pan.
5. Cook for 7–10 minutes without flipping, until the bottom is golden and crispy. Slide each pancake onto the lined baking tray and into the warm oven while you cook the remaining 3 pancakes, topping each with another sheet of paper so they don't stick together.
6. While the pancakes are cooking, place a wok over a high heat. Pour in a tablespoon or so of coconut oil, add the tofu and leave to crisp up before turning. Cook until crisp on all sides. This will take 5–10 mins depending on the thickness of your wok. Add the onions and after 1 minute, add the garlic and beansprouts. Stir fry for one minute. Season with a pinch of salt, then remove from the heat and take everything out of the pan, but keep warm.
7. To assemble, place a cooked pancake on a plate. Spoon a quarter of the filling onto one side of the pancake, sprinkle with a quarter of the herbs and drizzle on a quarter of the sauce. Fold in half. Repeat with the rest of the pancakes and eat immediately.



QUICK SUPPERS

Chocolate brownies

12

GF NF SF

(Only NF if nuts omitted)

2 tablespoons **ground/milled flaxseeds/linseeds**
5 tablespoons **water**
200g **dark chocolate** (minimum 70% cocoa solids), divided
150ml **non-dairy milk**
5 tablespoons **neutral oil** (you can use melted coconut oil, but it will give a slight coconut flavour)
1 teaspoon **vanilla extract**
75g **plain flour**
50g **chickpea/gram flour**
2 tablespoons **cocoa powder**
1 teaspoon **baking powder**
150g **caster sugar**
1 tablespoon **strong black coffee** (optional)
2 generous pinches of **sea salt**, divided
100g **mixed nuts** (walnuts, pecans, blanched almonds or blanched hazelnuts), chopped

TIP

Experiment with adding other flavours to this recipe, like a pinch of dried chilli, crystallized ginger, ground cardamom or orange zest. Dried fruit also works, especially tangy dried blueberries or cranberries.

PREP TIME: 15 MINS • COOK TIME: 30 MINS

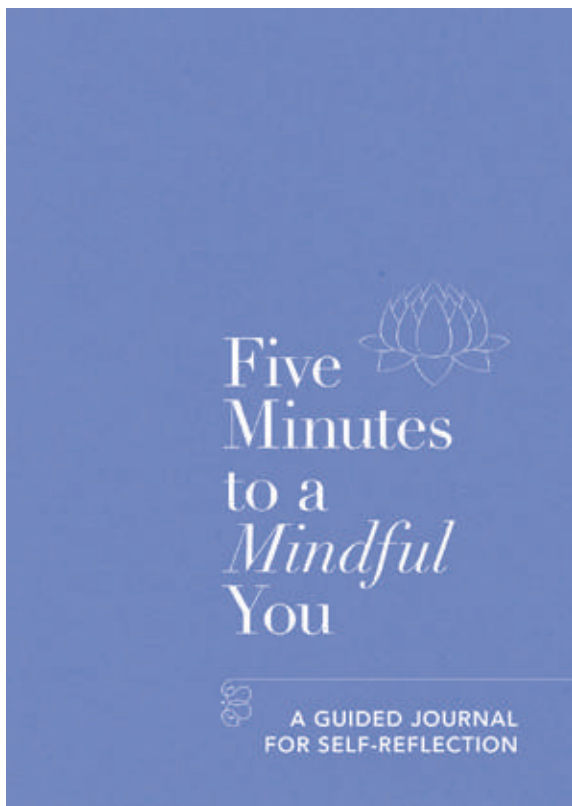
Squidgy, fudgy, melt-in-the-middle chocolate brownies. Gram flour or chickpea flour is commonly used in Indian cooking to make things like popudums and bhajji; it is easy to find in large supermarkets and Asian food shops. Along with the ground flax/linseeds (also available in supermarkets), it acts to bind and moisten the brownies. You can replace it with more plain flour, but the brownies will be more cakey and crumbly. If making for children, omit the second pinch of salt. These firm up as they cool so eat while warm if you want a fudgy middle, or reheat for 10–20 seconds in the microwave.

1. Heat the oven to 180°C. Line a 12-hole muffin tin with greased silicone cases, or brush paper cases with oil, or line with greaseproof paper. (The brownies will stick to an unlined tin.)
2. In a small bowl, mix together the ground flax seeds and water. Leave to stand for at least 5 minutes.
3. Break 150g of the chocolate into chunks. Place in a glass bowl with the milk, oil and vanilla extract, then set the bowl over a pan of just simmering water. Allow the chocolate to melt, stirring frequently. Make sure the pan doesn't get too hot, as this will make the chocolate split and become grainy. Remove from the heat and allow to cool slightly.
4. Chop the remaining chocolate into small pieces.
5. Sift the flours, cocoa and baking powder into a large bowl. Stir in the melted chocolate, the chopped chocolate pieces, sugar, flax seed mixture, coffee, if using, one pinch of the salt and the nuts. Mix. Spoon the mixture into the prepared tin, dividing evenly between the 12 holes.
6. Sprinkle the second pinch of sea salt (if using) over the tops of the brownies. Slide into the oven and bake for 13–15 minutes. The tops should be firm and cracking, but the centres will still be very obviously runny—they will firm up considerably as they cool, and if the brownies have risen, they will deflate. (Add a couple of minutes onto the cooking time for brownies that are totally cooked through; we love ours gooey in the middle.)
7. Remove from the oven and leave to cool in the tin for five minutes, then transfer to a rack to cool completely. Carefully remove any lining paper as the brownies will be fragile. Serve on their own, or with fresh berries, coconut sorbet, vegan ice cream or cream, or coconut yoghurt.



285

CAKES, COOKIES & TREATS



FIVE MINUTES TO A MINDFUL YOU

A guided journal for self-reflection

An illustrated journal with mindful writing exercises and prompts to nourish a sense of inner calm.

Mindfulness is in the moments.

In this guided journal there are mindfulness exercises and prompts to help you nourish a sense of inner calm wherever you are.

From immersing yourself in your senses as you savor that first cup of tea or coffee in the morning to letting go of a terrible day, mindfulness develops your awareness. You become the watcher of your emotions, acknowledging all while understanding that you need not be controlled by them.

Journaling is a wonderful practice for developing mindfulness, noticing the glorious detail in life and how you feel without clinging on to your emotions.

Connect with yourself for these few minutes and see all the connections in your life blossom and grow.



9781912023974

March 2019

Aster

US\$12.99 CAN\$14.99

Paperback

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160 pages

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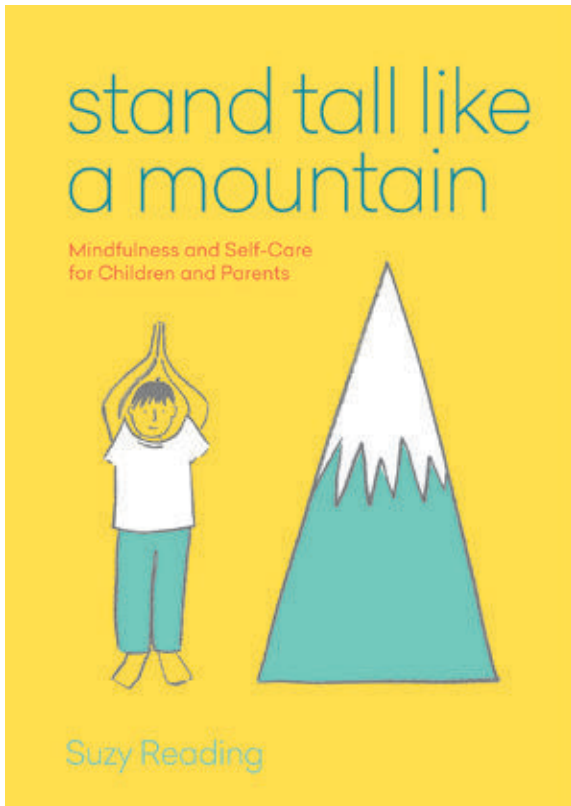
FIVE MINUTES IN THE MORNING

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STAND TALL LIKE A MOUNTAIN

Mindfulness and Self-Care for Children and Parents

Suzy Reading

A practical and empowering book about mindfulness and yoga for children and parents.

Stand Tall Like a Mountain is specifically designed to empower children and their parents to:

- Learn tools for dealing with everyday emotions
- Express how they are feeling
- Learn about their bodies and minds in easy-to-read and understandable language
- Develop tools for nourishment and coping with challenges

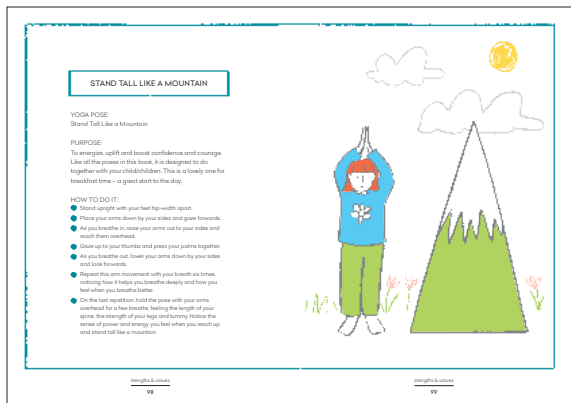
We teach our children how to brush their teeth and cross the road safely; this book is about broadening their toolkit to include emotional first aid. Suzy Reading introduces practices to encourage noticing emotions, feeling calm, expressing feelings, falling asleep more easily, coping with anger and feelings of anxiety and nurturing confidence and kindness.

Children are natural masters of curiosity and mindfulness, so the learning is not a one-way street. The book encourages parents to observe and seek opportunities to learn from their children too.



Suzy Reading, is a chartered psychologist (B. Psych (Hons), M.Psych (Org)) and qualified yoga teacher specializing in wellbeing. Her offerings include face-to-face coaching, walk & talk sessions, private and group yoga, mummy and baby yoga courses, Skype coaching,

workshop presentations on self-care and other topics such as sleep, rest and relaxation, and how to make sustainable lifestyle changes. Suzy is also the Neom Organics Psychology expert and a Contributing Editor on *Psychologies Magazine*.



9781912023950

March 2019

Aster

US \$14.99 CAN \$16.99

Paperback

6" x 8 1/2"

192 pages



New restaurant launching Spring 2019 in New York

COOKING AT HOME

Dan Doherty

Award-winning chef Dan Doherty's favorite recipes to cook at home, from party snacks to weekday suppers after work.

Dan Doherty returns with his third cookbook, in which he shares crowd-pleasing recipes inspired by his favorite dishes to make at home. This is comfort food with a twist - nourishing, reliable recipes with Dan's individual stamp on each dish.

Dan's recipes will inspire you to spend more time in the kitchen whatever the occasion, be it a Tuesday night supper of Sweet Potato and Black Bean Chili Bake, Slow Roast Pork Belly with Jerusalem Artichoke and Pearl Barley Risotto to impress friends at a dinner party, or Butterflied Herby Roast Leg of Lamb followed by Brown Butter Cheesecake for a family Sunday lunch.

Sections include Breakfasts; Lunch Boxes; Snacks, Nibbles and Starters; Mains; and Desserts, as well as Feasts and Seasonal Menus.

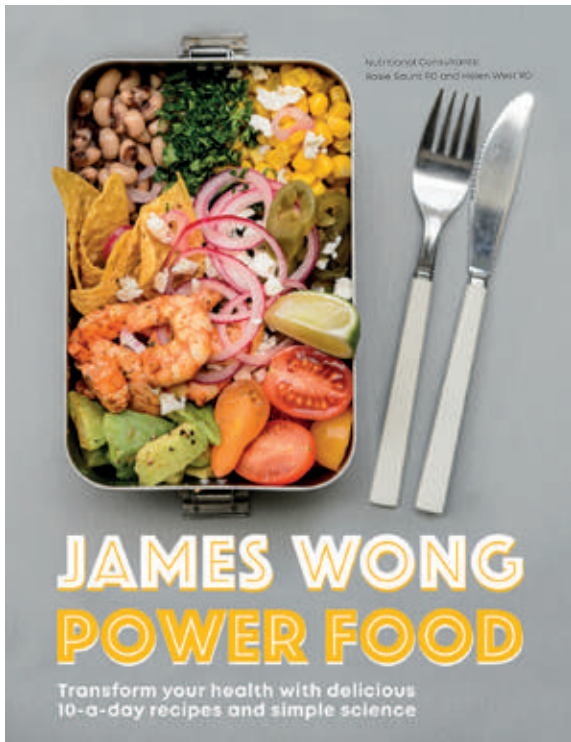


Dan Doherty is a judge on the BBC 1's primetime series, *Britain's Best Home Cook* alongside Mary Berry. He was the Chef Director at London's Duck & Waffle, with a restaurant on the 40th floor of Heron Tower in the City of London and the more informal Duck & Waffle Local in London's West End. He won Tatler's Rising Star Chef award at their 2013 Restaurant Awards and the *Guardian* declared him 'among the high priests of Britain's culinary revival'.

He has appeared on BBC 1's Saturday Kitchen and Channel 4's Sunday Brunch and regularly speaks and demonstrates at festivals and events including Taste London and Meatopia.

9781784725594
 March 2019
 Mitchell Beazley
 US\$29.99 CAN\$32.99
 Hardcover
 7 5/8" x 10"
 256 pages





POWER FOOD

Transform your health with delicious 10-a-day recipes and simple science

James Wong

Make small changes to your diet and slash your risk of developing the biggest diseases to affect the Western world, with delicious, filling recipes from bestselling author James Wong.

Eating healthily can be a confusing business. But what if there were a single, simple change you could make that would transform your health, without forcing you to give up the foods you love?

According to a growing body of international studies, little tweaks to your everyday diet to get you beyond the 5-a-day minimum and towards 10-a-day could slash your risk of developing the biggest diseases to affect the Western world. In fact, experts agree that simply eating more fruit and veg is the single most important dietary change you can do for your health!

As only 3 out of 10 people are even achieving the minimum amount of fruit and veg, this book aims to make getting there easy. No gimmicks, no 'banned' foods, no miserly portion sizes. Just 80 of the classic recipes you know and love made healthier (and tastier) by simply upping the amount of fruit and veg in them, all backed by the best science available. seasons: spring, summer, autumn and winter.



James Wong is a Kew-trained botanist, science writer and broadcaster based in London. Graduating with a Master of Science degree in Ethnobotany in 2006, he pursued his key research interests of under-utilized crop species and traditional food systems through field work in rural Ecuador, Java and southern China.

With his obsession for food almost eclipsing his love of plants, James's small London garden serves as a testing station for all manner of crops from around the world.

9781784724764

March 2019

Mitchell Beazley

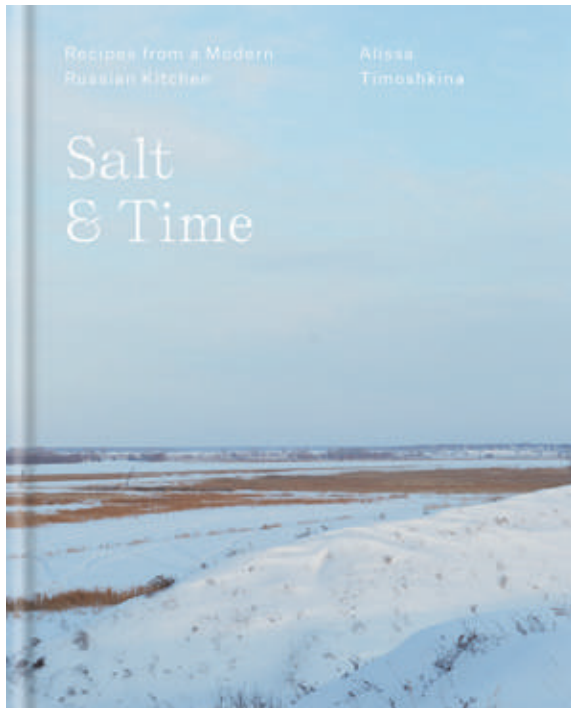
US\$29.99 CAN\$32.99

Hardcover

7 1/2" x 9 3/4"

224 pages





SALT & TIME

Recipes from a modern Russian kitchen

Alissa Timoshkina

A collection of delicious modern recipes that will smash perceptions of food from Russia, particularly Siberia.

Salt & Time will transform perceptions of the food of the former Soviet Union, and especially Siberia - the crossroads of Eastern European and Central Asian cuisine - with 100 inviting recipes adapted for modern tastes and Western kitchens, and evocative storytelling to explain and entice. Why not try the restorative Solyanka fish soup (a famous Russian hangover cure), savor the fragrant Chicken with prunes or treat yourself to some Chak-chak-fried honey cake.



Food and Russian culture are two of **Alissa's** greatest passions. Born to a family of avid readers and lovers of all things cinematic, she grew up exposed to the classics of Russian and world cinema and literature.

Within a year of setting up her Instagram account, Alissa had decided to quit her job and embark on a new project that would encompass her love of food and expertise in cinema: a cinema-supper club called KinoVino. Since its launch in 2015, KinoVino has established a reputation as one of London's most original projects, redefining the food and film scene and featured in *Vogue*, *Olive*, *Vice*, *The Curious Pear*, the *Telegraph* and on *BBC Radio 4's* Food Programme. Partnerships, clients and collaborations include AirBnB, Pantone, Seedlip, Tanqueray, The Severn Sisters, Adidas, The Food Network and the *Evening Standard*.

9781784725389

March 2019

Mitchell Beazley

US\$34.99 CAN\$38.99

Hardcover

7 1/2" x 9 3/4"

240 pages

"If anyone had to write a Russian cookbook now, it would have to be her, and her book will end up being a classic" - Olia Hercules



Photo: Shutterstock

Home



Solyanka Fish Soup

servings

- For the stock
- 500g fish bones, heads, skin
and your fishmonger
(or the best supermarket)
- 1 onion, peeled with skin on
- 1 carrot, peeled and
roughly chopped
- 4 bay leaves
- 1 bag black peppercorns
- 1 bag allspice berries
- stalks of dill and parsley
- 1 bag salt
- 2 litres water (it will reduce
during cooking)

For the soup

- 2 large courgettes or
1 zucchini, sliced
- 1 carrot, peeled and grated
- 2 large tomato paste
- 1 tsp smoked paprika (if
you do not have any, use
unsalted fish to taste)
- 2 medium-sized potatoes,
sliced
- 1.5 litres fish stock (you can use
ready-made here if you like)
- 2 potatoes, peeled and sliced
- 40g green olives, quartered
- 1 tsp capers
- 2 tsp caper brine
- 1 tsp jalapeno or spicy
Turkish pepper with brine
(if you'd like an extra kick)
- 250g salmon, cut into bite-
sized chunks

Solyanka is one of the great Russian soups, which has its first mention in the famous *Dinner at Eight* – a novel translated into published under the name of *Eight*, that gave guidance on how to manage a great Victorian home. As Solyanka is characterized by a hot broth, an abundance of spices and a powerful tang of tomato vegetables, it's a shame that its name (that this soup was initially listed throughout the upper classes as a kind of simple peasant soup) is a variation of the *sol* & name, Solyanka, a derivative of the Russian word for vinegar. Over the years, new ingredients were added to the soup to strengthen their available energy source, including lemons, olives and capers, and for a very long time now Solyanka has been enjoyed widely by all. Traditionally it is made with salmon, but it's important to note, while the richness of the stock and its acidity remain the trademark of all these versions, I prefer the fish version, as the addition of fish-smoked trout or salmon with something a little tangier to the soup. Try this one (I'm a fan of the fish) and see if you agree to cook a new one.

If you are choosing to go the extra mile and make your own stock, here's what you do: put the fish bits together with the onion, carrot, olive and parsley stalks, and all the spices into a medium pot. Season well, add the water and bring to a boil. Lower the heat and simmer for about 1½ hours uncovered. Once you are happy with the taste, strain the broth through a sieve or a muslin cloth. You are now ready to make the best fish Solyanka.

Heat the oil in a medium pot, and fry the onion and carrot for 2–3 minutes with a small pinch of salt. Add the tomato paste with a splash of fish broth and the smoked paprika as well as the jalapeno, and fry for another 5 minutes. Add the hot stock and bring to a boil. First add the potatoes and cook for about 20 minutes. Then add your olives, capers with brine and jalapeno with brine (if using), and finish cooking everything together for another 10 minutes or so. Add the raw and fish-smoked salmon or trout to the soup, followed by lemons juice and olives, and fresh herbs. Lower the heat to the minimum and cook for 5 minutes, or until the fish is gently poached. Make sure not to overcook it. Taste for seasoning, and adjust if necessary.

Serve very hot with an extra spritz of fresh herbs. You know

you will be doing yourself a good job adding a generous amount of fresh crunchy bread on the side, (and maybe just one bit of the cold vodka?)

300g hot smoked trout or salmon, cut into bite-sized chunks
1 lemon (juiced and 1 finely sliced)
1 large bunch each of dill and parsley, finely chopped
salt and pepper, to taste

Photo: Shutterstock





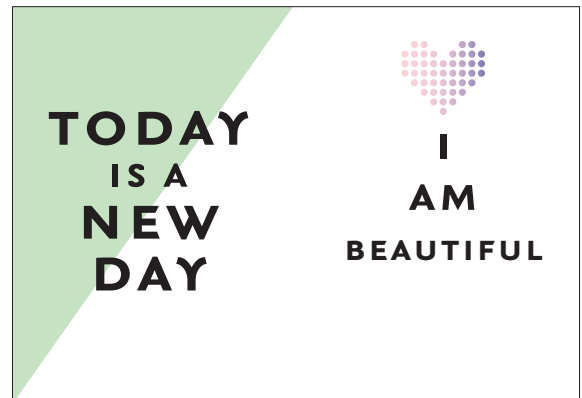
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A collection of brave, bold and beautiful affirmations for the most important person in your life: YOU.

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- TODAY IS A NEW DAY
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- MY FUTURE IS MY OWN
- I AM MY OWN SUPERHERO

9780753733158
March 2019
Hamlyn
US\$8.99 CAN\$9.99
Hardcover
4" x 5 3/4"
96 pages





THE LOUISE PARKER METHOD: 6-WEEK PROGRAMME

Louise Parker

Kickstart your weight-loss potential and change your habits for life with this guided plan from *The London Sunday Times* bestselling author, Louise Parker.

With over 70 delicious recipes, positive coaching tips, practical exercise routines and meal planners, Louise Parker's Ultimate 6-Week Programme will kickstart your healthy lifestyle. Whether you're getting married, training for something, planning a beach holiday or simply want to make a positive change, Louise will help you achieve stellar results. Most importantly, she'll mentor you through every step - training you to change your habits for the long-term and protect the results for life.

Every day you'll be inspired by Louise's 4-pillar programme: Eat Beautifully, Live Well, Think Successfully and Work Out Intelligently. You'll be guided through a specific programme to help trigger weight loss, keep it up and, most importantly, maintain the results. Weekly goals are clearly laid out on the page ensuring you get the correct balance and making life as easy as possible.

As the weeks go on Louise will also provide tips on how to prepare mentally, get organised, plan efficiently and de-stress - as well as giving you A-List beauty and style tips. She'll guide you through the first six weeks of a lifestyle reset, where you make yourself a priority and where your habits will set you free from the endless cycle of fad dieting.

Louise Parker has spent 20 years learning, researching, testing and improving The Louise Parker Method. Her clients include CEOs, celebrities and A-list names, as well as figures from high society and royal family members from around the world. To date, over 11,000 people in more than 28 countries have completed a Louise Parker programme. Many are willing to pay thousands of pounds for the unique plan. Louise now runs the Louise Parker company with her husband Paul, who left his job 4 years ago to help keep up with the ever-increasing demand for The Louise Parker Method. They live in London with their 3 daughters.

Also Available:



LOUISE PARKER METHOD: LEAN FOR LIFE

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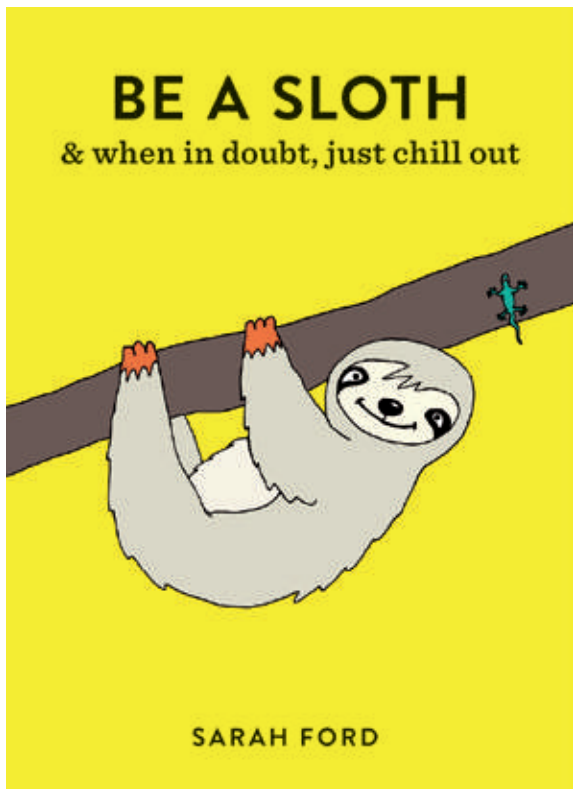
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9781784725372

March 2019
Mitchell Beazley
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Hardcover
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224 pages

"Quite simply the most intelligent weight-loss programme out there." – *Independent*



BE A SLOTH

& sleep, eat, sleep, repeat

Sarah Ford

The ultimate guide to living life in the slow lane.

Follow Sloth on the path to a chilled out life, from understanding the importance of 'me time' to truly mastering the art of the afternoon nap, with expert advice from the animal that practically invented the 'slow movement'.

Sloth saves his energy for the things he really wants to do. He takes joy in the little things and never worries about the big things - he knows that everything gets done sooner or later and you might as well enjoy the ride. He is kind to his environment, but just as importantly, he is kind to himself.

A fun little gift book full of cute, hilarious and inspirational sloth mantras.



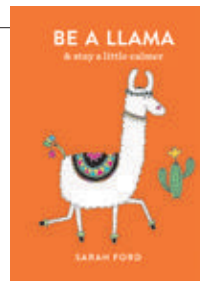
Sarah Ford is a writer and publisher with a love of cocktails, coffee and animals... mythical or otherwise. She lives in the Cotswolds, but works in London, traveling back and forth on a unicorn.

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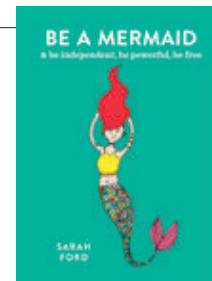
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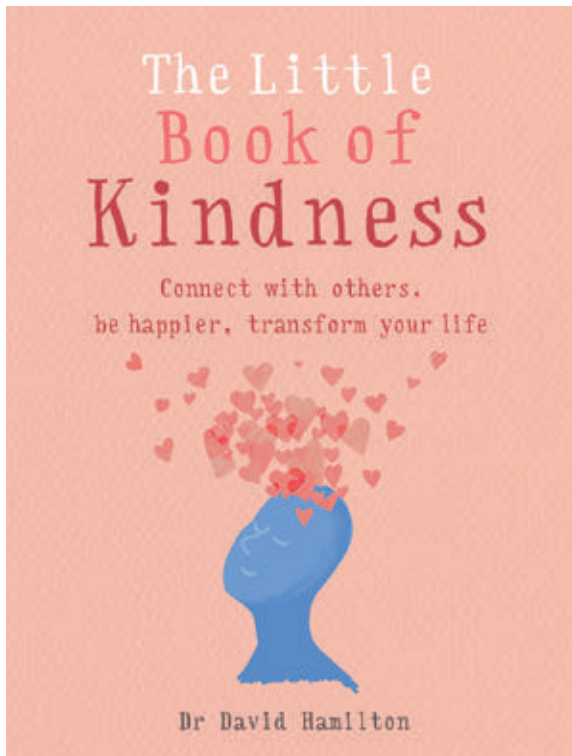
BE A MERMAID
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On paper he was broke
but Sloth still felt rich.



Sloth only used
sustainable products.





THE LITTLE BOOK OF KINDNESS

Connect with others, be happier, transform your life

Dr. David Hamilton

A fully illustrated guide to the science and benefits of kindness from leading kindness expert, Dr. David Hamilton.

Scientific evidence has proven that kindness changes the brain, impacts the heart and immune system, is an antidote to depression, improves relationships and even slows the ageing process. Yet more than this, kindness can power real and lasting change in the world.

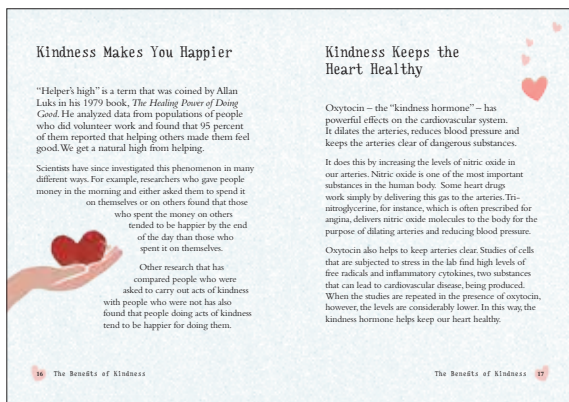
This little guide shows how the practice of kindness can increase our happiness, improve our health, help us to forge stronger connections with others and positively affect the world we live in.

In *The Little Book of Kindness*, kindness expert Dr David R Hamilton reveals the science of kindness and teaches us how, by using easy-to-follow tools, strategies and exercises, we can harness its power to improve all aspects of our lives and the lives of the people around us.

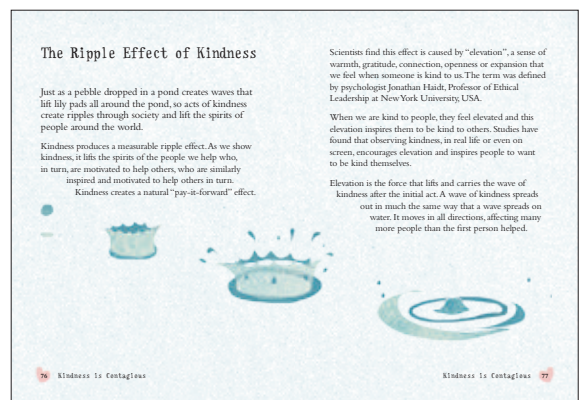


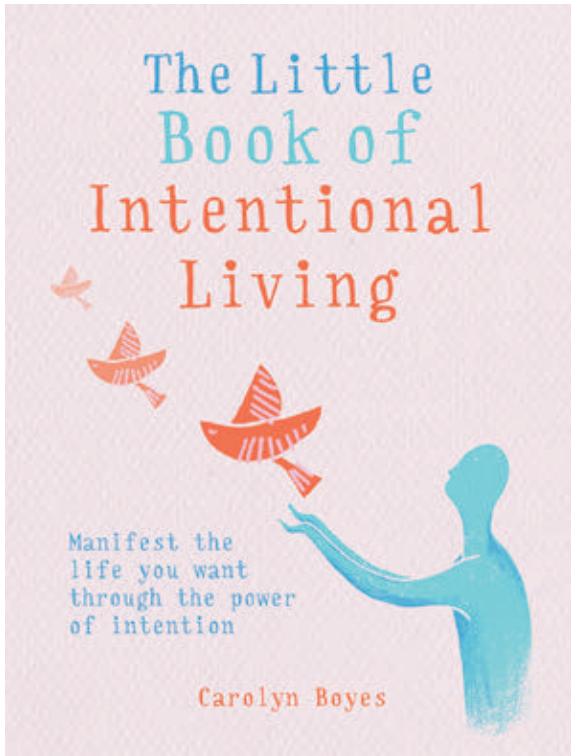
Dr. David Hamilton has a PhD in organic chemistry and spent four years working in the pharmaceutical industry, developing drugs for cardiovascular disease and cancer. Inspired by the placebo effect, he left the industry to write books and educate people in how they can

harness their mind and emotions to improve their health. David is the 'Kindness Tsar' for *Psychologies* magazine and writes for *Soul & Spirit Magazine* and the *Huffington Post*. He has appeared on CBS Sunday Morning in the USA. An advocate for kindness, David is working passionately to help inspire a kinder world.



9781856753913
 March 2019
 Gaia
 US\$8.99 CAN\$9.99
 Flexiback
 4 1/4" x 5 3/4"
 96 pages





THE LITTLE BOOK OF INTENTIONAL LIVING

Manifest the life you want through the power of intention

Carolyn Boyes

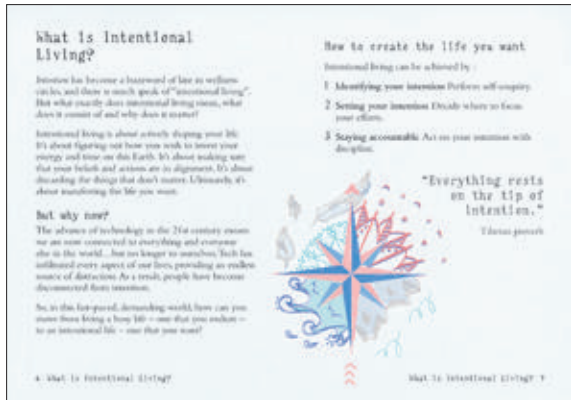
A fully illustrated guide to intentional living from leading author, coach and speaker, Carolyn Boyes.

By living with intention we are actively shaping our lives, establishing how we wish to invest our energy and time on this Earth. Through the processes of self-enquiry, assessing our values, visioning and mindfulness we can ensure that our beliefs and actions are in alignment, discard those aspects of our lives that no longer serve us and manifest the existence we want.

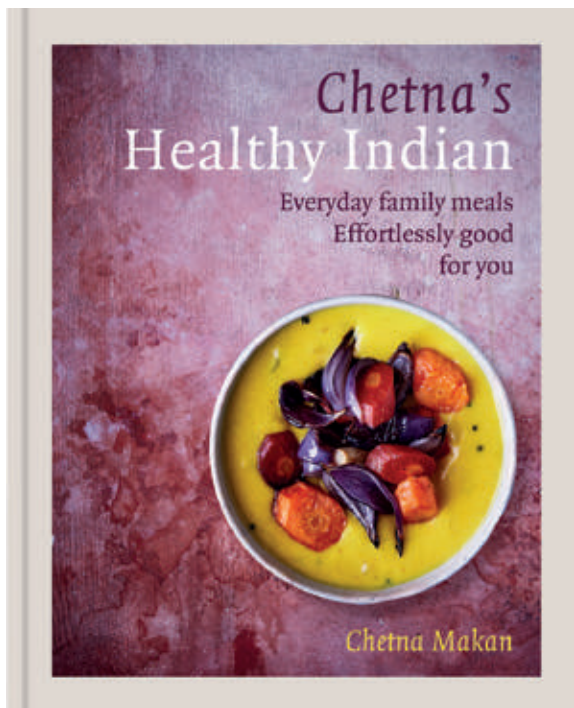
By using easy-to-follow tools, strategies and exercises, leading life coach and speaker, Carolyn Boyes, shows us how, in this fast-paced, demanding world, which is so full of distractions, we can move from living a busy life - one that we endure - to an intentional life - one that we have chosen.



Carolyn Boyes is an author, coach and speaker with more than twenty years helping individuals to change their lives. Her expertise is using simple, practical self-help tools from psychology, business and spiritual traditions as a path to self-development, career success and personal fulfilment. Carolyn has worked with organisations in the UK, Asia, Africa and the Middle East and has written fifteen books on subjects including NLP, CBT, communication, finding the perfect career and cosmic ordering.



9781856754026
 March 2019
 Gaia
 US\$8.99 CAN\$9.99
 Flexiback
 4 1/4" x 5 3/4"
 96 pages



CHETNA'S HEALTHY INDIAN

Everyday family meals, effortlessly good for you

Chetna Makan

80 delicious, budget friendly family meals, inspired by Indian cuisine.

We all know there is more to Indian food than just curries; it can also be really healthy, fresh and super delicious. Chetna's Healthy Indian contains home cooking at its best - straightforward methods, very few ingredients, crowd pleasing flavors, nourishment and comfort. It draws upon inspiration from Chetna's family and friends, creating realistic recipes for midweek, after work, busy weekends or when you simply want to look after yourself with wholesome food.

You'll find 80 delicious recipes that require minimum time and effort, including Onion & whole spice chicken curry, Tandoori pan-fried sea bream, Paneer & cavalo nero saag and Baked cardamom & pistachio yogurt pots.

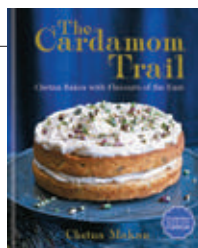
Inspired by Indian cuisine, *Chetna's Healthy Indian* is proof that healthy food does not need to be health food, and convenient meals can be good for you, too.



Chetna Makan was born in Jabalpur, an ancient city in central India. She has a degree in fashion and worked in Mumbai as a fashion designer before moving to the UK in 2003. Chetna reached the semi-final of *The Great British Bake Off* in 2014, and her first book, *The*

Cardamom Trail, is a celebration of baking with Indian flavors. She has a very popular YouTube channel 'Food with Chetna' where she shares her creative flair for food.

Also Available:



THE CARDAMOM TRAIL

9781784721299
\$29.99 (HC)
\$32.99 in Canada



CHAI, CHAAT & CHUTNEY

9781784722876
\$29.99 (HC)
\$32.99 in Canada

On Chai Chaat & Chutney:

"If you love Indian food, if you've never tried it at home before, here's the best introduction you could possibly have." -Huffington Post

9781784725358

March 2019
Mitchell Beazley
US\$32.99 CAN\$34.99
Hardcover
7 1/2" x 9 1/4"
208 pages

SERVES 4

Tamarind Fish Curry

Cooking fish is such a joy – it's often a quick and easy job, and you can get so many different results from the same species. The layers of flavour in this curry are wonderful. The simple sauce is quick to produce, but it combines with the fish into something special.

200g (7½ oz) cod fillet, cut into 2-inch (5-cm) chunks
 ½ teaspoon salt
 ½ teaspoon ground turmeric
 olive oil, to serve

FOR THE CURRY SAUCE
 4 tablespoons mustard oil
 4 tablespoons mustard seeds
 8 curry leaves
 3 shallots, ground to a paste using a mortar and pestle
 1 teaspoon ginger paste (made using a mortar and pestle and washed)
 1 teaspoon garlic paste (made using a mortar and pestle and washed)
 1 teaspoon ground coriander
 ½ teaspoon ground turmeric
 ½ teaspoon salt
 1 tablespoon tamarind paste
 ground (½ lb) coconut milk

Put the cod into a large bowl and rub the pieces with the salt and turmeric. Cover the bowl with clingfilm and refrigerate until the curry is almost ready.

Heat the oil in a saucepan set over a medium heat. When it is smoking hot, add the mustard seeds and curry leaves. After 1–2 minutes, once they start to pop, add in the shallot paste and cook for 3–5 minutes, until golden. Add the ginger and garlic paste and cook for 1 minute, then stir in the coriander, turmeric and salt. Once combined, add the tamarind and coconut milk. Mix well, then cover the pan with a lid and cook for 8–10 minutes until the sauce has thickened slightly.

Add the fish to the curry and cook gently for 3–4 minutes, until the fish is cooked through. Serve warm with rice.



80 FISH

SERVES 4

Yogurt Curry

For me, it's the simplicity of this dish that makes it so beautiful. I loved it throughout my childhood and, once I had the recipe from my mum, I made sure to get it absolutely right so I could make it for my own kids. They adore this yogurt curry, too, and enjoy the variety that comes with it, because I change the colourful topping each time I serve it, depending on what's in season and what I have to hand.

FOR THE YOGURT CURRY
 100g (3½ oz) natural yogurt
 100g (3½ oz) gram flour
 ½ teaspoon salt
 ½ teaspoon ground turmeric
 1 teaspoon chili powder
 1.5 litres (3 pints) water
 1 tablespoon cardamom oil
 pinch of saffron
 1 teaspoon mustard seeds
 10 curry leaves
 1 onion, finely chopped
 1 teaspoon garam masala
 olive oil, to serve

For the yogurt curry, combine the yogurt and gram flour in a large bowl with the salt, turmeric and chili powder and slowly whisk in the measured water.

Heat the oil in a saucepan set over a medium heat. Add the saffron and mustard seeds. After 1–2 minutes, once they begin to sizzle, add the curry leaves and onion and cook for 5–8 minutes, until the onion is softened.

Four in the whisked yogurt and bring the mixture to a boil. Reduce the heat to low, cover the pan with a lid and simmer gently for 30–35 minutes or until the mixture begins to thicken.

Meanwhile, prepare your preferred topping.

1

**ROASTED PINEAPPLE
AND BROCCOLI TOPPING**
 100g (3½ oz) pineapple
 100g (3½ oz) broccoli
 1 teaspoon sunflower oil
 pinch of salt
 pinch of chili flakes
 pinch of black pepper



2

**ROASTED CARROT &
RED CHINESE TOPPING**
 2 carrots, sliced into thick sticks
 1 red onion, sliced into wedges
 1 teaspoon sunflower oil
 pinch of salt
 pinch of chili flakes



3

**SPICY NEW POTATO
TOPPING**
 100g (3½ oz) new potatoes, thinly sliced
 pinch of salt
 pinch of chili flakes

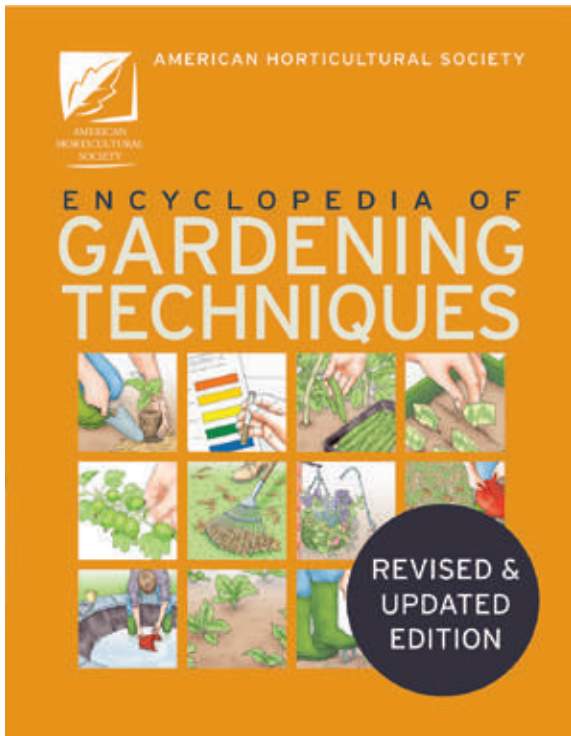


4

**RAINBOW CHIAI
TOPPING**
 1 teaspoon sunflower oil
 100g (3½ oz) rainbow chai, roughly chopped
 pinch of salt
 pinch of chili flakes



42 VEGETABLES



AHS ENCYCLOPEDIA OF GARDENING TECHNIQUES

A step-by-step guide to key skills for every gardener

American Horticultural Society

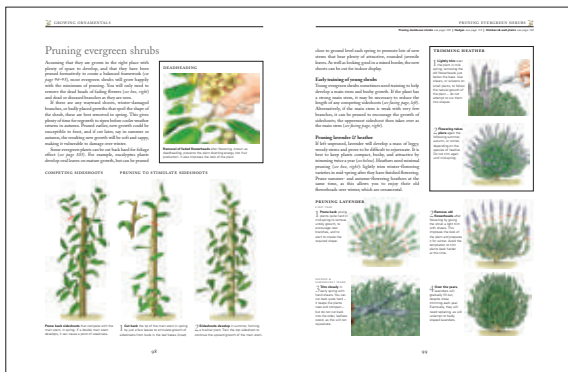
The definitive guide to the best gardening techniques from pruning to propagation and planting to harvesting.

This step-by-step guide to essential gardening practice is a must-have reference showing modern methods to a new generation of gardeners. Compiled by leading specialists in every area of gardening, the book contains a vast amount of expert information clearly demonstrating the tried-and-tested techniques honed by the world's leading gardening authority.

Using more than 1,600 artworks in more than 400 step-by-step sequences, the book covers every aspect of gardening from pruning to sowing, watering to feeding, and propagating to planting. Covering all plants including trees, flowers, shrubs, climbers, lawns, vegetables, fruit and herbs, it shows how to create water features and patios, and add lighting. It also includes organic techniques, recycling and how to treat pests and diseases. The wealth of practical information makes this book an essential purchase for both professional and amateur gardeners.

The American Horticultural Society is at the forefront of a gardening revolution in which received wisdom is questioned and updated. Put together by an army of experts, this book is the result of more than 100 years of practical experience in gardens across the world.

"With clear written text augmented by thousands of illustrations, this book is a boon to any gardener who wants information on a wide range of topics in a single oversize volume." - Better Homes & Gardens



9781784725884

March 2019

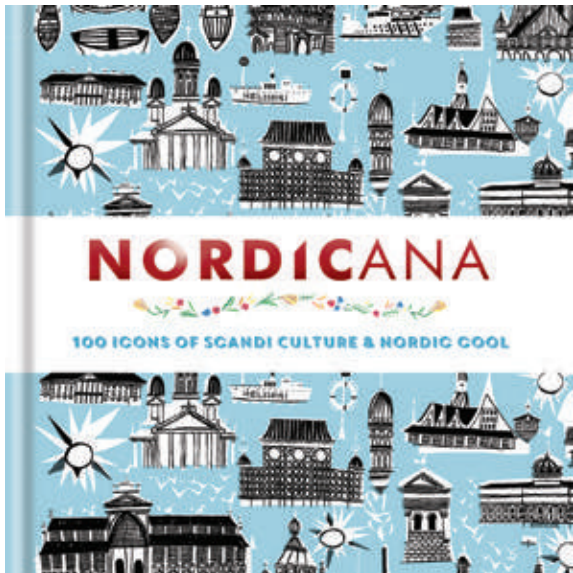
Mitchell Beazley

US\$45.00 CAN\$49.99

Hardcover

8 3/4" x 11 1/4"

480 pages



NORDICANA

100 Icons of Scandi Culture & Nordic Cool

Over the last decade, the Nordic nations have quietly and unassumingly come to hold us in their thrall; but what is it, exactly, that we covet about their culture?

Nordicana celebrates the objects, aesthetics and traditions that have inspired our obsession, with a quick introduction to 100 icons of Scandi style and Nordic cool, accompanied by beautiful illustrations.

Whether it is the inimitable Faroe Isles jumper, made famous by TV detective Sarah Lund; the unusual-tasting delicacy salted liquorice; the ubiquitous Swedish Dala horse; the concept of 'hygge' (a feeling evoked by being in candlelit warmth with friends during winter); Midsomer seasonal celebrations; practical but breathtakingly stylish interiors; or an enduring love of noir literature and dramas, you'll find the key to attaining the Nordic way of life in these pages.

The Nordicana brand celebrates all aspects of Scandinavian and Nordic culture with its magazine and a bi-annual festival in London, established in 2013. An offshoot of Arrow Films, Nordicana showcases the best TV and film dramas coming from those regions, and offers a platform for writers, clothing brands and food companies too.



9781788401227

March 2019

Cassell

US\$14.99 CAN\$16.99

Hardcover

7 1/2" x 7 1/2"

192 pages



HOW TO EAT EVERYTHING

(and Stop Worrying About it)

Lauren Dennison and Eve Simmons

A game-changing narrative for anyone who has struggled to find a balance between healthy and happy, between empty and full. The principle is very simple: eat what you like and don't worry about it.

WE ALL LOVE FOOD!

So why is everyone utterly obsessed with justifying the neglect of their favorite foods? How many times have you forgone that delectable slice of chocolate cake or chosen the less appetizing "carbless" option, all in the blind hope of losing an extra inch?

Not Plant Based are on a mission to help you love food again. The principle is very simple: eat what you like and don't worry about it. It's a menu that's especially delicious, 'guilt-free' and requires a hell of a lot less money spent in health food shops. Throughout the book, Laura and Eve call on experts to debunk myths and provide a balanced exploration of our attitude towards food, with some delicious recipes thrown in along the way. No one is saying healthy eating is bad; there is simply a lot of misleading information out there. More to the point, food is so much more in the grand scheme of life than health: it's family, friends, enjoyment and memories.

So go on, take a bite out of *How To Eat Everything* and learn to love your food all over again. It's SO mouth-wateringly good - we bet you'll be back for seconds.

Not Plant Based is a blog that was founded by **Laura Dennison** and is co-authored by **Eve Simmons**, both of whom have suffered with eating disorders. Eve and Laura are both full-time journalists; Eve works at the *Mail on Sunday* and Laura is currently freelance, following a stint at The Press Association.

Their website covers a broad range of topics from nutritional advice to restaurant tips, physical fitness to mental health, and features interviews with a wide range of chefs, food writers and influencers, including Jay Rayner, Ella Mills and Adam Richman.

9781784725808

March 2019

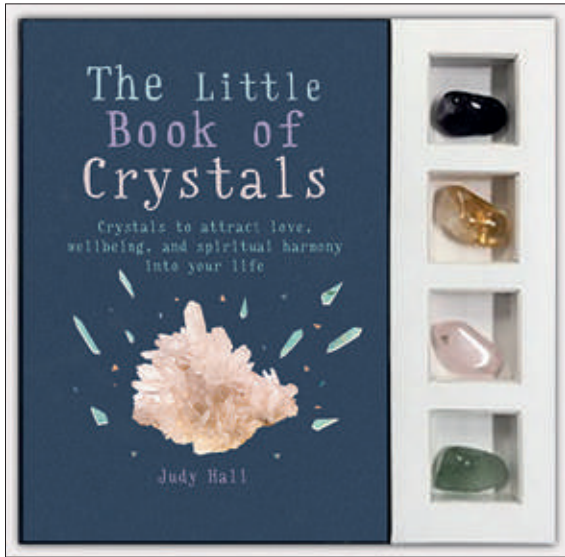
Mitchell Beazley

US\$12.99 CAN\$14.99

Paperback

5" x 7 ¾"

288 pages



THE LITTLE CRYSTALS KIT

Crystals to attract love, wellbeing and spiritual harmony into your life

Judy Hall

Discover how crystals can enrich your life with *The Little Crystals Kit* - from bestselling author and crystal expert Judy Hall.

This enchanting little guide contains everything you need to enhance your life using crystals. Focusing on 15 key crystals, each recommended to complement a particular area of your life, Judy Hall provides essential information on how to choose, use, cleanse and programme your chosen stone.

Whether it's Rose Quartz to improve your relationships, Goldstone to bring you wealth or Selenite to strengthen your spiritual practice, this crystal toolbox contains all you need to harness the power of crystals.

Crystals included in the kit:

- Green Aventurine

This is the stone of prosperity and one of the premier crystals for attracting luck, abundance and success.

- Amethyst

An excellent aid for meditation, Amethyst turns your thoughts away from the mundane and towards tranquility and deeper understanding.

- Rose Quartz

This peaceful crystal is known as the "Stone of Unconditional Love" and it transforms relationships with yourself and others, creating love and harmony.

- Citrine

A happy generous stone. It stimulates living in the moment, rather than living in your dreams.



Judy Hall is a leading authority on crystals and spiritual development. She has over 45 years of experience in crystal healing, karmic astrology and past-life therapy. She is the author of over 40 books, including the bestselling *The Crystal Bible* has sold over 1 million copies worldwide and Judy's books have been translated into over 15 languages.



9781856754033

March 2019

Gaia

US\$12.99 CAN\$14.99

Flexiback in box set

6 1/2" x 6 1/4"

96 pages



Simon Brew is the founder and UK editor-in-chief of Den of Geek.

Also Available:

MOVIE GEEK

9781844039357
\$19.99 (PB)
\$21.99 in Canada



9781788400732

March 2019
Cassell
US\$19.99 CANS\$21.99
Paperback
6 1/2" x 8 1/2"
240 pages



TV GEEK

The Den of Geek Guide for the Netflix Generation

Simon Brew

Get sucked in to the world of box-sets, binge-watching and addictive insider anecdotes with this comprehensive guide to the small screen, brought to you by the people behind the Den of Geek website.

TV Geek recounts the fascinating stories of cult-classic series, reveals the nerdy Easter eggs hidden in TV show sets, and demonstrates the awe-inspiring power of fandom, which has even been known to raise TV series from the dead.

Subjects include:

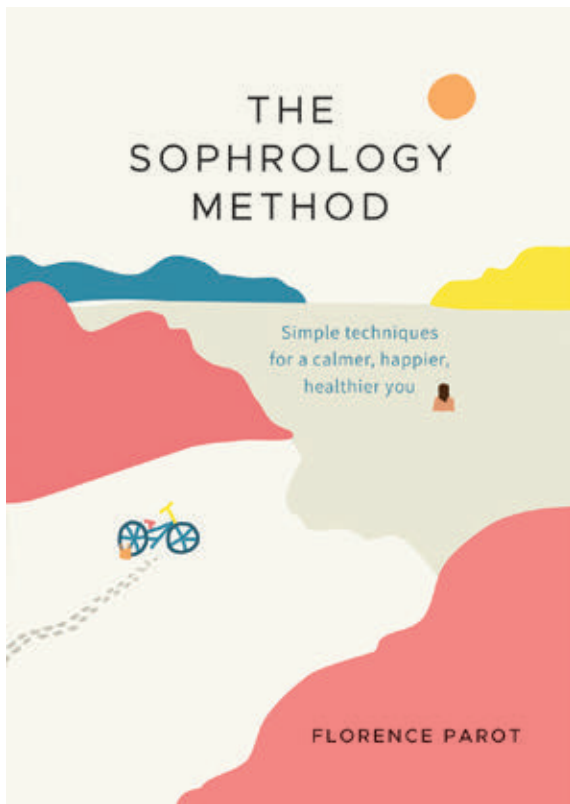
- How the live-action Star Wars TV show fell apart
- The hidden details of Game of Thrones
- Five Scandinavian crime thrillers that became binge hits
- The Walking Dead, and the power of fandom

TV series now have the same budgets, stars, audience figures and cultural impact as Hollywood movies, and *TV Geek* provides an insightful look at the fascinating history, facts and anecdotes behind the greatest (and not-so-great) shows.

This is the ultimate, nerdy television guide for TV geeks everywhere.

Den of Geek is a leading entertainment website, attracting over 10 million readers every month. Its pages are packed with news, features, interviews, reviews and pretty pictures. Furthermore, Den Of Geek strives to find different angles and quirky insights into films, TV shows and games, with contributors and experts from around the world writing for the site.





THE SOPHROLOGY METHOD

Simple techniques for a calmer, happier, healthier you

Florence Parot

A cross between Western relaxation and Eastern meditation, Sophrology is a transformative healthcare philosophy that uses mental and physical exercises to achieve an alert mind and a relaxed body.

Feeling stressed, anxious or burned-out?

Sophrology is a transformative healthcare philosophy that is designed to help people achieve a calm, alert mind in a relaxed body. Inspired by Eastern philosophies and classical relaxation techniques, Sophrology will help you to become consciously, actively aware of yourself, how you feel, what you want and the environment around you. Cited as 'the new mindfulness', Sophrology uses a unique mixture of breathing and relaxation exercises, body awareness, visualization, gentle movement and meditation. It can be used by anyone, anywhere, at any time and has proven results.

Whether you want to improve your energy levels, focus your mind, build emotional resilience, manage stress and anxiety, achieve better sleep, boost your self-confidence or prepare for exams, interviews or public speaking, this book will teach you the tools and strategies you need to fulfil your unique potential.



Florence Parot is an expert in stress- and sleep-management, burn-out and performance. She helps busy and talented people under pressure to be at their best when they need it most. She teaches them practical tools and strategies to know how to have energy, focus and a clear head.

Florence is a member of the Editorial Committee of the French magazine *Sophrologie, Pratiques et Perspectives* and writes regularly for several publications, including the *Huffington Post*.

9781856753869

April 2019

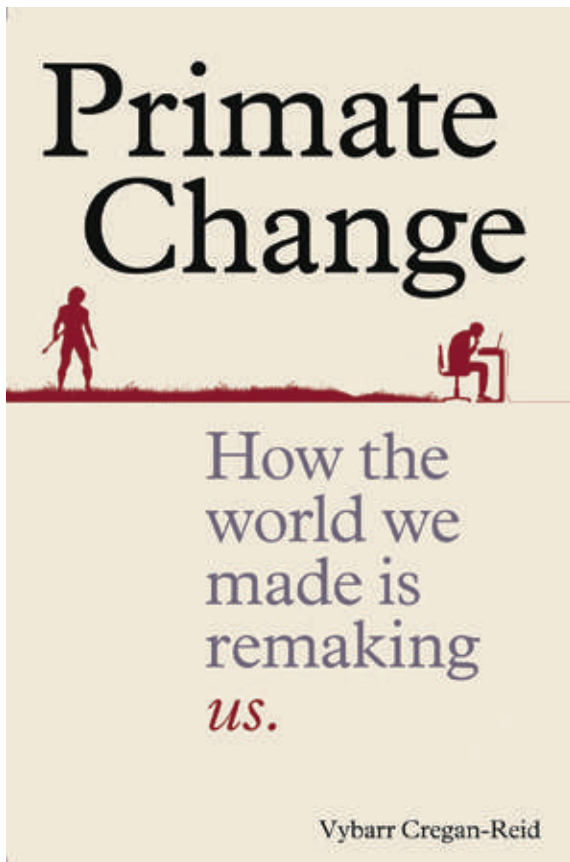
Gaia

US\$14.99 CANS\$16.99

Paperback

6" x 8 1/2"

224 pages



PRIMATE CHANGE

How the world we made is remaking us

Vybarr Cregan-Reid

IF YOU THINK YOU ARE YOU, THINK AGAIN.

PRIMATE CHANGE is a wide-ranging, polemical look at how and why the human body has changed since humankind first got up on two feet. Spanning the entirety of human history - from primate to transhuman - Vybarr Cregan-Reid's book investigates where we came from, who we are today and how modern technology will change us beyond recognition.

In the last two hundred years, humans have made such a tremendous impact on the world that our geological epoch is about to be declared the 'Anthropocene', or the Age of Man. But while we have been busy changing the shape of the world we inhabit, the ways of living that we have been building have, as if under the cover of darkness, been transforming our bodies and altering the expression of our DNA, too.

PRIMATE CHANGE beautifully unscrambles the complex architecture of our modern human bodies, built over millions of years and only starting to give up on us now.



Vybarr Cregan-Reid is an author and academic. He is Reader in English & Environmental Humanities in the School of English at the University of Kent. His most recent book is *Footnotes: How Running Makes us Human* (St Martins 2017), which reviewers called 'delightful', 'impassioned and energetic', and 'a blazing achievement'. He has written widely on the subjects of literature, health, nature and the environment for the *BBC*, the *Guardian*, *The Independent*, *The Big Issue*, *The Telegraph*, *The Mail*, *The Washington Post*, *The I Newspaper*, *Wanderlust*, *Literary Review*, *New Zealand Herald* and he has appeared on *Radio 4* and *Sky News*.

9781788401289

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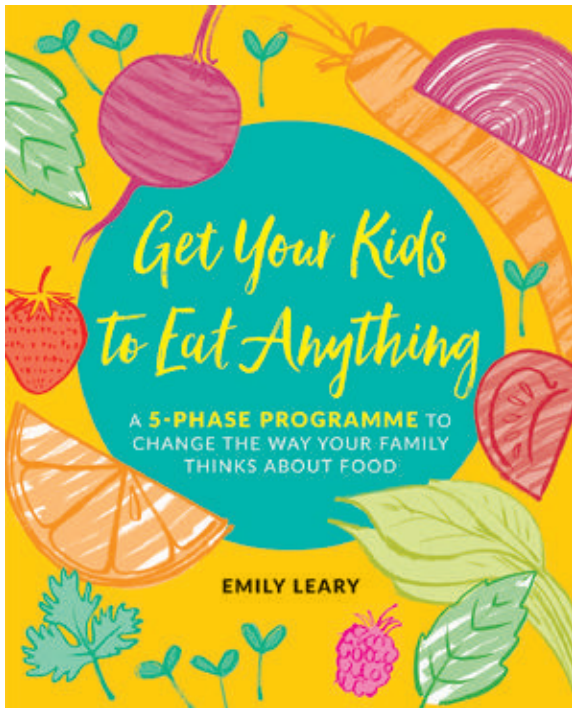
Cassell

US\$12.99 CAN\$14.99

Paperback

5" x 7 ¾"

320 pages



Emily is a multi-award-winning writer, presenter, blogger and vlogger, and a married working mom of two children. In 2011 she launched her blog, *A Mummy Too* - the place to come for daily recipes, tips and video guides for busy working parents who want to get the most out of family life and parenting. It now has over 300,000 followers.

9781784725587

April 2019

Mitchell Beazley

US\$19.99 CAN\$21.99

Hardcover

7 1/2" x 9 1/4"

224 pages

GET YOUR KIDS TO EAT ANYTHING

A 5-phase programme to change the way your family thinks about food

Emily Leary

Multi-award-winning writer Emily Leary's wonderfully practical approach to fussy eating.

Get Your Kids to Eat Anything is an achievable 'how to' for parents in the battle to overcome picky eating and 'make new the norm'. Emily Leary's unique 5-phase program looks at the issue of 'fussy eating' in a holistic way that links imagination with food, and which situates parents alongside - not in opposition to - their children.

Each phase includes a clear explanation of what you're going to learn and achieve, clear advice/commentary, two weeks of delicious tried and tested recipes, and hands-on activities to try out with your family, all of which will help bring that phase to life and help you and your family to progress forward.

The 5-phase approach:

Phase 1: Unfamiliar into the familiar. Introducing unfamiliar color, flavor or texture into familiar favorites.

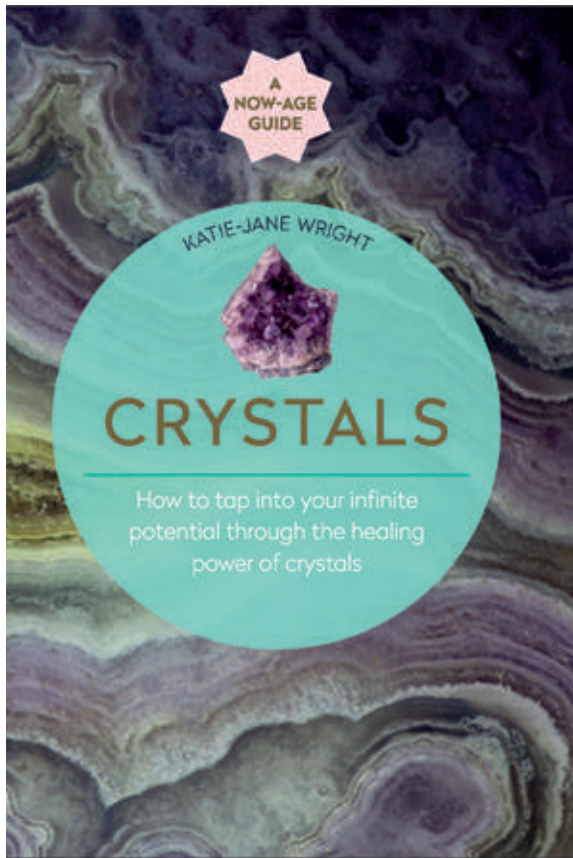
Phase 2: Educate. Experimenting with food, and understanding where it comes from and why it's important.

Phase 3: Fun. Putting the fun back into food and building enthusiasm for food variety.

Phase 4: Into the unknown. Discovering new ingredients and flavor combinations.

Phase 5: Cementing variety. Learning techniques to keep your family meals varied long-term.





CRYSTALS

How to tap into your infinite potential through the healing power of crystals

Katie-Jane Wright

A modern guide to spiritual empowerment through crystals.

Victoria Beckham uses them backstage at her fashion shows.

Miranda Kerr places them in her meditation-yoga room.

Adele raves about their calming properties.

Welcome to the world of healing crystals.

Crystals have existed on earth for millions of years. They're a tool which work with your energy field to absorb, focus and direct energies. This modern, empowering guide illustrates how to tap in to the energy of crystals to strengthen intuition, set intention and feel supported by the beauty and energetic vibrations of popular and lesser known stones.

Crystals may be used as talismans, healing touchstones, tools for meditation and accessing different levels of consciousness. Including 50 crystals and their meaning, how to get started working with the energy of crystals, crystal grids, skulls and cleansing meditations, this stunning book is the definitive, inspiring introduction to crystals for the next generation.



Katie-Jane Wright has been a psychic clairvoyant and medium since childhood. She describes herself as an 'open channel for cosmic and crystal consciousness.' Having previously been a footwear designer for luxury brands and part-time lecturer for 12 years, three years

ago she moved away from the corporate world and began conducting healing sessions with clients in London and from home. She now holds workshops at She's Lost Control, hosts gatherings at The Goddess Space, teaches others how to use crystals in meditation and creates grids for sacred ceremonies.



9781912023943

April 2019

Aster

US\$12.99 CAN\$14.99

Paperback

6" x 8 1/2"

160 pages



DREAMS

A guide to conscious dreaming

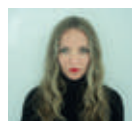
Tree Carr

Discover how to create your own dream practice to help facilitate your work and relationships, self-exploration, soul growth, emotional healing and personal empowerment.

Human beings have a long history of looking to their dreams for guidance, inspiration, spiritual connection and decision making. Kings consulted seers and gifted dreamers for political advice, and tribe leaders took heed from the prophetic dreams of their shamans. Dreams have led to inventions and scientific discoveries as well as the creation of moving works of art.

So why is the modern human so disconnected from our dreams? Our quiet, reflective consciousness has been superseded by the busy, noisy and distractive components of modern culture.

Dreams will teach you how, through simple intent, mindfulness, reflection, record keeping, plant work and lifestyle changes, we can enable a deeper connectivity and understanding of our dream world.



Tree Carr is a London-based dream guide, death doula, mystic, filmmaker and musician.

Tree is an avid lucid dreamer and looks to her dreams for creative inspiration, self-exploration, healing and the personal expansion of greater consciousness. She has been journaling her lucid dreams, sleep paralysis and OBEs for over 20 years and contributes her ideas to *SpiritMAMA* and *Seymour Magazine*. As an artist, she incorporates her dream practice into her creative work.



9781912023967

April 2019

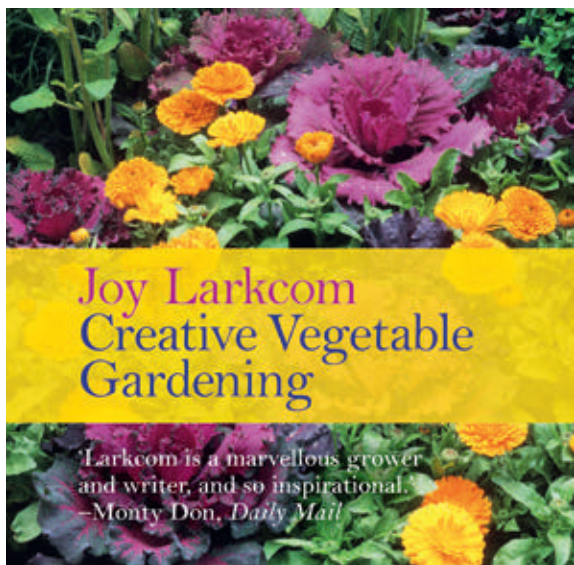
Aster

US\$12.99 CANS 14.99

Paperback

6" x 8 1/2"

160 pages



CREATIVE VEGETABLE GARDENING

Joy Larkcom

A new edition of the classic guide to creating stunning decorative effects in the vegetable garden, where edible plants combine with flowers and foliage to create a beautiful outdoor space.

Joy Larkcom believes passionately that a vegetable garden, whatever its size, can be as beautiful as a conventional garden of flowers and shrubs. In *Creative Vegetable Gardening* she shows how the principles of good design can be applied to a kitchen plot and how to use the vibrant textures, colors and forms of vegetables, herbs and fruit to create glorious effects and intriguing patterns without jeopardizing their productivity.

Inspirational color photographs of potagers and kitchen plots capture the essence of the creative approach to vegetable growing. Techniques are described in clear stages and illustrated with full-color step-by-step artworks, while an A-Z directory includes more than 150 edible plants with key facts on their cultivation, supplemented with ideas on how to grow them to maximum ornamental effect. Beautifully illustrated, intricate plans of five types of potager - formal, informal, small, urban and winter - add to the wealth of inspirational information.

Joy Larkcom has been growing and writing about vegetables for more than forty years. Her work has been influenced by travels in Europe, China, Japan, the USA and Canada as she's sought out new edible plants and cultivation techniques.

Over recent years she has concentrated on the 'potager' concept, making the kitchen plot a beautiful feature in itself. She created several small potagers in Suffolk before moving to Southern Ireland, where a fan-shaped potager has been made on a windswept slope.



9781784725792

April 2019

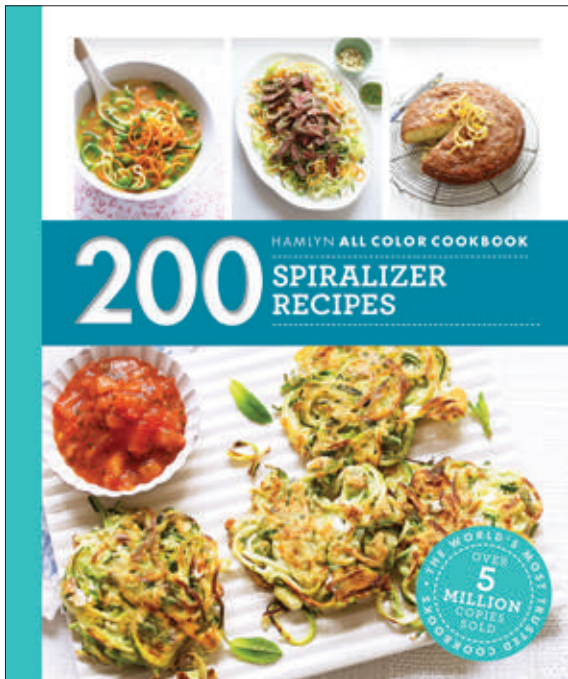
Mitchell Beazley

US\$24.99 CAN\$27.99

Flexiback

10 ¼" x 10 ⅛"

208 pages



HAMLYN ALL COLOR COOKBOOK: 200 SPIRALIZER RECIPES

Denise Smart

200 fresh and flavorsome spiralizer recipes for every occasion.

Enjoy an array of vegetables at the turn of a handle - in minutes the spiralizer creates spaghetti, ribbons and spirals from your favorite vegetables. From zoodles (zucchini spaghetti) to cunoodles (cucumber noodles), it is now easier than ever to create healthy twists to your favorite meals.

Featuring delicious recipes such as Butternut squash, goats cheese & sage tart, Thai beef salad and Pear tart tatin, *200 Spiralizer Recipes* is perfect for the health-conscious; these fruits and vegetables can become the star of your dish, replacing heavier ingredients such as pasta and rice, so that you can enjoy your meal while eating fewer calories and cutting back on refined carbohydrates.

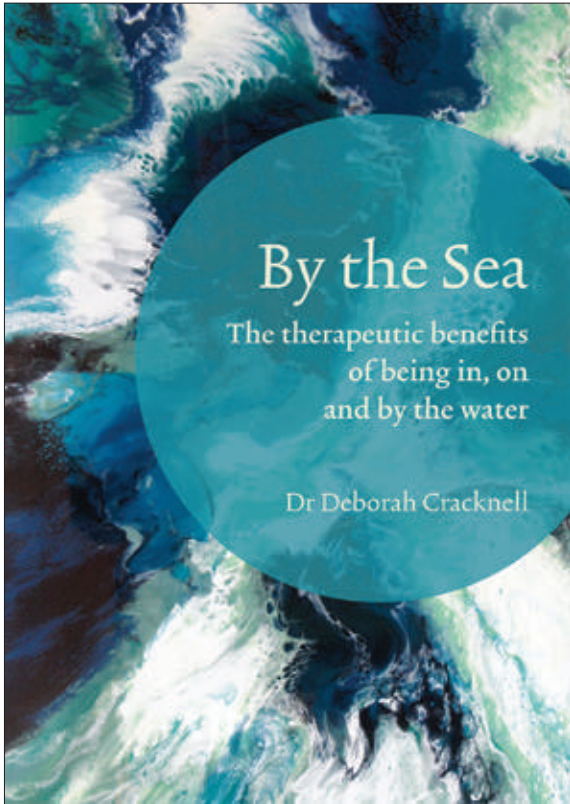


Denise Smart has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV

commercials. Denise is a published author and has written over a dozen cookbooks, including her latest best-selling spiralizing cookbooks. She has worked for many large publishing houses, covering subjects from children's cooking to desserts, quick cooking and mug food. All her recipes are double-tested to ensure they work perfectly first time.



9780600635901
 April 2019
 Hamlyn
 US\$7.99 CAN\$8.99
 Paperback
 5 1/2" x 6 1/2"
 240 pages



Dr Deborah Cracknell is an Honorary Research Fellow of the Medical School, with a primary research focus on the relationships between people and the marine environment.

As an interdisciplinary researcher, Deborah is particularly interested in the influence of marine biodiversity on human health and well-being.

9781783252947

April 2019

Aster

US\$14.99 CAN\$16.99

Hardcover

6" x 8 ½"

192 pages

BY THE SEA

The therapeutic benefits of being in, on and by the water

Dr Deborah Cracknell

Nature meets modern science in a book about the healing powers of the ocean.

In this stunning book, intuition and instinct meet modern science as the **therapeutic benefits** of being in, on or by the sea are explained and explored, and how, **if we look after the oceans they will in turn look after us.**

There is something about the vastness of the oceans, which are significantly larger than the continents combined, that has drawn humans in a significant way since the beginning of coastal communities. Throughout history, people have gravitated to live near the sea, it is part of the survival instinct. Water also has huge cultural and spiritual significance for people through the ages and for centuries we looked to the sand and surf as a fully-stocked medicine cabinet.

Despite the widespread intuitive feeling that **being by the water makes us happier and healthier**, there hasn't been much scientific evidence to quantify this connection. Until now. Environmental psychology is the study of how the natural environment makes us feel, think and behave, and scientists in this area are discovering the tangible benefits of breathing in the fresh sea air.

Reasons to spend time by the sea:

1. Just looking at the sea can promote reductions in heart rate and improvements in mood.
2. The negative ions in sea air accelerate your ability to absorb oxygen, and balance your serotonin levels.
3. The bracing climate is especially beneficial to the respiratory organs and the skin, and also improves circulation and strengthens the body's defences.
4. Spending time by the sea promotes better mental health.
5. When you are by the sea you are more likely to exercise.



‘If
the ocean
can calm itself,
so can you.
We
are both
salt water
mixed with
air.’
Nayyirah Waheed

The unfathomable vastness of the oceans, significantly larger than the continents combined, and brimming with strange sounds and sensations, seems to beckon to humans in a deep-seated way. Throughout history, people have always gravitated to live near the sea, it is part of the survival instinct. Water also has huge cultural and spiritual significance for people through the ages and for centuries we looked to the sand and surf as a fully-stocked pharmacy.

Despite the widespread intuitive feeling that being by the sea makes us happier and healthier, there hasn't been much scientific evidence to quantify this connection. Until now. Environmental psychology is the study of how the natural environment makes us feel, think and behave, and scientists in this area are discovering the tangible benefits of breathing in the fresh sea air.

In this stunning book, intuition and instinct meet modern science as the therapeutic benefits of being in, on or by the sea are explained and explored, and how, if we look after the oceans they will in turn look after us.

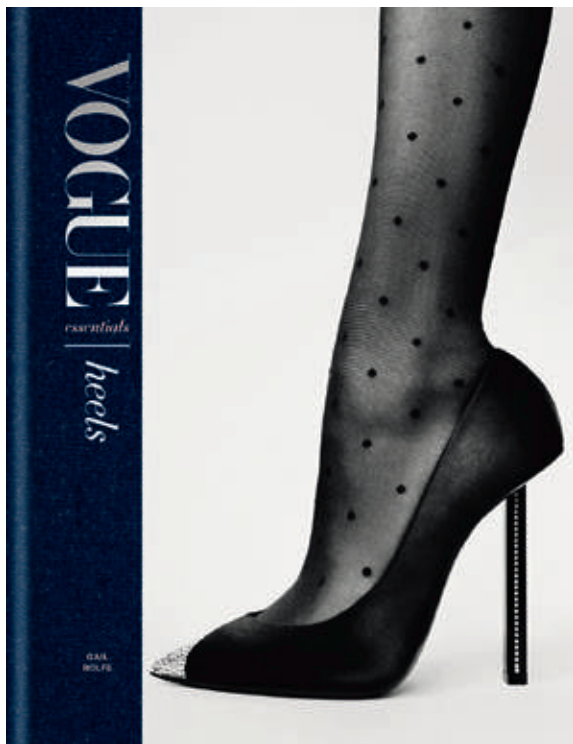


Reasons to Spend Time by the Sea

The ocean provides a variety of physical, mental and emotional health benefits, from the sound pattern of the waves lulling you into a relaxed state to the fact that people who live near the sea report higher levels of happiness. These are some of the areas that environmental psychologists are researching, to find out how the natural environment of the sea affects our health and well-being.

- Even just looking at the sea can promote reductions in heart rate and improvements in mood.
- The negative ions in sea air accelerate your ability to absorb oxygen and balance your serotonin levels, a body chemical linked with mood and stress.
- The bracing climate by the sea is especially beneficial to the respiratory organs and the skin, and also improves circulation and strengthens the body's defences.
- People who live within 5km of the sea rate their health significantly higher than those who live further away from the coast.
- When you are by the sea you are more likely to exercise.
- Spending time by the sea promotes better mental health.





VOGUE ESSENTIALS: HEELS

Gail Rolfe

The latest in the Essentials series from internationally prestigious fashion brand, *Vogue*, celebrating the ultimate fashion power symbol, the high heel.

There is an indefinable magic, mystique and fascination about high-heeled shoes that defies all understanding or logic. How can you explain that the simple act of pointing your toes and gently slipping them into a pair of towering heels can be such a powerful experience physically, psychologically and emotionally? As *British Vogue* has charted over the last hundred years, by stepping into a pair of heels, a woman's personality is instantly transformed.

Divided into the categories of Fancy Footwork, Enduring Classics, Step Up and Rainbow Heels, *British Vogue's* archive of fashion photos has been plundered to showcase the most beautiful, memorable, rule-breaking and trend-setting heels to be photographed in its 100-year history.



Gail Rolfe is a freelance journalist and fashion editor with more than thirty-five years of experience. She joined the *Daily Mail* as Fashion Writer in 1981 and became their Fashion Editor in 1986. She left in 1995 to pursue a freelance career working for *Tatler*,

The Sunday Times and *The Times*, alongside a fashion consultancy for the Arcadia Group. Over the years she has interviewed and styled many celebrities including Goldie Hawn, Elizabeth Hurley and Tamara Mellon. She is passionate about high heels and bought her first pair of Manolo Blahniks for her interview at the *Daily Mail*. She lives in London.

9781840917673

April 2019

Conran

US\$20 CAN\$22

Hardcover

6 ¼" x 8 ¼"

160 pages

"You can never take too much care over the choice of your shoes. Too many women think that they are unimportant, but the real proof of an elegant woman is what is on her feet." - Christian Dior

introduction

head over heels

There is an indefinable magic, mystique and fascination about high-heeled shoes that passes all understanding or logic. How can you explain that the simple act of pointing your toes and gently slipping them into a pair of towering heels can be such a powerful experience physically, psychologically and emotionally?

Heels remain, after five hundred years, an enhancement of stature, status and sex appeal. The height of the heel is mostly irrelevant. It could be a delicate Dior kitten heel, a low block-heeled slingback from Chanel, a towering stiletto from St Laurent, a flower-adorned confection from Prada or an erotic pair of Balenciaga bondage strappy sandals. As long as it elevates and enchants, the heel has satisfied the wearer and her audience. As *Vogue* proclaimed as long ago as 1950, "a length of pretty, pretty legs, were usually made to seem prettier and more slender because of the high pointed heel."

With the right heels in place a woman can indulge an infinite variety of personas: the mood can switch from whimsical theatricality to hard-core utility, ladylike elegance to perhaps even aggressive sexuality. The style possibilities are as endless as the infinite shoe designs. Physically, slimming the ankle, adding definition to the calves and elongating the thighs transform the wearer into a more elevated, even eminent version of herself. But as *Vogue* has charted over the last hundred years, by stepping into a pair of heels, a woman's personality is instantly transformed.

Crazy as it may seem, the mere act of purchasing a pair of high heels conjures instantaneous joy for many women. Pulses race,



→ Aptly headlined "Electrifying", this still-life shot from the August 1972 issue epitomized the decade of glam rock and the fashion heyday of the platform shoe when fashion was all about being flamboyant, camp and theatrical. It was the era of vertigo-inducing platform heels, the higher the better, in a kaleidoscope mix of vibrant, zingy shades, that were worn by the rock star gods of the day, David Bowie, Rod Stewart, Elton John, their fans and any one who desired to be listed among the fashionable set. These pink and yellow shoes from The Chelsea Gobbler, Charles Jourdan and Christian Dior were at the height of fashion then, and would be now.

6 Introduction: Head Over Heels



↑ An air of sophisticated serenity surrounds the shoes illustrated here by artist Eric Steing in the March 1957 story, "The Beautiful New Shoes." It reads: "Now in it's full flowering - the ladylike look, waiting you back to the spindly elegance of 1912. Needle-point shapes, dove soft colours, all conspire with longer skirts to make a beauty too-long-lost." It's so easy to imagine Grace Kelly and Celeste Holm in the 1956 movie

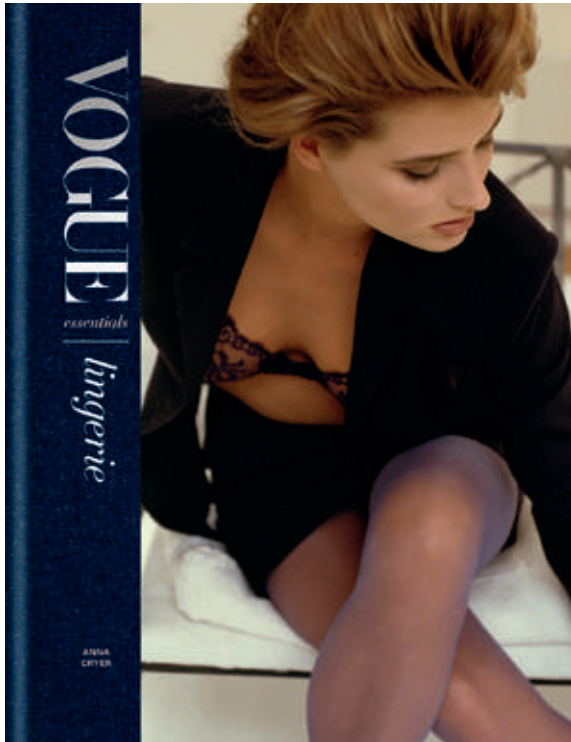
High Society wearing shoes like these from I. Miller, Rayne and Delman, Dotis, Turner and Bally of Switzerland, with the exquisite outfits designed by legendary costume designer Helen Rose.

→ As one of the original eighties supermodels, Christy Turlington is as relevant today as she was when this picture was taken in 1988 for the December issue. Not only is she a timeless style icon, she is as

famous now for her philanthropic work, setting up her non-profit organization "Every Mother Counts" to help global maternal health. This utterly simple and enduringly stylish Gianfranco Ferré white bustier and beige skirt with the delicate grosgrain and finely strapped Manolo Blahnik heels reflect her own personal less-is-more fashion philosophy.



96 Enduring Classics



"Lingerie is what comes nearest to a woman's heart and naturally it gives her more real and intimate satisfaction than any other part of her wardrobe." - *Vogue*, 1918

VOGUE ESSENTIALS: LINGERIE

Anna Cryer

The ultimate wardrobe essential, lingerie, is celebrated in the latest book from the internationally prestigious fashion brand, *Vogue*.

Images of lingerie have been showcased in *British Vogue* since its launch in 1916. They demonstrate more than just changing fashion; they serve as a commentary on ideas of propriety, the progress of female emancipation and technological advancements as well as ever-changing ideals of the female silhouette and concepts of beauty.

Divided into categories of Action, Pretty, Curvy and Boudoir, *Vogue Essentials: Lingerie* explores the evolution of lingerie over the 100 years of *Vogue's* history, commenting on changing fashions, influence on popular culture, the psychology of lingerie and its role as a liberator, accompanied by more than 100 images from the *British Vogue* archive.



Anna Cryer has worked as a fashion editor and an associate editor at *British Vogue*, *Tatler* and *Harper's Bazaar* in London and New York. The majority of her career has been spent at *Vogue* where she has worked on three separate occasions, happily managing to be on the staff as it celebrated its 75th, 90th and 100th anniversaries. She lives in London.

Also Available:



VOGUE ESSENTIALS: LITTLE BLACK DRESS

9781840917659
\$20 (HC)
\$22 in Canada



VOGUE ESSENTIALS: HANDBAGS

9781840917666
\$20 (HC)
\$22 in Canada

9781840917680

April 2019
Conran
US\$20 CAN\$22
Hardcover
6 ¼" x 8 ¼"
160 pages



↓ Cool blue lingerie takes the plunge in this July 1992 high summer story "Beach babe", styled by Jayne Pickering. Karen Mulder wears matching lace bra and briefs by La Perla. Launched by corset-maker Ada Masotti in 1954, the company, whose name was inspired by the red velvet-lined boxes in which the lingerie was presented as though a precious jewel, is one of the few historical Italian fashion houses to have been launched by a



woman. Her use of exquisite fabrics and hand-stitched detail to marry sophistication and sexiness, and ability to innovate (she introduced strong colours in the 1960s, stretch lace in the 1970s), helped make La Perla one of the go-to brands for super-luxurious lingerie.

↑ "Underclothes, if any, are pretty, coloured, transparent." For the free spirit of the 1970s underwear was optional, but if she felt like

wearing transparent lime green bra and pants and azure stockings, why ever not? Challenging the rules was the theme of this June 1971 shoot, "Vogue's new beauty etiquette". Model Cathie Dahmen was discovered in her late teens by illustrator Antonio Lopez (see pp52-53) and went on to epitomize the 1960s cultural movement dubbed "Youthquake" by American Vogue editor Diana Vreeland.

Pretty 59



↑ In a January 1954 article entitled "Beauty partners Fashion", Vogue highlights how clothing (and therefore lingerie) can throw new emphasis on a part of the body previously unrevealed, and the importance of being as attentive to one's beauty regime as to one's choice of clothes. "Growing late-day fashion—the dress with a waist-deep V at back, high neck at front, which makes specialized demands: a bare-backed bra, a corset to nip the waist neatly, and back complexion treatment as careful as you'd give to your

face." Here, a model in a made-to-measure waist-nipper combining corset, bra and petticoat for a tiny waist, bared back and rounded skirt line buffs her shoulder to achieve the perfect finish.

→ Grand couture eveningwear is the focus of October 1997's "Opulence" story, styled by Lucinda Chambers. Models Karen Elson and Eden Rountree strike elegant poses "fit for a Sargent portrait" in John Galiano for Christian Dior's belle-époque-inspired gowns. With back-laced

corset bodices, the dresses are made of sumptuous lace and patterned silks inspired by English flower gardens and Egypt and are adorned with masses of glittering jet. Renowned for his visionary collections based on extraordinarily diverse historical and geographical influences, Galiano has often incorporated both hard and soft lingerie details — most notably the corset and the bias-cut slip dress — into his work for Christian Dior, Maison Martin Margiela and his eponymous line.



100 undercontrol



PROSECCO COCKTAILS

Classic & Contemporary Cocktails

A fizz-filled collection of classic and contemporary Prosecco cocktails.

Prosecco, hailing from an Italian village of the same name near Trieste, its light and spritzy bubbles has rocketed in popularity over the last decade amongst party-goers and stay-at-home sippers alike.

Officially recognized as 'the best thing ever' and protected by DOC and DOCG status, it is often fruitier and more floral than Champagne, and just happens to be cheaper as its aging time is a fraction of that of Champagne's: tank-aged rather than bottle-aged.

Perfect as a top up in many cocktails, Prosecco is at the effervescent heart of the Bellini, is the magic ingredient in the Italian Spritz recipe but it has a place in every cocktail that calls for bubbles.

Here we've collected 100 recipes – some classic 'Champagne' cocktails dating back to times before we'd even heard of Prosecco (imagine! The Dark Ages!), some modern twists and some 'skip the soda and bring on the bubbles' creations.



COBBLER FIZZ

- 1 MEASURE FINO SHERRY
- 3 RASPBERRIES
- 1 MEASURE ORANGE JUICE
- PROSECCO TO TOP
- RASPBERRIES, TO GARNISH

Add the sherry, orange juice and raspberries to your cocktail shaker and shake well.

Strain into a Champagne flute and top with chilled Prosecco.

Garnish with a raspberry.



FRENCH AFTERNOON

- 1 MEASURE BEIGN
- 1/2 MEASURE LEMON JUICE
- 1 MEASURE CAMOMILE TEA, CHILLED
- 1/2 MEASURE SUGAR SYRUP
- PROSECCO TO TOP
- LEMON, TO GARNISH

Add all the ingredients except the Prosecco to your cocktail shaker, shake well and strain into a highball glass.

Top with chilled Prosecco and garnish with a lemon twist.

COTTER KIR

- 2 MEASURE CRIME DE CASSIS
- 2 MEASURE RASPBERRY JAGHIE
- 1 MEASURE CRANBERRY JUICE
- PROSECCO TO TOP
- RASPBERRIES, TO GARNISH

Add all the ingredients except the Prosecco to a wine glass filled with cubed ice and stir briefly.

Top with chilled Prosecco and garnish with raspberries.

9780753733097

April 2019

Hamlyn

US\$12.99 CAN \$14.99

Hardcover

6" x 8 1/2"

128 pages



GIN COCKTAILS

Classic & Contemporary Cocktails

A gin-filled collection of classic and contemporary cocktails.

Gin is (usually) a clear spirit distilled from grain or malt and then flavored with juniper berries and other botanical products. Hailing from early 17th century Holland, it was initially produced as a medicine rather than a spirit, to which juniper was added only to make it more palatable. Thank you, Medicine.

Gin has come a long way since then. Once given to soothe stomach complaints and warm troops at war, it has established itself as one of the most popular spirits and is known to alleviate the downs (and boost the ups) of the head and heart, and warm troops at the bar.

It's at the magic ingredient of celebrated classic cocktails such as the Martini, Singapore Sling, Negroni and Tom Collins (the list is, thankfully, endless), and this oh so versatile spirit deserves the role of 'truly delicious ingredient number one' in this book of modern twists and contemporary concoctions.



9780753733103

April 2019

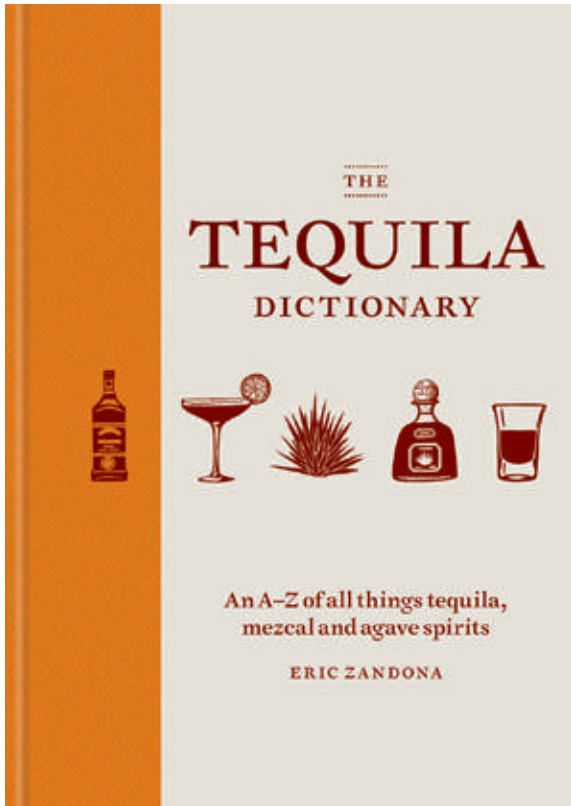
Hamlyn

US\$12.99 CAN \$14.99

Hardcover

6" x 8 1/2"

128 pages



THE TEQUILA DICTIONARY

An A-Z of all things tequila, mezcal and agave spirits

Eric Zandona

An A-Z compendium of everything you need to know about tequila and agave spirits, from history, ingredients and the latest craft tequila techniques to tasting notes and the many regional variations and specialties.

A tequila revolution is taking place, with more and more people learning to appreciate the rich culture, craft and flavor to be found in this unique spirit. *The Tequila Dictionary* is the drinker's guide to this wonderful world. With hundreds of entries on tequila and agave spirits covering everything from history, culture and ingredients to distilling techniques, cocktails and the many varieties of the drink, spirits expert Eric Zandona explores the truth behind this truly captivating drink.

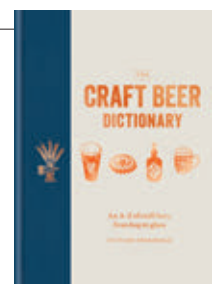
Eric Zandona is Director of Spirits Information at the American Distilling Institute, and a writer for *Distiller Magazine*. He also runs the website EZdrinking.com and is an author/editor for the ADI's publishing arm, *White Mule Press*. He lives in Mexico.

Also Available:



THE GIN DICTIONARY

9781784723989
\$20.00 (HC)
\$22.00 in Canada



THE CRAFT BEER DICTIONARY

9781784723880
\$20.00 (HC)
\$22.00 in Canada

9781784725471

April 2019
Cassell
US\$20 CAN\$22
Hardcover
6" x 8 1/2"
256 pages

1845-1910
 Long Island Iced Tea, p.107
 Moscow Mule, p.101
 Paloma, p.112
 Tequila Sour, p.111
 Tequila Sunrise, p.110

Margarita [MARGARITA]

One of the best-known cocktails in the world, the margarita is a blend of tequila (usually gold), triple sec and lime juice, served with a coating of salt around the rim of the glass.

The origins of the margarita are something of a mystery, but the most popular story is that of Carlos (Donny) Herrera, a Mexican restaurant owner who concocted the drink for showgirl Marjorie King. King was allergic to alcohol but could stomach tequila – yet she didn't like the taste. Herrera disguised it with salt and lime, thus creating the world's first margarita.

Another tale follows a similar theme, but this time centres on Rita Hayworth (real name Margarita Casullo), who was offered the drink by a smitten bartender hoping to impress during a theatre gig in Tijuana in 1946. Other stories are no less fantastic, and equally hard to confirm or debunk.

What we do know is that the first publication of the Margarita in its modern form appears in the December 1952 edition of *Esquire* magazine – from which point it has steadily grown in popularity. And with good reason.

MARGARITA RECIPE

80ml / 2.75 fl. oz. / 60ml VODKA
 20ml / 0.75 fl. oz. / 15ml TEQUILA
 20ml / 0.75 fl. oz. / 15ml LIME

Fill an cocktail shaker with ice, add the ingredients and shake. Dip the rim of a margarita glass in salt, strain the cocktail into it and garnish with lime.

Mayahuel [MAYAHUEL]

An Aztec goddess, Mayahuel held the dual role as protector of fertility and goddess of *Agave americana*, one of the key plants for producing



M

1845-1910
 Avier, p.88



1845-1910
 Agave azul, p.93
 Bacanillo, p.94
 Pimentón, p.95
 Anchocho, p.112

Agave azul [AGAVE AZUL]

Agave azul, a succulent plant commonly known as agave azul or blue agave, is the beating heart of any bottle of tequila. Native to the Mexican states of Jalisco, Nayarit and Aguascalientes, there is in fact only one specific cultivar of the plant that is suitable for producing tequila itself – a bluish grey variety known as 'Weber Azul'.

The agave azul is a spiky, unfriendly-looking plant that, at first glance, doesn't offer much in the way of distilling possibilities. But underneath its sharp exterior is a large heart – known as a *piña* – that is stuffed full of the sugars needed to produce alcohol.

A rapid grower, the plant is allowed to expand in size until it reaches maturity at somewhere between 8 and 14 years old, depending on both how quickly the plant grows and the particular preference of a given harvester. Commercially-grown agave azul are stripped of their central stalk, in order to encourage the plant to concentrate its energy on the rich *piña*.

At the right time, the huge plant is harvested by a *jamatol*, who will remove the leaves to reveal the *piña*, and prise it from the ground. The work is hard and requires skill, with each harvested *piña* weighing in at somewhere around 70kg. The stripped *piña* is then roasted in order to convert the rich sugar with in into starches, and is then pressed in order to release a clear, sugary liquid called *aguardiente* – the basic essence of tequila.

Agave syrup [AGAVE SYRUP]

Sometimes (inadvertently) known as agave nectar, agave syrup is an incredibly sweet, thick, sticky liquid that is produced from the same plant as

1845-1910
 Chichita, p.81
 Bogart, p.87

A



SACRED SELF-CARE

Everyday rituals for a more joyful and meaningful life

Chloe Isidora

Ceremonies and rituals to ease the mind, connect to the heart and honor the moment.

During the average day, most people's time is consumed by thinking 'I need to do this. Can't forget that. How did I come across? What did that person think of me? Why are they acting like that?' Our endless thoughts can run havoc and often cause a state of stress and anxiety - the mind can be a very useful and brilliant tool, but when we slip into unhelpful thought patterns, with the same story going around and around on repeat, it's exhausting.

In *Sacred Self-Care*, Chloe Isidora offers an antidote with ceremonies and rituals that ease the mind and connect you to your heart space. Rituals can range from the smallest act, such as lighting a candle or blessing your food, to a ceremony involving many people singing and dancing. These processes encourage you to slow down, to honor the moment and to connect to something greater than yourself.

Learn how to create a sacred space, hold a ceremony and weave ritual into everyday life. Through practices suggested throughout the book, you will create opportunities throughout the day, week and year to experience reconnecting and receive your own inner guidance, recognizing the feeling of following your joy, just as Chloe herself has.



Chloe Isidora started her career as a fashion editor. After 10 years, she received a calling to make a radical life change. This took her to Peru, Chile, India, Brazil and the east and west coasts of America. Through this journey she has been initiated into Shamanism through

the Four Winds Society, Crystalline Consciousness, Herbalism and has studied at the Oneness University. Chloe now works as a medium, Shamanic energy practitioner and womb healer, and has been featured in a number of publications such as *Vogue*, *The Sunday Times*, the *Guardian* and *ES Magazine*.

9781783252923

April 2019

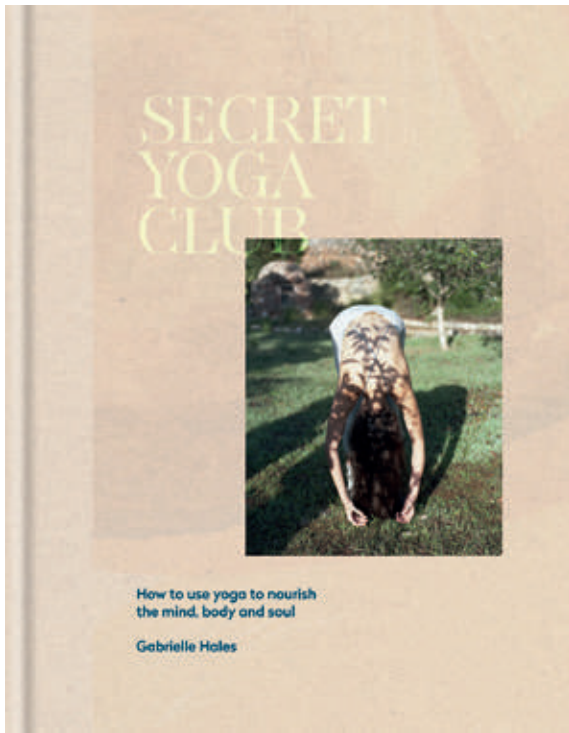
Aster

US\$14.99 CAN\$16.99

Paperback

6" x 8 1/2"

192 pages



SECRET YOGA CLUB

How to use yoga, meditation & food to nourish your body & soul

Gabrielle Hales

An introduction and immersion into the origins and the modern-day practice of yoga.

Yoga is an intimate, alchemical process in which you discover your own physical and emotional landscape. Yoga is how you sing yourself back to life. It's in the moments that you witness the sublime wisdom of the body.

In *Secret Yoga Club* Gabrielle Hales introduces you the yoga practices and rituals that she has found useful and inspiration over the years of hosting diverse events and retreats.

Chapters include:

- Origins of yoga
- Movement and the body
- Breath
- Meditation
- Yoga practices
- Rituals and recipes for the yoga soul

Delve into world of *Secret Yoga Club*, learn about the origins of yoga and discover freedom and boundaries within yourself and your body through movement, breath and meditation.



It took a stint at a corporate global PR agency for **Gabrielle Hales** to realize that office life was not for her. One ticket to India later, she found herself teaching yoga and eager to share all that she'd learnt upon her return.

Beginning with classes in her own living room, the word spread and the Secret Yoga Club events became so popular that she sought out ever-more exciting venues, bringing an extra element by working with up-and-coming chefs to expand them into yoga supper clubs.



9781912023653

May 2019

Aster

US\$24.99 CAN\$27.99

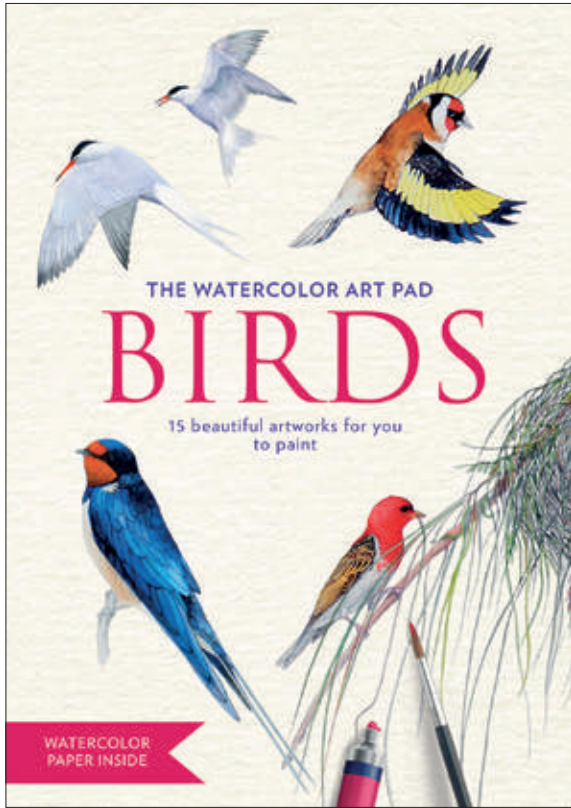
Hardcover

7 1/2" x 9 3/4"

224 pages

"This globe-trotting group promotes a mindfulness practice that continues off the mat and into the sonic realm" - *Vogue USA*

"Secret Yoga Club is a big deal, just don't tell anyone" - *Huffington Post*



9781784725822

May 2019

Mitchell Beazley

US\$19.99 CAN\$21.99

Paperback

8 ¼" x 11 ½"

56 pages

THE WATERCOLOR ART PAD: BIRDS

15 beautiful artworks for you to paint

Emma Faull

This stunning guide with original artworks by Emma Faull will enable painters of all abilities to create exquisite watercolor paintings of birds.

Even beginners will be able to produce beautiful watercolor paintings of birds with the help of the guided projects in this book.

Fifteen original artworks by acclaimed artist Emma Faull have been reproduced as outlines on high-quality watercolor paper, so that you can achieve beautiful results and enjoy the relaxing practice of watercolor painting.

At the front of the book, you'll find inspiration in Emma's original artworks, as well as the recommended color palettes to use. You'll also find advice from the artist on how to get started and guidance on professional watercolor techniques.

To get started, simply choose an outline on watercolor paper and pull it out of the book, then follow the artist's step-by-step advice on creating beautiful watercolors and use the gallery of finished artworks as a guide. The professional paper will also work beautifully with other media, such as acrylic paint, artists' pencils and art brush or marker pens.

Includes the following birds:

- European Goldfinch
- Peacock
- Hummingbird
- American Blue Jay
- Woodpecker
- Wren
- Mandarin Duck
- Golden Eagle
- ...and more.



Emma Faull is a watercolor painter of birds who captures the detail and immediacy of birds in the wild, particularly endangered species. She has exhibited her work worldwide with more than 20 solo shows. Her paintings are in many permanent collections, including

the Audubon Society in the USA, the National Museum of Athens and more than a dozen with Queen Elizabeth and the Duke of Edinburgh. Emma has had many successful exhibitions since 1998 at the Tryon Gallery in London. She continues to work on endangered species for the Durrell Wildlife Conservation Trust in Jersey where she lives.



WHY SOCIAL MEDIA IS RUINING YOUR LIFE

Katherine Ormerod

A no-holds-barred, no-filter look at what social media is doing to us as a society, and how we can deconstruct the online fantasy to change our own attitudes about modern womanhood.

Why Social Media is Ruining Your Life tackles head on the bona fide pressure cooker of social comparison and unreachable levels of perfection that social media has created in our modern world.

In her first book, Katherine Ormerod argues that we're all sitting on a dangerous, ticking time-bomb that will explode if we don't begin to take action. She uncovers how our social media addictions have broken our political systems, re-wired our behavioral patterns, destroyed our confidence and shattered our attention spans.

Ultimately, *Why Social Media is Ruining your Life* will provide you with the knowledge, tools and weaponry to combat the most consuming, addictive force humankind has ever created.



Katherine Ormerod has worked as a journalist for over a decade, starting her career as a fashion assistant at *Sunday Times Style*, moving to *Grazia* to become Senior Fashion News & Features Editor then on to *Glamour* where she was Fashion Features Editor at Large. Prior to her career, she graduated with a MA(Hons) in History from the University of Edinburgh and went on to get a Master's in Fashion History & Theory from the London College of Fashion. Katherine has written for the *FT*, the *Telegraph*, *Harper's Bazaar* and the *Mail on Sunday*.

Now in
paperback

9781788401302

May 2019

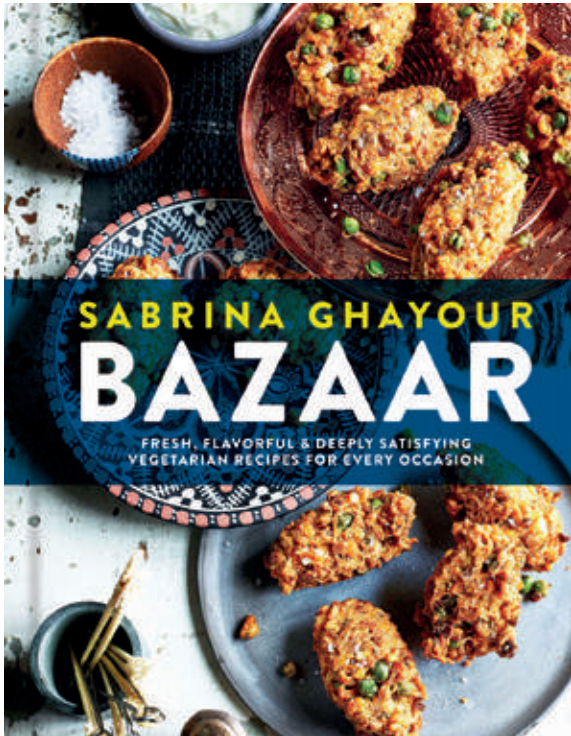
Cassell

US\$10.99 CAN\$11.99

Paperback

5" x 7 ¾"

256 pages



Praise for Sabrina:

"Easy to decipher, packed with lots of flavor and...surprisingly easy to pull off" - Huffington Post

"Sabrina Ghayour's Middle-Eastern plus food is all flavor, no fuss - and makes me very, very happy" - Nigella Lawson

9781784725754

May 2019

Mitchell Beazley

US\$34.99 CAN\$38.99

Hardcover

7 ½" x 9 ¾"

240 pages

BAZAAR

Fresh, flavorful & deeply satisfying vegetarian recipes for every occasion

Sabrina Ghayour

bazaar

noun: a market in the Middle East

Bazaar is a colorful, flavorful and satisfying celebration of vegetable dishes, designed to suit every occasion and every palate. The magic of this cookbook is that you won't feel like anything is missing, with dishes full of easy-to-achieve flavors and depth that would win over even the most die-hard carnivore.

Each recipe utilizes the abundance of varied flavor profiles of the East, from spices, herbs and perfumed aromatics to hearty staples such as grains and pulses, combined with plenty of fresh fruit and vegetables. You will find salads for all seasons, spectacular sides, delicious mains and sweet treats.

Recipes include:

- Grilled halloumi flatbreads with preserved lemon salsa
- Charred tomato & roasted chili soup with herb-fried croutons
- Root vegetable bastilla
- Grilled tofu salad with peanuts, sweet tamarind & spiced miso dressing
- Potato, ricotta & herb dumplings with walnuts & chili butter
- Feta, pul biber & oregano macaroni cheese
- Zucchini, orange & almond cake with sweet orange yogurt frosting.



A chef, food writer and culinary teacher, **Sabrina Ghayour** is one of the strongest voices in Middle Eastern food today.

Sabrina's debut cookbook, *Persiana*, was awarded 'Best New Cookbook' at the *Observer*

Food Monthly awards 2014 and 'Book of the Year' at the 2015 *Food & Travel Awards*. Her follow up, *Sirocco*, and her most recent book, *Feasts*, were *London Times* bestsellers.



GRILLED HALLOUMI FLATBREADS

WITH AVOCADO & PRESERVED LEMON SALSA

This is my version of a taco, but with all the peach, vibrancy and zesty you would associate with Middle Eastern flavors. In my opinion, no cheese could be more perfect for this dish than halloumi. In fact you can use Indian paneer or even tofu, if that suits you. I warn you though—these wraps are highly addictive.

MAKES 6

500g halloumi cheese
2 tbsp olive oil or ghee
1/2 cup olive oil or ghee
1/2 cup fresh tomatoes, seeded and finely grated
1 garlic clove, crushed
Salt, ground red chili (to taste), ground cumin and 1/2 tsp ground paprika or 4 tablespoons
Mint leaves and fresh dill leaves, ground black pepper

For the salsa
1 small washed tomato (1/2 cup fresh), finely roughly chopped
4 preserved lemons, deseeded and finely finely chopped
1 tbsp fresh dill
1 small onion, finely sliced
2 tsp paprika, ground

For the flatbread recipe
1 small soft onion, halved and very finely sliced and left to drain
1 tsp sugar (to taste)
1 cup water (to taste)
1 tsp salt
1 tsp oil

For the preserved lemon
1/2 cup fresh lemon juice
1/2 cup fresh lemon zest
1/2 cup fresh lemon rind
1/2 cup fresh lemon pulp

You are likely to have a supply of halloumi. Cut each block into 1/2-inch-thick, roughly equal slices. Put the yogurt, ground cumin, crushed garlic and olive oil into a bowl, add a squeeze of juice and mix well. Season with salt and pepper. Leave the halloumi slices to marinate while you're making the flatbreads.

To make the salsa, mix the ingredients together in a bowl, season with salt and pepper and set aside.

To make the flatbread recipe, combine the ingredients in a thick plastic container. Put on the lid and shake well. The onion slices lose their rigidity, so you will salt and pepper and set aside.

To make the flatbread dough, combine the ingredients in a bowl, season with salt and pepper, mix well and chill until ready to use.

Heat a dry metal vegetable oil in a frying pan over medium-high heat. Add the marinated halloumi slices and fry for about 2 minutes on each side, until deeply browned.

Transfer, divide the flatbread between 4 flatbreads and add the preserved lemon on top. Add the salsa and some hot water on top, then spread over some extra flatbread (if available). Roll up and serve immediately.

38 / EGG, CHEESE & DAIRY



VEGETABLE DOLMA

WITH FREEKHEH, PINE NUTS & POMEGRANATE MOLASSES

In some cultures, the term dolma refers to stuffed vine leaves, but in Persia it means a stuffed vegetable. Traditionally, the filling is made with rice and sometimes meat, but other grains are also used. The poaching liquid can vary too—lemon juice and sugar or oil, pomegranate molasses and sugar, tomato sauce or a simple stock. This recipe has texture, bite and a sweet-and-sour flavor. A plate of these is ideal for entertaining—especially since they are easy to make in large batches and they freeze well, too.

SERVES 4-6

1 large onion
6-8 large white cabbage leaves
1 onion, cut into 1/2-inch cubes
2 eggplants (or 1/2 cup frozen) or 1/2 cup
olive oil, for drizzling

For the filling
vegetable oil
1 onion, finely chopped
1/2 cup ground coriander
1/2 cup ground cumin
1/2 cup salt flakes (optional)
400g can crushed tomatoes
1 small packet saffron (1/2 tsp of fat)
1/2 tsp paprika, finely chopped
200g freekeh
20g pine nuts
50g pomegranate molasses
Mushroom salt flakes

For the poaching liquid
500ml pomegranate molasses
200ml boiling water
50g water sugar

Preheat the oven to 180°C/350°F. Cut the onion, and prepare the vegetables for stuffing. Heat a large sauté pan over high heat and fill it half full with boiling water. Peel the onion, then make a cut to the onion lengthways. But stop where you reach the center. Roll the cabbage leaves and the whole onion for 7 minutes. Drain, then set aside until cool.

Carefully peel off the outer layers of the onion, keeping them moist. The onion 4-6 layers is the largest for stuffing. Chop the remaining onion and set aside. Take the cabbage leaves and cut out and discard the stalk from each leaf. Slice off the tops of the peppers to create a lid for each pepper. Then cut and discard the peppers. Repeat the process with the tomatoes. But this time set aside the pulp and seeds to add to the filling.

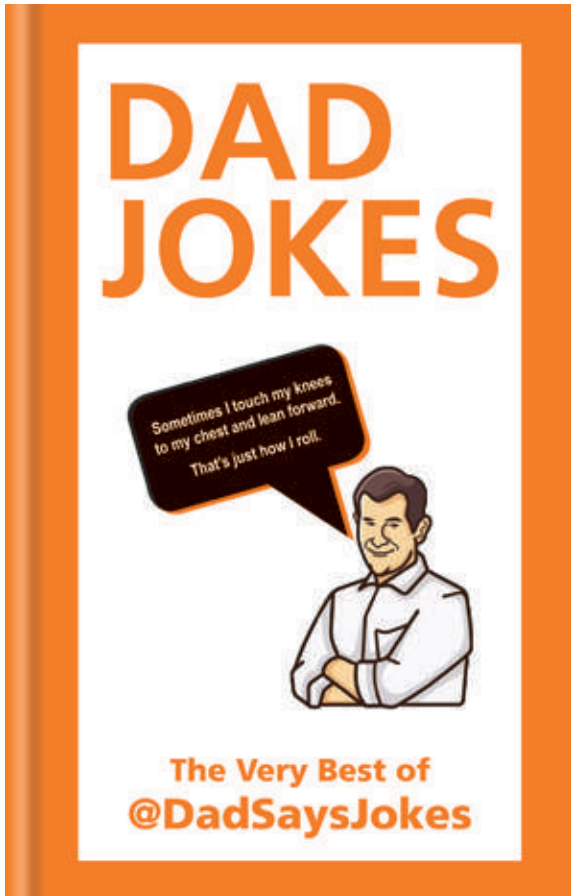
Heat a little oil in a large frying pan over medium heat. Add the chopped onion and cook until soft. Stir in the reserved onion pulp and washed onion, the ground spices and the salt flakes and stir for 2-3 minutes. Now mix in the crushed tomatoes and fresh parsley. Season the mixture well, then cook for a further couple of minutes. Allow to cool, then add the freekeh, pine nuts and pomegranate molasses and mix.

Stuff the peppers and tomatoes with the filling mixture, leaving a gap of roughly 1 cm between the top of the filling and the leaf. Wrap the stuffed peppers and tomatoes carefully in foil or vegetable foil.

Divide the remaining mixture between the cabbage leaves and onion stalks. Wrap the cabbage leaves, use a thumb-stuck portion of filling and simply wrap and seal the leaf over the filling. Lay the stuffed leaves in the dish. With the onion stalks, again, a thumb-stuck quantity of filling should also be added. The onion layer should be around the filling mixture—don't's worry too much about the onion—just wrap the onion around the filling as tightly as possible. Lay the stuffed onion stalks in the dish.

To prepare the poaching liquid, combine the ingredients in a sauté pan and set the heat to medium. Boil for 10 minutes and then serve immediately. Boil for 25 minutes, until nearly done, then serve immediately.

38 / MIDDLE EAST



DAD JOKES

The very best of @DadSaysJokes

Dad Says Jokes

A collection of the very best jokes from the hilarious Instagram account @dadsaysjokes - so bad they're good.

From the most-followed dad jokes page on Instagram, @dadsaysjokes, comes a collection of hilariously cheesy jokes that will leave your friends and family laughing and groaning in equal measure.

This is the perfect gift for dads who want to expand their repertoire and anyone who fancies reminiscing about a childhood full of these no-nonsense 'bad' puns.

Here are a couple of tasters:

Q: Why do cows have hooves instead of feet?

A: Because they lactose.

Q. What is a blue whale's favorite James Bond film?

A. Licence to Krill

Dad Says Jokes is a community run account, inspired by the world's most notorious and much-loved dads of TV. Everyday followers submit their jokes and the team picks their favorites.

The platform was created by 18-year old computer genius Kit Chilvers. His career started at the tender age of 15, when he created his original online platform FootballNewz to serve audiences for the World Cup 2014. He has now built five platforms in different genres (of which Dad Jokes is one), with 2.9 million followers, and working in partnership with major brands including Pepsi and Puma. Kit has a day job running the Instagram strategy for LADbible. For authenticity, each joke is road tested by Kit's dad, Andrew.

9781788401029

May 2019

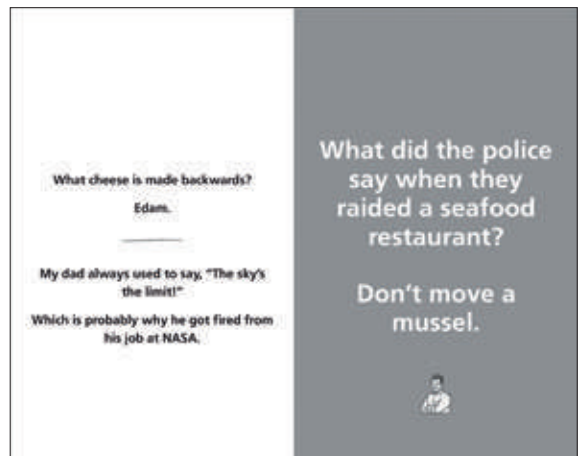
Cassell

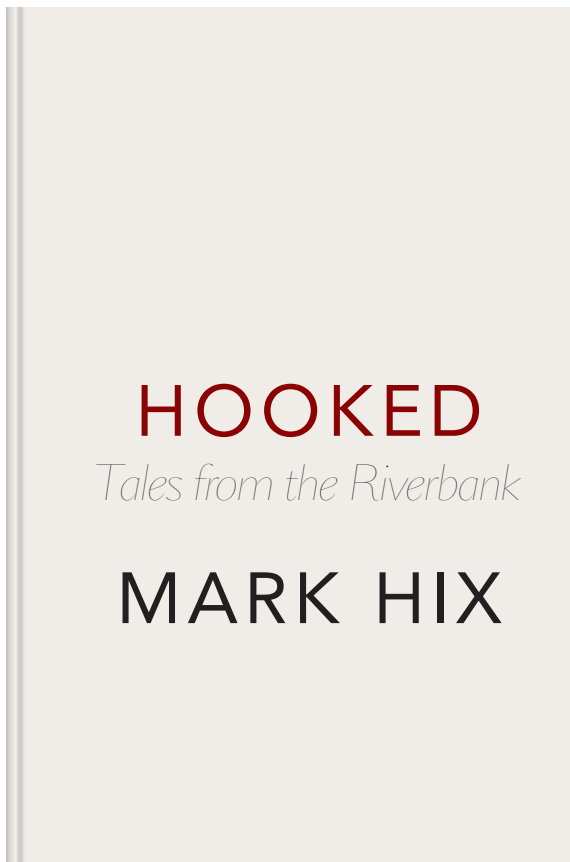
US\$12.99 CAN\$14.99

Hardcover

4 3/8" x 7"

272 pages





HOOKED

Tales from the Riverbank

Mark Hix

***Hooked* delves into the exciting fishing adventures of celebrated chef, restaurateur and food writer Mark Hix, opening with the story of his first catch, age 8, being cooked for supper by his grandmother - the catalyst for what has become his passion.**

You will be regaled with tales of extraordinary fishing expeditions at home and afar, from the banks of the Dumfriesshire coast to Tuscany's Porto Ercole, with each trip ending with a feast - be it the catch of the day (if all went to plan), or something found and foraged if the need arises (always have a back-up plan). *Hooked* features both exotic and humble dishes such as Hot stone salmon, Barracuda & pineapple ceviche, Trout kedgeree and Mahi mahi sashimi.

Weaved into the narrative are the infectious, and unexpected, joys of fishing and what it does for you. Hint: it's not necessarily about the fish.



Celebrated chef, restaurateur and food writer **Mark Hix** is known for his original take on British gastronomy. Mark is frequently lauded as one of London's most eminent restaurateurs with an unrivaled knowledge of ingredients with provenance, his restaurants

include: HIX Oyster & Chop House in Farringdon, HIX Mayfair, HIX Soho and his chicken and steak concept restaurants Tramshed in Shoreditch and Hixter Bankside. Mark has a weekly column in *City AM*, a monthly column in *GQ* and is the author of a number of cookbooks on British cuisine.

9781784725549

May 2019

Mitchell Beazley

US\$24.99 CAN\$27.99

Hardcover

6" x 9 ¼"

304 pages



RUM COCKTAILS

Classic & Contemporary Cocktails

A rum-filled collection of classic and contemporary cocktails.

Rum is a distilled spirit made from sugarcane and is usually aged in barrels. It began its life in the Caribbean, where it was first distilled on sugarcane plantations back in the 17th century and found its way across the seven seas under all sorts of pseudonyms that give us a pretty good idea of its original tasting notes.

Over the centuries it was recognized it as having the potential to be a jolly good snifter and was therefore refined a little which gives us the perfect cocktail-making spirit today.

Rum now comes in various grades across a honey-in-color and sugar-and-spice-in-flavor spectrum. From light, almost clear, to golden, dark and stormy, it is all caramel, banana, chocolate, ginger, vanilla and cinnamon.

Here's a collection of cocktail recipes, tips and techniques with rum at their heart. From the sweet-sour, lip-smacking Daiquiri, and the hello sunshine, make mine a Piña Colada, to the garden party favorite Long Island Iced Tea, this book will help you put the 'Yo-ho-ho' in a bottle of rum.



9780753733301

May 2019

Hamlyn

US\$12.99 CAN\$14.99

Hardcover

6" x 8 1/2"

128 pages



WHISKY COCKTAILS

Classic & Contemporary Cocktails

A whisky-filled collection of classic and contemporary cocktails.

Whisky, or Whiskey, is a caramel to deep brown spirit made from fermented grains such as rye and barley, and is aged in wooden barrels. From America's smooth, corn mash bourbons and rye-y ryes, to Ireland's triple-distilled blends and Scotland's famed single malts (and every combination and exception in between), Whisky is a whole wide world to discover.

Famously known as the key ingredient of the timeless Old Fashioned cocktail, whisky also finds its place amongst the other big players in the cocktail canon, making great the Manhattan, Sazerac and naughty-but-nice Irish Coffee.

But whatever your taste, or if you are in need of some tips or techniques for crafting the perfect cocktail at home, here's a collection of recipes that'll help you do just that.



9780753733318

May 2019

Hamlyn

US\$12.99 CAN\$14.99

Hardcover

6" x 8 1/2"

128 pages



YOU'VE GOT THIS

How to stop imposter syndrome sabotaging your sense of self

Dr Jessamy Hibberd

A solution-based self-help book that explores the psychological impact of imposter syndrome.

Imposter syndrome is a phenomenon in which people believe they are not worthy of success. They convince themselves that they have done well due to luck and are terrified their shortcomings will eventually be exposed, making it impossible to enjoy their accomplishments.

You've Got This explores the psychological impact of imposter syndrome and exposes the secrets fears and insecurities felt by millions of men and women. Dr Jessamy Hibberd provides sound expert advice to help the reader better understand the problem and overcome it, so they think differently, gain self-belief and learn to see themselves as others do.

Filled with case studies to bring the concepts alive and packed with strategies to increase confidence, this book is a must-read for anyone who has struggled with their achievements.

Dr Jessamy Hibberd (BSc, MSc, DClInPsy, PgDip) is a highly respected chartered clinical psychologist, author and commentator. She has 14 years' experience working in mental health (within the NHS and in her own practice), and is passionate about psychology and the benefits it can bring.

9781783253067

May 2019

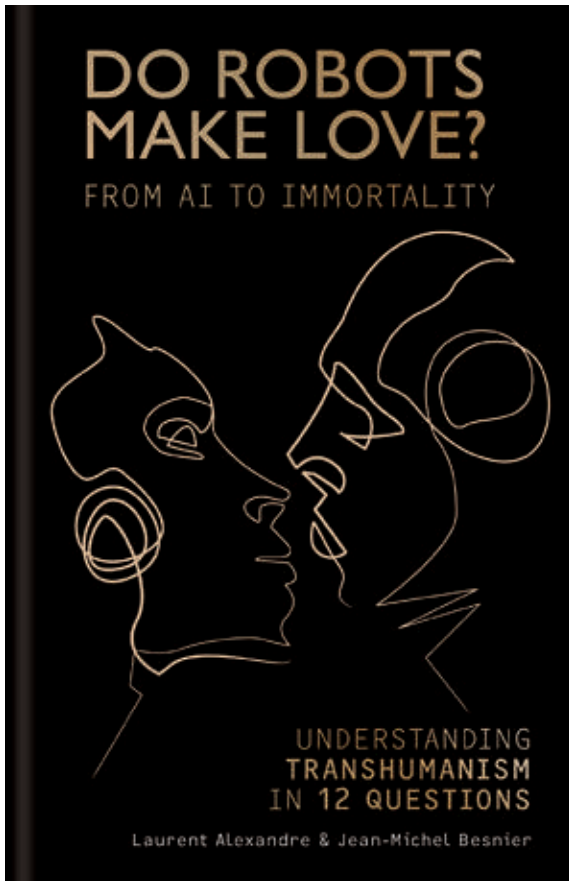
Aster

US\$14.99 CAN\$16.99

Paperback

5 ¼" x 8 ½"

288 pages



9781788401296

May 2019

Cassell

US\$9.99 CAN\$10.99

Paperback

5" x 7 ¾"

176 pages

DO ROBOTS MAKE LOVE?

From AI to Immortality – Understanding Transhumanism in 12 Questions

Laurent Alexandre & Jean-Michel Besnier

Through 12 thought-provoking questions, a philosopher and a scientist explore the real-world ramifications of transhumanism - the tech movement that seeks to improve the human condition through science.

Should we enhance the human condition with technology?

Does anyone really want to live for a thousand years?

Could AI end up destroying mankind?

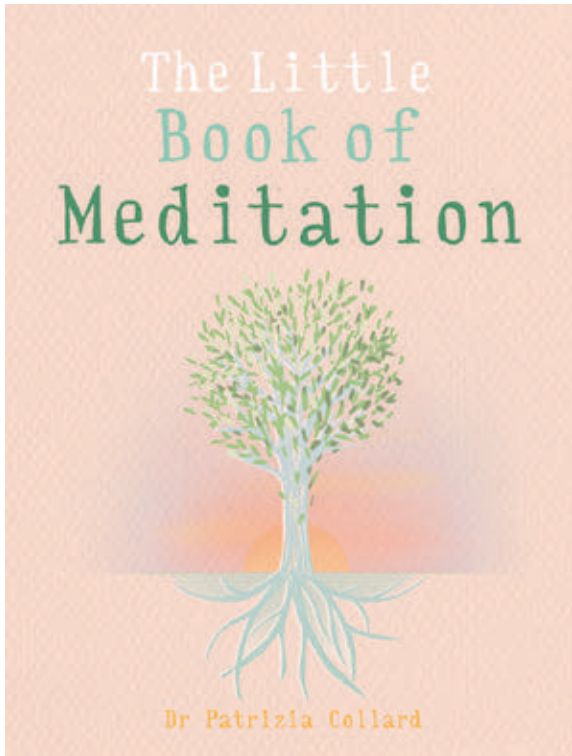
Discover the incredible potential of mankind's near future as a Doctor and a Philosopher debate the big questions surrounding the incredible potential of transhumanism. This movement - that seeks to improve the human condition through science - has fast become one of the most controversial the scientific community have ever faced. As scientists in California make great strides in using advanced technology to enhance human intellect and physiology, the ethical and moral questions surrounding its possibilities have never been more pressing. Should we change the way we reproduce? Could we enhance the human body with technology to the point where we are all technically cyborgs? Is it possible to make love to a robot?

Doctor and entrepreneur Laurent Alexandre and tech-philosopher Jean Michel Besnier go head to head on the big questions in an entertaining and thought-provoking debate on the fundamental principles of transhumanism.



Laurent Alexandre is a French urological surgeon, author, entrepreneur and expert on transhumanism who has written for the *Huffington Post* and *Le Monde*.

Jean-Michel Besnier is an emeritus professor of Philosophy at the Sorbonne in Paris specialising in the impact of science and technology on human society.



THE LITTLE BOOK OF MEDITATION

10 minutes a day to more relaxation, energy and creativity

Dr Patrizia Collard

***The Little Book of Meditation* is a beautifully color-illustrated guide to daily meditations for a happier and healthier life.**

Meditation is an easy way to bring more peace and tranquility into your life. Packed with practical advice, useful meditations and affirming thoughts, this little book teaches you how to be happier, healthier and more relaxed - without sitting for hours on a meditation cushion.

Dr Patrizia Collard, bestselling author of *The Little Book of Mindfulness*, shows you another way, with these fun and efficient exercises: just 5 to 10 minutes a day is enough to strengthen your immune system, relieve stress and clear your head. Whether you like mindfulness or movement meditations, or simple mantras, everyone will find a meditation to suit them.

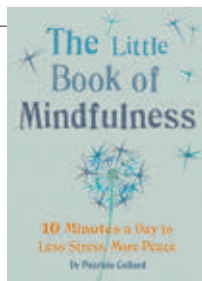


Dr Patrizia Collard is a psychotherapist, mindfulness teacher, stress management consultant and lecturer in psychotherapy at the University of East London. Her books include *Journey into Mindfulness*, *Mindfulness-based Cognitive Behavioural Therapy for Dummies*, *Awakening the Compassionate Mind* (2014), and *The Little Book of Mindfulness*. Dr Collard's wide range of approaches and methodologies include mindfulness-based cognitive behavioural therapy, rational emotive behaviour therapy, core energy management, existential therapy, drama therapy, yoga and meditation, relaxation and self-hypnosis.

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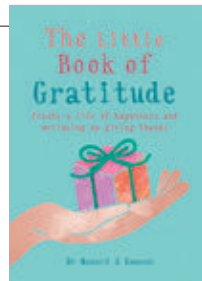
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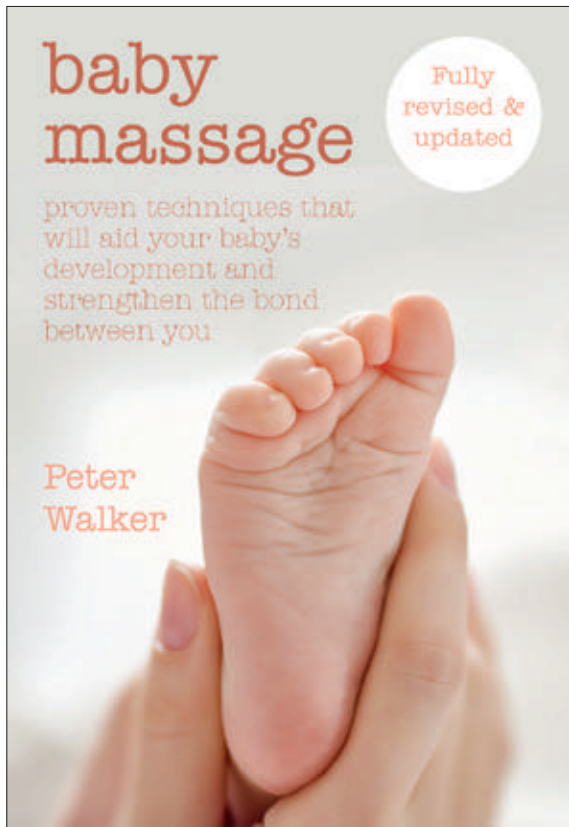
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Flexiback

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96 pages



BABY MASSAGE

Proven techniques that will aid your baby's development and strengthen the bond between you

Fully revised & updated

Peter Walker

This revised and updated guide to baby massage enables parents to readily bond with their baby and promote his or her development, uncover potential problems and treat minor ailments.

Being massaged makes babies relax and cope better with stress, improves their muscular coordination and flexibility and helps them straighten tightly flexed hands and legs. And who better to teach parents how to acquire these essential skills than Peter Walker, the world's best-known baby massage teacher. In this fully revised edition of his bestselling guide, he demonstrates vital new sequences essential for very young babies, which can be done while a baby is clothed.

Peter Walker is the world's foremost authority on baby massage. A trained physical therapist, he offers a certified teacher training course in baby massage directed at midwives, health visitors, neonatal nurses as well as parents. He has written a number of books on the subject.



9780600635918

June 2019

Hamlyn

US\$12.99 CAN\$14.99

Paperback

9 3/4" x 6 3/4"

96 pages



WOODSTOCK LIVE: 50 YEARS

Relive the magic day by day, hour by hour, artist by artist

Julien Bitoun, foreword by Michael Lang

A complete chronological account of Woodstock, hour by hour, performance by performance. Released to coincide with its 50th anniversary and with a foreword by festival co-founder, Michael Lang.

3 days. 33 concerts. 2 deaths. 2 births. 500,000 people. And another 250,000 stuck in traffic trying to get in. Woodstock was a festival like no other. Now, on its 50th anniversary, relive every moment.

Detailed text and 180 evocative photographs tell the full story of every single act that performed - when they took to the stage, what songs they played, who was there, what they were like. From The Who to Hendrix, Jefferson Airplane to Creedence Clearwater Revival, every single second is an experience to enjoy over and over again.

Also includes fascinating features on the stories around Woodstock, from the unique social and political context to the drugs, the free love, the film, the albums and the legacy.



Julien Bitoun is a guitarist, writer and teacher. He writes for several rock and guitar magazines and has published books including *Strange Brew* and *Guitars and Heroes*.

**50th
anniversary
of Woodstock**

9781788400749

June 2019

Cassell

US\$39.99 CAN\$43.99

Hardcover

8 ¼" x 11"

240 pages



THE SETLIST

"Raise Your Hand" (Eddie Floyd) / "As Good as You've Been to This World" /
 "To Love Somebody" (Bee Gees) / "Summertime" (George Gershwin) /
 "Try (Just a Little Bit Harder)" (Chips Taylor) / "Kozmic Blues" /
 "Can't Turn You Loose" (Otis Redding) / "Work Me, Love" /
 "Piece of My Heart" (Erma Franklin) / "Ball and Chain" (Big Mama Thornton)

JANIS JOPLIN



Saturday
2am
 60 minutes

THE BAND

Janis Joplin—vocals / John Till—guitar / Brad Campbell—bass /
 Richard Kermode—drum / Miary Baker—drums /
 Terry Clements—saxophone /
 Cornelius "Snooky" Flowers—saxophone / Luis Gasca—trumpet /
 Highlight: "Ball and Chain" /
 Discography in August 1969: With Big Brother and the Holding Company,
 Big Brother and the Holding Company (1967) / Cheap Thrills (1968)



THE POLITICAL & SOCIAL CONTEXT

Get the hell out of Vietnam

Woodstock took place at the peak of troubled times in the USA. Political and social unrest had been growing for the better part of a decade, and somehow found a voice at Max Yasgur's farm.

The Vietnam War was one of the strongest and most worrisome presences on everyone's mind at the time of the festival. 'Nam was frequently referenced on stage—in the hope that the huge crowd gathered at the festival might make a difference—both in conversation and in song topics, through obvious references as well as more discrete allusions. The war had been happening since as early as 1955, but the election of Lyndon B. Johnson as US president in 1963 made the struggle all the more present, intense, and deadly. The

draft was a looming sword of Damocles over most young men, and by the time Johnson left the oval office in January 1969, more than 30,000 US soldiers had been brought back home in body bags. Nixon won the 1968 election on the promise that he was going to end the war, but the great unwashed would have to resist for six more years until the American defeat in 1975.



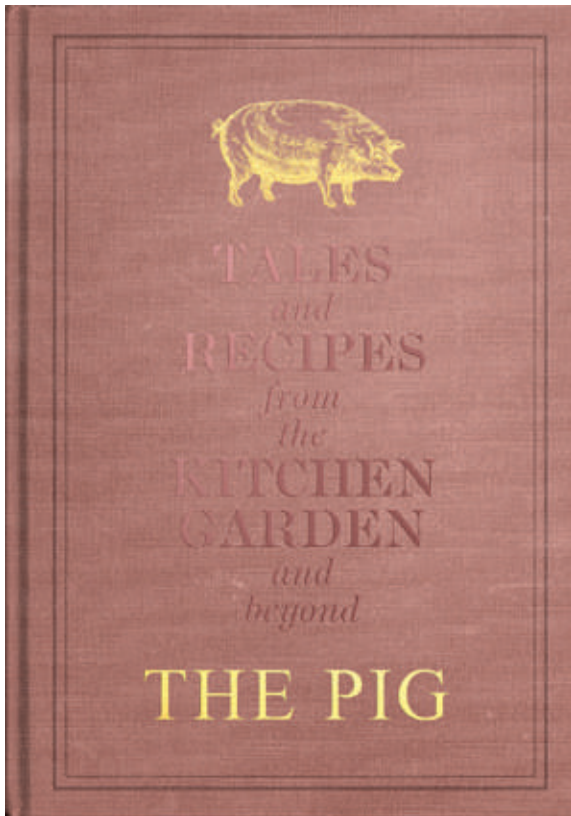
I have a dream...

At the same time, several groups of citizens were fighting for their dignity. What would come to be known as the Civil Rights Movement began with African American citizens fighting against the racist Jim Crow laws in the South.

Segregation was still going strong, and its absurdity was painfully blatant to many citizens. That movement was crystallized by the March on Washington in 1963, which culminated with Martin Luther King Jr.'s famous "I Have a Dream" speech. Music was a strong vehicle for the fight, thanks to artists performing at those marches and events (Joan Baez and Bob Dylan at the March on Washington) and songwriters sharing their plea through their lyrics. This movement led to significant victories including voting rights in 1965 and non-discrimination for selling or buying houses in 1968—an undeniable proof that a strong-willed crowd could change the world, especially with the help of music. That optimistic image was nonetheless not the only one, and the naive ideals championed by the hippie movement were less inclusive than they hoped to be.



Martin Luther King Jr.
 1929-1968



The Pig opened in 2011 in the New Forest and became an instant hit. A more relaxed take on the country house hotel, The Pig's unique selling point was its kitchen garden which was - and has remained - at the heart of the hotel, and the menu.

Founded by **Robin Hutson** (who created Hotel du Vin and launched Lime Wood), his wife Judy Hutson (who is responsible for the interiors) and David Elton, The Pig's litter has grown to five, with more to follow soon. The hotels have won a fervently loyal following and a string of industry accolades.

9781784725570

June 2019

Mitchell Beazley

US\$40 CAN\$44

Hardcover

7 ½" x 9 ¾"

304 pages

THE PIG

Tales and recipes from the kitchen, garden and beyond

Robin Hutson

A stylish, practical guide to living the good life.

The Pig is a celebrated English country house hotel. Among the pages of *The Pig* you will find an idiosyncratic, seasonal approach to the good life, with delicious recipes, how-to guides, lists, panels and stories.

Chapters include:

Out in the Garden

- The benefits of growing 12 types of mint
- An essay on "the sweetness of carrots"
- How to make your own sack garden
- Recipe for the Gardener's sandwich

On the Table

- Piggig out: how to enjoy everything from nose to tail
- How to lay the (perfectly imprecise) table
- Recipes for breakfast, snacks and meals all day long, including Smoked vodka BBQ pork leg, Trout pâté & sourdough toast, Garden leek & cider soup, The Pig's tobacco onions and Chocolate gingerbread & smoked chili chocolate sauce

Time for a Drink

- A couple of wines that go with anything
- Infusing gin with beetroot
- A selection of cocktail recipes

Bring on the Festivities

- How to build a perfect festival
- The only five recipes you need for simple feasts outdoors
- How to dance without spilling a drop

As Happy as a Pig...in a Spa

- Anatomy of relaxation
- How to design a calm space at home
- How to make your own massage oils with herbs
- Nettle and lemon tea recipes

A Living Space

- How to create a perfect flame, all year round
- Styling a wall with boot-sale bargains
- Dry and press your own fern leaf
- Inside out: dressing the garden



EVERYDAY HARUMI

Simple Japanese food for family and friends

Harumi Kurihara

Bestselling cookbook writer Harumi Kurihara brings together authentic, Japanese home cooking that everyone can do.

In *Everyday Harumi*, now reissued as an attractive jacketed paperback, Harumi Kurihara, Japan's most popular culinary writer, selects her favorite foods and presents more than 60 home-style recipes for you to make for family and friends. Harumi wants everyone to be able to make her recipes and she demonstrates how easy it is to cook Japanese food for every day occasions without needing to shop at specialty food stores.

Using many of her favorite ingredients, Harumi presents recipes for soups, starters, snacks, party dishes, main courses and family feasts that are quick and simple to prepare, all presented in her effortless, down-to-earth and unpretentious approach to stylish living and eating. Every recipe is photographed and includes beautiful step-by-step instructions that show key Japanese cooking techniques.

Photographed by award-winning photographer Jason Lowe, this warm and approachable cookbook invites you to cook and share Japanese food in a simple and elegant style.

Harumi Kurihara's cooking, lifestyle books and magazines have made the charismatic former housewife a phenomenon in her native Japan and she has sold more than 20 million copies worldwide. She currently has more than 60 shops and cafés in Japan that sell her homeware, cookware and clothing ranges. Her success is rooted in her effortless, down-to-earth and unpretentious approach to stylish living and eating, which follows a philosophy of elegance and simplicity.



9781840917871

June 2019

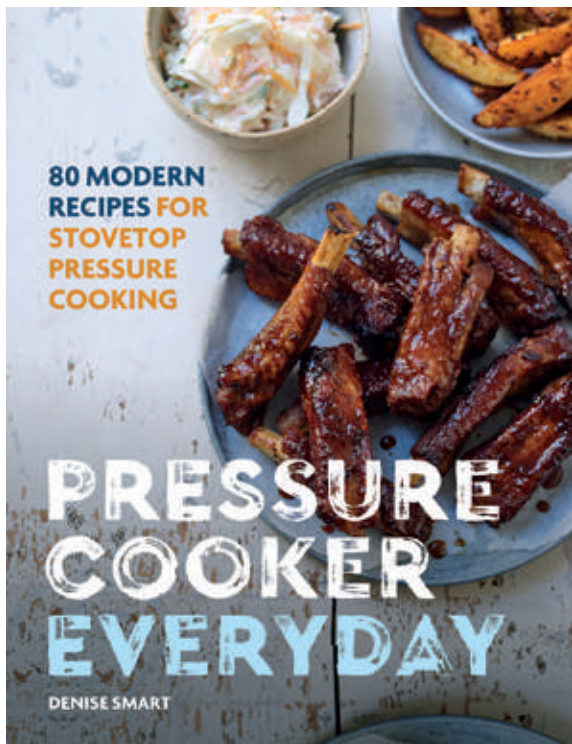
Conran

US\$29.99 CAN\$32.99

Hardcover

7 1/2" x 10"

192 pages



PRESSURE COOKER EVERYDAY

80 modern recipes for stovetop pressure cooking

Denise Smart

Revolutionize your mealtimes with 80 delicious recipes for stovetop pressure cooking.

Featuring 80 fresh, easy-to-make modern recipes, such as Huevos rancheros, Lentil and cauliflower curry and Baked salted caramel cheese cake, *Pressure Cooker Everyday* gives this traditional way of cooking a new lease of life. Save time in the kitchen, cut costs and infuse your food with more intense flavors. Discover the potential of pressure cooking with this must-have cookbook.

Six reasons to use a stovetop pressure cooker:

1. Super quick - cooks three times faster than conventional cooking.
2. Convenience - delicious meals, using just one pot.
3. Economical - ideal for cooking cheap ingredients from scratch.
4. Durability - electric pressure cookers last years, but stovetop cookers last a lifetime.
5. Versatility - they allow you to tweak recipes as you go along. You can also sear or sauté food before pressure cooking it, adding flavor, which electric cookers fail to achieve.
6. More power - stovetop pressure cookers reach higher heat and pressure than electrical ones



Denise has been working as a food stylist and recipe writer for over 20 years. Her technical and creative expertise means she can work in all areas and has cooked, stirred, created and styled food for packaging, advertising, editorial, PR, web and TV commercials. Denise

is a published author and has written over a dozen cookbooks, including her latest best-selling spiralizing cookbooks

9780600635789

July 2019

Hamlyn

US\$10.99 CAN\$12.99

Hardcover

7 ½" x 9 ¾"

128 pages



SERVES 4
Preparation time: 15 minutes
Cooking time: approx. 12 minutes
(high pressure)

BUTTERNUT SQUASH, SAGE & PINE NUT RISOTTO

1 tablespoon olive oil
25 g (2 oz) unsalted butter
8 sage leaves
1 red onion, chopped
1 clove garlic, crushed
25 g (2 oz) pine nuts
300 g (10 oz) risotto rice, such as arborio
500 g (2 lb) peeled butternut squash, cut into 1.5 cm (½ in) cubes
300 ml (1 1/4 pt) white wine
600 ml (2 pint) hot vegetable or chicken stock
salt
25 g (2 oz) freshly grated Parmesan, plus extra to serve

To serve:
few croutons
freshly ground black pepper
rocket leaves

Heat the oil and butter in the pressure cooker. Stir in the onions and garlic and sauté gently for 4–5 minutes until softened, but not coloured, stirring occasionally.

Stir in the butternut squash, pine nuts and sage leaves, and cook until the pine nuts are starting to colour.

Stir the rice into the onions until completely coated in the oil, then stir continuously until the rice is shiny and the edges of the grains start to look transparent.

Pour in the wine and simmer until nearly evaporated. Pour in the stock, season with salt and close the lid. Bring up to high pressure and cook for 12 minutes, then quickly release.

Stir in the Parmesan and leave to stand for a few minutes. Serve at once, with extra Parmesan, crisp croutons, freshly ground black pepper and a rocket salad.

62
RECIPES FOR BATHING

SERVES 8
Preparation time: 15 minutes
Cooking time: 30 minutes
(high pressure), plus 4 hours
or overnight chilling

SALTED CARAMEL CHEESECAKE

For the base:
25 g (2 oz) butter
200 g (7 oz) plain chocolate
digestives, crushed

For the filling:
400 g (14 oz) cream cheese
100 ml (3 1/2 fl oz) soured cream
150 g (5 1/2 oz) salted caramel sauce
100 g (3 1/2 oz) golden caster sugar
1 teaspoon vanilla extract
3 eggs

To serve:
chocolate curls

Lightly beat in a 20 cm (8 in) loose-bottomed, deep cake tin, then line the base with baking paper, push the butter in a sandwich, then stir in the crushed biscuits and press into the base of the tin. Chill while you make the filling.

Place the cream cheese, sugar and 200 g (7 oz) of the caramel in a bowl and whisk together until smooth. Whisk in the soured cream, vanilla and eggs, then pour over the biscuit base.

Put the tin in the pressure cooker and pour in enough water, until it almost reaches the top of the tin. Make a slit handle by sliding over a piece of foil to fit under the tin and place the tin on the trivet. Fold down the edges of the handle so they do not go over the top of the cheesecake.

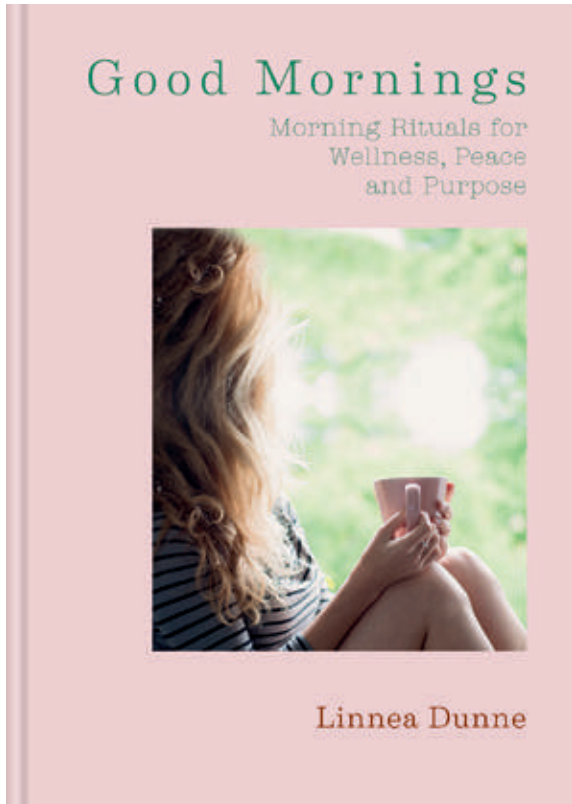
Close the lid, bring up to high pressure and cook for 75 minutes, then remove from the heat and leave to slowly release.

Carefully remove from the cooker using the foil handle, allow to cool at room temperature, then chill for at least 4 hours, or overnight.

Serve it alone with chocolate curls and extra caramel sauce, if desired.

62
SWEET THINGS





GOOD MORNINGS

Morning Rituals for Wellness, Peace and Purpose

Linnea Dunne

Early-morning rituals for contentment, clarity and purpose.

In this inspirational guide, Linnea Dunne, shows how building a life-affirming ritual into your morning routine is an act of self-care that can benefit both your physical and mental health, enhance your productivity and positively influence your day.

Whether it's a dedicated yoga practice at sunrise, mindfulness meditation just after waking, journaling while you sip your morning coffee, or listening to birdsong in the back garden before you tackle your daily commute, a morning ritual can enhance your health and wellbeing, and bring increased contentment, clarity and purpose to your day.

With countless ideas for nourishing morning practices and invaluable advice on how to create a morning ritual that is unique to you and takes your individual needs, circumstances and time constraints into account, this book will help you to make the most of the peace and promise of the first moments of every day.



Linnea Dunne was born and raised in Sweden, where she started her writing career as a columnist at the local newspaper aged 15. She left for Ireland a few years later and eventually moved to London, where she studied Creative Writing and Political Communications.

Linnea's work on subjects ranging from motherhood to women's rights and media narratives has been published by (among others) the *Irish Times*, the *Guardian* and the *Irish Independent*. She also works as Editor of *Scan Magazine*, spreading the word about all things Scandinavian

9781856754019

July 2019

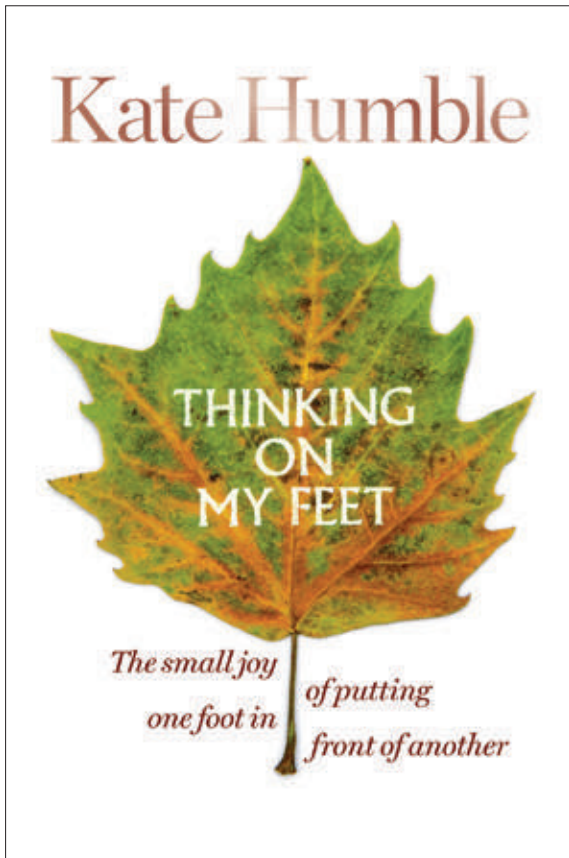
Gaia

US\$16.99 CAN\$18.99

Hardcover

6" x 8 1/2"

192 pages



THINKING ON MY FEET

The small joy of putting one foot in front of the other

Kate Humble

An ode to the life-changing magic of the simple act of walking.

Thinking on My Feet tells the story of Kate's walking year - shining a light on the benefits of this simple activity. Kate's inspiring narrative not only records her walks (and runs) throughout a single year, but also charts her feelings and impressions throughout - capturing the perspectives that only a journey on foot allows - and shares the outcomes: a problem solved, a mood lifted, an idea or opportunity borne. As she explores the reasons why we walk - whether for creative energy, challenge and pleasure, or therapeutic benefits, Kate's reflections and insights will encourage, motivate and spur readers into action.

Also featured are Kate's walks with others who have discovered the magical, soothing effect of putting one foot in front of the other - the artist who walks to find inspiration for his next painting; the man who takes people battling with addiction to climb mountains; the woman who walked every footpath in Wales (3,700 miles) when she discovered she had cancer.

This book will inspire you to change your perspective by applying walking to your daily endeavours.



Kate Humble is a farmer, writer, activist, entrepreneur and one of the UK's best-known TV presenters. She started her television career as a researcher, later presenting programmes such as 'Animal Park', 'Springwatch & Autumnwatch', 'Lambing Live', 'Living with Nomads', 'Extreme Wives' and 'Back to the Land'. In 2018 Kate will be unmissable - appearing in several new BBC series, going on a national speaking tour and rolling out her Humble natural beauty range in supermarkets nationwide.

9781783253159

July 2019

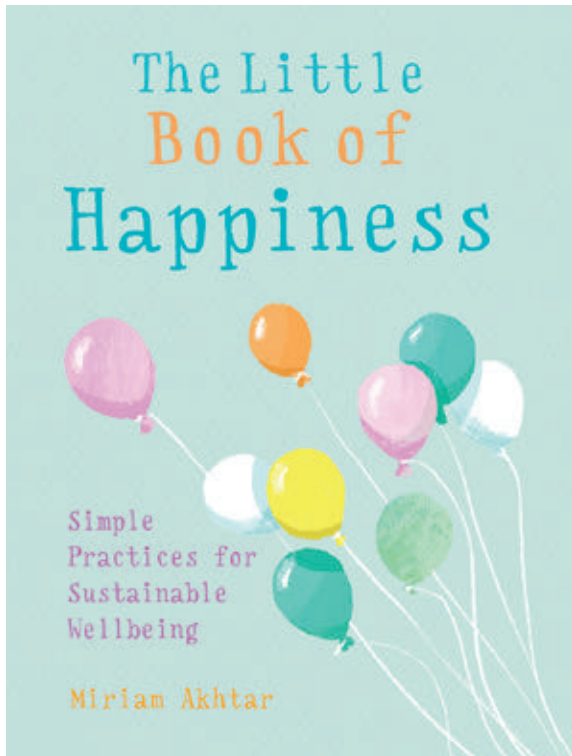
Aster

US\$10.99 CAN\$12.99

Paperback

5" x 7 ¾"

304 pages



THE LITTLE BOOK OF HAPPINESS

Simple Practices for Sustainable Wellbeing

Miriam Akhtar

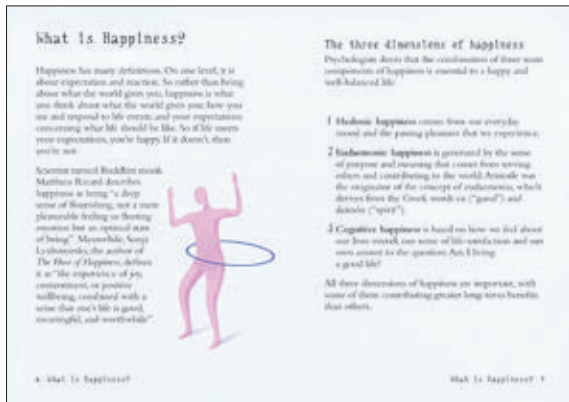
A fully illustrated pocket guide to happiness from leading Positive Psychologist Miriam Akhtar.

What is happiness? What can we do to be happier? Why does happiness matter?

In this beautifully illustrated little book, leading Positive Psychologist Miriam Akhtar introduces us to the key ingredients of a well-lived and fulfilling life.

Drawing on her expert knowledge of the Science of Happiness, the author shares 12 evidence-based Happiness Habits and the key practices that will help us obtain and sustain happiness in our daily lives - such as connecting with others, feeling gratitude, spending time in nature, being mindful, savoring the moment and practicing positive emotion.

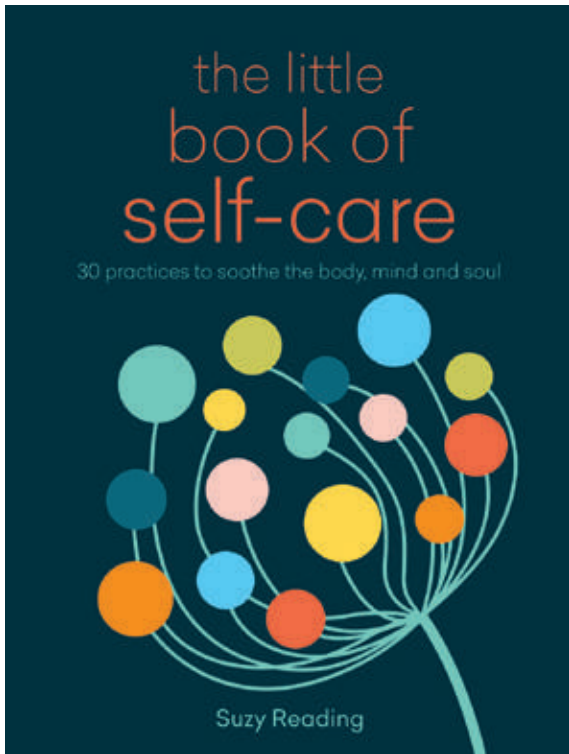
Bursting with practical, accessible tools and easy-to-follow exercises, this little book offers readers invaluable advice on how to create the best conditions for a happy life, well lived.



Miriam Akhtar MAPP is a leading Positive Psychology practitioner and an expert on the science of happiness. She works as a trainer, coach and consultant, and is a highly engaging keynote speaker. She is also a visiting lecturer at a number of universities on MAPP (MSc Applied Positive Psychology) programmes.

9781856754002
 August 2019
 Gaia
 US\$8.99 CAN\$9.99
 Flexiback
 4 1/4" x 5 3/4"
 96 pages





THE LITTLE BOOK OF SELF CARE

30 practices to soothe the body, mind and soul

Suzy Reading

Pocket-sized self-care for every day.

Self-care is daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the idea 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.

In this beautiful little book, Suzy offers 30 self-care practices for the reader to choose from depending on what they need.

Chapters include practices for:

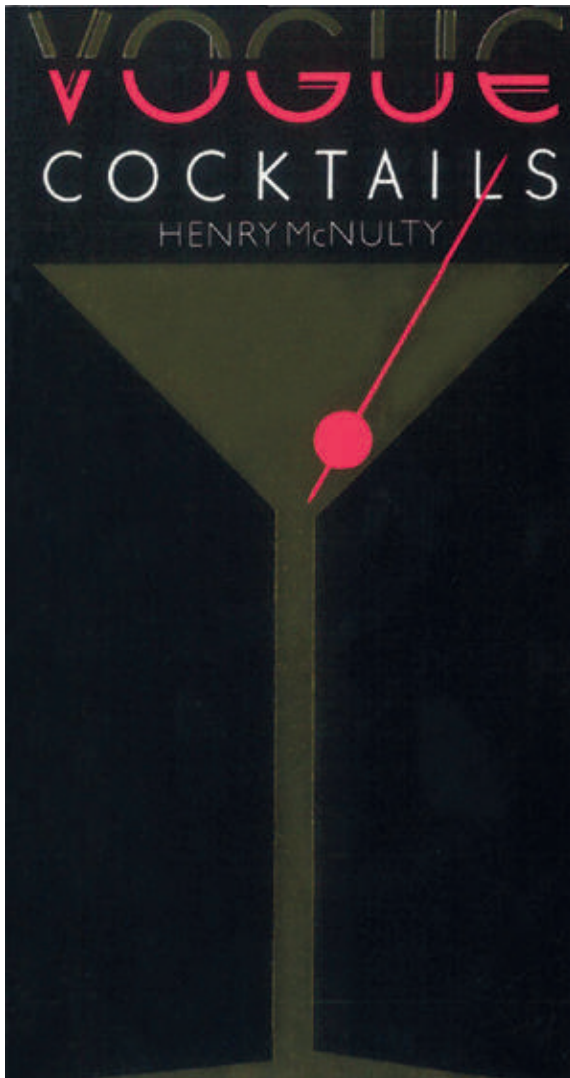
- Rest & relaxation
- Energy boosters
- Mind management
- Emotional first aid



Suzy Reading, is a chartered psychologist (B. Psych (Hons), M.Psych (Org)) and qualified yoga teacher specializing in wellbeing. Her offerings include face-to-face coaching, walk & talk sessions, private and group yoga, mummy and baby yoga courses, Skype coaching, workshop presentations on self-care and other topics such as sleep, rest and relaxation, and how to make sustainable lifestyle changes. Suzy is also the Neom Organics Psychology expert and a Contributing Editor on *Psychologies Magazine*.



9781783253128
 August 2019
 Aster
 US\$8.99 CAN\$9.99
 Flexiback
 4 1/4" x 5 3/4"
 96 pages



VOGUE COCKTAILS

Henry McNulty

A super-chic collection of 150 classic cocktail recipes created by former British *Vogue* drinks expert and man about town, Henry McNulty.

Cocktails, perennially popular, have survived long beyond their humble origins. For many modern-day favorites, this was the Prohibition-era cocktail boom, born of the necessity to improve the harsh flavor of home-made liquors.

Vogue Cocktails takes inspiration from this 'Cocktail Age', with 150 recipes organised by base spirit - Champagne, Gin, Vodka, Whisky, Rum and Brandies & Other Spirits - to ensure a drink for every palate. *Vogue Cocktails* also contains essential information on stocking your bar and mixing drinks, with 48 jazz-age-inspired illustrations peppered throughout.

This stylish guide will become the go-to cocktail handbook for any aspiring mixologist, whether mixing up a classic Negroni or Martini, or a more unusual creation such as the Silver Vodka Fizz or the Paris Opera Special.

Henry McNulty was born in 1913 to American parents. He began his career by reporting on international relations during World War Two, meanwhile beginning to gather observations on the drinking habits of different countries. Progressing to a career in drinks journalism, he came to be considered somewhat of an international expert on drinks and a cocktail aficionado. He was a frequent contributor to many publications including *Vogue*, with whom he published this book in 1982 as the culmination of a successful and varied career in drinks journalism.

9781840917888

August 2019

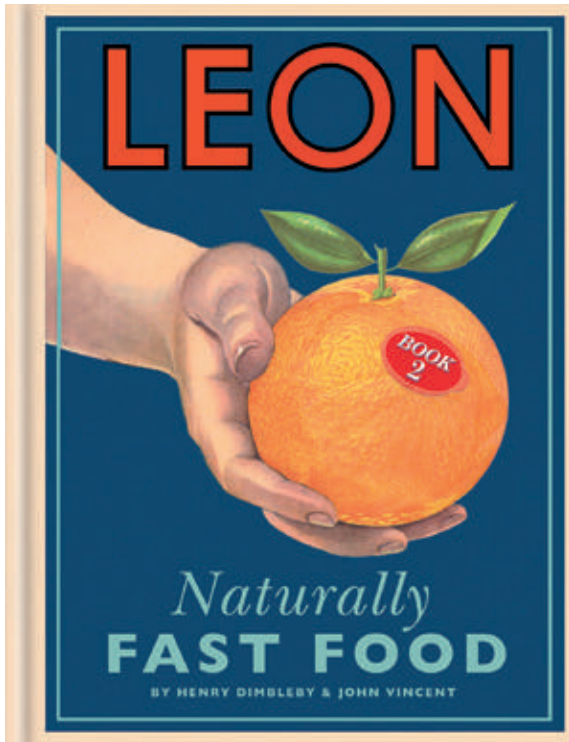
Conran

US\$12.99 CAN\$14.99

Hardcover

3 ¾" x 7"

96 pages



LEON: NATURALLY FAST FOOD

Henry Dimbleby & John Vincent

A collection of simple and delicious recipes from the award-winning restaurant that can be pulled together in a flash.

The first Leon restaurant, on London's Carnaby Street, opened its doors in July 2004, aiming to change the face of fast food by bringing fresh, wholesome cooking to the high street. Since then Leon has grown to more than 55 restaurants, including its first US location in Washington DC.

Leon's food message is a simple and honest one that hasn't changed since the opening of that first branch - cook and eat with the best ingredients available and don't forget the naughty bits that are necessary for a fully-rounded life.

Leon Naturally Fast Food is a book in two halves. The first is Fast Food, which contains recipes for every occasion that take a maximum of 20 minutes to prepare: from a work day breakfast and children's meals to simple suppers and party food. The second half is Slow Fast Food, which contains things that can be made in advance when you have time, to enjoy when you don't have time. With more than 200 recipes there is plenty of inspiration for everyone.



Henry Dimbleby

Leon was founded on the twin principles that food can both Taste Good and Do You Good. When Henry Dimbleby, John Vincent and Allegra McEvedy opened their first restaurant, on London's Carnaby Street in July 2004, their aim was to change the face of fast food.



John Vincent

John is co-founder of Leon, which now has more than 55 restaurants (including restaurants in Amsterdam, Utrecht, Oslo and Washington DC). He believes food has the power to delight, invigorate and bring people together.

**Restaurant
now in
Washington DC**

9781840917864

August 2019

Conran

US\$29.99 CAN\$32.99

Hardcover

7 1/2" x 10"

304 pages



THE STUDENT 365 COOKBOOK

Jo McAuley

Easy, tasty, healthy and economical recipes for every day of the year. Each dish can be made in just 30, 20 or 10 minutes making this the ultimate flexible cookbook for students.

With its quick, easy, healthy and budget-friendly recipes, *The Student 365 Cookbook* is the ideal cookbook to keep hungry, time-pressed students going throughout the academic year. This fantastic selection includes new twists and international flavors, such as Potato, cauliflower and spinach curry, Jalapeno turkey burgers and Teriyaki salmon noodles, as well as old favorites to re-create the flavors of home, like Creamy fish pie and Spaghetti and meatballs. If you're craving something sweet, why not whip up some Apricot and almond tartlets or Lemon popping candy cakes?

With variations on each recipe you will find endless inspiration, for both feeding your friends and speedy on-the-go meals for one - perfect for for keeping those microwave meals at bay.

Jo McAuley is a food stylist and cookery writer living in Lemmoye, France. She has worked on a number of magazines and has written several cookery books including *Indoor Grilling*, *Citrus*, *Panini and Olive & Oil*, all published by Hamlyn.

9780600635895

August 2019

Hamlyn

US\$9.99 CAN\$10.99

Paperback

6 ¼" x 7 ¾"

288 pages

30 Wholewheat Pasta Bake with Blue Cheese and Walnuts

Serves 4

350 g (12½ oz) wholewheat penne or other pasta shape
1 head of broccoli, about 350 g (12 oz), broken into florets
2 tablespoons olive or vegetable oil
150 g (5 oz) shelled walnuts, chopped
3 spring onions, roughly sliced (optional)
2 teaspoons chopped sage or 1 teaspoon dried sage
150 ml (½ pint) single cream
200 g (7 oz) soft blue cheese (such as dolcelatte, Gorgonzola or Saint Agur), diced

- Cook the pasta in a large pan of lightly salted boiling water for about 11 minutes until just tender. Add the broccoli for the final 3–4 minutes of cooking time. When the broccoli and pasta are just tender, drain well and return to the pan.
- Meanwhile, heat the oil in a frying pan and gently fry the walnuts and spring onions, if using, over a medium-low heat for 2–3 minutes, stirring frequently, until golden. Stir in the sage, cream and 150 g (5 oz) of the blue cheese until the cheese has melted and the sauce is creamy. Scrape into the drained pasta and broccoli, mix together, then tip the whole lot into an ovenproof dish.
- Scatter over the remaining cheese and bake in a preheated oven, 200°C (400°F), Gas Mark 6, for about 15 minutes until the topping is golden.

10 Blue Cheese and Walnut Pasta Salad

Cook 400 g (13 oz) quick-cook pasta (such as fusilli or penne) in a pan of lightly salted boiling water for 3–5 minutes or according to the packet instructions until just tender. Cool under running cold water, drain and return to the pan. Stir in 3 tablespoons pesto with 2 teaspoons lemon juice and 2 tablespoons crème fraîche or soured cream. Spoon into bowls, then scatter over 150 g (5 oz) crumbled firm blue cheese (such as Stilton) and 75 g (3 oz) shelled walnut pieces to serve.

20 Blue Cheese and Walnut Wholewheat Pasta Twists

Cook 400 g (13 oz) wholewheat fusilli in a large pan of lightly salted boiling water for about 11 minutes or according to the packet instructions until just tender. Meanwhile, heat 2 tablespoons olive or vegetable oil in a frying pan and cook 200 g (7 oz) sliced mushrooms over a medium heat for 5–6 minutes, stirring occasionally, until golden and tender. Add 2 chopped garlic cloves with 125 g (4 oz) shelled and chopped walnuts and 3 sliced spring onions and

cook, stirring frequently, for 2–3 minutes. Pour in 150 ml (½ pint) single cream and 150 g (5 oz) soft blue cheese and stir to melt. Remove from the heat and stir in 2 teaspoons lemon juice and a generous pinch each of salt and pepper. Drain the pasta, return to the pan and stir in the creamy mushroom and walnut sauce. Spoon the pasta into 4 warmed dishes and serve immediately.

100 BRAIN FOOD MEALS

STU-BRAI-WEI 



30 Chocolate Orange Cheesecake

Serves 6

250 g (8 oz) dark chocolate digestives, crushed
100 g (3½ oz) butter, melted
300 g (10 oz) cream cheese or mascarpone cheese
3 tablespoons plain chocolate spread
2 teaspoons finely grated orange rind
75 g (3 oz) caster sugar
grated orange-flavoured chocolate, to decorate

- Combine the crushed biscuits with the melted butter and mix really well to coat. Press the mixture into a clingfilm lined 23 cm (9 inch) tart or cake tin and chill in the freezer or refrigerator while you are making the filling.
- Beat the cream cheese or mascarpone cheese with the chocolate spread, orange rind and caster sugar until thick and smooth. Spoon over the biscuit base and smooth down evenly. Return to the freezer or refrigerator for at least 20 minutes or until required, then remove and decorate with grated orange-flavoured chocolate to serve.

10 Chocolate Orange Milkshake

Place 4 scoops of dark chocolate ice cream in the jug of a blender with 750 ml (1¼ pints) milk, 2 tablespoons plain chocolate spread and 1 teaspoon orange extract. Blend until smooth and pour into 3 tall glasses. Repeat to serve 6.

20 Chocolate Orange Pots

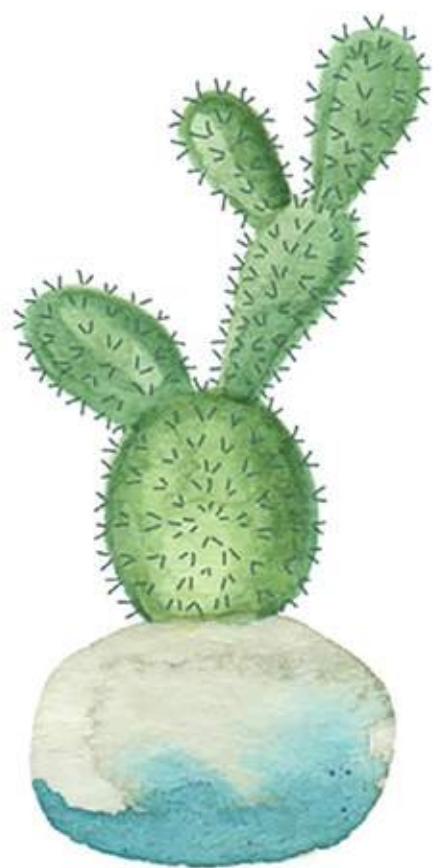
In a bowl, beat together 200 g (7 oz) cream cheese or mascarpone cheese, 2 teaspoons finely grated orange rind, 125 g (4 oz) Greek yogurt and 3 tablespoons caster sugar until smooth and thick. Stir in 75 g (3 oz) finely chopped

dark chocolate and spoon into 6 glass serving dishes. Chill for at least 10 minutes. Meanwhile, mix 75 g (6 oz) crushed dark chocolate digestives with 50 g (2 oz) melted butter. Spoon the biscuit crumbs over the chocolate orange pots to serve.

240 SWEET FIX

STU-SWEE-POC 

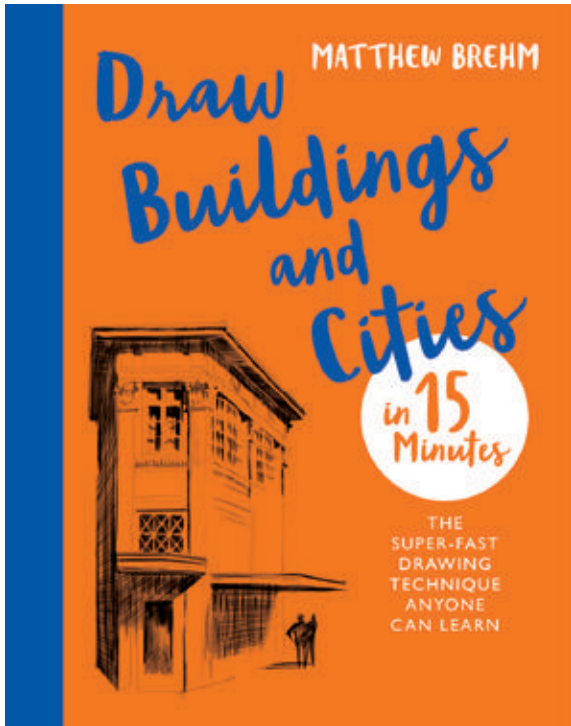




ilex

SPRING – SUMMER 2019





DRAW BUILDINGS AND CITIES IN 15 MINUTES

The super-fast drawing technique anyone can learn

Matthew Brehm

Learn to draw and sketch your urban environment with quick and easy lessons.

THE SUPER-FAST DRAWING TECHNIQUE ANYONE CAN LEARN

Anyone can draw, and anybody who can already draw can always learn to draw better. In this book, leading art instructor Matthew Brehm gives you all the skills you need to sketch the urban environment in just 15 minutes.

Good drawings aren't always the ones that you've spent a lot of time over; some of the best pieces are swift, energetic studies that capture the feel of the subject in a few well placed lines. This book contains a series of exercises that develop the core skills for drawing buildings and cities, all of which can be completed in a quarter of an hour.

- Build confidence in mark making.
- Understand perspective.
- Play with proximity and point of view.
- Record details such as reflections and shadows.
- Capture the character of buildings and cities.

Matthew Brehm is an Associate Professor of Architecture at the University of Idaho, where his teaching responsibilities include design studios, graphics courses, and an annual study abroad program in Rome, Italy, that he initiated in 2007. He is the author of *Sketching on Location* and *Drawing Perspective*.

In 2010, Matthew received the university's Hoffman Award for Excellence in Teaching, and his drawings have been recognized with awards by the Design Communication Association and the American Society of Architectural Illustrators.



9781781576274

March 2019

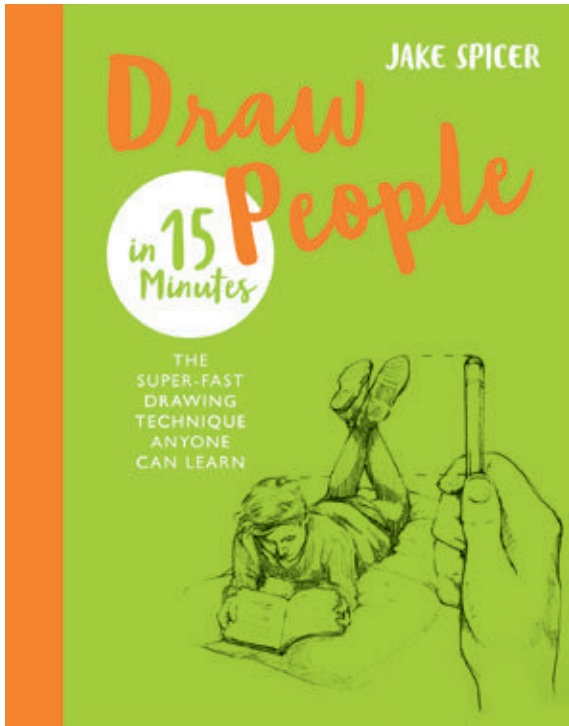
Ilex

US\$12.99 CAN\$14.99

Paperback

7" x 8 7/8"

128 pages



DRAW PEOPLE IN 15 MINUTES

The super-fast drawing technique anyone can learn

Jake Spicer

Learn all the skills you need to sketch a convincing figure in just 15 minutes.

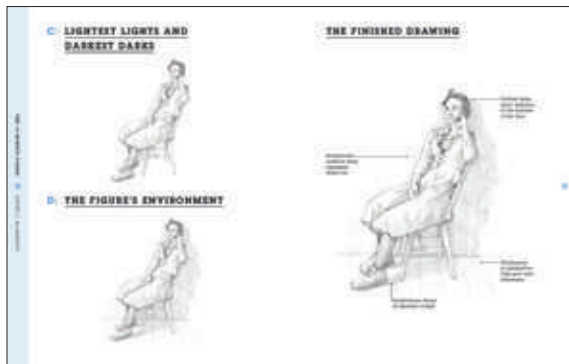
Anyone can draw, and anybody who can already draw can always learn to draw better. In this book, best-selling author and art instructor Jake Spicer gives you all the skills you need to sketch the human figure in just 15 minutes.

Good drawings aren't always the ones that you've spent a lot of time over; some of the best pieces are swift, energetic studies that capture the feel of the subject in a few well placed lines. This book contains a series of exercises that develop the core skills for drawing people, all of which can be completed in a quarter of an hour.

- Master the basic figure.
- Build confidence in mark making.
- Understand anatomy.
- Play with proportion and foreshortening.
- Capture details such as hair, hands and feet.



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.



9781781576250

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US\$12.99 CANS\$14.99

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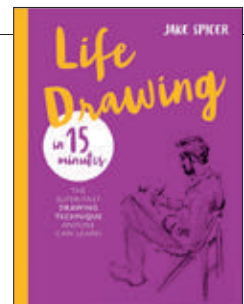
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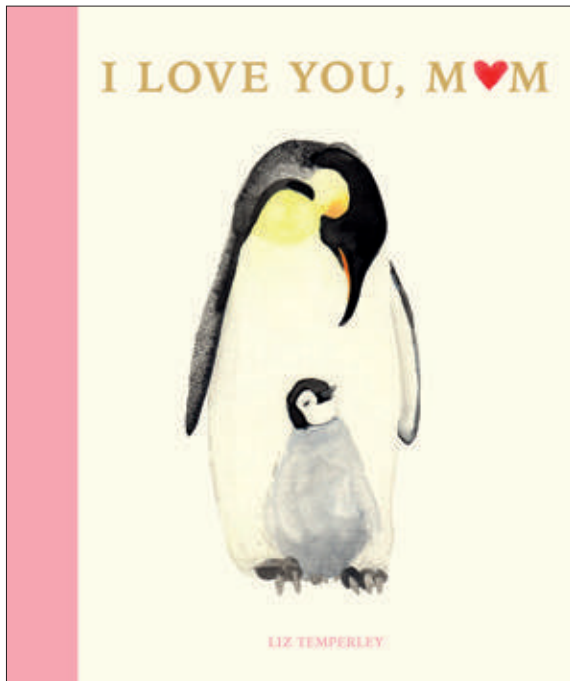
LIFE DRAWING IN 15 MINUTES

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I LOVE YOU, M♥M

Liz Temperley

The perfect gift for mama bears and tiger moms this Mother's Day.

I Love You Mom is bursting with kisses and cuddles from nature.

Enjoy heartwarming tales and fascinating facts about the animal kingdom's most devoted mothers and the unbreakable bond they share with their adoring cubs.

Celebrate every moment in this delightful book, illustrated with enchanting watercolour portraits.



Liz Temperley draws inspiration from the natural world to create her unique handmade illustrations. She loves to create beautiful things and creates charming artwork and witty captions to make people smile.

9781781576793

March 2019

Ilex

US\$12.99 CAN\$14.99

Hardcover

5 ½" x 6 ½"

96 pages

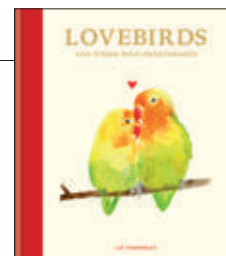
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SEA OTTER

A cuddle from mom can fix any problem. While mommy and daddy otters hold hands as they swim on their backs, mommy will place her fluffy new pup on her upturned stomach so that the little one can rest and stay safe and dry.

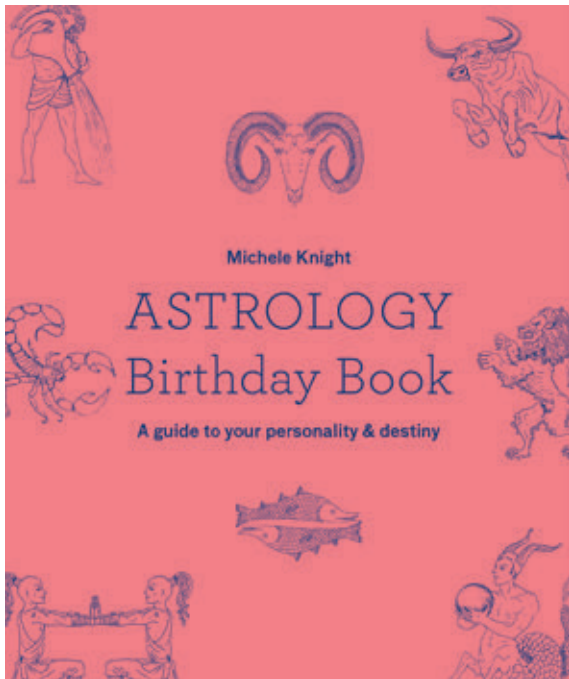
1



SIBERIAN TIGER

Tiger moms just want the best for their cubs, even if they can be a little hard sometimes. They all have a softer side. Using the same powerful and deadly jaws that catch their prey, Siberian tiger mothers also use the gentlest of bites to carry her newborns with her, out of harm's way.

2



ASTROLOGY BIRTHDAY BOOK

A guide to your personality and destiny

Michele Knight

Ever wondered how your date of birth influences your personality, your loves and passions, and your path in life? *The Astrology Birthday Book* reveals how the precise alignment of the planets on your date of birth determines the characteristics that make you unique.

Michele Knight is the UK'S favorite psychic according to *Spirit and Soul* magazine. She is astrologer for *Look* magazine, and a regular columnist on *Soul and Spirit* and *Spirit and Destiny* magazines.



9781781576953

March 2019

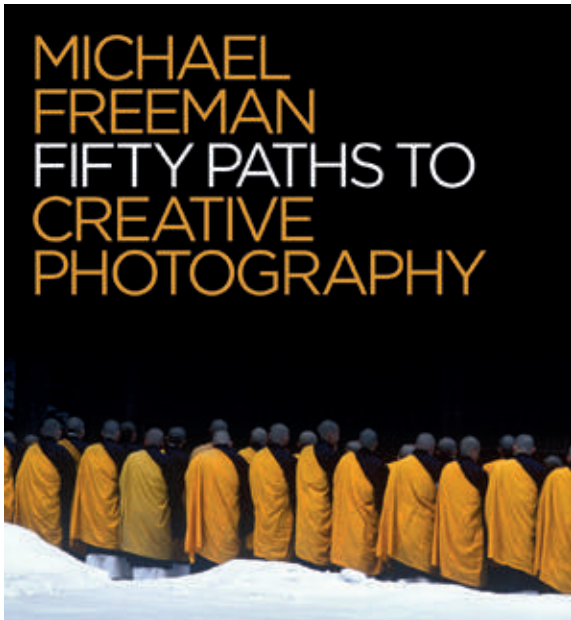
Ilex

US\$14.99 CAN\$16.99

Hardcover

5 1/2" x 6 1/2"

400 pages



FIFTY PATHS TO CREATIVE PHOTOGRAPHY

Michael Freeman

"How can I be creative with my photography?" is the question Michael Freeman is asked more than any other by the thousands of photographers he speaks to each year. This book provides not one answer, but fifty.

In Freeman's own words: "There's a long line of opinion, from Plato through Kant, that holds creativity to be unteachable, and to be the province of genius. You have it or you don't. End of story. I don't agree"

By looking at the work of other great photographers, as well as Freeman's own work, the book provides the reader with 50 "paths" they can explore to think about taking photos, looking at subjects from cliché to zen, so you will be able to hit the right point in surprise, originality, insight and execution every time.



Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years.

In 1971 he made the life-changing decision to travel up the Amazon with two secondhand cameras, and when *Time-Life* used many of the pictures he came back with, he embarked on a full-time photographic career.



9781781576373

April 2019

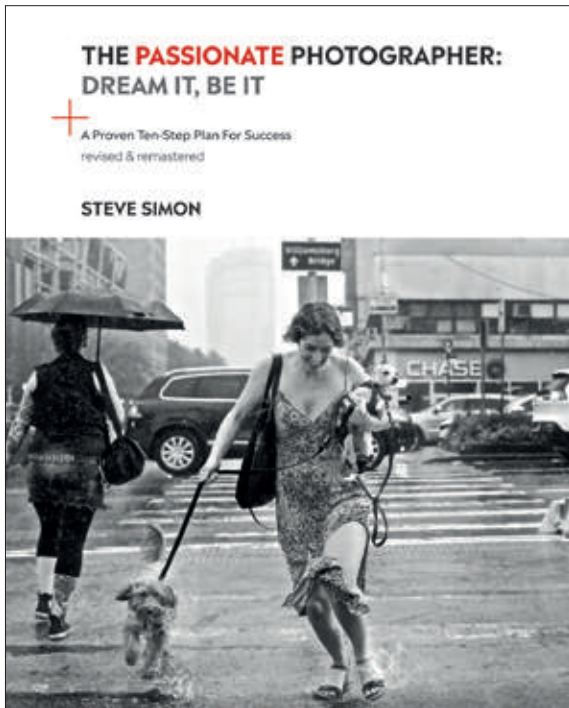
Ilex

US\$24.99 CAN\$27.99

Hardcover

9 ¼" x 10"

224 pages



THE PASSIONATE PHOTOGRAPHER: DREAM IT, BE IT

A Proven Ten-Step Plan For Success

Revised & remastered

Steve Simon

The remastered edition of the best-selling classic book for all photographers.

Take your passion for photography and close the gap between what you hope to achieve and what you do following one of the world's most highly regarded photographers.

This book will help you think about your photography and find a visual voice. It follows a clear structure which will make it useful for any reader, fully illustrated with Simon's own inspiring photography and, alongside some work from the historical greats.



Simon's understanding of photography makes for a book filled with tips you can immediately fold into your own shooting, quickly establishing your own vision, learning what to concentrate on in a shot, and pushing you beyond your comfort zone. It also includes

"lessons learned" from Steve's experience, so you can neatly side-step some problems even the pros had to endure.

Steve Simon is a multiple-awardwinning documentary photographer who has worked in more than 40 countries and been published in *The New York Times*, *Life*, *Time*, *Le Monde*, *Harpers* and many more.

9781781576366

April 2019

Ilex

US\$29.99 CAN\$32.99

Hardcover

7 1/2" x 9 1/4"

256 pages

STEP 4 THE LONELY ADVENTURER CONCENTRATION, PATIENCE & NEVER LINGERING IN YOUR COMFORT ZONE

"Sometimes I have taken photographs and just felt so excited that I could barely hold the camera steady, and the photo was boring." **Robert Rauschenberg**

There's no doubting the fact that photography can be fun, and it's often a great experience to spend the day shooting with other photographers on what's been called the "photo walk." But I maintain that to do your best work you need to be laser-focused and go it alone.

Shooting at your highest level requires you to direct all your attention to the subject before you can move into the "photographer's zone," a place of high concentration (4.2). You've probably experienced that feeling when you're truly concentrating on the task at hand and distractions disappear. When you're in the photographer's zone, you're present, in the moment. Time itself seems to slow down or

become irrelevant as you focus your efforts and your camera on your subjects. Your ability to ignore distractions increases.

If you can find your way there you will be rewarded with great images. But getting there requires working on the previous steps, letting the technical aspects of your camera fade and flow into your background process. In the photographer's zone, you move around—eye to the viewfinder—constantly exploring, sometimes thinking, sometimes just feeling your way through.

And as you learned in the last step, your comfort zone is only the starting point from which to work harder to dig deeper visually.



4.1 You need to go it alone and find your way to the photographer's zone of concentration to do your best work. In highly charged situations, like everything I can do to stay focused, concentrating on timing camera and making sure I do the right things to get the shot. My adrenaline may be pumping but there is deep focus and get to work. © David Simon

LEARNING TO CONCENTRATE

My best shooting experiences meld the physical—the act of shooting—with the mental and emotional (which becomes second nature with experience) to get to a place where I'm in that zone (4.3). It takes a presence of mind that comes with practice and discipline.

We are all constantly working in a kind of shorthand; our eyes are open, but we may not see if you've ever driven a car while deep in thought or talking on your speaker phone, you understand auto-pilot mode.

During this time you often have little or no

recollection of what you saw as you were driving—let's say, actually. We can function at both levels because we look with our eyes but see with our brains.

We're not concentrating on what our eyes are showing us; we look at the road, the lights, and the



4.3 If you can find ways to make great images in your own backyard you might be even more inspired when you travel to see and see things like, like Mexico City. © David Simon

The Creative Method | 89

ACCESS IS EVERYTHING

As photographers, we need to be bold in order to find the best place and angle to shoot. Gaining trust and access is crucial, because once you have permission to shoot freely, you can do just that and work the situation as detailed in Step 3.

Access and permission doesn't be formal. When I photographed the people on election night in Harlem who gather to watch the results on a big screen, I would stand in front of them, camera dangling around my neck as in my hands, with a nod or a wink, communicating without words. I would get a green light to shoot, and they would continue to watch election results or just ignore me so I could capture real moments (5.5).

This is often the technique I use to get closer to people with a smile to normal tone. Even when

you're in a foreign environment and don't speak the language, you can use expression and gesture to "speak" with those you encounter (5.4).

But as much as I like getting in close, you need to work up to it. Most people don't appreciate having a lens stuck in front of their face. Establish the relationship and earn respect; you may move in closer unobtrusively. If they are prepared for it, they won't react negatively and you can get the shot you moved in for.

5.3 Following a lead, there's an intimacy that is communicated by shooting in close with a wide-angle lens when photographing people. On election night in Harlem, 2008, I photographed people watching results on the big screen. Most people don't regard allowing a camera that face really need to work up to it. You can often get permission without words, with a nod or a glance around you. Take permission, you can get the shot you need in for long the camera is unobtrusive to the ground as possible unobtrusive distance. © David Simon



5.4 Photographing at the Republican Convention in New York City, I met this 12-year-old boy who was right in front of me with a wide lens, and he simply looked at me. You can often get the permission without words with a nod or a glance and the moment stays pure. © David Simon



THE POWER OF NO

Take Back Control and Find Time For You

Abbie Headon

"No" is a powerful word, and here's why you need to use it.

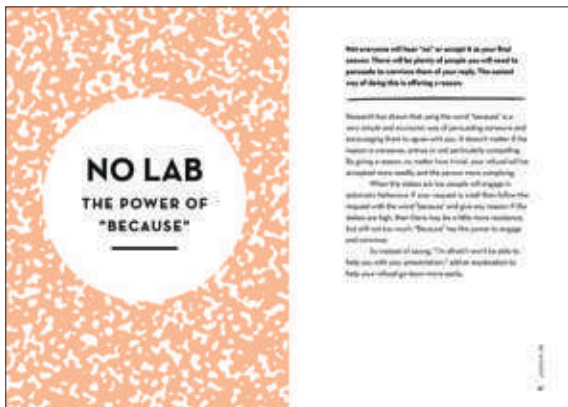
Being overwhelmed and overworked, fighting time and losing confidence are all symptoms of forgetting or failing to say "no". By using this single word and canny bible you will overcome your fear of missing out or causing offence, and come to understand your own needs and limitations.

Set the rules, find direction and demand respect.

Start valuing your time and put yourself first.



Abbie Headon is the author of *Power of Yes*. She lives in Southsea, Hampshire, where she can often be seen strolling by the seaside with a book (or two!) in her hand.



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April 2019

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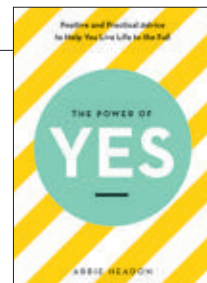
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SHARE GREAT PHOTOS OF YOUR GARDEN'S VISITORS



Richard Peters

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Richard Peters

Richard Peters won the European Wildlife Photographer of the Year for a photograph taken in his very ordinary suburban back garden. In this book he shares the methods he used to get stunning professional nature photos without having to head out on safari.

Discover the gear you need - and the gear you don't.

Learn how to light your garden to capture nocturnal animals.

Tips and tricks for helping your camera survive the elements.

Become an accomplished photographer from your back room.



Richard Peters is a UK based wildlife photographer and Nikon Ambassador best known for a style that often favors dramatic light and has received numerous accolades for his work, including being named the European Wildlife Photographer of the Year, alongside winning several awards in the prestigious Wildlife Photographer of the Year. He regularly writes articles for the UK's photographic press and exhibits his work, including in collaboration with the WWF UK. Additionally he donates images to conservation organisations, which have included the Born Free Foundation and the Jane Goodall Institute.



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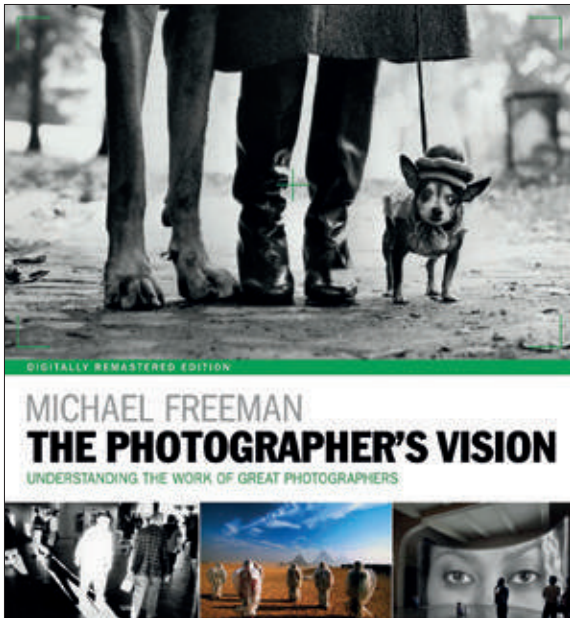
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Michael Freeman, professional photographer and best-selling author, was born in England in 1945, took a Masters in Geography at Brasenose College, Oxford University, and then worked in advertising in London for six years. In 1971 he made the life-changing decision

to travel up the Amazon with two secondhand cameras, and when *Time-Life* used many of the pictures he came back with, he embarked on a full-time photographic career.

THE PHOTOGRAPHER'S VISION

Understanding the work of great photographers

Michael Freeman

In *The Photographer's Vision*, international bestseller Michael Freeman examines the work of photography's greats, explaining how to look at a photo - and how to learn from looking at it. Beautifully presented in a gorgeous and generous near-square format that shows off landscape and portrait photos to their best effect, this new remastered version improves upon the reproduction quality using the latest techniques.

Photographers featured include some of the most distinguished names in photography's history: Nick Knight, Frederick Henry Evans, Frans Lanting, Tim Page, Wolfgang Tillmans, Nan Goldin, Paul Outerbridge, Walker Evans, Cindy Sherman, Elliott Erwitt, Trent Parke, Jeff Wall, Paul Strand, Romano Cagnoni, Horst Faas, James Casebere and many more, making this book visually stunning as well as intellectually authoritative.

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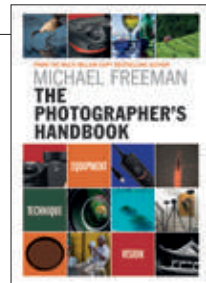
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THE QUALITIES OF A GOOD PHOTOGRAPH



1. IS BRILLIANTLY PUT TOGETHER
There is a lot of stage practice which appears for most people to be technically and compositionally perfect. They indicate, for example, being close to the main subject, a medium aperture that covers the dramatic range, a composition that most people will find generally satisfying, and even a choice of subject that seems wonderful. There are many more and basic photographic skills, not to be lightly dismissed, and there are strong arguments for mastering them all. If the image made them, they have to be there. But a good photograph does deliberately choose some of them—in a vision. There is

also a difference between viewing up the frame through someone or by someone, and so looking for deliberate effects. What seems to be looking here is someone lighting and so on work. Photographers who consider these are like play with them.
Both of this is digital practice, so you could get out of it, and it tends to be at its most subtle in print and digital. Anything well-styled means someone just that has done, and this is a type of photography as it is to see what are that more part of the picture and there through in the final image, and it is to see what photographer to expression

fully what would you be making, but usually what is about people there is a sense of the last involved. In traditional, you only find the very high, but under it, something, like an experimental photograph, you cannot be. But on one level, actually, games to.



4. BEING OPEN, NOTING, NOT BY CHANGING BEHAVIOR
This is a common image that seemed along that. The human face of the world and what is into the image itself and the person facing with the subject. The not simple, but what is meant, "endless" series. "The way that that world is actually"

A scene in a photograph, which, with by David Laundy
The scene is a photograph, which, with by David Laundy
The scene is a photograph, which, with by David Laundy
The scene is a photograph, which, with by David Laundy



A Image from Darkness Visible series: Bamyan, Bamyan Province, June 2005, by Sammie Murphy
A powerful image that reads on different levels. There are at least three layers of experience, depending on how deeply the viewer wants to go. Not necessarily in the order of seeing, there is first, the image as showing the consequence of war, the Afghan war. The one-legged victim makes his solitary way through the harsh Afghan landscape. And then there is the striking coincidence of shape and timing. We see the correspondence between the

man, bent slightly at this point in his awkward walk, and the disintegration in the rock behind. This is such a marvelous correspondence that the immediate thought for anyone who can imagine themselves in the position of the photographer is, how did he get that? It's clear that this is not something to stage manage. And then, in our hypothetical journey into the photograph, we look at the shadow in the rock face more closely. What happened there? It has been carved out, but it's empty if we know something of the recent history of Afghanistan, and remember

the news reports, we realize that this is where the ancient Buddha of Bamyan were before they were blasted to rubble by the Taliban in 2001. This adds another layer of loss and intolerance. And of religious conflict. Religious intolerance destroyed the Buddha. A war with religious undertones that began with the destruction of the Twin towers destroyed the man's limb, and he, as the photographer explains, is a Hazara victim. The Hazara, as Shia Muslims, suffered particular misery under the Taliban, so an equation of suffering.



A Theatre Tickets, New York, 1955, by William Klein
An image that sits squarely in the tradition of street photography, a very specific form of photojournalism in which the photographer walks and looks for the unplanned moment, the coincidence of people or actions or form, hoping for the surprise. And also hoping to be able to recognize it quickly when it happens, and to capture it. The man points, and this is the moment for Klein. But equally, he is in the right position and is able to understand and frame the shot elegantly and simply.

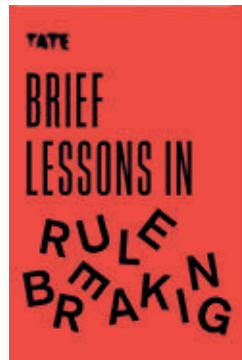
Theater Tickets, New York, 1955, by William Klein
Theater Tickets, New York, 1955, by William Klein
Theater Tickets, New York, 1955, by William Klein
Theater Tickets, New York, 1955, by William Klein



An exciting new partnership

The Octopus Publishing Group are very pleased to announce an exciting new collaboration between creativity imprint Ilex and Tate. Tate boast an international profile and leading position in modern and contemporary art and design. Their world-class expertise and reputation will be joined with Octopus's commercial reach and innovative offer, promising an extremely appealing and unique program.

Tate's museums are among the world's most popular attractions, with over 8.4 million visitors recorded across all of its four sites in 2016–2017. Their mission is to increase everyone's enjoyment and understanding of art. Recent blockbuster shows include Henri Matisse: The Cut-Outs (a collaboration with MOMA, New York) and Alexander Calder: Performing Sculpture. At Tate Britain, the 2017 David Hockney retrospective was the second most popular show in Tate's history after Henri Matisse: The Cut-Outs, drawing in half a million visitors.





PROJECT COLLAGE

50 projects to spark your creativity

Bev Speight

Cut it, stick it, twist it! *Project: Collage* is packed with great ideas for creating eye-catching collages, with 50 step-by-step projects to inspire you.

Collage is the art of reinvention. This magical and tactile process invites you to collect, experiment, combine and transform. These creative mashups don't require specialist equipment, only everyday materials. It is an art form for everyone and every budget.

From striking architectural builds to taxidermy ensembles, this book offers lots of fresh ideas and guidance to help you cut and paste your way to creating your own unique artwork.



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, amongst many other clients, has worked extensively on high profile campaigns for the BBC.



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April 2019

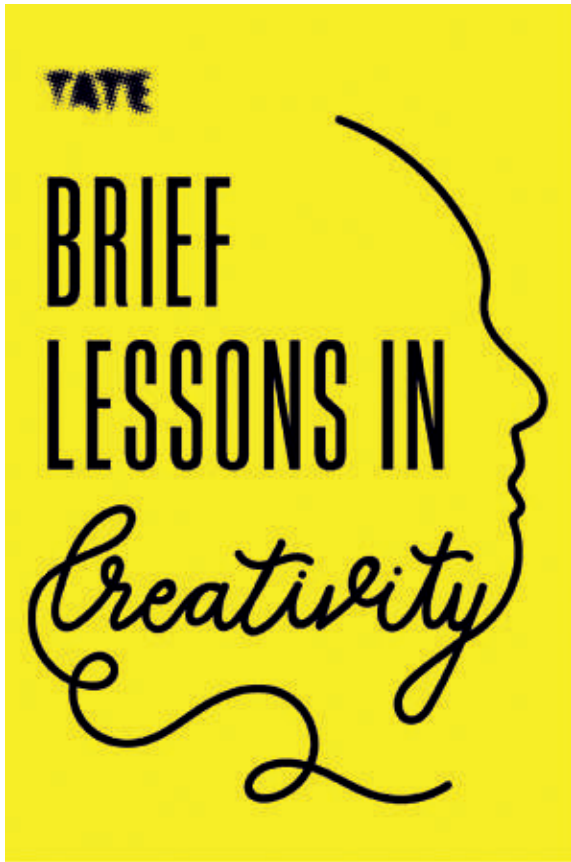
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BRIEF LESSONS IN CREATIVITY

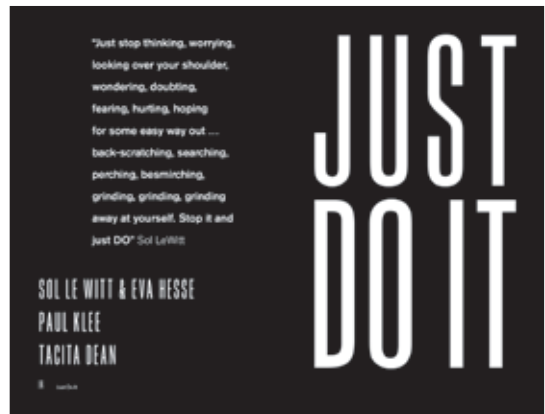
Frances Ambler

Banish creative block with inspirational words from Hockney, Pollock and more.

Use this essential guide to crack artistic algorithms and improve, sustain and nurture your creativity. *Brief Lessons in Creativity* presents a rich variety of artistic methods and solutions for you to try, and is packed with inspiration and practical takeaways. Stay curious like Rauschenburg by reading, researching and immersing yourself in the world. Repeat and revisit with Cézanne to try things differently and collect and remix with Duchamp and Bacon. Appreciate the importance of solitude and space with Bourgeois and improvise freely with Van Gogh and Miró. With every chapter, learn how to create your best work and embrace a new sense of playfulness.



Frances Ambler is a writer and editor, with a specialism in design and travel. Her publications include *Mid-Century Modern* (2016) and *The Rough Guide to Vintage London* (2012).



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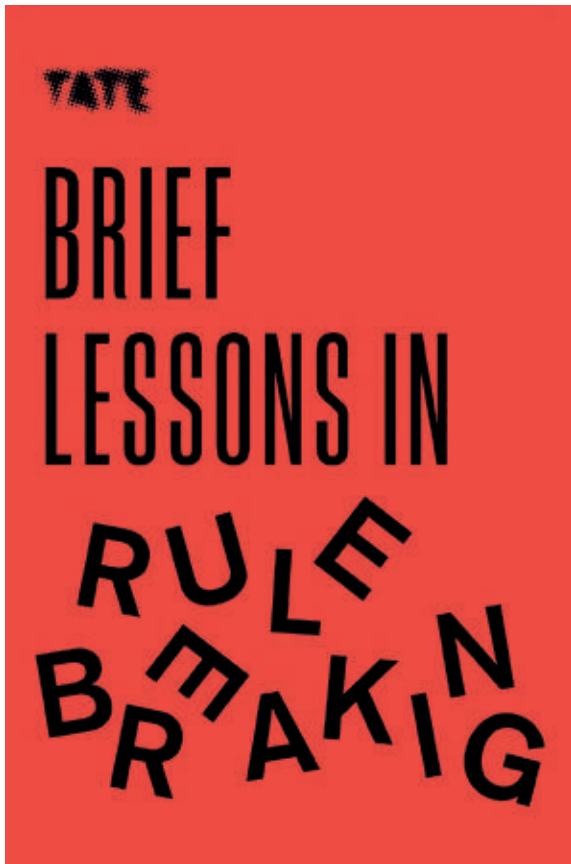
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"Creative people are curious, flexible, persistent, and independent with a tremendous spirit of adventure and a love of play." Matisse



BRIEF LESSONS IN RULE BREAKING

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Find the confidence to take bigger creative risks, get rebellious and stop playing it safe.

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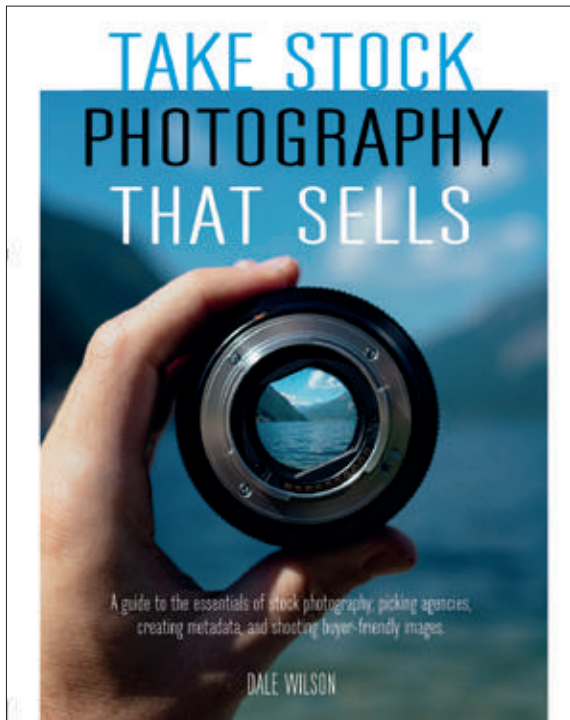
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"Learn the rules like a pro so you can break them like an artist." Picasso



TAKE STOCK PHOTOGRAPY THAT SELLS

A guide to the essentials of stock photography picking agencies, creating metadata, and shooting buyer-friendly images

Dale Wilson

A guide to the essentials of stock photography; picking agencies, creating metadata, and shooting buyer-friendly images.

Web-based stock photography has become one of the biggest income streams for photographers around the world, and has democratized the process, making it easy for just about anyone to sign up and sell their work. Not all photographers, however, can navigate the terminology, let alone understand that keywording will have more effect on their sales than the photo itself. This book will break anyone into that world:

Metadata - Understand how to label and keyword your pictures so people find and buy them

Create space - Discover how stock photos are used so you can compose pictures that will work for everyone

Comparisons - see comparisons between more and less successful photographs assessed by the author



Dale Wilson is a successful stock photographer in the very competitive world that has sprung up around the new distribution channels. He has also has his work used to promote Canada to tourists, and his clients have included the Royal Canadian

Mounted Police, *National Geographic Traveler*, *Smithsonian*, *Reader's Digest* & *IMAX*.

May 2019
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INGREDIENTS OF SUCCESS

BY NICHOLE

A stock photograph image from iStock that has been used in creating this article. It has been used in creating this article from about your idea rather than from your own idea.

One of the most difficult ingredients of putting together your business will be understanding how much money you will require quarterly and annually in order to start your business. Obviously it is necessary to maintain positive cash flow. Only with this knowledge will you be able to know with certainty how to adjust your operating and maintenance (O&M) costs in order to manage your costs.



The second law (one to receive is "supported safety" - don't let it if you are not able to pay yourself first, then why are you in business?) You can never let the safety regulations up to them as well as the fact, but always pay yourself first. Beyond the physical means of paying yourself, there is also the mental consideration. If you start seeing your income as compensation for giving yourself first, you have started to lose respect of your actual value. Once you stop respecting yourself, you have lost respect for your business, and you are your business. By paying yourself first, you have yourself as well as respect and ultimately health, but money.

Second, think about this for a moment - there are millionaires out there and you will require your agency to know more than a half-million dollar annually for you to meet your own of being in business.

Once this number registers and is recognized as a reality, you will have to get back to the "why" question. Study your input data very closely. Can you start and about a "simple" calculation for a value that about per month (based on a monthly study in the least of dollars)? Can you find a component business like and make-up what is supposed to be a hair salon and a make-up artist? Do you have a friend that understands, understand styling and how not to date so much with weekly styling?

Should you already have an amount of equipment that is ready to be incorporated into your business, you will have to take an account to know what the depressed value might be. This will be required by filing your own profit/loss statement, so it is best to have these numbers from the start. The other part of equipment is, the more you should place in capital means from the

start. When your equipment becomes depreciated to zero value, you should have sufficient funds in capital means to replace that piece without requiring financing.

Many photographers today no longer own camera equipment. They recognize it is extremely expensive to purchase and maintain, and rarely in their equipment used more than 50% of the valuable year. By seeing the necessary equipment for each shooting session it fees their combined costs, and the more fee is deductible as a cost of doing business in that valuable year. The cost of it is provided to include, looking at it as one you money from a variety of angles.

All the little items that can be addressed before you start your business will start you as you learn about the business. It is hard work to reach success, but success you want - so that will be your decision.

Success story

The reason for this story is simple. The author of this story is a woman who has been successful in her business for over 10 years. She has a great idea and she has a great team. She has a great idea and she has a great team.

LOVE

A stock photograph classic, "love" is a common search term and it's a great one to get images for. Here are some samples with some notes explaining why some work better than others.

WORDS OF WARNING

- 1 The word "love" is not enough.
- 2 The word "love" is not enough.
- 3 The word "love" is not enough.
- 4 The word "love" is not enough.
- 5 The word "love" is not enough.
- 6 The word "love" is not enough.
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- 8 The word "love" is not enough.
- 9 The word "love" is not enough.
- 10 The word "love" is not enough.

COMFORTABLE KISS

- 1 The word "love" is not enough.
- 2 The word "love" is not enough.
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- 4 The word "love" is not enough.
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- 10 The word "love" is not enough.



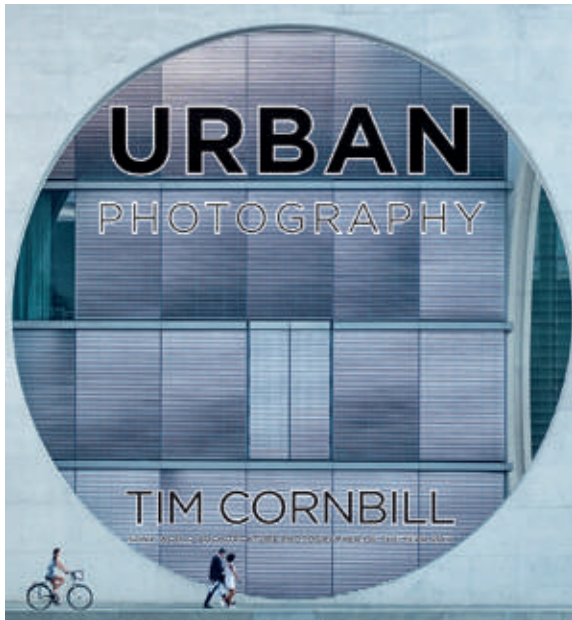
SUCCESS STORY

- 1 The word "love" is not enough.
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SUCCESS STORY

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- 10 The word "love" is not enough.





URBAN PHOTOGRAPHY

Tim Cornbill

The urban environment offers a whole host of subjects to photograph, even in the smallest of towns. In the time it takes to walk a block or two, you can photograph panoramic skylines, people up close at work or play, abstract architectural details, frenetic street activity and peaceful park scenes. You can capture elements of the past and present through the city's architecture in one carefully composed street scene; focus in on torn wall posters in a dimly lit alleyway; then, within minutes, frame up the most recognizable landmark in the city.



Tim Cornbill is a double-winner in the 2017 Sony World Photography Awards, in both the Architecture category and the UK category.



9781781576120

June 2019

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PHOTOGRAPHY DECODED

Look, Think, Ask

Susan Bright and Hedy Van Erp

This book explores the choices behind some of the greatest photographs of all time; by taking on the 'Why', rather than just the looking at the subject or technique, and opens the door to the art's most interesting questions, and will inspire enthusiasts to improve in their own practice.



Susan Bright has worked within the arts for twenty years and has a track record of innovative exhibitions, publications and programming specialising in how photography is made, disseminated and interpreted. She has curated exhibitions

internationally at institutions including: Tate Britain, The National Portrait Gallery in London and The Museum of Contemporary Photography, Chicago amongst others.

The exhibition of *Home Truths* (Photographers' Gallery and the Foundling Museum and traveling to MoCP, Chicago and Belfast Exposed) was named one of the top exhibitions of 2013/2014 by *The Guardian* and *The Chicago Tribune*.



Hedy van Erp (The Hague, 1966) is a photo historian and works as an independent curator and writer. In the 1990's, she founded an art agency representing influential Dutch photographers (Viviane Sassen, Rineke Dijkstra, Blommers/Schumm, to name a

few). She (co-)curated exhibitions for a.o. the Nederlands Fotomuseum (Rotterdam), the National Media Museum, Fotomuseum Den Haag and the Science Museum (London). In 2016 and 2017, she was a member of the Dutch Photographic Portrait Prize jury. For the Dutch Ministry of Foreign Affairs and Europe by People, she worked on a portrait gallery of Dutchmen from politics, culture, science, sport and art, and she curated the work of Viviane Sassen. She currently works on different projects for the Dutch National Portrait Gallery.



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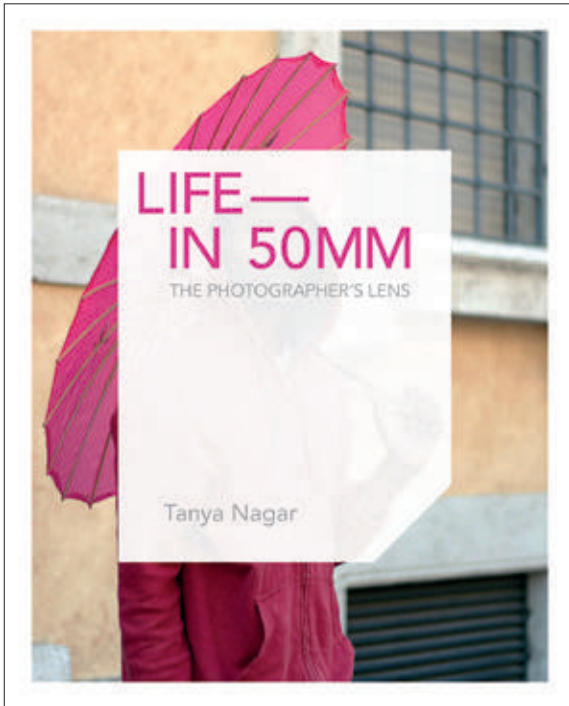
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LIFE IN 50MM

The Photographer's Lens

Tanya Nagar

The 50mm lens is for purists.

It is cheap.

It is beautiful.

And it gets better photos.

But it also makes photographers try just that little bit harder, leading to better visual storytelling.

Life in 50mm shares some of those fascinating results - and the experiences that led to them - from some of today's leading contemporary photographers. It will also explain why they chose to reject complicated modern zooms and express themselves through the 50mm prime in the first place.

Author (and 50mm fanatic) Tanya Nagar, starts by introducing the lens that history's greatest photographers - including Henri-Cartier Bresson himself - chose.

Filled with inspiring photography, this book is perfect for a photography lover or someone looking to develop their skills.



Tanya Nagar originally emerged in the wave of new photographers brought to the world by DeviantArt, an art-display site launched at the turn of the century and where her many fans knew her as Tanya-N.

Her award-winning work has been globally published across media including the BBC, CNN, The Londonist, and seen at the Satchi Gallery, nearly all of it captured with her beloved 50mm lens.

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160 pages

HENRI — CARTIER BRESSON

"Your eye must see a composition or an expression that life itself offers you, and you must know with intuition when to click the camera."

— Henri Cartier-Bresson



Henri Cartier-Bresson rose to stardom as the grandfather of street photography and photojournalism in the 1930s, skilled by many photographers today who recognize the mastery of his art and what he called "the decisive moment": the exact instant just one beat — his trusty 35mm — and with this compact fast and sharp piece of glass he was able to shoot quickly and inconspicuously, creating some of the most memorable images in documentary and street photography to date.

In an interview in 1971 published recently in the New York Times, Cartier-Bresson spoke about why he uses this lens.

"It [the 35mm] corresponds to a certain vision and at the same time has enough depth of focus, a thing you don't have in longer lenses. I worked with a 90. It cuts much of the foreground if you take a landscape, but if people are running at you, there is no depth of focus. The 35 is splendid when needed, but extremely difficult to use if you want precision in composition. There are too many elements, and something is always in the wrong place. It is a beautiful lens at times when needed by what you see. But very often it is used by people who want to shoot. Because you have a distortion, you have somebody in the foreground and it gives an effect. But I don't like effects. There is something aggressive, and I don't like that."



Here, says, is Henri Cartier-Bresson, give a good impression of the simplicity that the 35mm lens gives. If you might wonder what the photographer has, you see a lot of what to most have seen, with the lens making it just enough to be high on

LIFE IN 35MM

Public 35mm photographs — Henri Cartier-Bresson

IN THE THICK OF IT — TURKISH UNREST

The night this photo was taken, clashes and stand-offs with the police had been subdued. It was Zam and I decided to return back to my hostel. On the busy street of Anadol, which was still flooded with tourists and people, some police set off a tear gas canister. People started running and I myself had no gas mask so I started hurrying away from the cloud. In all the chaos, I first saw this man take a gas mask out of his backpack and calmly lean on the edge of the taxi, and I approached to take his photo. Then the woman inside turned and looked right at me. It was in that moment I raised the camera and took the picture.

I used the 50mm 1:4 to shoot wide open at night. It was 2000 and very dark. Even at 4430 ISO at a speed of 1/100 it was just enough to illuminate the scene. Although using the 50mm for the wide aperture was only half the reason I choose it — my 35mm F2 wide angle was broken the day before, when I was pepper sprayed by the police and I ran into a man getting kneeling the lens.

THE STORY

"I had just arrived in Istanbul, from the south of Turkey where I was shooting a wedding in Diyarbakir. Protests had broken out in the days before. I canceled my flight back to Ireland and booked a flight to Istanbul to shoot. As soon as I checked into a hostel, I made my way towards Taksim Square. Along the way people were shopping, cafes were full of people laughing and chatting, as though this were any regular day. After walking for 20 minutes I began to think the news of a military crackdown and clashes with protesters was exaggerated, but as soon as I turned a street corner to the edge of Taksim Square this is the scene that greeted me. The streeted bus was like a ghost of the night before. I began to release the shutter when the protester was fast asleep oblivious to his surroundings.

I used the Elmer 50mm, for distance. I had a 35mm lens as well but I was walking into a situation that seemed potentially dangerous and I thought the 35mm would be a good choice that would allow me to catch an overall scene, but without needing to get completely up close.

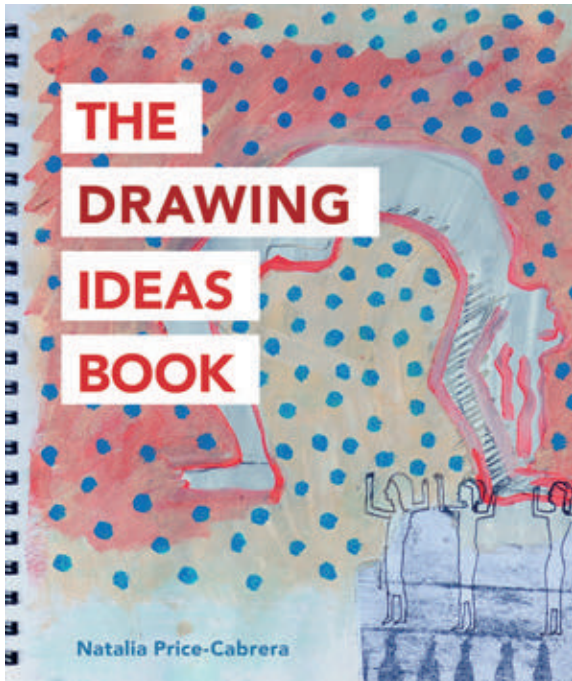
WEST BAH
Camera Lens 50
Lens, 50mm 1:4 Elmer
Has 35mm lens
ISO 180

WHERE
Istanbul



LIFE IN 35MM

In The Thick of It, Turkish Unrest



THE DRAWING IDEAS BOOK

Natalia Price-Cabrera

Little book of ideas for the creative artist.

The Drawing Ideas Book is the latest title in this exciting new series aimed at anyone who wants to take their creativity further. Full to bursting with ideas for techniques, subjects, combining media and styles, the books are a visual feast and source of inspiration for all abilities. Most artists like to investigate new ways of using their chosen medium.

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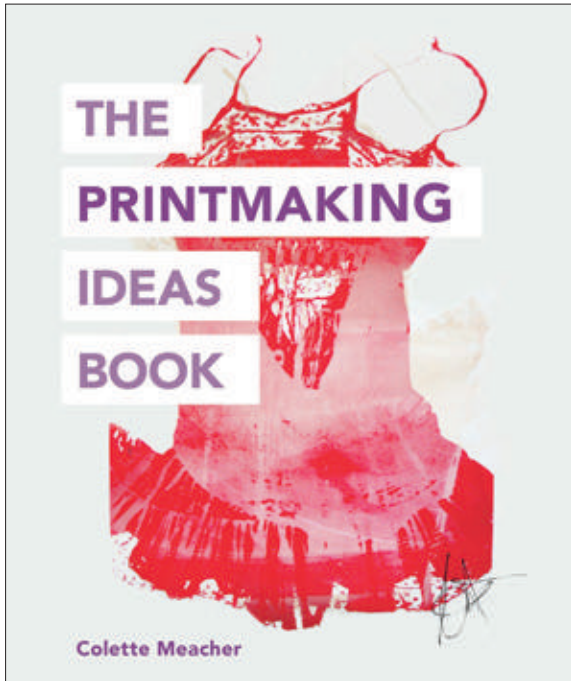
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Colette Meacher

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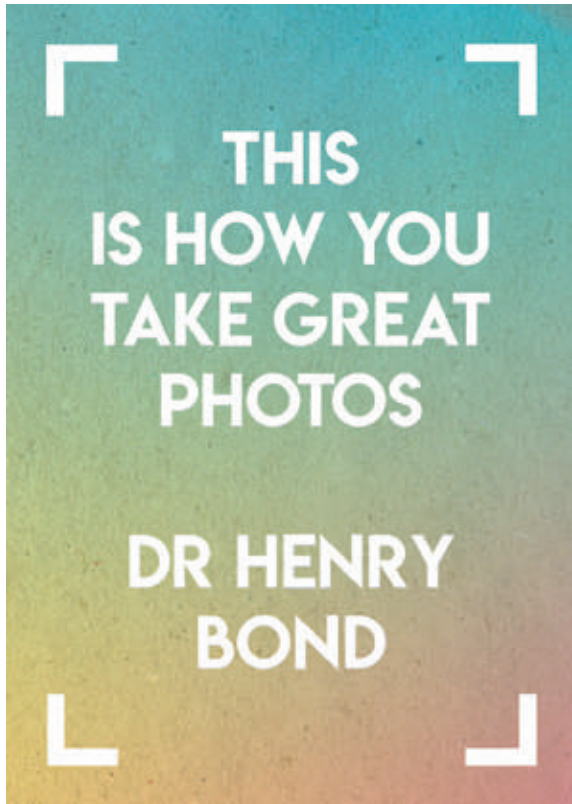
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Dr Henry Bond is a photography professor and theorist who teaches the Photography under-graduate and masters programmes at Kingston University in London. His photography has been published extensively around the world, and his writings include a book on crime-scene photography published by the MIT Press and a monograph on the US Air Force. He lives with his wife and daughter in West London.



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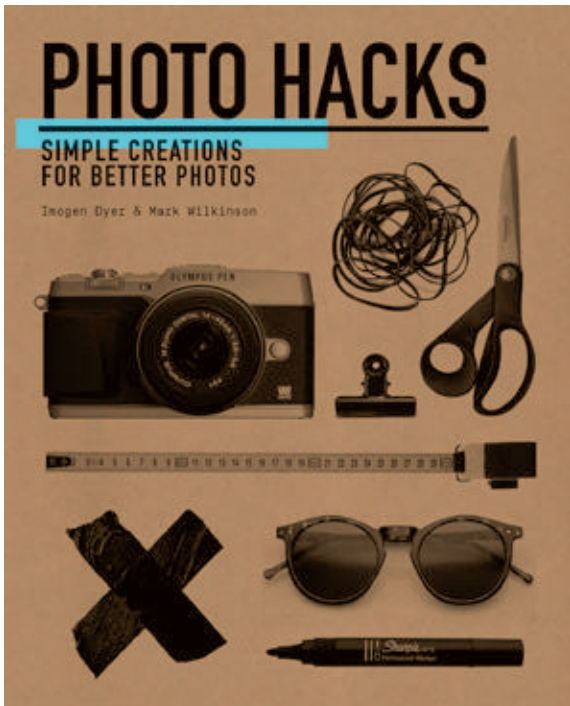


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Imogen Dyer is the unstoppable on-screen talent behind Weekly Imogen, the phenomenally successful photography tips & tutorials YouTube channel which averages 50,000 views a day. In just four years it has become one of the biggest channels on

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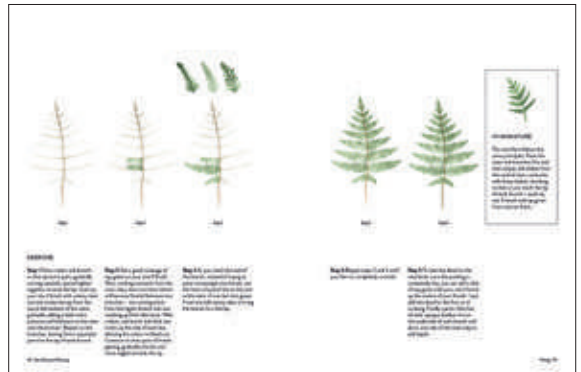


NEW BOTANICAL PAINTING

Harriet de Winton

Botanicals are big, with plants such as cacti and palms appearing everywhere, on textiles and in interiors. Plants and flowers have long been a source of inspiration for artists, but this book gives a fresh take on botanical painting. With over 30 projects on florals and foliage, this book will show you how to work in watercolor in a contemporary style that is accessible to all.

Harriet de Winton is an artist and stationer. Founder of the De Winton Paper Co founder, Harriet hosts a number of popular workshops throughout the UK including Brush Lettering, Watercolor Florals and Modern Calligraphy.



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FERNS: BROAD BUCKLER FERN

Ferns are a brilliant starter project; in spite of looking intricate and complicated, this exercise involves a few simple steps and a bit of repetition. Get a good potter on and you're all set.

It's a good idea to create your colour mixes in advance so they are close at hand when you need them.



© 2014 New Business Printing

WHAT YOU WILL NEED

Colours

- Sap Green
- Burnt Sienna
- Prussian Blue

Mixes

- Sap Green and Burnt Sienna to create a 'stem mix'
- Sap Green, Burnt Sienna and Prussian Blue to create a 'vein mix'

Brushes

- Rounded point size 4
- Rounded point size 0

Paper

- Hot pressed (smooth)

Other materials

- 2H pencil



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ANEMONES

This exercise shows how to create a range of anemones in different stages of flowering as well as a miniature version.

You will need to use plenty of water and minimal colour to give a ghostly translucence to these lush anemones. There are points where we have to work fast while the paint is still wet to blend in the next step and times where you can take a break between steps while you wait for colours to be bone dry.

It's a good idea to create your colour mixes in advance so they are close at hand when you need them.



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WHAT YOU WILL NEED

Colours

- Sap Green
- Burnt Sienna
- Prussian Blue

Mixes

- Sap Green and Burnt Sienna to create a 'stem mix'
- Sap Green, Burnt Sienna and Prussian Blue to create a 'vein mix'

Brushes

- Rounded point size 2
- Rounded point size 0

Paper

- Hot pressed (smooth)

Other materials

- 2H pencil

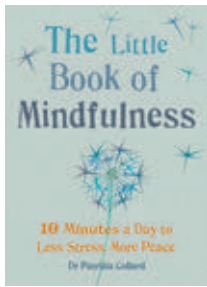


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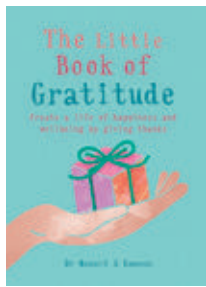
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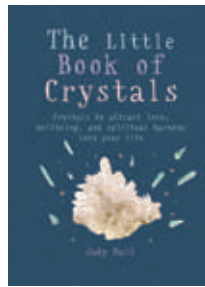
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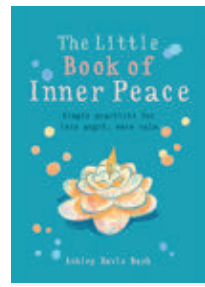
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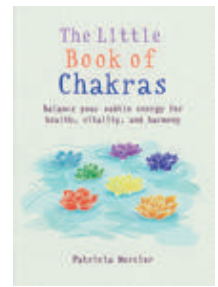
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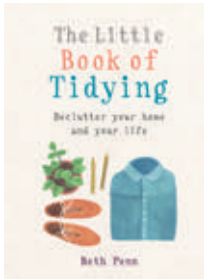
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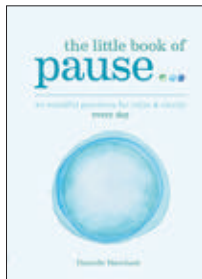
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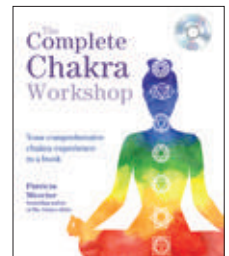
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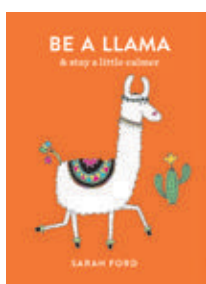
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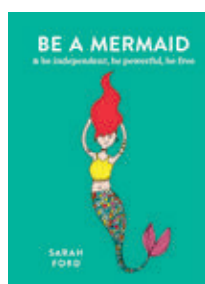
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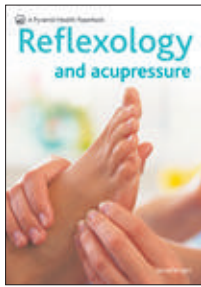
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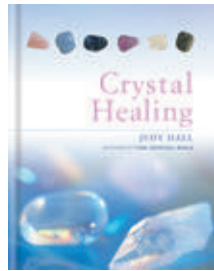
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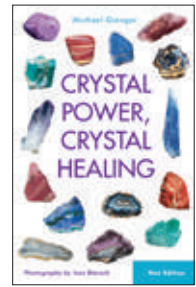
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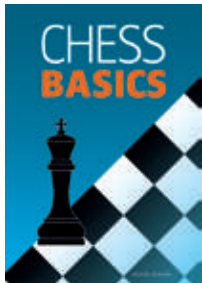
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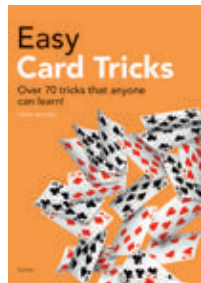
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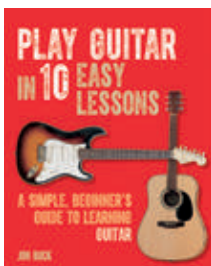
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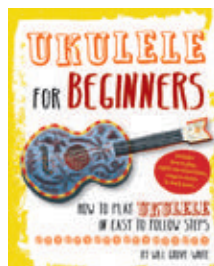
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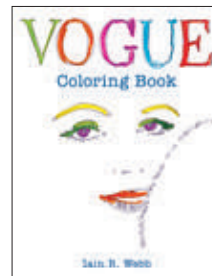
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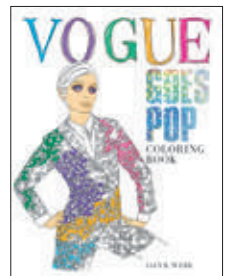
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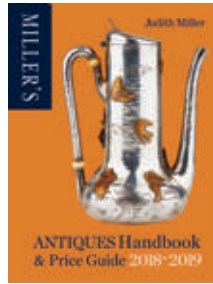
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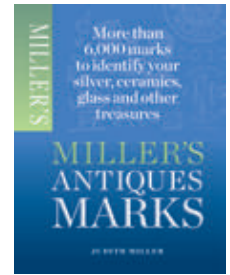
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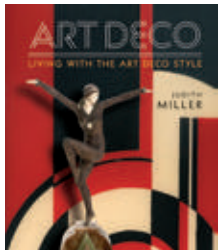
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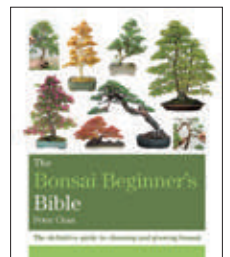
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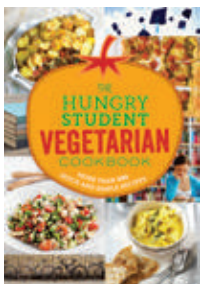
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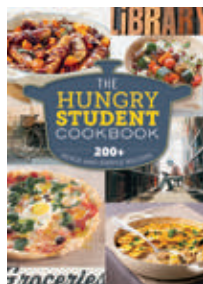
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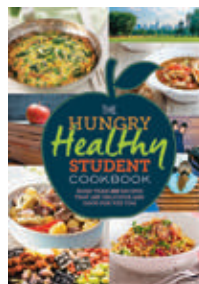
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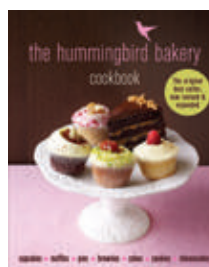
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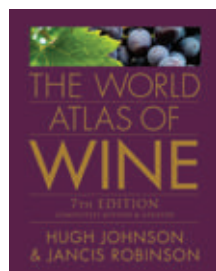
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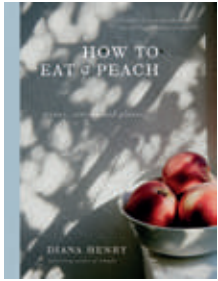
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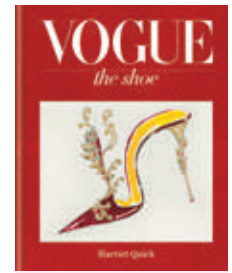
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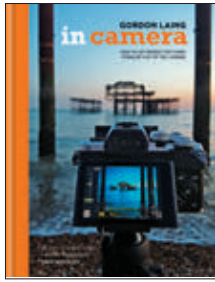
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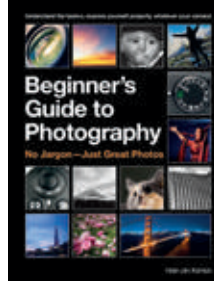
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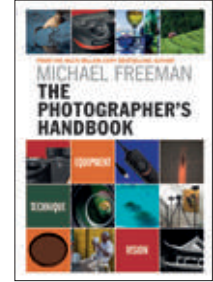
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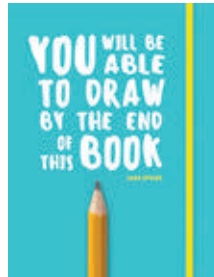
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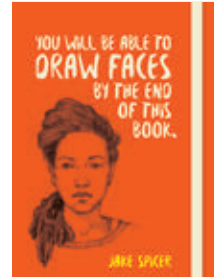
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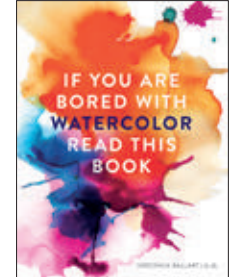
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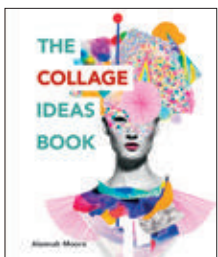
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