

Tailored Realities

A brand-new collection of short fiction from the biggest name in fantasy

Brandon Sanderson

Keynote

From #1 *New York Times* bestselling author Brandon Sanderson - creator of *The Stormlight Archive*, the *Mistborn* saga, and countless bestselling works of science fiction and fantasy - comes *Tailored Realities*, a new short fiction collection including the never-before-published novella *Moment Zero*.

Description

Spanning the genres of fantasy and science fiction, this collection features stories from beyond the bounds of Brandon Sanderson's Cosmere universe.

Along with the never-before-seen novella 'Moment Zero', *Tailored Realities* will include 'Snapshot', 'Perfect State', 'Defending Elysium' (a novella set within the world of *Skyward*), and five other stories that were originally published individually elsewhere - never before collected into one volume, and many never before available in print.

The collection will also include a stunning black-and-white illustration for each story.

Sales Points

- **GLOBAL SUPERSTAR:** With more than 21 million copies sold worldwide, Brandon Sanderson is the world's biggest fantasy author, and the originator of the highest grossing Kickstarter ever. His book releases are always publishing events.
- **WORLD RECORD BREAKER:** Sanderson's unrivalled global fanbase made his four standalone novels the most successful literary Kickstarter of all time, raising a record-breaking \$41.7m in a single month. The same titles have gone on to be traditionally-published bestselling novels.
- **THE PERFECT ENTRY POINT:** *Tailored Realities* is a brand-new collection of novellas and is *not* set in the Cosmere universe, where his most well-known series *Mistborn* and *The Stormlight Archive* take place, so it requires no prior knowledge of any of his material making it the perfect entry point for new readers who want to dip their toes into the epic worlds of his writing but don't know where to start.

Author Biography

Brandon Sanderson is a Number One *New York Times* bestseller, a *Sunday Times* bestseller, and a David Gemmell and Hugo Award winner, his novels have sold more than 37 million copies around the world. He is most famous for his epic fantasy series *The Stormlight Archive* and *The Mistborn Saga*; his work also includes the *Skyward* science fiction series, the *Legion* spy sequence, and *The Reckoners* superhero novels. In addition to creating his own landmark series, he was chosen by Robert Jordan's estate to complete *The Wheel of Time*®, now an internationally successful series on Amazon Prime.

Publication date	Tuesday, December 09, 2025
Price	£16.99 / ₹999
Main Identifier	9781399633239
BIC 2.1	Fantasy (FM) Short stories (FYB) Anthologies (non-poetry) (DQ) Adventure (FJ)

Binding	Trade Paperback
Format	Royal
Extent	448 pages
Word Count	
Exclusively for Sale	Cw; Ire
Not for Sale	Can; UK; USA

Author living in UNITED STATES	Utah, USA
Publisher	Macmillan Audio US Publisher

1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

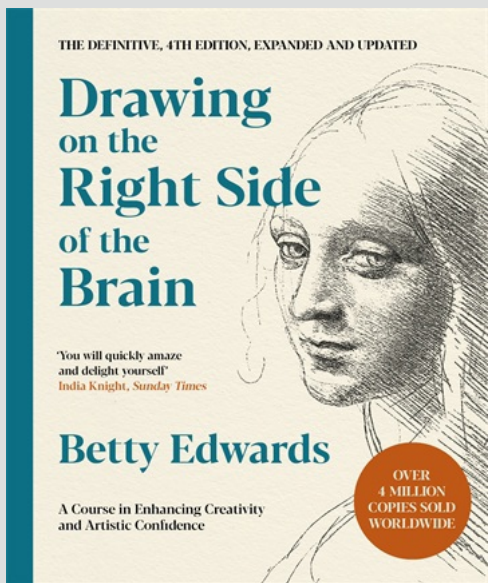
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REVIEWS

‘Think you can't draw? You absolutely can. Buy a copy of *Drawing on the Right Side of the Brain* by Betty Edwards (**in print since 1979 for good reason**) and read it properly - no skipping straight to the exercises - before sitting down with paper and pencil and following instructions. **You will quickly amaze and delight yourself. Hands down the best and most life-enhancing thing I've done in lockdown**’ - India Knight, *Sunday Times*

‘**Clear, intelligent . . . practical and sensible . . .** It is an essential beginning’ - *The Artist*

‘It remains **the preeminent book on the subject of drawing for beginners**’ - *Psychology Today*

‘Marries neuroscience and art’ - *New York Times*

Print Book ISBN: 9781788164276

BIC: WFA, AFF

04 December 2025

£16.99 / ₹799

320 pp

Paperback

Other

228mm x 190mm

UK & C/Wealth exc Canada

eBook ISBN: 9780285641785



Drawing on the Right Side of the Brain

A Course in Enhancing Creativity and Artistic Confidence: The Definitive 4th Edition

BETTY EDWARDS

KEYNOTE

A new paperback edition of the multimillion-bestselling classic drawing guide

SALES POINTS

- A new paperback edition of the renowned, classic drawing guide.
- *Drawing on the Right Side of the Brain* has sold over 4 million copies worldwide since its first publication.
- Features fascinating, accessible exercises which blend psychology and creativity.
- Suitable for anyone looking to improve their drawing abilities - the book presents drawing as a skill that anybody can learn, rather than a God-given talent.

DESCRIPTION

OVER 4 MILLION COPIES SOLD WORLDWIDE

‘You will quickly amaze and delight yourself’ India Knight, *Sunday Times*

Drawing on the Right Side of the Brain is the world's most widely used drawing instruction book. Whether you are a professional, a student, or enjoy art as a hobby, Betty Edwards' practical step-by-step guide will give you greater confidence in your ability, deepen your artistic perception and provide a new way to appreciate how you perceive the world around you. This paperback edition includes:

- Expert advice on what materials to use and how to record your progress
- Specific focus on perceiving edges, spaces and relationships within your drawings
- Problem-solving techniques and guidance on continued development of your skills

Blending artistic teaching with psychology, Betty Edwards offers a practical grounding in drawing technique with exercises designed to help you utilise the intuitive and creative right side of your brain, dramatically improving your ability to draw.

AUTHOR BIOGRAPHY

Betty Edwards is an American art teacher, lecturer and author of *Drawing on the Right Side of the Brain*, the preeminent book on its subject. Now retired from her position as Professor Emeritus of Art at California State University in Long Beach, she continues to write, consult and participate in *Drawing on the Right Side of the Brain* workshops. She lives in California.

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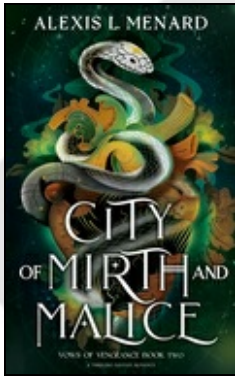
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Jacket
Coming Soon

BOOKOUTURE
TITLE INFORMATION
SECOND SKY



City of Mirth and Malice
A thrilling fantasy romance

Alexis L. Menard

Keynote

Spicy enemies-to-lovers romantasy with an irresistible morally grey love interest that has been making waves on BookTok.

Description

Nicolai Attano is ruthless, relentless, deadly. And he's mine.

In a city where criminals rule the streets, I fell for the most dangerous of them all. And our love made me a target...

Kidnapped by Nicolai's enemies, I wake up in a prison of enchanted stone and steel-a place where only the strongest survive. Dark magic is burning in my blood. And my captors are desperate to take it from me.

To leave this place, I must fight in duels and endure deadly challenges. My captors want to push my limits, forcing me to release my power. The other prisoners despise me, and though I don't want to hurt them, I'll do whatever it takes to win.

I just have to stay alive until Nicolai gets here...

Because I know he is coming for me. That he is tearing Lynchaven apart just to find me. Even in my darkest moment, I can feel him drawing closer. And when we are together again... the city is going to burn.

If you love morally gray love interests, warring mafia houses, dark magic, and spicy rivals-to-lovers romance, prepare to discover your new romantasy obsession. This completed 2-book series is perfect for fans of Quicksilver, Metal Slinger and The Bridge Kingdom.

See why readers love the Vows of Vengeance series:

"**Wow, wow...** Absolutely phenomenal... **The ROMANCE!! THE. ROMANCE.** God don't even get me started... Had me **giggling and kicking my feet**... Tension and banter and LONGING!... **HAD ME ON MY KNEES!!!!**" Goodreads reviewer,

"What a book... **I loved it so much**... Fantastic... The banter and tension made me fall in love instantly... Had me weak and wanting more... **Perfection... I was screaming**... I honestly didn't want it to end." Goodreads reviewer,

"**This was so, so good!!!**... I was squealing... **The banter was top tier**... The tension was immaculate... I was giggling so hard." Goodreads reviewer,

"This is **legit perfection**... The banter was BANTERING, ok??!!... **I ate it up!!** I fell in love with both main characters...**Obsessed.**" Goodreads reviewer,

"**The tension between Nico and Milla is *chef's kiss***... Perfection... Fast paced and action packed... **I loved this book so much!**" Goodreads reviewer,

"This book was everything... **I devoured it**...The witty banter had me smiling and laughing more times than I can count... **I fell in love**... The tension and **slow burn sizzle** was perfection!... I cannot recommend it enough!" Goodreads reviewer,

"**I loved each and every second of this book**... Fantastic... The slow burn and the banter. Camilla and Nico are **so good together.**" Goodreads reviewer,

Sales Points

- Book 2 of a spicy enemies-to-lovers romantasy series with an irresistible morally grey love interest that has been making waves on BookTok.
- Previously self-published, the series has over 25 million KU page reads, and more than 6,000 five-star ratings on Goodreads.
- Alexis is fantastic on social media. Her viral TikTok videos about the series have millions of views and she receives around 90,000 views per month on Instagram.
- The books are filled with warring gangs, magic and tech - think Six of Crows but all grown up, or a romantasy Peaky Blinders.
- We will be publishing a complete 2-book series in 2025, with a new series (set in the same world) beginning early 2026.

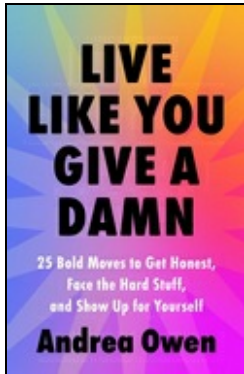
Publication date	Tuesday, December 02, 2025
Price	£10.99 / ₹799
Main Identifier BIC 2.1	9781836185406 Fantasy (FM) Fantasy romance (FMR)
Binding Format Extent	Paperback B Format 480 pages
Word Count	
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

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<https://bookouture.com>



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Live Like You Give a Damn 25 Bold Moves to Get Honest, Face the Hard Stuff and Show Up for Yourself

Andrea Owen

Keynote

From the bestselling author of *How to Stop Feeling Like Sh*t* comes 25 transformational truths to face the hard stuff and own your greatness

Description

Do you ever feel your life could be more? There are so many reasons we might hide ourselves, hold back, or accept patterns we're caught in. If you find you're ready for change and are looking for ways to level up in your life, Andrea Owen offers wisdom drawn from her own lived experience, with a savvy outlook and the authentic voice she's known and loved for.

Embrace the true grit and determination that live inside you and be proud of how you show up, every damn day. To "live like you give a damn" is to consciously stand in the power that is your one great life, to understand that your existence is not a dress rehearsal but the real show. Andrea offers straight-shooting advice on common beliefs and behaviours that may be tripping you up and keeping you stuck. From taking responsibility for your life to finding your motivation, saying what you mean, learning to parent yourself, treating your trauma with respect, and more, 25 behaviours are described, with specific advice to help you implement and practice a new way of living.

It's every person's birthright to live a fulfilling life—one with joy, healthy relationships, and resilience. While life throws curveballs that may leave you feeling ready to settle for the status quo, the truth is that every day is our last chance to show up. Every day is a fresh start. Every day is an opportunity to live like you give a damn.

Sales Points

- **STRONG, ENGAGED PLATFORM:** Make Some Noise Podcast - 4 M listeners; 158K Facebook; 30K Instagram; bestselling author of 3 books with 20 international translations
- **AUDIENCE:** for readers of Mel Robbins, Glennon Doyle, Sarah Knight, Elizabeth Gilbert and Jen Sincero
- **BLURBS TO FOLLOW:**

Author Biography

Andrea Owen is an author, global keynote speaker, and professional certified life coach who helps high-achieving women maximize unshakable confidence and master resilience. Her books include *Make Some Noise*, *How To Stop Feeling Like Sh*t*, and *52 Ways to Live a Kick-Ass Life*. She has taught hundreds of thousands of women tools and strategies to empower themselves through her speaking appearances, her consulting and coaching services, and her wildly popular podcast with close to 4 million downloads. Learn more at andreaowen.com. She lives in Stokesdale, North Carolina.

Publication date	Thursday, December 18, 2025
Price	£16.99 / ₹599
Main Identifier	9781399748100
BIC 2.1	Advice on careers & achieving success (VSC) Assertiveness, motivation & self-esteem (VSPM) Self-help & personal development (VS) Mind, Body, Spirit: thought & practice (VXA)
Binding	Trade Paperback
Format	Royal
Extent	224 pages
Word Count	
Illustrations	N/A
Exclusively for Sale	Cw; Ire; UK
Not for Sale	Can; USA
Book locale	N/A
Author born in	USA
Author living in	North Carolina
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

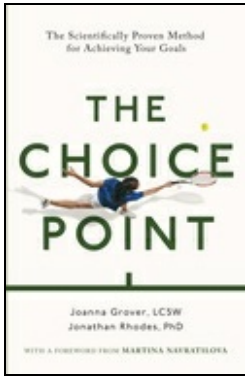
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International 0044 + 1235 759720
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Publication date	Thursday, December 04, 2025
Price	£10.99 / ₹499
Main Identifier	9781472147660
BIC 2.1	Self-help & personal development (VS) Advice on careers & achieving success (VSC) Sports psychology (WSDP) Management: leadership & motivation (KJMB) Sports training & coaching (WSD) Assertiveness, motivation & self-esteem (VSPM) Business & management (KJ)
Binding	Paperback
Format	B Format
Depth	22mm
Extent	272 pages
Word Count	90000 words
Exclusively for Sale	Africa; ANZ; EU; Ind; Ire; M East; UK
Not for Sale	Asia (ex Ind); Can; Carib; Cent & S Am; USA
UNITED STATES Publisher	Hachette Book Group USA Publisher
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

The Choice Point The Scientifically Proven Method for Achieving Your Goals

Joanna Grover and Jonathan Rhodes

Keynote

The scientifically proven method to overcome obstacles and make choices that lead us closer to our goals

Description

The scientifically proven method to overcome obstacles and make choices that lead us closer to our goals

WITH A FOREWORD BY MARTINA NAVRATILOVA

When we choose to go to the gym at 6 a.m., keep running that marathon or stay up late to study, we are making conscious, value-based decisions that help us fulfil our goals. But even though we know that daily good choices add up to healthy habits and strong results, these days it's just too easy to surrender to negative thoughts and old habits. How can we not?

Enter Functional Imagery Training (FIT). Grounded in science, FIT helps us lengthen our Choice Point: that moment when we say to ourselves, 'Am I going to make the healthy decision, or am I going to choose to take an action that I *know* will undermine my success?' Merging mindfulness, motivational interviewing and cognitive behavioural therapy into a user-friendly model, *The Choice Point* grants us control of the decisions that define us.

Sales Points

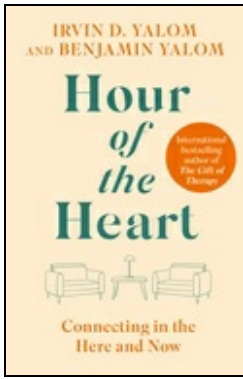
- Exciting opportunity for an appealing new concept in the vein of *Mindset*, with proactive and ambitious authors.
- Ideal for growth-oriented readers inspired by lifestyle and personal development books, business leaders looking for new growth strategies and better decision-making tools, athletes or anyone in sporting context looking for ways to improve focus.
- Foreword by Martina Navratilova endorsing the techniques within.

Reviews

- "*The Choice Point* is a must-read for anyone striving to improve their health, family life or work and reveals how to use our mind to commit to and accomplish our goals and live our values. It's long-lasting sustainable willpower in a book' **Commander Susan Kilrain, US Navy test pilot, NASA astronaut and mother**'
- "Imagery is a powerful method I use for achieving goals, overcoming adversity and realising potential. We should not be passive participants in our own lives; *The Choice Point* provides the essential tools we all need to help exercise positive choice for our own better outcomes' **General Gwyn Jenkins, Vice Chief of Defence Staff & Commandant General, Royal Marines**'
- "*The Choice Point* can help everyone overcome their limiting beliefs and climb their personal Everest. I highly recommend it to anyone seeking to strengthen their most important muscle: their mind' **Colin O'Brady, 10-time world record holding endurance athlete and New York Times bestselling author**'
- "*The Choice Point* shows how you can use techniques from functional imagery training to get more of what you want from life. If you think imagery is not for you, think again - the exercises on how to boost your skills are inspiring' **Jackie Andrade, professor of psychology, University of Plymouth, UK**'

Author Biography

Jonathan Rhodes, PhD, is a chartered British psychologist who helped developed FIT. **Joanna Grover, LCSW**, is an experienced therapist and executive coach and the first person in the US to be certified in FIT. Together, they work where science meets imagination to achieve peak performance and their tools help us get to the root of our motivation. They've helped Olympians, C-suite executives and elite forces in the military to hack their autopilot system and break records in their respective fields.



Hour of the Heart Connecting in the Here and Now

Irvin D. Yalom & Benjamin Yalom

Keynote

One of the most prominent psychotherapists of our time offers a deeply moving chronicle of the challenges and breakthroughs that come from a wholly new practice of one-time-only therapy sessions.

Description

One of the most prominent psychotherapists of our time offers a deeply moving chronicle of the challenges and breakthroughs that come from a wholly new practice of one-time-only therapy sessions.

Facing memory loss at age ninety-three as well as the fallout from a global pandemic that moved much of daily life online, legendary psychotherapist and bestselling author Irvin D. Yalom was forced to revolutionise his practice. Rather than rail against these changes, Dr Yalom turned his focus to what might be achieved between patient and practitioner in just a one-hour, one-time-only meeting.

In *Hour of the Heart*, Yalom recounts some of these intense, life-changing sessions, exploring an array of human predicaments and his own late-career development as a therapist. In recounting these consultations, he shows how a therapist's willingness to be open helps patients let down their own guards, leading to a deeper and more immediate connection - one necessary to achieving profound realisations in just sixty minutes.

Written in collaboration with his son, *Hour of the Heart* shows us how to relate to each other, with more honesty and vulnerability. That hour of connection helped to sustain both patient and therapist, and enriched Yalom's vision of what psychotherapy can do.

Sales Points

- The new book from bestselling author Irvin Yalom showcases his incredible experience working in his therapeutic practice for over six decades, sharing how human connection can change lives, even just after an hour of meeting.
- HOUR OF THE HEART offers deeply moving and personal stories from the life of a therapist working with patients during the pandemic, while suffering with his own grief, that can inspire future therapists and bring comfort to readers and his loyal following.
- Irvin will be attracting a legion of new readers over the next few years as we continue to reissue his bestselling backlist, and so there will be an eager audience of new and old readers who want to read more from him.

Author Biography

Irvin Yalom is Professor Emeritus of Psychiatry at Stanford University. He has won two major awards from the American Psychiatric Association and is the bestselling author of *LOVE'S EXECUTIONER*, *STARING AT THE SUN*, *THE GIFT OF THERAPY* and most recently, with his late wife Marilyn Yalom, *A MATTER OF DEATH AND LIFE*. He continues to run his clinical practice and lectures widely.

Publication date	Tuesday, December 09, 2025
Price	£12.99 / ₹599
Main Identifier	9780349436746
BIC 2.1	Psychotherapy (MMJT)
Binding	Paperback
Format	B Format
Depth	22mm
Extent	288 pages
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Exclusively for Sale	Cw (ex ANZ); Ire; UK
Not for Sale	ANZ; Can; USA
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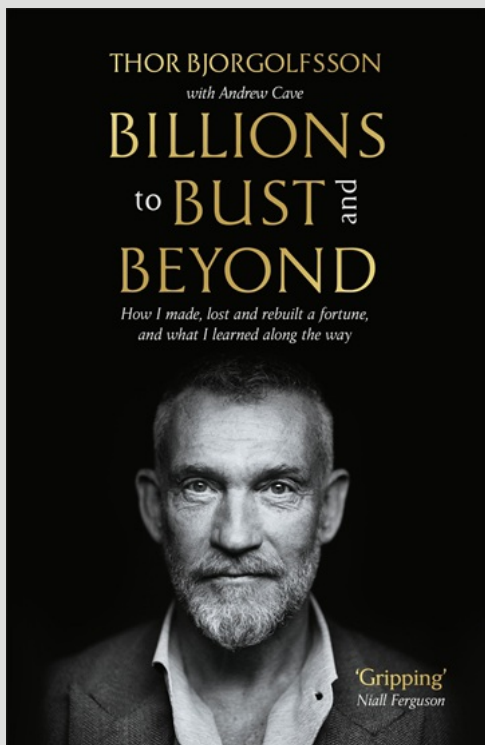
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REVIEWS

‘A must-read for anyone with entrepreneurial spirit’ - Nick Leeson, *Management Today*

‘A self-confessed deal junkie afloat on the turbulent seas of global capitalism, this latter day Thor's life story of triumph, disaster and, it seems, redemption is in the finest tradition of Viking sagas. He provides a gripping insider's perspective on the causes of the financial crisis and its aftermath that you won't read anywhere else’ - Matthew Bishop

‘Thor Bjorgolfsson made \$4billion by the time he was 40 and lost most of it by the time he was 41. His story has much to tell about entrepreneurship, dogged ambition and the brutal might of global markets. A classic tale of how a young man from a small island reached for the sky, achieved riches beyond his dreams and then saw the sky come crashing in on him’ - Brent Hoberman

Print Book ISBN: 9781805220237

BIC: BM, BGBA

04 December 2025

£12.99 / ₹599

288 pp

Paperback

B format

198mm x 129mm

World All Languages

eBook ISBN: 9781805220244



Billions to Bust - and Beyond (New and Updated Edition)

How I made, lost and rebuilt a fortune, and what I learned on the way

THOR BJORGOLFSSON WITH ANDREW CAVE

KEYNOTE

A no-holds-barred true story of risk, loss and adventure capitalism

SALES POINTS

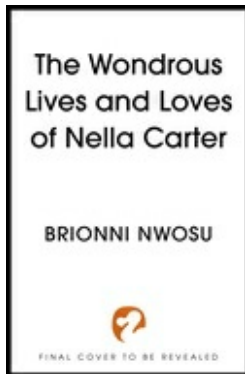
- Thor Bjorgolfsson was blamed by some for the 2008 crash: *Billions to Bust* tells his side of the story
- An inspirational business study, and a riveting tale of adventure, risk and growing maturity
- New and fully updated edition, now including Bjorgolfsson's business activity since first publication in 2014

DESCRIPTION

Thor Bjorgolfsson is a self-styled adventure capitalist who became Iceland's first billionaire: by his 40th birthday he had assets of around \$4 billion. Among them was investment in Iceland's oldest bank, Landsbanki - but in the 2008 financial meltdown, Landsbanki crashed, taking Bjorgolfsson with it. He lost nearly everything, yet amazingly by 2014 had made good his losses, repaid his creditors and rebuilt his empire. This new and extensively revised edition brings the buccaneering story of his extraordinary and ambitious achievements fully up to date.

AUTHOR BIOGRAPHY

Thor Bjorgolfsson made his first \$100 million in 2002 from the sale of the Russian Bravo brewery business to Heineken. He set up and heads the investment firm Novator, a platform for global investments from generic pharmaceuticals to mobile telecoms. He lives in London.



Publication date	Thursday, December 04, 2025
Price	£15.99 / ₹799
Main Identifier	9781399746328
BIC 2.1	Fantasy romance (FMR) Romance (FR) Modern & contemporary fiction (post c 1945) (FA) Horror & ghost stories (FK) Fantasy (FM)
Binding	Trade Paperback
Format	Royal
Extent	384 pages
Word Count	
Illustrations	N/A
Exclusively for Sale	Cw (ex UK, Can); Ire
Not for Sale	Can; UK; USA
Book locale	Earth
Author born in	USA
Author living in	Nashville, TN, USA

Hodder & Stoughton.

www.hodder.co.uk



The Wondrous Life and Loves of Nella Carter

Brionni Nwosu

Keynote

The epic story of a dying woman who makes a deal with Death: in exchange for letting her live, she must show him the beauty of human life and prove that humanity is worth saving

Description

When Death comes to claim Nella May Carter, she catches His interest with her capacity to find beauty and love even amidst the hell of slavery. So Death - bored, disgusted by humanity, and believing the Earth would be greatly improved should humans no longer exist - lures Nella into a Faustian bargain: the chance at immortal life if she proves that Death is mistaken.

The price: Nella must entertain his fascination and challenge his beliefs until he is satisfied... or surrender herself - and the entire human race - to him forever.

Nella's solution is to never stop travelling and writing, documenting the beauty in every place and person she encounters - from writing in Victorian ladies' tattlers and reporting in Gilded Age New York, to penning bestselling novels and memoirs under countless noms de plume. Nella experiences joy and loss, passion and pain; she finds love in its many forms with friends, partners, and lovers.

All the while, Death is watching - and waiting for her to surrender.

Nella is almost ready to concede to Death when she meets a handsome professor. Tired of deception, desperate for a real connection, Nella begins to tell him her story - centred on her greatest romances over the centuries. And, in the telling, it becomes clear that Nella's own story might be the greatest love story of them all.

Sales Points

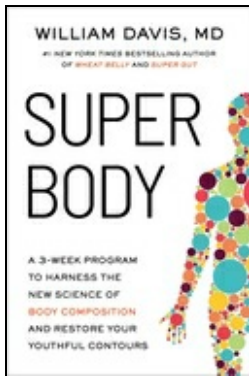
- Sweeping historical romance with soft fantasy elements - has potential to break through to readers of uplift, women's fiction and bookclub
- Pitched as a Black version of *The Invisible Life of Addie LaRue* - with similar cross-genre appeal
- Settings around the globe will appeal to an international readership

Reviews

- *'The Wondrous Lives and Loves of Nella Carter* is unlike any novel I've ever read-and I say that with the utmost praise. Brionni Nwosu is a truly gifted storyteller and I can't wait to read what she writes next' - *Camille Pagán, bestselling author of Good for You*
- **'A deft tale of love, loss, and reinvention, Nella Carter will have readers eagerly turning pages to the very end. A stunningly lovely debut!' - Nicole Glover, author of The Conductors**

Author Biography

Brionni Nwosu is a joyful creative based in the musical city of Nashville, where she enjoys making memories with her husband and three children and crafting compelling stories to share with the world. An educator by training, she's spent over a decade supporting students and teaching teachers how to teach, all while shaping her stories on the side. She was recognized as a 2021 We Need Diverse Books Mentee, working with the esteemed Rajani LaRocca. *The Wondrous Lives and Loves of Nella Carter* is her debut novel.



Publication date	Thursday, December 18, 2025
Price	£18.99 / ₹799
Main Identifier BIC 2.1	9781399740500 Diets & dieting (VFMD) Coping with illness & specific conditions (VFJB) Popular science (PDZ)
Binding Format	Trade Paperback Royal
Extent	320 pages
Word Count	
Illustrations	4 b&w body type diagrams
Exclusively for Sale	Africa; ANZ; EU; Ind; Ire; M East; UK
Not for Sale	Asia (ex Ind); Can; Carib; Cent & S Am; USA
Book locale	n/a
Author born in	USA
Author living in	Milwaukee, USA
CANADA, UNITED STATES Publisher	Hachette Book Group USA Publisher
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

Super Body A 3-Week Program to Harness the New Science of Body Composition and Restore Your Youthful Contours

Dr William Davis

Keynote

Bestselling author of *Wheat Belly* and *Super Gut* continues his cutting edge research on the problems with the modern diet and how we can take our health into our own hands by restoring the factors we've lost.

Description

Modern weight loss drugs may seem like a miracle cure, but they actually cost us our long-term health, reducing our muscle mass which is vital for youthful vigour, mobility and overall health. When we lose weight this way we gain it back as fat - whether through yo-yo dieting or Ozempic - and end up in worse shape than before.

Dr Davis argues that the solutions to weight management, and our overall health, lie in restoring the natural situation to which we as human beings are genetically programmed. In *SUPER BODY*, he shows you the natural, easy strategies which will help you lose weight safely and effortlessly, including:

*Wheat/grain elimination - to decrease appetite, stabilise blood sugar and reduce inflammation and 'leaky gut'.

*Sugar elimination - to reduce insulin levels and improve insulin sensitivity for long-term weight management.

*Addressing common nutrient deficiencies that contribute to insulin resistance.

Drawing on his own groundbreaking research into the 'Gut/Muscle Axis', Dr Davis will show you how to restore your long-term health through diet, microbes and supplements, leading to improved mood, enhanced athletic performance, better sleep and heightened immunity.

Sales Points

- **AUTHOR PLATFORM AND MEDIA:** Dr Davis has a devoted audience and reaches out to them consistently and weekly by way of a newsletter and monetised blog for special content that includes online courses, live videos with the doctor, moderated forums and webinars. He has his own radio station "Defiant Health Radio", content on YouTube and 400,000 Facebook followers (as of Oct 2023)
- **AUTHOR TRACK:** *Super Gut* has sold well (37,286 across all formats), also *Wheat Belly* (11,870 TCM)
 - Complementary to books such as *Ultra Processed People* - Chris Van Tulleken (151,533 HB and 70,711 PB TCM)
 - Addresses issues around Ozempic and other weight-loss drugs

Reviews

- 'In *SUPER Body*, Dr. William Davis shines a spotlight on the critical role of preserving muscle as we age - something most diets and weight-loss drugs, including GLP-1s, completely miss. These short-term "fixes" often strip away precious muscle, undermining our metabolism and overall vitality. Dr. Davis's practical, science-backed plan offers a true solution by targeting both the gut and muscle in tandem, rather than relying on quick or damaging interventions. For anyone seeking real, lasting health and strength in their later years, *SUPER Body* is a must-read.' - *Mark Hyman, MD, Founder: Cleveland Clinic Center for Functional Medicine, and Founder and Director: The UltraWellness Center*
- '*SUPER Body* is a powerful wake-up call in a world drowning in failed or potentially threatening weight-loss approaches. Dr Davis brilliantly exposes the flaws of conventional thinking and offers an empowering, science-based path to reclaim your body - not through deprivation or pharmaceuticals, but by restoring what modern life has taken away.' - *David Perlmutter, MD, Neurologist and six-time New York Times bestselling author, Grain Brain, Brain Maker, Drop Acid*
- 'This book is a game-changer. What Dr. William Davis has uncovered in *SUPER Body* is something most doctors and diet programs completely overlook: the massive mistake of losing muscle during weight loss. Most weight loss methods permanently lower your metabolic rate, setting you up for rebound weight gain. If you're serious about transforming your health and avoiding the traps of modern weight loss, you need to read this book.' - *Eric Berg, CEO and Founder, The Berg Institute for Health & Wellness, bestselling author and YouTube phenomenon with 13 million subscribers*

Author Biography

WILLIAM DAVIS, MD, is a cardiologist and the #1 *New York Times* bestselling author of



the *Wheat Belly* series of books, as well as *Undoctored* and *Super Gut*. Dr. Davis is also the chief medical officer at Realize Therapeutics Corp., which he cofounded to explore how the new science of the microbiome can improve health and appearance, including body composition. Recent human clinical trials that Dr. Davis conducted have revealed that it is possible to lose fat weight while preserving muscle, thereby preventing weight regain and enjoying improved body composition, findings that inspired the writing of *SUPER Body*.

Sales Office: Carmelite House, 50 Victoria Embankment, London,
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International Tel: + 44 (0) 203 122 6777

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OX11 7HH
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International 0044 + 1235 759720
Tel:



Comic Strip Science Adventures: Medical Marvels

Paul Mason (Illustrated By Jess Bradley)

Keynote

An entertaining collection of comic strip stories uncovering some amazing advances in medicine

Description

An entertaining collection of comic strip stories uncovering some amazing advances in medicine.

Discover how Charles Drew saved millions by storing blood plasma, how a Chinese scientist discovered a malaria treatment and much more. This book is sure to entertain children, while giving them an insight into the many challenges and rivalries behind scientific achievements and how scientists learn from mistakes. It is produced by the same team as *Comic Strip Science* with hilarious comic strips illustrated by award-winning artist Jess Bradley and written by Paul Mason, who is well known for making science learning fun. Key science concepts are pulled out in more depth in feature spreads. The book has a specialist text consultant Dr Anna Simmons, UCL.

Comic Strip Science Adventures is a series of comic books that are perfect for young scientists aged 7 plus. Each book has specialist subject consultants. Titles in the series: *Digging for Dinosaurs, Exploring Space, Medical Marvels, Amazing Inventions.*

Sales Points

- Funny cartoons throughout by the illustrator of the best-selling *A Day in the Life of a Poo, Gnu and You*
- Offers a fun way into science learning
- Each book has a specialist consultant

Summary of Contents

Adventures In Medicine / Bad Breath (In The Interests Of Medicine) / Parasites, Bacteria And Viruses / Charles Drew And Blood Plasma / Tu Youyou Battles Malaria / The Quechua, Quinine And Malaria / Ethnobotany / Pasteur And The Rabid-Dog Disaster / Important Vaccines / Taking Away The Pain / Anaesthetic / Marie Curie And Radioactivity / Rosalind Franklin And The Building Blocks Of Life / Koo Sagang And The Nanoparticle Adventure / Medicines quiz

Author Biography

Paul Mason (Author)

Paul's books cover a wide range of subjects, from whether the Romans ate crisps to how to build the world's best skatepark, but he writes mostly about sport. Whether you are interested in swimming, cycling, snowboarding, surfing or another sport, Paul has probably written something that will inspire you to get out and give it a try. Paul writes in a shack by the beach, which he shares with his one-eyed surf dog, Daisy.

Jess Bradley (Illustrator)

Jess Bradley is a writer and artist for *The Phoenix Comic*, a writer for *The Beano* and has illustrated several children's books. *A Day In The Life Of A Poo, A Gnu and You*, illustrated by Jess won the 2021 Blue Peter Award for Best Non-Fiction. Jess lives in Torquay with her husband and son and enjoys drawing in her many sketchbooks, playing video games, reading and watching scary films.

Publication date	Thursday, December 11, 2025
Price	£9.99 / ₹699
Main Identifier	9781526327321
BIC 2.1	Science & technology: general interest (Children's / Teenage) (YNT) For National Curriculum Key Stage 2 (4KHJ) Interest age: from c 7 years (5AH)

CBMC	C5N79
Age	7-9 years
Subject	Non-fiction
Type	Ordinary Printed Book Format
Character Tie In	Non-character Non Tie-in

Binding	Paperback
Format	265x210
Depth	8mm
Extent	48 pages
Word Count	
Series	Comic Strip Science Adventures
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

Previous Titles

Digging for Dinosaurs 9781526327215
Exploring Space 9781526327246
Medical Marvels 9781526327307
Amazing Inventions 9781526327277

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www.hachettechildrens.co.uk



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International 0044 + 1235 759720
Tel:



Comic Strip Science Adventures: Amazing Inventions

Paul Mason (Illustrated By Jess Bradley)

Keynote

An entertaining collection of comic strip stories uncovering the stories around some incredible inventions

Description

An entertaining collection of comic strip stories uncovering the stories around some incredible inventions.

Discover how the Wright Brothers got into flying planes, the science behind the lightbulb, some incredible child inventors and more. This book is sure to entertain children, while giving them an insight into the many challenges and rivalries behind scientific achievements and how scientists learn from mistakes. It is produced by the same team as *Comic Strip Science* with hilarious comic strips illustrated by award-winning artist Jess Bradley and written by Paul Mason, who is well known for making science learning fun. Key science concepts are pulled out in more depth in feature spreads. The book has a specialist text consultant, science educator Peter Riley.

Comic Strip Science Adventures is a series of comic books that are perfect for young scientists aged 7 plus. Each book has specialist subject consultants. Titles in the series: *Digging for Dinosaurs, Exploring Space, Medical Marvels, Amazing Inventions*.

Sales Points

- Funny cartoons throughout by the illustrator of the best-selling *A Day in the Life of a Poo, Gnu and You*
- Offers a fun way into science learning
- Each book has a specialist consultant

Summary of Contents

Amazing Inventions / The Wright Brothers Fly High / The Explorer's Compass / Magnetic Earth / George De Mestral's Sticky Idea / Edison's Lightbulb Goes On / War of the Currents / Electricity / Wireless, Murder And Shipwreck / Goodyear's Non-Melting Rubber / Chemical Invention / Great Inventions By Kids / Unbelievable Fails / Three Amazing Everyday Inventions / Inventions Quiz

Author Biography

Paul Mason (Author)

Paul's books cover a wide range of subjects, from whether the Romans ate crisps to how to build the world's best skatepark, but he writes mostly about sport. Whether you are interested in swimming, cycling, snowboarding, surfing or another sport, Paul has probably written something that will inspire you to get out and give it a try. Paul writes in a shack by the beach, which he shares with his one-eyed surf dog, Daisy.

Jess Bradley (Illustrator)

Jess Bradley is a writer and artist for *The Phoenix Comic*, a writer for *The Beano* and has illustrated several children's books. *A Day In The Life Of A Poo, A Gnu and You*, illustrated by Jess won the 2021 Blue Peter Award for Best Non-Fiction. Jess lives in Torquay with her husband and son and enjoys drawing in her many sketchbooks, playing video games, reading and watching scary films.

Publication date	Thursday, December 11, 2025
Price	£9.99 / ₹699
Main Identifier	9781526327291
BIC 2.1	Science & technology: general interest (Children's / Teenage) (YNT) For National Curriculum Key Stage 2 (4KHJ) Interest age: from c 7 years (5AH)

CBMC	C5N79
Age	7-9 years
Subject	Non-fiction
Type	Ordinary Printed Book Format
Character Tie In	Non-character Non Tie-in

Binding Format	Paperback 265x210
Depth	6mm
Extent	48 pages
Word Count	
Series	Comic Strip Science Adventures
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

Previous Titles

Digging for Dinosaurs 9781526327215
Exploring Space 9781526327246
Medical Marvels 9781526327307
Amazing Inventions 9781526327277

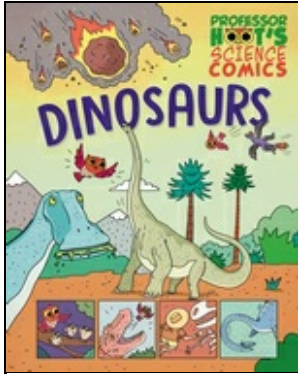
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Professor Hoot's Science Comics: Dinosaurs

Annabel Savery (Illustrated By Richard Watson)

Keynote

How do owls become so wise? They go to Science School! Join Professor Hoot's class to learn everything you ever wanted to know about dinosaurs.

Description

Every day brings a new adventure for Professor Hoot - and a new learning experience. At sunrise, Professor Hoot sets off to plan a new lesson before accidentally flying through a rift in time! Wait - are those *dinosaurs*? Time to get closer (but not too close) and discover fearsome predators, like Tyrannosaurus rex, flying reptiles called pterosaurs, and watch what happened to wipe out the dinosaurs.

An entertaining comic strip approach to KS1 science topics, *Professor Hoot's Science Comics* are accessible and full of fun. Each book is an adventure and a chance for readers to learn something new, before testing their knowledge at the end of each book in Professor Hoot's quiz.

Collect each adventure: *Big Machines*; *Dangerous Animals*; *Dinosaurs*; *Robots and AI*; *Space*; *Volcanoes and Earthquakes*.

Sales Points

- Entertaining comic strip approach is accessible and full of fun facts
- Promotes curiosity-based learning - every day brings an opportunity to learn something new
- Features a quiz, glossary, links and book recommendations to find out more

Author Biography

Annabel Savery (Author)

Annabel Savery is an experienced writer and editor of children's books. Having grown up on the Welsh border, she returned there with her family after working in London as an in-house editor for children's non-fiction. Annabel has written many books for young readers on non-fiction topics and enjoys researching new topic areas and finding out fascinating facts. Having written non-fiction for many years, Annabel also now works for the charity Woodland Heritage.

Richard Watson (Illustrator)

Richard Watson has illustrated many children's books including the hilarious James Patterson *Dog Diaries* series, written by Junior, the first dog author to top the New York Times Bestseller list. He mainly sits underneath the stairs drawing stuff and enjoys guitars, long walks in the woods and spooky things. Richard is represented by the Bright Agency.

Publication date	Thursday, December 11, 2025
Price	£8.99 / ₹699
Main Identifier	9781526327802
BIC 2.1	Cartoons & comic strips (Children's / Teenage) (YNUC) Science & technology: general interest (Children's / Teenage) (YNT) Interest age: from c 6 years (5AG) For National Curriculum Key Stage 1 (4KHF)

CBMC	B5N79
Age	5-7 years
Subject	Non-fiction
Type	Ordinary Printed Book Format
Character Tie In	Non-character Non Tie-in

Binding	Paperback
Format	265x210
Depth	10mm
Extent	32 pages
Word Count	
Series	Professor Hoot's Science Comics
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

Previous Titles

Big Machines 9781526327734;
 Dangerous Animals 9781526327765;
 Robots and AI 9781526327703; Space 9781526327833; Volcanoes and Earthquakes 9781526327864

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Professor Hoot's Science Comics: Space Minerva Black (Illustrated By Richard Watson)

Keynote

How do owls become so wise? They go to Science School! Join Professor Hoot's class to learn everything you ever wanted to know about space and the solar system.

Description

Every day brings a new adventure for Professor Hoot - and a new learning experience. Have you ever gazed at the night sky and wondered what else was out there among the stars? Professor Hoot hops aboard a rocket to find out all about space travel, the wonders of our solar system and takes a side trip to Mars to join the rovers in their exploration. Discover a great expanse of stars, satellites - and science.

An entertaining comic strip approach to KS1 science topics, *Professor Hoot's Science Comics* are accessible and full of fun. Each book is an adventure and a chance for readers to learn something new, before testing their knowledge at the end of each book in Professor Hoot's quiz.

Collect each adventure: *Big Machines; Dangerous Animals; Dinosaurs; Robots and AI; Space; Volcanoes and Earthquakes.*

Sales Points

- Entertaining comic strip approach is accessible and full of fun facts
- Promotes curiosity-based learning - every day brings an opportunity to learn something new
- Features a quiz, glossary, links and book recommendations to find out more

Author Biography

Minerva Black (Author)

Minerva Black is a writer and editor who specialises in children's non-fiction. She lives in London with her partner and their plants.

Richard Watson (Illustrator)

Richard Watson has illustrated many children's books including the hilarious James Patterson *Dog Diaries* series, written by Junior, the first dog author to top the New York Times Bestseller list. He mainly sits underneath the stairs drawing stuff and enjoys guitars, long walks in the woods and spooky things. Richard is represented by the Bright Agency.

Publication date	Thursday, December 11, 2025
Price	£8.99 / ₹699
Main Identifier	9781526327833
BIC 2.1	Cartoons & comic strips (Children's / Teenage) (YNUC) Science & technology: general interest (Children's / Teenage) (YNT) Interest age: from c 6 years (5AG) For National Curriculum Key Stage 1 (4KHF)

CBMC	B5N79
Age	5-7 years
Subject	Non-fiction
Type	Ordinary Printed Book Format
Character Tie In	Non-character Non Tie-in

Binding Format	Paperback 265x210
Depth	14mm
Extent	32 pages
Word Count	
Series	Professor Hoot's Science Comics
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

Previous Titles

Big Machines 9781526327734;
Dangerous Animals 9781526327765;
Dinosaurs 9781526327802; Robots and AI 9781526327703; Volcanoes and Earthquakes 9781526327864

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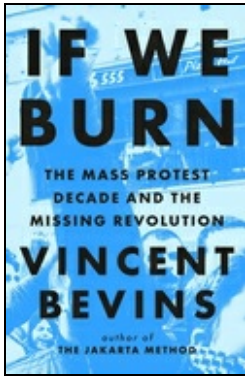
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If We Burn: The Mass Protest Decade and the Missing Revolution

'as good as journalism gets'

Vincent Bevins

Keynote

The story of the recent uprisings from around the world that sought to change society - and what comes next

Description

*This book is **phenomenal** ... It's about as good as journalism gets ... The highest praise I can give If We Burn is to say that **it would be criminally negligent not to read it if you'd like to change the world.*** - ROB DELANEY

*Bevins's **clear-eyed, sympathetic** account of the unfulfilled promise of these protests leaves his reader with a **bold vision of the future.*** - MERVE EMRE

*A **stunning history of now.*** - GREG GRANDIN

From 2010 to 2020, more people took part in protests than at any other point in human history. Why has success been so elusive?

From the so-called Arab Spring to Gezi Park in Turkey, from Ukraine's Euromaidan to student rebellions in Chile and Hong Kong, the second decade of the twenty-first century was propelled by explosive mass demonstrations. But few people got what they wanted. In too many cases, the protests led to the opposite of what they asked for.

If We Burn is a stirring work of global history built around that strange but fundamental paradox. Acclaimed journalist Vincent Bevins interviewed hundreds of people around the world, and weaves their insights and recollections into a fast-paced, gripping narrative. We follow his own troubling experiences in Brazil, where a protest movement ignited by leftists and anarchists led to an extreme-right government that torched the Amazon.

In the mass protest decade, humanity demonstrated a deep desire for change, and brave individuals started something that has been left unfinished. In this ground-breaking study of an extraordinary chain of events, protesters and major actors offer urgent lessons for those who wish to understand geopolitics today, and create a better world tomorrow.

Sales Points

- Timely: The future of protest is very much on the agenda in the UK, from the Sarah Everard vigil to Just Stop Oil, and anti-monarchists at the Coronation to the new anti-protest laws
- Author Connections: the author is well connected in the UK media. His last book was well reviewed here and chosen as a FT Book of the Year
- Truly Global: Vincent has been based around the world and conducted 100s of interviews with those on the front lines of global protest

Reviews

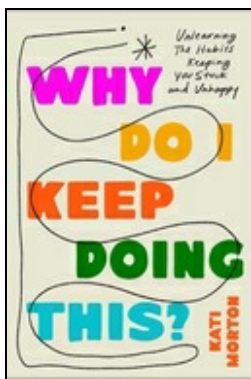
- 'The critically acclaimed *Jakarta Method* was a scathing exposé of the central role the C.I.A. played in orchestrating Indonesia's savage 1965 anti-communist pogrom. ***If We Burn* is both more ambitious and more wide-ranging.**' - *New York Times Book Review*
- 'Crucially, the book draws deeply on protestors' own words. *If We Burn* thereby offers both a postmortem of the last decade of mass protest and a blueprint for the inevitable next. **In searching for the missing revolution, Bevins may help others find it after all.**' - *Los Angeles Review of Books*
- '**The best book I read this year.**' - Eamon Whalen, *Mother Jones*
- '**A riveting, almost novelistic narrative.**' - Dazed

Author Biography

Vincent Bevins is an award-winning journalist. He covered Southeast Asia for the *Washington Post*, and served as Brazil correspondent for the *Los Angeles Times*. He previously worked for the *Financial Times* in London, and now contributes to outlets like *The New York Times Magazine* and the *London Review of Books*.

Vincent's first book, *The Jakarta Method*, was published in 2020 to critical acclaim. His works have been translated into fifteen languages.

Publication date	Tuesday, December 02, 2025
Price	£14.99 / ₹799
Main Identifier	9781035412310
BIC 2.1	Political science & theory (JPA) Revolutions, uprisings, rebellions (HBTV) 21st century (3JM) Globalization (JFFS) Political activism (JPW)
Binding	Paperback
Format	B Format
Extent	368 pages
Word Count	n/a
Illustrations	n/a
Exclusively for Sale	Africa; ANZ; EU; Ind; Ire; M East; UK
Not for Sale	Asia (ex Ind); Can; Carib; Cent & S Am; USA
Book locale	Global
Author born in	LA
Author living in	London
CANADA, UNITED STATES Publisher	Hachette Book Group USA Publisher
1st Serial	Headline Publishing Group
2nd Serial	Headline Publishing Group
Audio	Headline Publishing Group
Dramatisation and documentary	Refer to Publisher
Electronic	Headline Publishing Group
Film and TV	Refer to Publisher
Large print	Headline Publishing Group
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher



Why Do I Keep Doing This? Unlearn the Habits Keeping You Stuck & Unhappy

Kati Morton

Keynote

A helpful guide to understanding why people-pleasing, perfectionism and control can become detrimental to our lives and what to do about it.

Description

Many of us were told to stuff our feelings down when we were younger. We were taught that our emotional reactions should be controlled so we didn't embarrass or upset our parents. However, if that control oozes over into our adult relationships, it's considered a bad thing. Controlling our friends or romantic partners is seen as toxic. Some sides of control are meant to keep us safe, while others harm connections. So, what are we supposed to do?

In *Why Do I Keep Doing This?* licensed therapist Kati Morton explores this common struggle. She shows how our anxiety is often connected to feeling like we are too much or less deserving of time and care. Difficulties with asserting ourselves, or taking what we require, can harm our development and we sometimes think the only way to feel okay is to please everyone else first. *Why Do I Keep Doing This?* is a vital tool in helping us understand why control can be so attractive, but if left unmonitored can become detrimental to our lives. We all go through tough times, but we have to notice what behaviours are holding us back and change them.

Why Do I Keep Doing This? will shed light on shared struggles as readers follow Kati through key points of growth in her own life, while incorporating what she has learned as a therapist and content creator who knows how to create lasting healthy change. This book will give readers the ability to not only ask themselves *why do I keep doing this?* but also have the insight to find a real answer.

Sales Points

- YouTube and social media promotion: Kati's influential YouTube channel-with over 1.3 million subscribers and 120 million views-has made her a prominent figure in translating complex mental health concepts into accessible language.
- Expert author with speaking platform: As a licensed marriage and family therapist, Kati is a highly sought-after speaker in the field of mental health. With a Master's in Clinical Psychology from Pepperdine University, she has delivered impactful talks at prestigious events and platforms worldwide.
- Popular area in personal development: books from therapists with a profile have a solid track record and this feels like a solid concept from an established author.

Reviews

- 'This book made me stop and look at the ways I've tried to keep myself safe that are no longer serving me. Kati doesn't shame us for our coping - she helps us understand it. That alone is healing.' - Jonathan Van Ness
- 'A powerful guide to breaking free from the exhausting cycle of control and stepping into a life built on trust, resilience, and self-acceptance.' - Jay Shetty, #1 New York Times bestselling author and host of the On Purpose podcast

Author Biography

Kati Morton is widely recognised as a leading mental health advocate and educator. She holds a masters in clinical psychology and is a licensed marriage and family therapist. She has a passion for education and empowerment and shares helpful insights through her YouTube channel. Kati is the author of two books, *Are You Ok?* and *Traumatized*. She hopes that by speaking candidly about mental health, and encouraging her viewers to reach out to get the support they need, we can remove the stigma associated with getting help.

Publication date	Tuesday, December 09, 2025
Price	£16.99 / ₹799
Main Identifier	9781035422005
BIC 2.1	Assertiveness, motivation & self-esteem (VSPM) Psychological theory & schools of thought (JMA)
Binding	Trade Paperback
Format	Royal
Extent	256 pages
Word Count	
Illustrations	N/A
Exclusively for Sale	Africa; ANZ; EU; Ind; Ire; M East; UK
Not for Sale	Asia (ex Ind); Can; Carib; Cent & S Am; USA
Book locale	Global
Author living in	USA
CANADA, UNITED STATES Publisher	Hachette Book Group USA Publisher
1st Serial	Headline Publishing Group
2nd Serial	Headline Publishing Group
Audio	Headline Publishing Group
Dramatisation and documentary	Refer to Publisher
Electronic	Headline Publishing Group
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Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
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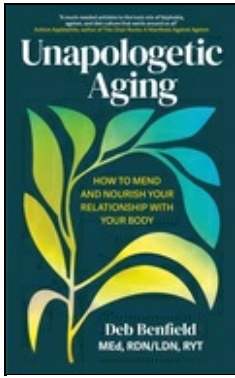


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Tel: 01235 759720



Publication date	Thursday, December 18, 2025
Price	£16.99 / ₹699
Main Identifier	9781399819459
BIC 2.1	Coping with old age (VFJG) Women's health (VFDW) Dietetics & nutrition (MBNH3)
Binding	Trade Paperback
Format	Demy
Depth	28mm
Extent	336 pages
Word Count	
Illustrations	N/A
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA
Author living in	Winston-Salem, North Carolina
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

Unapologetic Aging How to Mend and Nourish Your Relationship with Your Body

Deb Benfield

Keynote

Ditch aggressive and restrictive anti-aging approaches to eating and exercising, learn to respect and feel confident in your body as you age, and create daily practices that support these shifts in small and supportive steps.

Description

Your body is your life partner, not your life's project.

The anti-aging and diet/wellness industries have scammed us into believing that thinner and younger is always better—that there's a "right" way to eat and move to age "well". But that's a lie—and it's doing real harm.

When Deb Benfield, a Registered Dietitian Nutritionist, turned 60, she went looking for guidance on how to care for her changing body. What she found was the same tired and disempowering narrative centering on controlling weight—a goal that puts us at war with our bodies right when we most need to feel at home in them.

Unapologetic Aging gently unravels the toxic messages of anti-aging and diet culture, helping you let go of rigid rules and tune into what truly nourishes and delights you. When you stop fighting your body, you make room for vitality, self-trust, and joy.

Midlife and beyond isn't a crisis to manage—though it may feel like one sometimes. It's a powerful unfolding. Not a time to shrink or submit to yet more rules, but a time to rise into your fullest self. You can age with confidence, ease, and deep self-respect. Unapologetically.

Sales Points

- Written by an aging expert and nutritionist with over 35 years of experience.
- Takes a fat-positive approach paired with intuitive eating principles.
- Guides you through the aging body grief process, mourning the body you had or body you tried to have for so long, and into acceptance.
- Rejects pushy, demanding exercise rules and shows you how to incorporate movement as play instead.
- Discusses how to incorporate a regular, accessible movement plan for all bodies.

Reviews

- 'This is a book we have all been waiting for. Have you been bombarded with ads for every anti-aging product and diet now that you're a person of a certain age? Instead of anti-aging (which is actually not possible), Deb Benfield brings us *Unapologetic Aging*. She shares from her decades of clinical experience a hopeful view of our relationship with our aging bodies -- one where, instead of chasing endless unrealistic expectations (fueled by capitalism), we embrace our most authentic selves. What a different world it would be if we honored and cared for our bodies as we age instead of demeaning or restricting them. If you struggle to be unapologetic in your aging (and it's hard not to in this culture), you must read this book. Then, please buy one for all of your friends. We change this ageist culture with ripples of understanding and compassion. Let's change the conversations around growing older and get wiser together. This book is a brilliant invitation to embrace body liberation and joy, at any age.' - *Heidi Schauster, MS, RD, CEDS-C, SEP, author of Nourish: How to Heal Your Relationship with Food, Body, and Self and Nurture: How to Raise Kids Who Love Food, Their Bodies, and Themselves*
- '*Unapologetic Aging* is an invitation to anyone ready to break free from the false promises of anti-aging culture and reclaim their relationship with their body. With compassion and clarity, Debra Benfield offers practical guidance toward true self-acceptance and a path to aging with confidence. She reminds us that at every stage of life, you are not diminishing—you are becoming more fully yourself.' - *Tracey Gendron, Professor of Gerontology, author of Ageism Unmasked: Exploring Age Bias and How to End it.*
- '*Unapologetically Aging* is a brilliant resource for women as we consider our relationship with food, our bodies, our unique histories, and our desired futures. I loved the stories, the practical prompts, and the compassionate and wise guidance. Incredible!' - *Jennifer L. Gaudiani, MD, CEDS-C, FAED, Founder & Medical Director of the Gaudiani Clinic, author of Sick Enough: A Guide to the Medical Complications of Eating Disorders and Malnutrition (Routledge)*
- '*Unapologetically Aging* is a must-read for any woman who wants to understand and to revise her body story - a gift that women desperately need today Think of all the women you know who yearn to make peace with their bodies - I have a long list of my own. My recommendation - get it (for yourself!) and give it (to all those other women too!). We could change our world and our bodies would thank us! It's never too late.' - *Margo Maine, PhD, FAED, CEDS, clinical psychologist and specialist in eating disorders and related issues, and author Hair Tells a Story: Hers, Yours, and Ours, Pursuing Perfection: Eating Disorders, Body Myths, and Women at Midlife and Beyond, and Father Hunger*

Author Biography

Deb Benfield, MEd, RDN/LDN, RYT has helped hundreds of clients heal their relationships

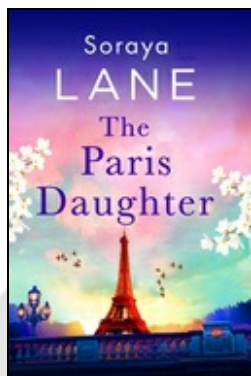
with food, eating, and their bodies in her 35-year career as a Registered Dietitian Nutritionist. She brings wisdom, passion, and lived experience to this intersection of pro-aging and body liberation. Her work is trauma-informed and strives to help people feel more comfortable and at home in their bodies.

After turning 60 and becoming a grandmother in the same year, Deb became frustrated by how difficult it was to find well-researched advice that was *not* related to managing weight or maintaining a youthful appearance. Currently, she runs her clinical practice and Aging with Vitality and Body Liberation group coaching where she weaves together the most up-to-date research in nutrition related to aging, with practices designed to help her clients divest from diet and wellness culture and focus instead on nutrition, yoga, somatic practices, trauma-informed mindfulness.



Sales Office: Carmelite House, 50 Victoria Embankment, London, EC4Y 0DZ
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International Tel: 0044 + 1235 759720
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The Paris Daughter

An absolutely unforgettable page-turner full of family secrets

Soraya Lane

Keynote

A heartbreakingly beautiful, generation-spanning love story about lost love, family secrets and impossible choices, set against the stunning backdrop of Paris: the most romantic city in the world

Description

Paris, 1939: Gazing out at the glittering skyline, Evelina clutches the letter from her love in shaking hands. "I know I do not deserve you, my darling, but I pray that you will change your mind. You have my heart, and I hope that nothing will keep us apart..."

London, present day. Blake gazes down at a scrap of shimmering silver velvet attached to a faded dress design. They were left by her great-grandmother at Hope's House, a home for unmarried mothers, and now that her beloved grandmother has passed, the designer's signature is the only clue Blake has about her biological family.

Armed with a plane ticket, a Paris address and the details of a handsome fashion curator named **Henri**, Blake is determined to find out the truth about her talented great-grandmother **Evelina's** life. Perhaps doing so will help Blake get her old spark for designing back, after her dreams have sat forgotten for so long.

Soon Blake is walking down the Champs-Élysées and enjoying intimate dinners with Henri, who is researching Evelina's work as one of Paris' most celebrated designers, whose bold designs rivalled Coco Chanel's. Soon Henri and Blake grow closer, uncovering Evelina's legacy, and her forbidden romance that set the fashion world ablaze.

As Blake discovers the devastating choice that caused Evelina to flee the most romantic city in the world, she wonders if she, too, could do the impossible and risk everything for love with Henri. Or will the fallout of Evelina's heart-wrenching past drive Blake back home?

A completely addictive and emotional novel about family secrets, forbidden love and having the courage to follow your dreams. Perfect for fans of Santa Montefiore, Lucinda Riley and Victoria Hislop.

Sales Points

- Perfect for fans of expansive, stirring romantic fiction, like The Seven Sisters series by Lucinda Riley (200k copies in New Zealand alone)
- The fifth novel in a sweeping eight-novel romance series that can be read as a standalone novel; each book is dual timeline, following the journey of a different strong female lead, and featuring an emotional, aspirational setting
- *The Italian Daughter* was a bestseller in New Zealand, Germany and the Netherlands, her most recent book, *The Sapphire Daughter*, was an instant Dutch #1 bestseller, and Soraya Lane is a #1 Amazon bestseller who has sold over 750,000 copies in the English language
- The Lost Daughters series has sold in twenty territories
- The author is based in New Zealand and travels frequently to Australia for events

Author Biography

Soraya Lane is the author of historical and contemporary women's fiction, and her novel *Wives of War* was an Amazon Charts bestseller. Soraya lives in her native New Zealand.

Embargo Date	Tuesday, November 04, 2025
Publication date	Thursday, December 04, 2025
Price	£9.99 / ₹599
Main Identifier	9781408734445
BIC 2.1	Adult & contemporary romance (FRD) Modern & contemporary fiction (post c 1945) (FA)
Binding	Paperback
Format	B Format
Depth	22mm
Extent	320 pages
Word Count	83000 words
Exclusively for Sale	Cw; EU; Ire; SA; UK
Not for Sale	Can; USA
Book locale	Paris, France
Author born in	New Zealand
Author living in	New Zealand

Previous Titles

The Italian Daughter 9781408728758
The Cuban Daughter 9781408729625
The Royal Daughter 9781408729656
The Sapphire Daughter 9781408729663

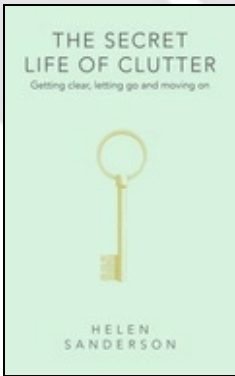
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The Secret Life of Clutter

Getting clear, letting go and moving on

Helen Sanderson

Keynote

Stephen Grosz meets Marie Kondo in Helen Sanderson's exploration of how our spaces reflect our psyche.

Description

'A thoughtful and surprisingly emotional account of our complex relationship with stuff ... If you don't want your possessions to possess you, then this is a book you must read' Graham Allcott

When you get clear about why your clutter is holding you back, you can finally let it go and create the home you love.

Our homes have fascinating stories to tell. The spaces we inhabit and the objects within them reflect many aspects of our lives and our inner selves. In *The Secret Life of Clutter*, ten intimate and touching stories take you on a profound journey as people discover what their cluttered homes reveal about their lives, and make life-changing shifts when they start to let go and move on.

The secret to creating a calm and nurturing home is to uncover the psychological reasons that lie beneath your clutter, and to understand that what is blocking you in your home and your life is often the key to moving forwards. Unlocking some of the meaning your possessions may hold can free you to say goodbye to what you no longer need, whilst keeping your precious memories intact.

The insights revealed in this book will help you understand some of the factors that may be sabotaging your efforts to make more space. It will inspire you to take action and create a home that you love, that loves you back - a home that reflects who you are and the life you want to live.

You'll never look at your clutter - or your home - the same way again.

Sales Points

- This is occupational memoir meets Marie Kondo - a thought-provoking examination of our relationships with our homes, objects and other spaces and how this can impact the way we live our lives told through client stories.
- Organising and decluttering remains a huge trend, but this will be the first book to go deeper into how making changes in your home can facilitate significant and often life changing shifts in the rest of your life as well as redefining your relationship with your home and your possessions into one which is more empowering.
- Through fascinating, moving and beautifully told stories, you will learn to look at your home in a different way, start to understand why you might be holding on to certain things and come to a place of understanding and compassion for yourself.

Author Biography

Helen Sanderson is the founder and creative director of Ministry of Calm. She is a space therapist, interior designer, professional organiser, author and public speaker. With her background in psychotherapy, she's an expert in the psychology of space and the design of quiet rooms and wellbeing environments. Helen speaks regularly at events such as Ideal Home, Mind Body Spirit, Grand Designs Live and 100% Design. She has appeared on BBC Radio, Sky TV and been featured in *The Telegraph*, *Financial Times*, *Mail*, *Cosmopolitan*, *Good Housekeeping* and *Red*.

Publication date	Thursday, December 18, 2025
Price	£10.99 / ₹599
Main Identifier	9780349427881
BIC 2.1	Popular psychology (VSP)
Binding	Paperback
Format	B Format
Depth	22mm
Extent	304 pages
Word Count	70000 words
Exclusively for Sale	Cw; EU; Ire; SA; UK
Not for Sale	Can; USA
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

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The Pelican Child

JOY WILLIAMS

DESCRIPTION

The sentences of Joy Williams are like no other—the coiled wit, the sense of a confused and ruined landscape, even the slight chortle of hope that lurks between the words. In these eleven stories, we meet souls lost and found: from the twin heiresses of a dirty industrial fortune, who must commit a violent act in recompense for their family's deeds, to a newly grown man who still revolves in a dreamscape of his childhood boarding-school innocence, to the "pelican child" who lives with the bony, ill-tempered Baba Yaga in a little hut on chicken legs.

All of these characters insist on exploring, often at their peril, an indifferent and caustic world: they struggle against our degradation of the climate, of each other, and of honest human experience, possibly in vain. But each brief, haunted triumph of understanding is celebrated by Williams, a writer for our time and all time.

AUTHOR BIOGRAPHY

Joy Williams is the author of four novels, including Pulitzer Prize-nominated *The Quick and the Dead*, and four collections of stories, as well as *Ill Nature*, a book of essays that was a finalist for the National Book Critics Circle Award. Among her many honours are the Rea Award for the Short Story and the Strauss Living Award from the American Academy of Arts and Letters.

Print Book ISBN: 9781805228578

BIC: FYB

04 December 2025

£12.99 / ₹399

192 pp

Trade Paperback

B format

198mm x 129mm

UK & C/Wealth exc Canada

eBook ISBN: 9781805228561



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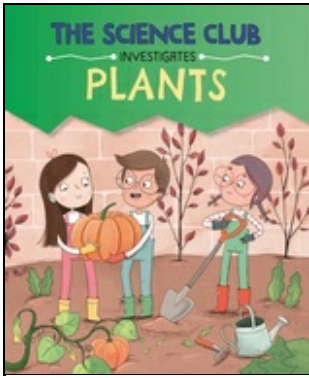
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The Science Club Investigates: Plants

Mary Auld (Illustrated By Sernur Isik)

Keynote

Join the kids of the Science Club and discover plants through a combination of adventure and activity in this fun, story-based series for young scientists everywhere

Description

Join the kids of the Science Club and discover plants through a combination of adventure and activity in this fun, story-based series for young scientists everywhere

The Science Club have got a big new project - looking after the school garden! As they work, they learn all about the things all plants need to grow and watch photosynthesis and pollination in action by planting some seeds. They also discover how different plants thrive in different habitats. At the end of the project, the Club throw a harvest party, featuring some home-grown pumpkins!

The Science Club follows a group of science-mad kids who meet at a club where they learn about science through their own experiences and discoveries. Each story features sweet, humorous illustrations and includes simple experiments for readers to try for themselves. Perfect for readers aged five and up.

Titles in the series:

Electricity
Plants
Rocks & Fossils
States of Matter
Light
Sound
Habitats
Weather
Forces & Magnets
The Human Body

Sales Points

- Story-based approach offers a refreshing new take on core KS1 science topics
- Includes a spread of simple activities and experiments for readers to try for themselves
- Reviewed by a science consultant with many years experience of teaching science in schools

Author Biography

Mary Auld (Author)

Mary Auld is a writer of children's information books, working over a broad range of subjects. She has been actively involved in music from an early age, both singing and playing the flute, on an amateur basis. She loves making music in a group, be that in an orchestra or a choir. Whether making music or writing children's books, her aim is to share her enthusiasm and inspire readers. Mary Auld is a pen name for Rachel Cooke, who is an honorary fellow of the English Association, in recognition of her editorial work in children's non-fiction.

Sernur Isik (Illustrator)

Istanbul based illustrator and designer, Sernur Isik specialises in children's books and all things lovely. She studied Graphic Design at Ataturk University Faculty of Fine Arts, then worked as an illustrator for a company in Istanbul specialising in content for children's TV. Later, she worked as the Visual Art Director and Character Designer for a Theme Park in Istanbul. In 2014 she was chosen for the Pictoplasma Academy in Berlin, where she studied character design. Since 2002, she has been working with publishers around the world, illustrating children's books. She also creates little sculptures of her characters using clay and ceramics and is currently exhibiting, mainly in USA. She travels with a passion around the world, creating new characters and stories about places she's been to.

Publication date	Thursday, December 11, 2025
Price	£8.99 / ₹699
Main Identifier	9781526321596
BIC 2.1	Science & technology: general interest (Children's / Teenage) (YNT) For National Curriculum Key Stage 1 (4KHF) Interest age: from c 5 years (5AF)

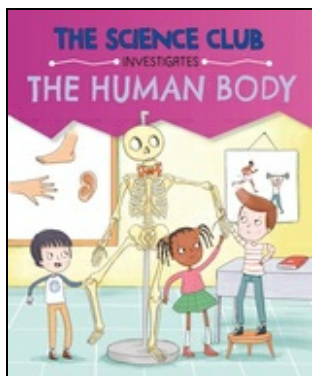
CBMC	B5N79
Age	5-7 years
Subject	Non-fiction
Type	Ordinary Printed Book Format
Character Tie In	Non-character Non Tie-in

Binding Format	Paperback 236x195
Depth	6mm
Extent	32 pages
Word Count	
Series	The Science Club Investigates
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

Previous Titles

Electricity
Light
Sound
Habitats
Plants
The Human Body
Weather
Forces & Magnets
Rocks & Fossils
States of Matter

1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher



The Science Club Investigates: The Human Body

Mary Auld (Illustrated By Sernur Isik)

Keynote

Join the kids of the Science Club and discover the human body through a combination of adventure and activity in this fun, story-based series for young scientists everywhere

Description

Join the kids of the Science Club and discover the human body through a combination of adventure and activity in this fun, story-based series for young scientists everywhere

Publication date	Thursday, December 11, 2025
Price	£8.99 / ₹699
Main Identifier	9781526321602
BIC 2.1	Science & technology: general interest (Children's / Teenage) (YNT) For National Curriculum Key Stage 1 (4KHF) Interest age: from c 5 years (5AF)

CBMC	B5N79
Age	5-7 years
Subject	Non-fiction
Type	Ordinary Printed Book Format
Character	Non-character
Tie In	Non Tie-in

Binding	Paperback
Format	236x195
Depth	6mm
Extent	32 pages
Word Count	
Series	The Science Club Investigates
Exclusively for Sale	UK; World (ex USA, Can)
Not for Sale	Can; USA

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Habitats
Plants
The Human Body
Weather
Forces & Magnets
Rocks & Fossils
States of Matter

1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

The Science Club follows a group of science-mad kids who meet at a club where they learn about science through their own experiences and discoveries. Each story features sweet, humorous illustrations and includes simple experiments for readers to try for themselves. Perfect for readers aged five and up.

Ouch! Jiang's tooth has fallen out and his gum is bleeding. Mrs Khan thinks it's a great way to start the Club's latest topic - the human body. The kids find all about the different organs and how they work together. They also take a virtual trip round the digestive system and learn how to keep their bodies healthy.

Titles in the series:

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Plants
Rocks & Fossils
States of Matter
Light
Sound
Habitats
Weather
Forces & Magnets
The Human Body

Sales Points

- Story-based approach offers a refreshing new take on core KS1 science topics
- Includes a spread of simple activities and experiments for readers to try for themselves
- Reviewed by a science consultant with many years experience of teaching science in schools

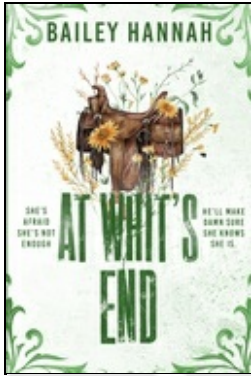
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Publication date	Tuesday, December 02, 2025
Price	£9.99 / ₹799
Main Identifier	9781398728431
BIC 2.1	Romance (FR) Adult & contemporary romance (FRD) Westerns (FJW)

Binding	Paperback
Format	B Format
Extent	432 pages
Word Count	
Series	Wells Ranch
Exclusively for Sale	Cw; Ire; UK
Not for Sale	Can; USA

Previous Titles

Alive and Wells
Seeing Red
Change of Hart

1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

At Whit's End

The must read spicy and heartwarming cowboy romance that will have you LASSOED!

Bailey Hannah

Keynote

Elsie Silver meets Lyla Sage in this angsty and ridiculously romantic slow-burn

Description

A single mom struggling to raise her rebellious son finds unexpected support in a kind-hearted cowboy in this spicy romance from the author of *Alive and Wells*.

She's afraid she's not enough. He'll make damn sure she knows she is.

Single mom Whitney Hart is, quite simply, overwhelmed. She's struggling to raise her ten-year-old son, Jonas. Her ex-boyfriend only seems to come around and help take care of his son when he's single and hoping to get back together. With Jonas acting out more than ever, Whitney enlists the help of her sister Blair to keep an eye on Jonas over summer vacation.

Enter Colt, a fun-loving Wells Ranch cowboy who is tasked with giving Jonas work to do around Wells Ranch to keep him busy. In Colt, Jonas finds a mentor and male role model for the first time in his life. And in Jonas, Colt discovers a friendship that brings a new kind of joy into his life.

Colt and Whit slowly develop a friendship of their own through a shared concern for Jonas, and over the course of the summer, it begins to spark into something more. The attraction and chemistry between them are hard to ignore, but Whit's insecurities and hesitancy to trust men causes her to pull away.

As miscommunications give way to understanding, the two will discover that sometimes you have to first be broken before you can become whole, and that there's no one way to create a family...

Tropes:

Single parent
Animal lovers
Alpha male
Found family
Cowboy romance
Opposites attract
Small town romance
Sworn off relationships
Emotional scars
Friends-to-lovers

Sales Points

- **COWBOYS ARE IN:** From Lyla Sage to Elsie Silver, cowboys are in and show no sign of leaving. They are perfect for fans of small-town romances with a usually broody love interest.
- **EXCITING SELF-PUBLISHED VOICE:** Bailey Hannah already has an existing fanbase which we can build upon in the UK and break her into retailers.
- **PERFECT FOR FANS OF SMALL-TOWN ROMCOMS:** Bailey Hannah has crossover beyond cowboy romcoms so hits all the notes.
- **GLOBAL EXCITEMENT:** Sold to Ballantine in a significant deal, Doubleday Canada (Canada), Vajona (Germany), at auction, Lovebooks (the Netherlands), Publicat (Poland) and Family Leisure Club (Ukraine) - all at auction.

Author Biography

Bailey Hannah is a Canadian romance author with a passion for strong heroines and rugged men who aren't afraid to love their women hard.

Born and raised in small town British Columbia, you can count on a touch of rural Canadian flair (dirt roads, rodeos, and ketchup chips) in her stories. Bailey lives with her husband, daughter, dogs, and chickens. In her spare time, she enjoys reading, enjoying the outdoors, and daydreaming about her characters.

For the most up-to-date information on works in progress and other book news, follow Bailey on social media @baileyhannahwrites

Market

For fans of Lyla Sage's Rebel Blue Ranch series and Paisley Hope's Silver Pines series who are looking for their next cowboy romance with close-knit communities and sexy ranchers.

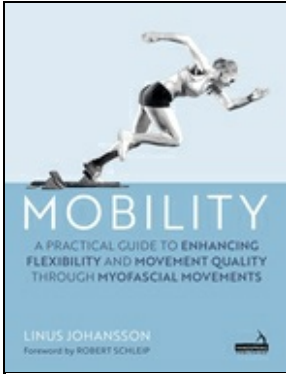
Readers of small-town romances with humor by authors like Elsie Silver (Wild Love) and Sarah Adams (Practice Makes Perfect)

450k+ TikTok fans of Bailey Hannah's Wells Ranch series



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Publication date	Thursday, December 18, 2025
Price	£28.99 / ₹2499
Main Identifier	9781805017936
BIC 2.1	Physiotherapy (MQS) Rehabilitation (MQV)

Binding Format	Trade Paperback 246x189 (7.4x9.7")
Extent	192 pages
Word Count	30000 words
Illustrations	150 illustrations, mainly halftones
Exclusively for Sale	UK; World
Not for Sale	None

Author living in	Sweden
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
US	Refer to Publisher

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Mobility

A Practical Guide to Enhancing Flexibility and Movement Quality through Myofascial Movements

Linus Johansson. Foreword by Robert Schleip

Keynote

Explores the fundamental importance of mobility in all aspects of life.

Description

This book explores how mindful, myofascial-based movement practices can profoundly enhance the quality and efficiency of everyday movement. It uniquely integrates myofascial anatomy with practical movement techniques, bridging the gap between scientific insight and hands-on application.

Johansson, an internationally recognized physiotherapist and trainer with over 20 years' experience, shows how to cultivate a deeper awareness of our body's internal relationships to achieve sustainable movement health and longevity.

This comprehensive guide will hugely benefit and empower physiotherapists, movement educators and practitioners, and anyone interested in learning how to move more efficiently, comfortably and sustainably through life.

Sales Points

- Translated by the author from the Swedish edition, which has sold over 1,000 copies.
- Interest in mobility and flexibility is on the rise.
- Mobility and flexibility are accessible types of movement and can be practiced by many.
- Improvement of mobility significantly influences overall wellbeing and can contribute to the alleviation of diverse pain-related issues.
- Presents both theoretical insights and practical applications.

Reviews

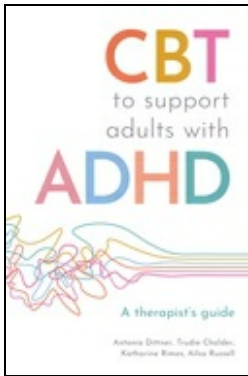
- 'Linus Johansson is one of my favorite curators of ideas. In 'Mobility', Linus brings threads from evolutionary anatomy, from performance research and, importantly, from his own experience and puts them together in a coherent, accessible and usable package. As always, Linus presents a beautifully clean approach for manual and movement therapists.' - James Earls, Author of Born to Walk and Functional Anatomy of Movement
- 'Linus Johansson's latest book comes from a place of exploration and desire to take the reader into a deeper and more profound understanding of mobility as the foundational characteristic of the human body. I appreciate that this book and its visuals invite reflection and encourage translating that into action. Enjoy this strong contribution to myofascial and mobility understanding.' - Lauri Nemetz, author of The Myofascial System in Form and Movement

Author Biography

Linus Johansson is a physiotherapist and trainer with over 20 years' experience in his field. He runs his own physiotherapy practice, SOMA, and teaches worldwide. In addition to this, he has published six books on movement and is based in Sweden.

Market

Physiotherapists, movement educators and practitioners, functional bodyworkers.



CBT to Support Adults with ADHD A Therapist's Guide

Dr Antonia Dittner, Professor Trudie Chalder, Professor Katharine Rimes, Professor Ailsa Russell

Keynote

This practical guide for clinicians presents an approach for delivering individually tailored CBT for ADHD adults.

Description

This step-by-step guide, from expert professionals, helps clinicians develop formulation-driven cognitive behavioural therapy (CBT) that is individually tailored to adult ADHD clients. Despite a growing number of adults being diagnosed with ADHD and seeking mental health services, clinicians continue to express a lack of confidence in being able to offer effective support.

Given the uniqueness of each ADHD client's experiences, this book sets out an approach for professionals to work with individuals to co-develop tailored CBT interventions rather than a using a 'one size fits all' approach. In a clear, step-by-step manner clinicians are guided through the three stages of therapy from Assessment and Therapy, Planning to Active Therapy, and finally Ending Therapy and Looking Ahead. Client handouts at the end of the book also form useful materials for providing further information to clients and recording the therapy process.

Taking a neuro-affirmative approach, this book will allow clinicians to support their clients to see their ADHD characteristics as differences not deficits.

Sales Points

- The approach in the book is evidence-based - comes out of a research project run by the authors at the Maudsley Hospital.
- There are worksheets and handouts available in the appendix
- ADHD diagnoses are on the rise amongst adults and there is a growing need for professionals to have effective tools for providing mental health support.
- Previous mental health/ neurodiversity books from teams at the Maudsley Hospital (9781785923791 OCD and Autism) have sold well
- There are opportunities for sales and promotion through the Maudsley Hospital's training platform (<https://maudsleylearning.com/>)

Author Biography

Dr Antonia Dittner, Consultant Clinical Psychologist at South London and Maudsley NHS Foundation Trust.

Professor Trudie Chalder, cognitive behavioural psychotherapist with a joint appointment with the Department of Psychological Medicine, Institute of Psychiatry, Psychology and Neuroscience, King's College London, and the South London and Maudsley NHS Foundation Trust.

Professor Katharine Rimes, Professor of Clinical Psychology at University of Plymouth
Professor Ailsa Russell, clinical psychologist and researcher based at the University of Bath.

Market

Mental health professionals

Publication date	Thursday, December 18, 2025
Price	£29.99 / ₹2599
Main Identifier	9781805017646
BIC 2.1	Coping with disability (VFJD) Psychology (JM) Mental health services (MBPK) Cognitive behavioural therapy (MMJT1)

Binding	Trade Paperback
Format	229x152 (6x9")
Extent	240 pages
Word Count	40000 words
Illustrations	10 black and white line illustrations
Exclusively for Sale	UK; World
Not for Sale	None

Author living in	Bath, London and Plymouth
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Previous Titles

Alisa Russell, Amita Jassi and Kate Jonston, David Russell, OCD and Autism: A Clinician's Guide to Adapting CBT, January 2019 (9781785923791) 2,810 copies sold.

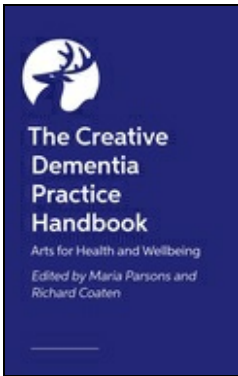
1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatisation and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Podcast	Refer to Publisher
Translation	Refer to Publisher
Undramatised (straight) reading	Refer to Publisher
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Publication date **Thursday, December 18, 2025**

Price **£19.99 / ₹1699**

Main Identifier **9781805010357**

BIC 2.1 **Alzheimer's & dementia (MJND) Creative therapy (eg art, music, drama) (MQTC) Care of the elderly (JKSG)**

Binding **Trade Paperback**

Format **229x152 (6x9")**

Extent **224 pages**

Word Count **67837 words**

Illustrations **7 photos**

Exclusively for Sale **UK; World**

Not for Sale **None**

Author living in **Maria Pasiecznik Parsons - Bristol, UK
Richard Coaten - West Yorkshire, UK**

1st Serial **Refer to Publisher**

2nd Serial **Refer to Publisher**

Audio **Refer to Publisher**

Dramatisation and documentary **Refer to Publisher**

Electronic **Refer to Publisher**

Film and TV **Refer to Publisher**

Large print **Refer to Publisher**

Podcast **Refer to Publisher**

Translation **Jessica Kingsley Publishers**

Undramatised (straight) reading **Refer to Publisher**

US **Refer to Publisher**

The Creative Dementia Practice Handbook Arts for Health and Wellbeing

Edited by **Maria Pasiecznik Parsons and Richard Coaten**

Keynote

A guide to creative arts practice and running arts programmes with and for people living with dementia, written by leading professionals in dementia arts practice

Description

This handbook examines why, how and where creative arts can help meet the social, psychological and occupational needs of people living with dementia and their family carers.

Bringing together case studies of music, dance, poetry, digital arts and more, this book explores the core skills needed to co-create inspiring programmes in various settings. Foregrounding the lived experience of people living with dementia and their carers, each chapter showcases best practice, person-centred approaches, core learning points and online resources.

Full of expert information and clear practical guidance, this book is essential reading for students, early career and experienced practitioners seeking to improve health and wellbeing for people living with dementia.

Sales Points

- **Fills a gap:** An updated guide is now highly sought after given the absence of a cure for dementia, the need for non-pharmacological approaches and the recommendation of creative arts as a primary intervention for dementia by the National Institute for Care and Health Excellence (NICE).
- **Growing audience:** Prevalence of dementia is increasing due to population ageing. Demand for specialist services and support is driving a growing creative health practitioner workforce and organizations engaged in the field of arts and dementia.
- **Activities:** Full of practical guidance and practice-based activities, suitable for use in a variety of settings.
- **Highly experienced editors** with a combined 50+ years developing practice and policy in this field.

Author Biography

Maria Pasiecznik Parsons is CEO of Creative Dementia Arts Network (CDAN). Maria is a professional social worker, academic and researcher, senior manager in dementia care and NHS and social care specialist consultant. Maria sits on the Boards of Frames of Mind and Dementia Community, has lived experience of being a family carer and lives in Bristol.

Richard Coaten PhD is a registered dance movement psychotherapist (RDMP) with the Association for Dance Movement Psychotherapy (UK) and is a national and international specialist in non-verbal, movement and dance-based practices with people living with dementia and their carers. Richard sits on the boards of CDAN and the Balbir Singh Dance Company and is a Churchill Fellow (2010). He lives in West Yorkshire.

Market

Professionals working in arts, health and social care (especially Creative Health) interested in using arts in dementia care.

Arts, health and social care providers and commissioners, and dementia training providers.

Professional and family carers.

Jessica Kingsley Publishers.



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