

NEW TITLES 2023/24

QTY	ISBN	TITLE	AUTHOR	FORMAT	PUB DATE	PRICE	DISCOUNT %
	9781529062281	Pinch of Nom: Express	Kate and Kay Allinson	Crown Quarto Hardback	07/12/2023	£22.00	
	9781035001996	How to Calm Your Mind	Chris Bailey	B Format Paperback	04/01/2024	£10.99	
	9781035026739	The Green Budget Guide	Nancy Birtwhistle	B Format Hardback	04/01/2024	£14.99	
	9781035005741	To My Sisters: A Guide to Building Lifelong Friendships	Courtney Daniella Boateng and Renée Kapuku	B Format Paperback	01/02/2024	£9.99	
	9781529057348	How Not to Age	Michael Greger MD	Royal Hardback	07/12/2023	£22.00	
	9781035030781	The Greatest Manifestation Book (is the one written by you)	Vex King and Kaushal	210 x 145 Hardback	07/12/2023	£22.00	
	9781529075922	Platonic	Marisa G. Franco, PhD	B Format Paperback	04/01/2024	£10.99	
	9781529033007	Leadership Strategy and Tactics	Jocko Willink	B Format Paperback	04/01/2024	£12.99	
	9781035042135	Good Habits, Bad Habits: The New	Wendy Wood	B Format Paperback	18/01/2024	£9.99	

MACMILLAN BUSINESS

	9781035024957	Think Faster, Talk Smarter	Matt Abrahams	Royal Hardback	28/09/2023	£20.00	
	9781509866137	Hyperfocus	Chris Bailey	B Format Paperback	09/01/2020	£10.99	
	9781035018932	How Big Things Get Done	Bent Flyvbjerg and Dan Gardner	Royal Hardback	16/02/2023	£18.99	
	9781035020065	Gonzo Capitalism	Chris Guillebeau	Royal Hardback	24/08/2023	£20.00	
	9781509859085	Side Hustle	Chris Guillebeau	B Format Paperback	10/01/2019	£10.99	
	9781447286318	The \$100 Startup	Chris Guillebeau	B Format Paperback	15/01/2015	£9.99	
	9781529093582	Win Every Argument	Mehdi Hasan	Royal Hardback	28/02/2023	£20.00	

HEALTHIER EATING

QTY	ISBN	TITLE	AUTHOR	FORMAT	PUB DATE	PRICE	DISCOUNT %
		<i>Our upcoming releases for the New Year have been highlighted in green</i>					
	9781035022175	Pinch of Nom Budget	Kate and Kay Allinson and Laura Davis	Crown Quarto Trade Paperback	22/06/2023	£17.99	
	9781529079463	Pinch of Nom Family Meal Planner	Kate and Kay Allinson and Laura	Crown Quarto Hardback	23/06/2022	£10.99	
	9781529035018	Pinch of Nom Comfort Food	Kate and Kay Allinson	Crown Quarto Hardback	09/12/2021	£20.00	
	9781529034981	Pinch of Nom Quick & Easy	Kate and Kay Allinson	Crown Quarto Hardback	10/12/2020	£22.00	
	9781529035001	Pinch of Nom Food Planner: Quick & Easy	Kate and Kay Allinson and Laura	150 x 197 Hardback	02/09/2021	£10.99	
	9781529026443	Pinch of Nom Food Planner: Everyday	Kate and Kay Allinson and Laura	150 x 197 Hardback	03/09/2020	£9.99	
	9781529026405	Pinch of Nom Everyday Light	Kate and Kay Allinson	Crown Quarto Hardback	12/12/2019	£20.00	
	9781529014068	Pinch of Nom	Kate and Kay Allinson	Crown Quarto Hardback	21/03/2019	£20.00	
	9781529062267	Pinch of Nom Enjoy	Kate and Kay Allinson	Crown Quarto Hardback	08/12/2022	£20.00	
	9781529023060	Pinch of Nom Food Planner	Kate and Kay Allinson and Laura	131 x 189 Paperback	13/06/2019	£10.99	
	9781529095579	Healthier Planet, Healthier You	Annie Bell	Crown Quarto Trade Paperback	22/12/2022	£18.99	
	9781509893089	How Not To Diet	Michael Greger, MD	B Format Paperback	07/01/2021	£10.99	
	9781529059243	The How Not to Diet Cookbook	Michael Greger, MD	190 x 230 Trade	09/12/2021	£16.99	
	9781509852505	How Not To Die	Dr Michael Greger with Gene Stone	B Format Paperback	28/12/2017	£12.99	
	9781529010817	The How Not To Die Cookbook	Dr Michael Greger with Gene Stone	190 x 230 Trade	13/12/2018	£18.99	
	9781035013654	The 20-Minute Vegan	Calum Harris	Crown Quarto Hardback	11/05/2023	£22.00	
	9781509883387	The Last Diet	Shahroo Izadi	B Format Paperback	31/12/2020	£9.99	
	9781509891504	The Vegetarian Kitchen	Prue Leith and Peta Leith	Crown Quarto Hardback	20/02/2020	£25.00	
	9781529005080	Vegan (ish)	Jack Monroe	Crown Quarto Trade Paperback	26/12/2019	£16.99	
	9781035008513	Thrifty Kitchen	Jack Monroe	Crown Quarto Hardback	05/01/2023	£19.99	

9781509856183	30 Day Kick Start Plan	Joe Wicks	Crown Quarto Trade Paperback	26/11/2020	£18.99	
9781509800698	Lean in 15 - The Shape Plan	Joe Wicks	Crown Quarto Trade Paperback	16/06/2016	£18.99	
9781509820221	Lean in 15 - The Sustain Plan	Joe Wicks	Crown Quarto Trade Paperback	17/11/2016	£16.99	
9781509800667	Lean in 15 - The Shift Plan	Joe Wicks	Crown Quarto Trade Paperback	28/12/2015	£18.99	
9781509836079	The Fat-Loss Plan	Joe Wicks	Crown Quarto Trade Paperback	26/12/2017	£18.99	
9781509856152	Veggie Lean in 15	Joe Wicks	Crown Quarto Trade Paperback	13/12/2018	£18.99	
9781529011036	I Quit Sugar: Simplicious	Sarah Wilson	Trade Paperback	20/09/2018	£16.99	

MACMILLAN COLLECTOR'S LIBRARY

9781529091335	Sunrise	Susie Gibbs	MCL Standard Hardback	19/01/2023	£10.99	
9781529070774	Sleepily Ever After	Ed. Zachary Seager	MCL Standard Hardback	28/10/2021	£10.99	
9781529045642	Poems for Stillness	Ed. Gaby Morgan	MCL Standard Hardback	30/09/2021	£10.99	
9781529032642	The Joy of Walking	Various	MCL Standard Hardback	29/10/2020	£10.99	
9781529032628	The Art of Solitude	Various	MCL Standard Hardback	29/10/2020	£10.99	

MIND, BODY & SPIRIT

9781035024094	Codependent No More	Melodie Beattie	Demy Trade Paperback	13/04/2023	£14.99	
9781529082104	Wild Card	Jen Cownie and Fiona Lensvelt	Demy Hardback	28/04/2022	£14.99	
9781529051582	Journey	Paulo Coelho	212 x 159 Hardback	15/10/2020	£14.99	
9781529064223	The Mindfulness Moments Colouring	Emma Farrarons	124 x 177 Paperback	07/01/2021	£7.99	
9781509876167	Stress Less, Accomplish More	Emily Fletcher	Royal Trade Paperback	21/02/2019	£16.99	
9781529059052	Cracking the Menopause	Mariella Frostrup with Alice Smellie	B Format Paperback	12/05/2022	£10.99	
9781529045857	The Prophet	Kahlil Gibran	A Format Hardback	29/10/2020	£9.99	

	9781529065145	The Yoga Manifesto	Nadia Gilani	B Format Paperback	08/06/2023	£9.99	
	9781529059748	Linda Goodman's Love Signs	Linda Goodman	B Format Paperback	20/01/2022	£12.99	
	9781529087840	Closer to Love	Vex King	Demy Hardback	13/02/2023	£16.99	
	9781509899340	In Love with the World	Yongey Mingyur Rinpoche with Helen	B Format Paperback	21/01/2021	£10.99	
	9781509893676	Ten to Zen	Owen O'Kane	S format Trade Paperback	27/12/2018	£10.99	
	9780752266275	The Anxiety Journal	Corinne Sweet	B Format Paperback	04/05/2017	£10.99	
	9781509818242	How To Have A Good Day	Caroline Webb	B Format Paperback	26/01/2017	£9.99	

SELF-HELP & PERSONAL DEVELOPMENT

KIDS

	9781529066630	Clicks - How to Be Your Best Self Online	Natasha Devon	152 x 196 Paperback	18/05/2023	£9.99	
	9781035006649	HEROES: How to turn inspiration into action	Marcus Rashford	153 x 222 Trade	12/10/2023	£9.99	
	9781035014040	You Are a Champion Action Planner	Marcus Rashford	153 x 222 Trade	10/11/2022	£7.99	
	9781529068177	You Are a Champion	Marcus Rashford and Carl Anka	153 x 222 Trade	27/05/2021	£9.99	
	9781529097054	You Can Do It	Marcus Rashford and Carl Anka	153 x 222 Trade	21/07/2022	£9.99	
	9781035023165	You Have the Power: Find Your Strength and Believe You Can	Leah Williamson	153 x 222 Trade Paperback	30/03/2023	£9.99	

ADULT

	9781035000272	100 Dates	Dr Angela Ahola	Royal Trade Paperback	09/02/2023	£14.99	
	9781529091281	DIY with Jay	Jay Blades	Crown Quarto Hardback	15/09/2022	£20.00	
	9781035010110	Life Lessons	Jay Blades	B Format Hardback	28/09/2023	£14.99	
	9781529074741	The Joy Journal for Grown-ups	Laura Brand	217 x 158 Hardback	31/03/2022	£16.99	
	9781529050844	Stronger	Poorna Bell	B Format Paperback	03/03/2022	£9.99	
	9781509805174	The Orchid and the Dandelion	W. Thomas Boyce MD	B Format Paperback	23/01/2020	£9.99	
	9781035016983	Motivation	Stefan Falk	Royal Hardback	07/02/2023	£20.00	
	9781529005516	The Moment of Lift	Melinda Gates	B Format Paperback	16/04/2020	£9.99	

	9781529077650	Scary Smart	Mo Gawdat	B Format Paperback	08/12/2022	£9.99	
	9781509809950	Solve For Happy	Mo Gawdat	B Format Paperback	10/01/2019	£10.99	
	9781529066173	That Little Voice In Your Head	Mo Gawdat	B Format Paperback	25/05/2023	£10.99	
	9781509860630	Rebel Talent	Francesca Gino	B Format Paperback	07/02/2019	£9.99	
	9781529005356	Kaizen	Sarah Harvey	130 x 185 Hardback	19/09/2019	£9.99	
	9781529006483	Success Habits	Napoleon Hill	B Format Paperback	06/01/2022	£9.99	
	9781529051858	Money in One Lesson	Gavin Jackson	B Format Paperback	26/01/2023	£10.99	
	9781035005185	The Greatest Self-Help Book	Vex King and Kaushal	210 x 145 Hardback	08/12/2022	£20.00	
	9781529005394	Joy at Work	Marie Kondo and Scott Sonenshein	138 x 216 Trade	14/10/2021	£14.99	
	9781529085099	Kurashi at Home	Marie Kondo	236 x 212 Hardback	15/11/2022	£25.00	
	9781529028355	The Life-Changing Manga of Tidying Up	Marie Kondo	133 x 184 Paperback	17/10/2019	£9.99	
	9781529075984	The Marie Kondo Tidying Companion	Marie Kondo	220 x 164 Trade Paperback	05/01/2023	£14.99	
	9781529065367	How to Stay Sane	Philippa Perry, The School of Life	B Format Paperback	22/06/2023	£9.99	
	9781035019724	How to Think More About Sex	Philippa Perry, The School of Life	B Format Paperback	22/06/2023	£9.99	
	9781035019731	How to Be Alone	Philippa Perry, The School of Life	B Format Paperback	22/06/2023	£9.99	
	9781529056051	Nobody Tells You	Rebecca Maberly	195 x 140 Hardback	15/04/2021	£14.99	
	9781529077575	The Art of Starting	Iona Mathieson & Romy St Clair	S format Hardback	27/04/2023	£16.99	
	9781035030576	Your Child is Not Broken	Heidi Mavir	B Format Paperback	11/05/2023	£10.99	
	9781529084931	Start Painting Now	Emily Powell and Sarah Moore	234 x 194 Hardback	23/06/2022	£20.00	
	9781529080056	Braintenance	Julia Ravey	Royal Hardback	12/01/2023	£16.99	
	9781529056259	Write It All Down	Cathy Rentzenbrink	B Format Paperback	26/01/2023	£9.99	
	9781035014255	How to Feel Better	Cathy Rentzenbrink	B Format Paperback	02/03/2023	£9.99	
	9781529054309	The Fun Habit	Mike Rucker	Royal Hardback	26/01/2023	£16.99	
	9781035013609	Ten Times Calmer	Dr Kirren Schnack	Demy Hardback	14/09/2023	£16.99	

	9781035002764	Be A Triangle	Lilly Singh	B Format Hardback	14/04/2022	£14.99	
	9781529052381	Your Story Matters	Nikesh Shukla	B Format Paperback	16/03/2023	£9.99	
	9781529084214	Heartsick	Jessie Stephens	B Format Paperback	09/02/2023	£9.99	
	9781035004621	The Shift	Tinx	Demy Hardback	25/05/2023	£16.99	
	9781529013702	Where's My Happy Ending?	Anna Whitehouse and Matt	B Format Paperback	10/06/2021	£9.99	
	9780752266374	How to Bullet Plan	Rachel Wilkerson Miller	148 x 209 Trade	21/09/2017	£9.99	
	9781529068467	What Happened to You?	Oprah Winfrey and Dr Bruce Perry	Royal Hardback	29/04/2021	£20.00	
	9781509864768	Good Habits, Bad Habits	Wendy Wood	B Format Paperback	07/01/2021	£9.99	

THINKING GREEN

	9781529049749	Clean & Green	Nancy Birtwhistle	B Format Paperback	26/10/2023	£10.99	
	9781529088380	Green Living Made Easy	Nancy Birtwhistle	B Format Hardback	03/03/2022	£14.99	
	9781035003716	The Green Gardening Handbook	Nancy Birtwhistle	B Format Hardback	02/03/2023	£14.99	
	9781529051261	Busy Recycle	Mel Matthews	180 x 180 Board Book	31/12/2020	£5.99	

ADDITIONAL ORDERS

QTY	ISBN	TITLE	FORMAT	PUB DATE	PRICE	

ORDER DETAILS - PLEASE INPUT INTO GREY BOXES AND ENSURE ACCOUNT NUMBER IS FORMATTED CORRECTLY

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