



Bluebird  
One Boat  
2023





The bluebird, the first sign of spring, is an emblem of what all the books on our list share: an intention to inspire.

Bluebird books aim to provide a fresh perspective and ultimately help readers live more meaningful, healthier, happier, more connected lives.

In these challenging and uncertain times, it seems more important than ever to turn to books as authoritative resources to bolster our resilience, to better understand our neighbours, to celebrate difference, to nourish ourselves, our families and our communities. The Bluebird list covers a wide range of non-fiction subject areas in many different formats, from illustrated cookery to beautifully written memoir. Our offerings this year range from delicious, slimming-friendly recipes from Pinch of Nom to healthy, budget-saving meals from Jack Monroe. Nurture your self-love and nourish your relationships with our exciting new books from Vex King and Kaushal, Tinx, Courtney Boateng and Renée Kapuku. Enjoy new titles from brand authors: Marie Kondo, Jay Blades, Russell Brand and Dr Michael Greger. In paperback, we are delighted to present narratives of hope, resilience and renewal from the likes of David Harewood, Maddy Anholt, Hassan Akkad and Nadia Gilani. And we're thrilled to welcome inspiring new voices such as Calum Harris, Dr Kirren Schnack, Dr Beth Mosley and more. Whatever your interests, we hope you find something here that lifts you up.

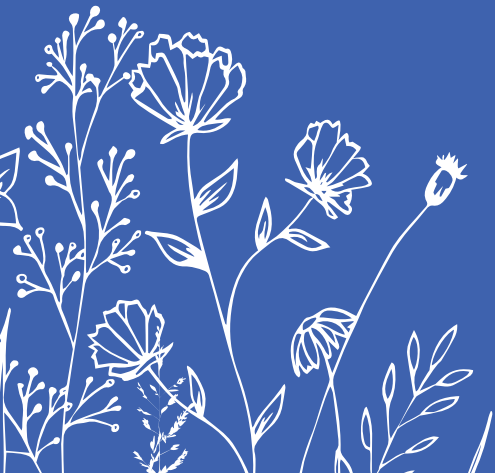


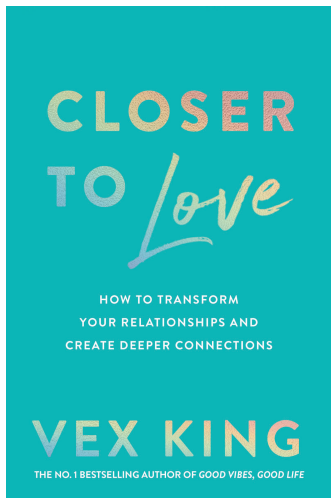
Carole Tonkinson,  
Publisher

WELCOME



# Highlights 2023





# Closer to Love

HOW TO TRANSFORM YOUR RELATIONSHIPS AND  
CREATE DEEPER CONNECTIONS

**VEX KING**

£16.99 HARDBACK | 9781529087840 | 304 PP | 13/02/2023  
UK AND COMMONWEALTH (EXCLUDING CANADA)



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**Isn't it time we got closer – to ourselves, to others,  
and to love?**

Vex King, bestselling author of *Good Vibes*, *Good Life* and *Healing is the New High*, is back with *Closer to Love*, a practical guide to creating thriving, authentic connections. Vex has developed these practices and skills to help him heal and to find peace and joy in his own romantic relationship. He is now sharing his wisdom and experience to guide readers on their own journeys.

*Closer to Love* empowers readers to cultivate mature, meaningful relationships, overcome fears, expectations and insecurities, develop clarity around who they really are and understand what kind of connections they want to build.

*Good Vibes,  
Good Life*  
has sold over  
1 million  
copies

# The Greatest Self-Help Book (is the one written by you)

A JOURNAL

**VEX KING AND KAUSHAL**

£20 HARDBACK | 9781035005185 | 288 PP | 08/12/2022  
UK AND COMMONWEALTH (EXCLUDING CANADA)

Write your own self-help book with this affirming journal from Vex King and Kaushal.

Are you ready to rewrite your story?

Prepare to go on a journey of self-exploration with No.1 *Sunday Times* bestselling author Vex King and social media star Kaushal, as the duo come together on their first ever joint project, *The Greatest Self-Help Book*, a journal dedicated to you.

Filled with practical activities, exercises and visual prompts for meaningful mindfulness, this fully illustrated, interactive journal will help you become the best possible version of yourself.

Husband-and-wife duo with a combined following of over 5 million

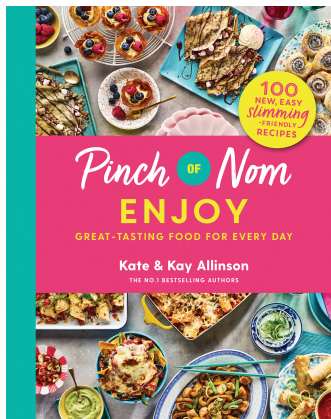
## THE GREATEST SELF-HELP BOOK

IS THE ONE WRITTEN BY YOU

DAILY JOURNAL BY  
VEX KING & KAUSHAL

THE RISING CIRCLE





*‘The Pinch of Nom*  
authors are  
clearly geniuses’  
*THE TIMES*

# Pinch of Nom: Enjoy

**KATE AND KAY ALLINSON**

£20 HARDBACK | 9781529062267 | 288PP  
08/12/2022 | WORLD

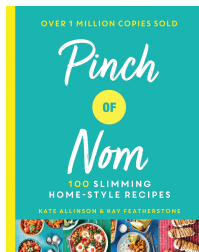
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The record-shattering Pinch of Nom team have sold over 4 million copies across titles.

Number-one bestselling authors Kate and Kay are back with an irresistible collection of recipes that everyone will enjoy. From all-day breakfasts to cheeky fakeaways and one-pan meals to scrumptious desserts, these crowd-pleasers are so satisfying and delicious that you'd never guess they are also slimming friendly.

Featuring Pinch of Nom's trademark bold flavours, easy-to-find ingredients and simple, flexible cooking methods, *Enjoy* is packed with the food that you'll want to savour and share with loved ones, over and over again.

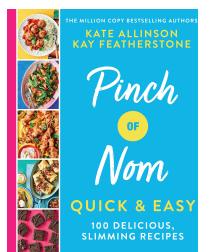
## Also by Pinch of Nom:



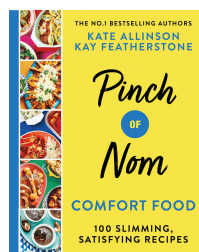
£20 HARDBACK  
9781529014068 | 272 PP  
21/03/2019 | WORLD



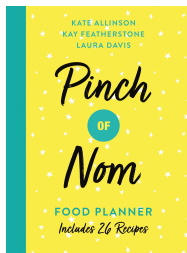
£20 HARDBACK  
9781529026405 | 272 PP  
12/12/2019 | WORLD



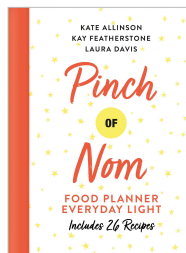
£20 HARDBACK  
9781529034981 | 272 PP  
10/12/2020 | WORLD



£20 HARDBACK  
9781529035018 | 288 PP  
09/12/2021 | WORLD



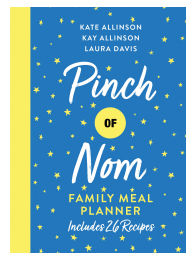
£10.99 PAPERBACK  
9781529023060 | 272 PP  
13/06/2019 | WORLD



£9.99 WIRO HARDBACK  
9781529026443 | 208 PP  
03/09/2020 | WORLD




£9.99 WIRO HARDBACK  
9781529035001 | 272 PP  
02/09/2021 | WORLD



£10.99 WIRO HARDBACK  
9781529079463 | 208 PP  
23/06/2022 | WORLD



A close-up portrait of a woman with long, dark, wavy hair and bangs. She has a gentle smile and is looking slightly off-camera. The background is a soft, out-of-focus grey.

Oxford-trained  
clinical psychologist  
with over twenty  
years' experience

Introducing  
Dr Kirren Schnack

Dr Kirren has a  
devoted TikTok  
following of  
484.5k people

# Ten Times Calmer

BEAT ANXIETY AND CHANGE YOUR LIFE

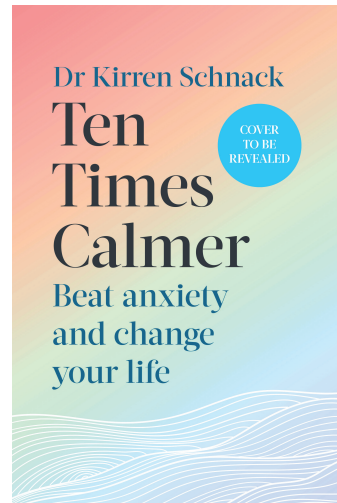
**DR KIRREN SCHNACK**

£16.99 HARDBACK | 9781035013609 | 368 PP  
18/05/2023 | WORLD



The essential guide to managing fear and anxiety  
in any situation from TikTok's trusted therapist,  
Dr Kirren Schnack.

In this must-read book, Dr Kirren reveals her top ten techniques for dealing with anxiety and the fear that comes with it based on the latest scientific evidence, clinical guidance, and her professional experience. *Ten Times Calmer* shares the methods that are proven to work, and will help readers manage their anxieties and fears no matter what their situation is.





‘A brilliant collection  
of enticing budget  
recipes, informed by  
serious experience  
and righteous anger’  
JAY RAYNER

## Thrifty Kitchen

OVER 120 DELICIOUS, MONEY-SAVING RECIPES  
AND HOME HACKS

**JACK MONROE**

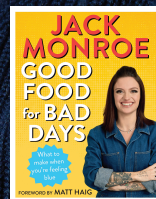
£19.99 HARDBACK | 9781035008513 | 272 PP | 05/01/2023  
WORLD

Save money on your food shop and feel more creative  
in the kitchen with over 120 delicious, low-cost  
recipes from Jack Monroe, author of the *Sunday Times*  
bestseller, *Tin Can Cook*.

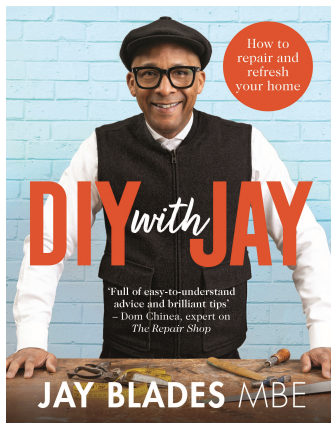
Award-winning food writer, budget-cooking expert and  
anti-poverty campaigner Jack Monroe presents *Thrifty  
Kitchen*, a collection of tasty, no-nonsense recipes that  
can be made with simple ingredients and very little  
time and energy. Filled with beautiful photographs,  
straightforward advice and clever  
ideas for everything from  
flavour-packed pasta sauces  
to aromatic curries and a  
hearty pie, this bumper  
compendium shows you  
how to transform basic  
foods into nourishing,  
delicious meals that you and  
your wallet will love.

Jack has an  
extensive,  
hugely engaged  
social media platform  
(570k Twitter,  
141k Facebook and  
175k Instagram)

‘Jack Monroe  
is a force for good  
in the world’  
NIGELLA LAWSON



ALSO AVAILABLE



‘Full of easy-to-understand advice and brilliant tips’  
DOM CHINEA, EXPERT ON  
*THE REPAIR SHOP*

# DIY with Jay

HOW TO REPAIR AND REFRESH YOUR HOME

**JAY BLADES**

£20 HARDBACK | 9781529091281 | 272 PP | 15/09/2022  
WORLD

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Tips, tricks and expert DIY advice from Jay Blades MBE, star of the hit BBC One show *The Repair Shop*, which reaches 7 million viewers.

Learn how to create a home you'll love with this illustrated full-colour practical guide from the *Sunday Times* bestselling author, Jay Blades.

Even if you've never put up a shelf, repainted a room or fixed a dripping tap, you'll soon have the confidence and skills to tackle these DIY jobs and many more. With tales of his own do-it-yourself escapades and plenty of inspiration from his favourite home fixes, this accessible and entertaining guide provides all the knowledge you need to give your home a whole new lease of life without breaking the bank.



# Life Lessons

## JAY BLADES

£14.99 HARDBACK | 9781035010110 | 224 PP | 28/09/2023  
WORLD



Jay Blades shares the wisdom he has learned over his life in this beautiful giftable hardback, perfect for fans of Jay Blades and *The Repair Shop*.

Having overcome so many different obstacles on his path to a happy and fulfilled life, Jay is no stranger to finding ways to pull yourself up when the chips are down. Here Jay shares what he's learned the hard way, showing us all how to reframe difficulties as opportunities for learning and growth.

From the  
*Sunday Times*  
bestselling  
author of  
*Making It*



## ALSO AVAILABLE



HIGHLIGHTS





Calum has 200k+ followers across all social media platforms (156k followers on his Instagram, 84k on TikTok)

Introducing  
Calum Harris

# The 20-Minute Vegan

OVER 80 EASY, TASTY AND QUICK  
PLANT-BASED RECIPES

**CALUM HARRIS**

£25 HARDBACK | 9781035013654 | 240 PP | 18/05/2023  
WORLD

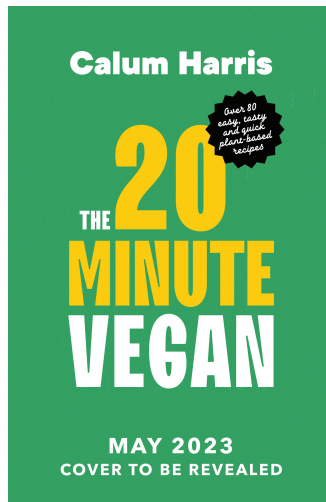
A delicious full-colour cookbook full of tasty twenty-minute recipes from Calum Harris, the vegan Instagram sensation.

Easy recipes. Full of flavour. Oh, and they're vegan.

Calum Harris is here to show you how you can feed yourself and your loved ones hearty, healthy and delicious vegan fare in under twenty minutes – including the time you spend chatting while you cook!

All made with familiar and easily sourced ingredients, these recipes are perfect whether you want a quick meal for yourself or are entertaining family and friends. From simple peas on toast to luxurious salted almond butter millionaires, even the die-hard meat eaters in your life won't be able to resist these tempting new takes on old favourites.

The go-to name  
for easy, quick  
and affordable  
vegan food.



Calum Harris was a hit on Jamie Oliver's recent Channel 4 show, *The Great Cookbook Challenge*, where his infectious energy and enthusiasm won over viewers.





Over 4.6 million  
Instagram and Facebook  
followers combined and  
335 million website  
views in the last  
12 months

# RecipeTin Eats: Dinner

150+ RECIPES FROM THE GLOBAL COOKERY SENSATION

**NAGI MAEHASHI**

£25.00 HARDBACK | 9781035020973 | 376 PP | 09/03/2023  
UK AND COMMONWEALTH EXCLUDING ANZ;  
TRANSLATION

150 dinner recipes. Fail-proof. Delicious. Addictive. The food you want to cook, eat and share, night after night.

Nagi Maehashi is creator of the phenomenally popular food blog, RecipeTin Eats, where she talks to millions of people around the world who tell her about the food they love.

In her first cookbook, Nagi shares new recipes combined with RecipeTin Eats favourites – from comfort food to fast and easy meals for weeknights, Mexican favourites, hearty dinner salads, Asian soups and noodles, and special treats for festive occasions.

Featuring a how-to video for every recipe (follow the QR code), readily available ingredients and Dozer, Nagi's beloved dog and food tester, this book is a must-have for novice cooks, experts, and everyone in between.



HIGHLIGHTS

# To My Sisters

A GUIDE TO BUILDING LIFELONG FRIENDSHIPS

**COURTNEY BOATENG AND RENÉE KAPUKU**

£16.99 HARDBACK | 9781035005727 | 256 PP | 09/03/2023  
WORLD



A frank, funny and fabulous guide to sisterhood from Courtney Daniella Boateng and Renée Kapuku, the hosts of the hit podcast and global community, *To My Sisters*.

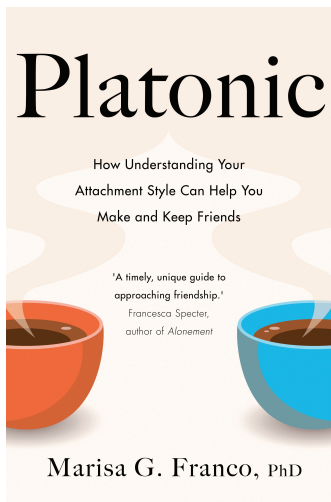
Everyone needs someone to love, support and cherish them unconditionally. Except, it doesn't always take the form of a spouse or a parent. What if the relationship you craved was a good ol' sister?

Join these 'online big sisters' as they draw from their intimate experiences to teach, guide and show you how to embrace the power of friendship and community in an authentic way. Packed with practical advice, reflective activities and wise words, *To My Sisters* will teach you how to find, build and nourish lifelong friendships.

Let's glow and grow together.



Courtney and  
Renée have a combined  
following of over 217,000  
across their social media  
platforms, including  
their *To My Sisters*  
community



**‘A timely, unique guide to approaching friendship, often the profoundest source of connection in your life, with the love (and self-reflection) it deserves.’**

**FRANCESCA SPECTER,  
AUTHOR OF ALONEMENT**



# Platonic

HOW UNDERSTANDING YOUR ATTACHMENT STYLE  
CAN HELP YOU MAKE AND KEEP FRIENDS

**DR MARISA G. FRANCO**

£16.99 HARDBACK | 9781529075885 | 336 PP | 15/09/2022  
UK AND COMMONWEALTH EXCLUDING CANADA



**A life-affirming guide to how understanding the science of attachment can help you find friends and forge lasting, meaningful connections with others.**

When was the last time you put yourself out there to make a new friend? For many of us, the answer is too long ago.

In *Platonic*, psychologist and friendship expert Dr Marisa G. Franco explains how our cultural undervaluing of friendship has led to an epidemic of isolation, and what we can do about it. Using attachment theory, *Platonic* teaches us to identify and understand our individual attachment styles, and why exploring how we behave in relationships is the key to unlocking what we're doing right (and what we could do better) in our friendships.

*New York  
Times bestseller*



# Kurashi at Home

HOW TO ORGANIZE YOUR SPACE AND ACHIEVE YOUR IDEAL LIFE

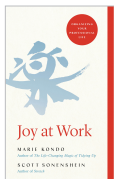
**MARIE KONDO**

£25 HARDBACK | 9781529085099 | 224 PP | 15/11/2022  
UK AND COMMONWEALTH EXCLUDING CANADA

An inspiring full-colour, fully illustrated guide to curating your life and home from bestselling tidiness guru Marie Kondo, star of the hit Netflix series *Tidying Up with Marie Kondo*.

Over a decade on from the launch of her bestselling book *The Life-Changing Magic of Tidying Up*, Marie Kondo is back with new wisdom on how to bring a sense of calm into your home and transform your life. This guide introduces the concept of kurashi – meaning way of life – and encourages readers to spend every day in the pursuit of joy. *Kurashi at Home* gives us a personal glimpse of everything from favourite recipes to images of Marie with her family.

## ALSO AVAILABLE



# The Marie Kondo Tidying Companion

A PLANNER TO SPARK JOY AND ORGANIZE YOUR LIFE

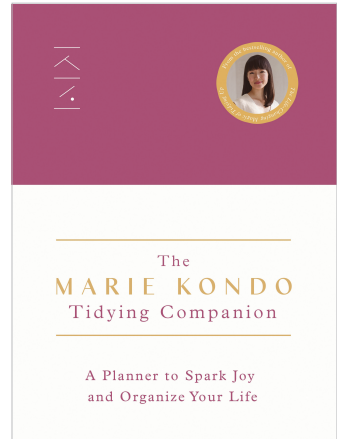
## MARIE KONDO

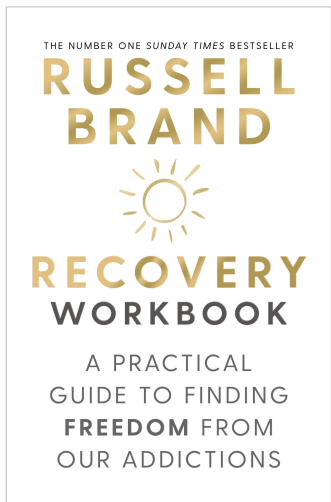
£14.99 TRADE PAPERBACK | 9781529075984 | 192 PP  
05/01/2023 | UK AND COMMONWEALTH EXCLUDING CANADA

A brand-new transformative tidying workbook from Marie Kondo, the No. 1 *New York Times* bestselling author of *The Life-Changing Magic of Tidying Up*.

*The Marie Kondo Tidying Companion* is the next best thing to having Marie work with you personally on your joy-sparking journey of decluttering, taking charge of your home and surrounding yourself with only the things you need.

Uncover your ideal life in manageable stages, setting a timeline that suits you and fits in with your other commitments. With each step broken down into easy tasks, example lists and charts, and space for you to fill in your personal plan, this is the book to help you tidy your home once – and keep it that way forever.





‘Russell Brand is  
a man to listen to.  
Carefully’.  
STYLIST

# Recovery: The Workbook

A PRACTICAL GUIDE TO FINDING FREEDOM  
FROM OUR ADDICTIONS

**RUSSELL BRAND**

£14.99 TRADE PAPERBACK | 9781529071276 | 256 PP  
05/01/2023 | WORLD



Overcome your bad habits for good with this inspiring standalone guidebook from bestselling author, actor, comedian and activist Russell Brand.

*Recovery: The Workbook* uses the tenets of twelve-step recovery to create a program of techniques that can be used by anyone seeking change in their lives, and that (surely?) includes everyone. This workbook will help you to create your own bespoke plan based on your life, needs, assets and deficits. This follow-up to Russell's No. 1 *Sunday Times* bestseller *Recovery: Freedom from Our Addictions* is a creative guidebook with easy-to-follow exercises that will help you to break the cycle of unwanted behaviours for a more fulfilling life.

# Recovery

FREEDOM FROM OUR ADDICTIONS

**RUSSELL BRAND**

£9.99 PAPERBACK | 9781529087796 | 288 PP | 05/01/2023  
WORLD

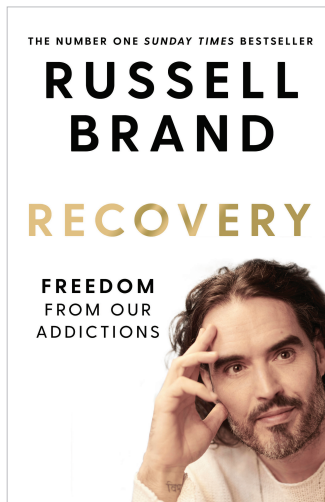


The program in *Recovery* has given Russell Brand freedom from all addictions and it will do the same for you.

This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

'A brave and  
useful book'.

MATT HAIG

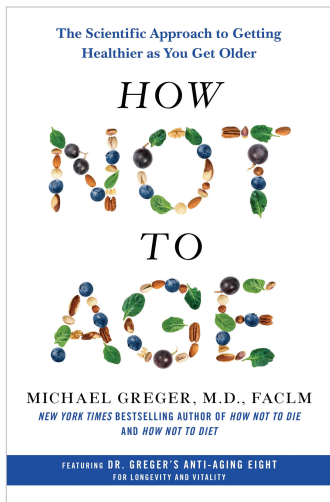


*The No. 1 Sunday  
Times Bestseller*

ALSO AVAILABLE



HIGHLIGHTS



The *New York Times* bestselling author

# How Not to Age

THE SCIENTIFIC APPROACH TO GETTING HEALTHIER AS YOU GET OLDER

**MICHAEL GREGER**

£20 HARDBACK | 9781529057348 | 608 PP | 28/12/2023  
WEL EXCLUDING US AND CANADA



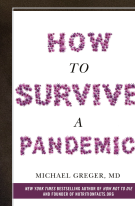
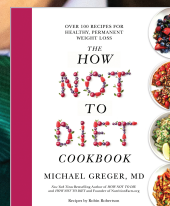
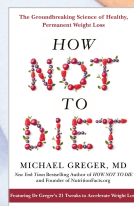
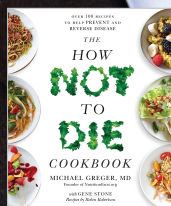
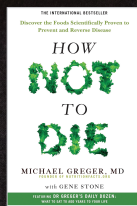
Uncover the science behind slowing the effects of ageing through diet, from the *New York Times* bestselling author of the *How Not to Die* series.

Through his trademark blend of myth-busting and scientific research, Dr Greger outlines the eleven cellular pathways for ageing and creates the optimal anti-ageing diet to not only lengthen your lifespan, but also reverse the ageing clock. Brimming with expertise and actionable takeaways, *How Not to Age* lays out practical strategies for achieving healthy longevity.

Cookbook  
to follow in  
2024



Nutritionfacts.org  
averages 3 million  
views per month and  
Dr Greger's newsletter  
has 1 million  
subscribers



ALSO AVAILABLE



# Fifty-Two Ways

**CATHY RENTZENBRINK**

£14.99 HARDBACK | 9781035009923 | 256 PP | 28/12/2023  
UK AND COMMONWEALTH EXCLUDING CANADA



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Get your creative juices flowing with this book of gentle and encouraging exercises from bestselling author Cathy Rentzenbrink.

An exercise for every day of the year to help you get back in touch with your creative spirit from the bestselling author of *The Last Act of Love*, *Everyone is Still Alive*, *Dear Reader* and *Write It All Down*.

'Cathy has an extraordinary gift for helping people tell their stories'

NINA STIBBE

# Write It All Down

HOW TO PUT YOUR LIFE ON THE PAGE

**CATHY RENTZENBRINK**

£9.99 PAPERBACK | 9781529056259 | 240 PP | 26/01/2023  
WORLD



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*Sunday Times* bestselling author Cathy Rentzenbrink shows you how to tackle the challenges of memoir writing and put your life on the page.

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# How to Feel Better

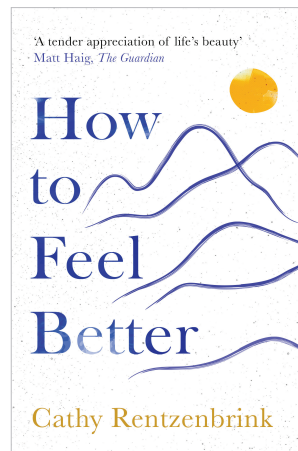
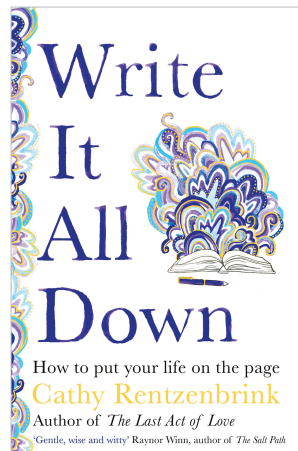
**CATHY RENTZENBRINK**

£9.99 PAPERBACK | 9781035014255 | 208 PP | 02/03/2023  
WORLD



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In *How to Feel Better*, bestselling author Cathy Rentzenbrink shares the advice that has seen her through life's ups and downs. Previously published as *A Manual for Heartache*, this updated edition contains a brand-new compendium of advice from other well-known writers.





# Happy Families

A GUIDE TO YOUR CHILD'S MENTAL HEALTH

**DR BETH MOSLEY MBE**

£16.99 HARDBACK | 9781035017454 | 256 PP | 14/9/2023  
UK AND COMMONWEALTH EXCLUDING CANADA



Help your child break free from mental health worries and set them on the path to thriving with this practical, judgement-free handbook from clinical psychologist Dr Beth Mosley MBE.

Mental health struggles are increasingly common among young people, leaving many parents at a loss for how best to help their child.

*Happy Families* is Dr Beth's answer to the questions she has heard time and time again during her years of working with young people and their families. Full of practical exercises and realistic advice, this is the book every parent needs to read.

Dr Beth Mosley  
was awarded an MBE  
for her services to  
children's mental health  
during the pandemic in  
The New Year Honours  
List 2022

# The Queer Parent

EVERYTHING YOU NEED TO KNOW  
FROM GAY TO ZE

**LOTTE JEFFS AND STU OAKLEY**

£16.99 HARDBACK | 9781035001828 | 304 PP | 11/05/2023  
WORLD



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All the information you need – and more – to become a parent in this groundbreaking and comprehensive guide for the LGBTQ+ community.

The path to parenthood is never easy, but for LGBTQ+ people, it can be even less straightforward. From IVF to surrogacy to adoption, there is so much to consider. How do you work out the best option for you?

Lotte Jeffs and Stu Oakley have spoken to dozens of queer families, all of whom found their own unique path to parenthood. *The Queer Parent* is the product of these conversations, combined with the authors' own experiences of parenting in their own LGBTQ+ families.



Lotte Jeffs and  
Stu Oakley are the  
hosts of the award-  
winning podcast  
*Some Families*

Cover to be Revealed

# SEEK

How Curiosity  
Can Transform  
Your Life and  
Change the World

Scott Keoni Shigeoka

## Seek

HOW CURIOSITY CAN TRANSFORM YOUR LIFE  
AND CHANGE THE WORLD

**SCOTT KEONI SHIGEOKA**

£16.99 HARDBACK | 9781035008704 | 304 PP | 09/11/2023  
UK AND COMMONWEALTH EXCLUDING CANADA



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The perfect book for our polarized age, *Seek* reminds us of the transformational power of curiosity to build bridges and foster compassion.

In *Seek*, curiosity expert Scott Shigeoka lays out the surprising benefits of curiosity for our physical, emotional, and cultural health – and explores how a lack of curiosity has led us to increasing social and cultural polarization. Determined to exercise his own curiosity, Scott embarked on a road trip around areas of the US where most people supposedly hated everything he personified as a queer, left-wing Asian man. His journey showed him the amazing power of curiosity to build connections even across the most significant divides.

# The Fun Habit

HOW THE PURSUIT OF JOY AND WONDER  
CAN CHANGE YOUR LIFE

**DR MIKE RUCKER**

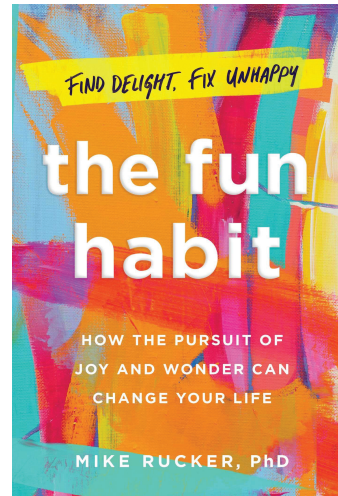
£16.99 HARDBACK | 9781529054309 | 288 PP | 26/01/2023  
WEL EXCLUDING US AND CANADA



It can sometimes seem like the more we seek happiness, the more elusive it becomes. But there is an easy fix: fun.

Research shows that having fun is enormously beneficial to our bodies and brains. Unlike happiness, we can all make a conscious choice to build fun into our lives almost anywhere, any time – even when it feels like everything else is going wrong.

Drawing on cutting edge research, accessible science, and practical recommendations, in *The Fun Habit* expert psychologist Dr Mike Rucker shows how by practising fun and turning it into a habit, you can live a healthier and more joyful life.



*‘A joyful read that  
will change how you  
think about fun!’*

THOMAS ERIKSON,  
BESTSELLING AUTHOR OF  
*SURROUNDED BY IDIOTS*





# The Trauma-Proof Brain

**MELANIE GREENBERG, PHD**

£16.99 HARDBACK | 9781529054712 | 304 PP | 13/07/2023  
UK AND COMMONWEALTH EXCLUDING CANADA



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Understand your brain and heal from trauma with this practical guidebook from renowned psychologist Dr Melanie Greenberg.

Using the latest research in neuroscience, Dr Greenberg teaches you how your brain works, so you can improve your relationships and learn how to heal from traumatic experiences. Find the best path to recovery for you through self-assessments and practical tools.

Using her experience from many years of clinical practice and study, Dr Melanie Greenberg offers insightful and engaging advice on moving past trauma. Her trademark wisdom and compassion will enable any reader who picks up this book to embark on a journey towards interpreting, accepting and healing from the past.



# The Art of Starting

DEVELOP YOUR IDEA FROM BEDROOM TO BUSINESS

**IONA MATHIESON AND ROMY ST CLAIR**

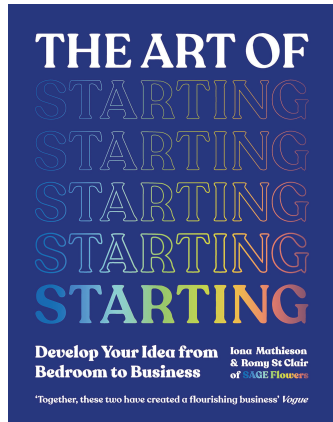
£16.99 HARDBACK | 9781529077575 | 224 PP | 27/04/2023  
WORLD



Ditch your day job or set up your side project with this ultimate guide to starting and running your own creative business.

*The Art of Starting* guides you from the first step right through to the everyday running of a successful creative business. Iona Mathieson and Romy St Clair are two entrepreneurs who learnt the hard way and are here to share everything they wish they'd known at the start. Their business, SAGE Flowers, is now flourishing and boasts clients including Mercedes, Nike, Glossier and Fenty. In *The Art of Starting* they share tips and secrets from experts and entrepreneurs so that your creative business will succeed too.

‘Together,  
these two have  
created a flourishing  
business’  
VOGUE





From the editor  
of the bestselling  
anthology *A Poem  
for Every Day  
of the Year*

# 365 Poems for Life

**ALLIE ESIRI**

£20 HARDBACK | 9781529088397 | 368 PP | 21/09/2023  
UK AND COMMONWEALTH EXCLUDING CANADA

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**A collection of comforting poems to nourish your mind  
and soothe your soul.**

This anthology of 365 poems offers readers a brief moment of escape from daily life through some of the warmest words in the English language. This easy-to-read and accessible collection is perfect for sharing with others or for reading privately in a quiet moment.

The anthology features poems from a wide range of writers, including Langston Hughes, Philip Larkin, Pam Ayres, Spike Milligan, and many more. It is the perfect gift for poetry lovers and newbies alike, containing a new slice of comfort for every day of the year.



HIGHLIGHTS

# 100 Dates

THE PSYCHOLOGIST WHO KISSED 100 FROGS  
SO YOU DON'T HAVE TO

**DR ANGELA AHOLA**

£14.99 TRADE PAPERBACK | 9781035000272 | 224 PP  
09/02/2023 | WORLD ENGLISH LANGUAGE

---

Learn the secret to successful dating in the age of apps from psychologist Dr Angela Ahola, who went on one hundred dates so you don't have to.

When she found herself single again after a long relationship, behavioural expert Dr Angela decided to go on one hundred different dates to learn as much as she could about what makes a successful encounter – and what doesn't.

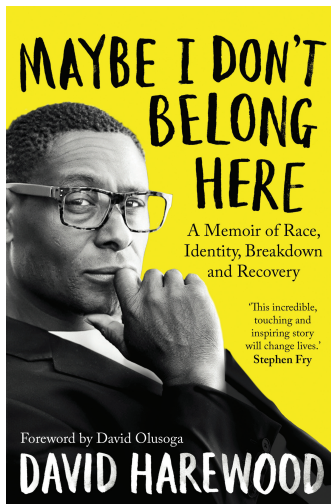
Backed up by the latest science on personality, relationships and dating, *100 Dates* is the ultimate dating handbook. Including advice on everything from figuring out why you want to date through to setting up your profile and finding the right person, Dr Angela is the perfect guide through the thorny wilderness of dating.





New in  
paperback





A Book of the Year  
in *The Observer* and  
*The Times*, winner  
of the Visionary  
Honours Award and  
shortlisted for the  
British Book Awards

# Maybe I Don't Belong Here

A MEMOIR OF RACE, IDENTITY, BREAKDOWN  
AND RECOVERY

**DAVID HAREWOOD**

£9.99 PAPERBACK | 9781529064179 | 256 PP | 13/10/2022  
UK AND COMMONWEALTH EXCLUDING CANADA 🔊

A groundbreaking account of the effects of everyday racism on the identity and mental health of Black British men, explored through the lens of *Homeland* and *Supergirl* actor David Harewood's personal experience.

This powerful and provocative memoir charts critically acclaimed actor David Harewood's life from working class Birmingham to the bright lights of Hollywood. He shares insights from his recovery after an experience of psychosis and uncovers devastating family history. *Maybe I Don't Belong Here* is a revelatory account of the impact of everyday racism on Black mental health and a rallying cry to examine the biases that shape our society.

'This incredible,  
touching and  
inspiring story will  
change lives'  
STEPHEN FRY

# What I Know for Sure

**OPRAH WINFREY**

£12.99 PAPERBACK | 9781035005192 | 240 PP | 12/01/2023

UK AND COMMONWEALTH EXCLUDING CANADA 🔊

The inspirational wisdom of Oprah Winfrey collected in a beautiful keepsake book.

Candid, moving, exhilarating, uplifting, and frequently humorous, the words Oprah shares in *What I Know For Sure* shimmer with the sort of truth that readers will turn to again and again.

Sold 300k+  
copies across  
formats on its  
initial release  
in 2014



# What Happened to You

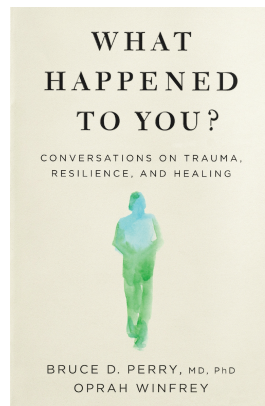
**OPRAH WINFREY AND DR BRUCE PERRY**

£12.99 PAPERBACK | 9781529068504 | 240 PP | 28/04/2022

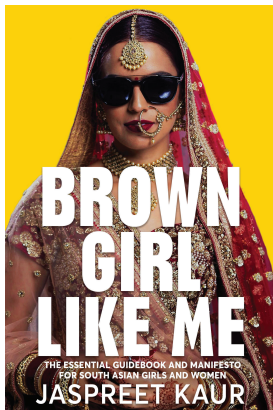
UK AND COMMONWEALTH EXCLUDING CANADA, EXCLUSIVE  
EU AND EFTA 🔊

A revolutionary book on healing trauma from bestselling author and globally renowned icon, Oprah Winfrey and trauma therapy expert Dr Bruce Perry.

Grounded in the latest brain science and brought to life through compelling narratives, this book shines a light on a much-needed path to recovery.



NEW IN PAPERBACK 



## Brown Girl Like Me

THE ESSENTIAL GUIDEBOOK AND MANIFESTO  
FOR SOUTH ASIAN GIRLS AND WOMEN

**JASPREET KAUR**

£9.99 PAPERBACK | 9781529056358 | 304 PP | 16/02/2023  
WORLD ENGLISH LANGUAGE 🔊

---

An essential, empowering and groundbreaking toolkit and call-to-arms, giving Asian women the tools and support they need to step into the multiplicity of their experiences.

Thoroughly researched and full of interviews with brilliant South Asian Women from all walks of life, *Brown Girl Like Me* is a must-read for South Asian women and all those with an interest in activism.

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## Red Flags

HOW TO RECOGNIZE AND LEAVE A TOXIC RELATIONSHIP

**MADDY ANHOLT**

£9.99 PAPERBACK | 9781529075977 | 384 PP | 22/06/2023  
UK AND COMMONWEALTH EXCLUDING CANADA 🔊

---

Recognize the markers of a toxic relationship with this pragmatic and darkly funny guide from comedian Maddy Anholt.

A candid account of the complex, subtle nature of coercive control and abusive relationships. This empowering guide will help anyone ditch their controlling partner to find freedom and happiness.



# The Yoga Manifesto

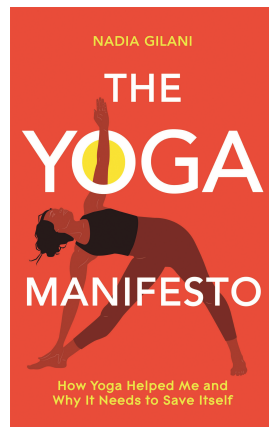
HOW YOGA HELPED ME AND WHY IT NEEDS  
TO SAVE ITSELF

**NADIA GILANI**

£9.99 PAPERBACK | 9781529065145 | 224 PP | 08/06/2023  
UK AND COMMONWEALTH EXCLUDING CANADA 🗣️

A powerful love letter to yoga and an urgent manifesto for its recovery from Nadia Gilani, writer and pioneering yoga teacher.

Can yoga be saved from its own success? *The Yoga Manifesto* excavates where the industry has gone wrong, and what can be done to make the practice accessible again.



# Hope Not Fear

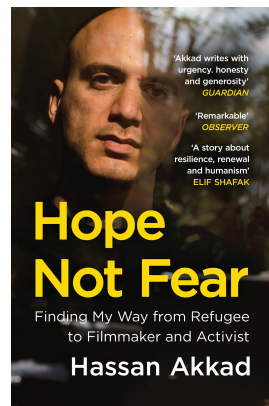
FINDING MY WAY FROM REFUGEE TO FILMMAKER  
AND ACTIVIST

**HASSAN AKKAD**

£9.99 PAPERBACK | 9781529059854 | 304 PP | 30/03/2023  
UK AND COMMONWEALTH EXCLUDING CANADA 🗣️

A stunning testament to human strength, courage and compassion, *Hope Not Fear* shows that nobody is powerless to change the world.

This memoir from refugee, filmmaker, and activist Hassan Akkad traces his campaigns for justice, from protesting the Assad regime in Syria to winning greater rights for cleaners in the NHS.



NEW IN PAPERBACK 



## Wild Card

LET THE TAROT TELL YOUR STORY

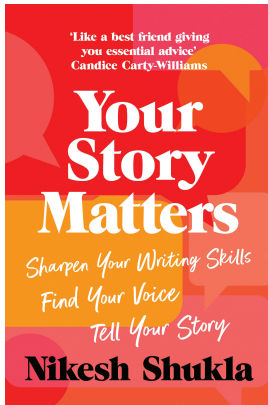
**FIONA LENSVELT AND JEN COWNIE**

£9.99 PAPERBACK | 9781529082111 | 352 PP | 12/10/2023  
WORLD

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Discover the tarot with *Wild Card*, a friendly, funny and straightforward guide to the seventy-eight cards.

Whether you are learning to read for yourself and others, refreshing your knowledge, or just curious, this beautifully illustrated guide will show you how the tarot can add a little bit of magic to your life.



## Your Story Matters

FIND YOUR VOICE, SHARPEN YOUR SKILLS,  
TELL YOUR STORY

**NIKESH SHUKLA**

£9.99 PAPERBACK | 9781529052381 | 320 PP | 16/03/2022  
WORLD ENGLISH LANGUAGE 🗣️

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An empowering, guide to telling your story from Nikesh Shukla, award-winning author and editor of the bestselling anthology *The Good Immigrant*.

Accessible and thought-provoking, *Your Story Matters* inspires you to keep thinking about writing, even when you don't have the time to put pen to paper.

# How Stella Learned to Talk

THE GROUND-BREAKING STORY OF THE WORLD'S FIRST TALKING DOG

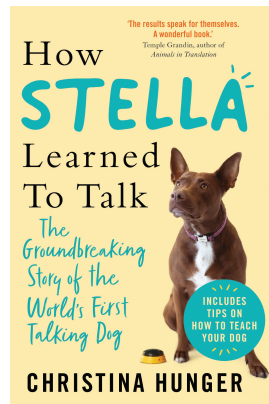
**CHRISTINA HUNGER**

£9.99 PAPERBACK | 9781529053913 | 272 PP | 01/09/2022

UK AND COMMONWEALTH EXCLUDING CANADA, AUSTRALIA AND NEW ZEALAND 🗣️

A revolutionary true story and surprisingly simple guide to teaching your dog to 'talk' from speech-language expert Christina Hunger, who has taught her dog, Stella, to communicate using simple paw-sized buttons.

Filled with practical advice on teaching your own dog to communicate, *How Stella Learned to Talk* is the indispensable guide for every dog lover.



# Fully Human

A NEW WAY OF USING YOUR MIND

**STEVE BIDDULPH**

£9.99 PAPERBACK | 9781509884766 | 320 PP | 14/09/2023

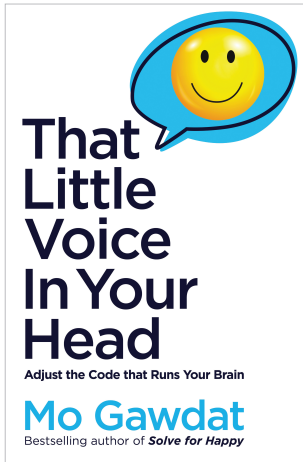
WORLD EXCLUDING AUSTRALIA AND NEW ZEALAND 🗣️

*Fully Human* is multi-million bestselling parenting author Steve Biddulph's first personal development book to help people of all ages live better, more fulfilling lives.

At the peak of a lifetime's work, one of the world's best-known psychotherapists and educators shows how you can be more alive, more connected. More fully human.



NEW IN PAPERBACK 



# That Little Voice in Your Head

ADJUST THE CODE THAT RUNS YOUR BRAIN

**MO GAWDAT**

£9.99 PAPERBACK | 9781529066173 | 400 PP | 26/05/2023  
UK AND COMMONWEALTH EXCLUDING CANADA



To fix a machine, first you need to find out what's wrong with it. To fix unhappiness, you need to find out what causes it.

*That Little Voice in Your Head* is the practical guide to retraining your brain for optimal joy by Mo Gawdat, the internationally bestselling author of *Solve for Happy* and former Google Chief Business Officer. Mo reveals how by beating negative self-talk, we can change our thought processes, turning our greed into generosity, our apathy into compassion and investing in our own happiness.

Inspired by the life of his late son, Ali, Mo Gawdat has set out to share a model for happiness based on generosity and empathy towards ourselves and others.

## ALSO AVAILABLE



NEW IN PAPERBACK

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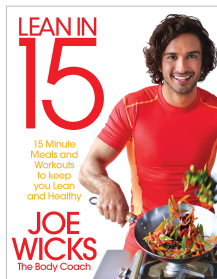
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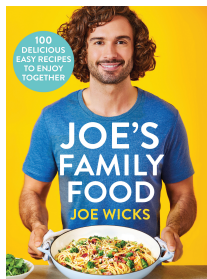
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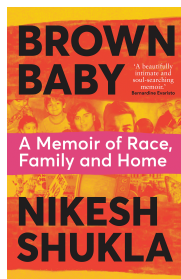
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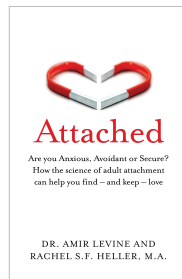
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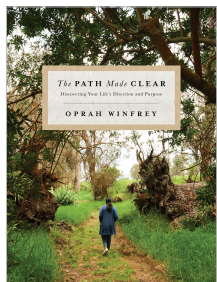
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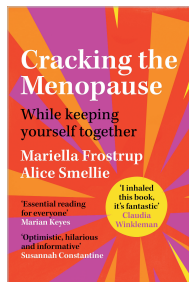
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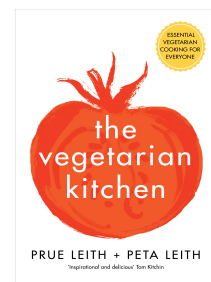
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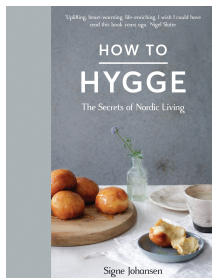
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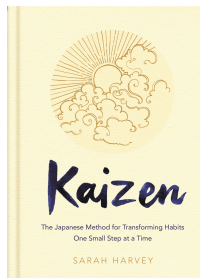
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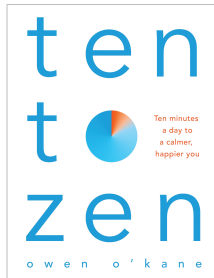
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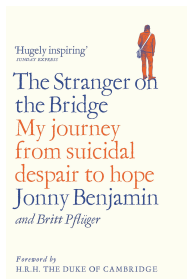
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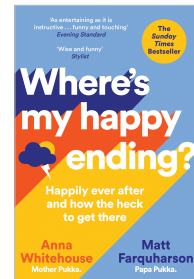
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# BLUEBIRD AWARDS

## VISIONARY HONOURS AWARD

**Winner:** Book of the Year –  
*Maybe I Don't Belong Here*

## SPORTS BOOK AWARDS

**Winner:** Sports Book of the Year – *Stronger*

## THE BRITISH BOOK AWARDS 2022

**Shortlisted:** Imprint of the Year

**Shortlisted:** Book of the Year Discover Category –  
*Maybe I Don't Belong Here*

**Shortlisted:** Audiobook of the Year –  
*What Happened to You*

**Shortlisted:** Non-fiction Lifestyle Book of the Year –  
*Pinch of Nom: Comfort Food*

## THE BRITISH BOOK AWARDS 2021

**Shortlisted:** Imprint of the Year

## PUBLISHERS' PUBLICITY CIRCLE AWARDS 2020

**Winner:** The Delicious Cookery Book Award –  
*Tin Can Cook*

**Shortlisted:** The Netgalley Award for Paperback  
Original – *Just Eat It*

## FUTUREBOOK AWARDS 2019

**Winner:** Campaign of the Year – *Tin Can Cook*

## THE BRITISH BOOK AWARDS 2020

**Winner:** Marketing Strategy of the Year – *Pinch of Nom*

**Winner:** Editor of the Year – Carole Tonkinson

**Winner:** Non-fiction: Lifestyle Book of the Year –  
*Pinch of Nom*



A large flock of white birds, possibly doves, is depicted in flight against a solid blue background. The birds are arranged in a large, loose circular formation, with many more birds scattered throughout the upper and middle portions of the frame. The birds are shown in various stages of flight, with wings spread, creating a sense of movement and unity.

one boat



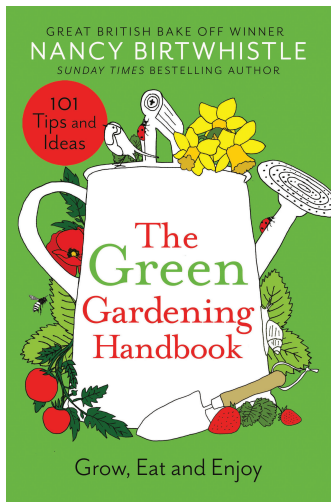
When it comes to the climate emergency, our circumstances may be widely different, but ultimately, we are in one boat.

Our One Boat list strives to harness the energy around our common cause to promote positive change. Our books focus on a wide range of issues from incremental, personal shifts to advice on how to advocate for change at scale.

Our mission is to go beyond preaching to the converted and invite people not already in the climate conversation to engage: that might be through green gardening tips and eco-living hacks from the inimitable Nancy Birtwhistle or green sketching with Dr Ali Foxon. We want to engage young people and readers from all around the globe with books like *A Bigger Picture* from Ugandan climate activist Vanessa Nakate, the Ugandan climate activist making the West sit up and take notice of issues around climate justice and economic reparations. We want to get ordinary families to think about climatarianism with books like *Healthier Planet*, *Healthier You*, which show us how to adopt the most climate-friendly diet possible.

At One Boat, we believe in the 'power of one': one person can make a difference, changing one habit can have an impact and of course, there is only one planet Earth. We believe that even a simple shift in something like how we clean our homes or source and cook our food can lead to a deeper engagement with the issues and help all of us advocate for change.

Carole Tonkinson,  
Publisher



‘From baking, to gardening, to organization, resourcefulness, and just her incredible energy . . . she creates art out of everything in her life, and takes so much joy in the process.’  
JONATHAN VAN NESS

# The Green Gardening Handbook

GROW, EAT AND ENJOY

**NANCY BIRTWHISTLE**

£14.99 HARDBACK | 9781035003716 | 352 PP | 02/03/2023  
WORLD

A beautifully illustrated guide to growing your own, from former *Bake Off* winner and *Sunday Times* bestselling author Nancy Birtwhistle.

Nancy Birtwhistle's third book is a guide to gardening and growing at home, all with a sustainable, eco-friendly outlook. Whether you have a sprawling garden, a modest patch of grass or just a spare windowsill, *The Green Gardening Handbook* will help you make the most of your space, and what it can grow.

The book features seasonal recipes and guides to storing and preserving, tips for getting kids involved and provides a blueprint for embracing the joy of growing and eating from your own garden – and reducing your carbon footprint in the process.

# Green Living Made Easy

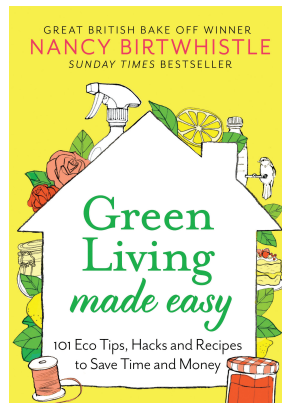
101 ECO TIPS, HACKS AND RECIPES TO SAVE  
TIME AND MONEY

**NANCY BIRTWHISTLE**

£14.99 HARDBACK | 9781529088380 | 304 PP | 03/03/2022  
WORLD

Nancy Birtwhistle makes it easy to do your best for the planet with 101 indispensable tips, ideas and recipes that will help you to live a more eco-friendly life without giving up on any home comforts.

This practical book from *Sunday Times* bestselling Nancy Birtwhistle is the ultimate guide to reducing your environmental impact while saving time and money.



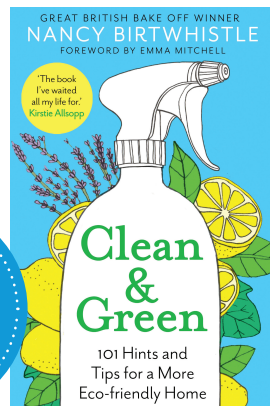
# Clean & Green

101 HINTS AND TIPS FOR A MORE ECO-FRIENDLY HOME

**NANCY BIRTWHISTLE**

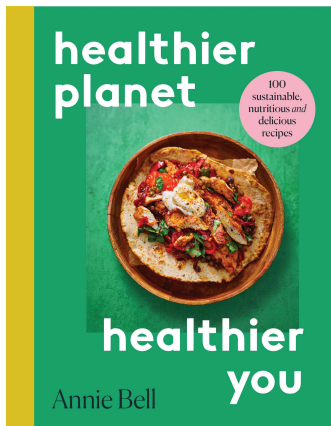
£9.99 PAPERBACK | 9781529049749 | 304 PP | 26/10/2023 | WORLD

Simple swaps and innovative ideas for cleaning and maintaining your home that won't cost the earth.



HIGHLIGHTS





‘A most thoughtful,  
caring and  
considered book.’

JEREMY LEE, HEAD CHEF  
AT QUO VADIS

# Healthier Planet, Healthier You

100 SUSTAINABLE, NUTRITIOUS AND  
DELICIOUS RECIPES

**ANNIE BELL**

£18.99 TRADE PAPERBACK | 9781529095579 | 272 PP  
22/12/2022 | WORLD

A beautiful full-colour cookbook featuring simple, tasty recipes to nourish your health and support the planet, based on a global scientific report.

What if you could eat more healthily and live more sustainably – without cutting out meat or dairy?

Award-winning recipe writer and registered nutritionist Annie Bell shows how you can minimize your impact on the environment and boost your health with this cookbook inspired by the principles of the Planetary Health Diet, a greener way of eating informed by globally agreed scientific targets.

First published in black and white hardback as *Eat to Save the Planet*, this beautifully photographed full-colour paperback shows how everyone can eat in a healthy, climate-conscious way, while still enjoying every bite.



HIGHLIGHTS

# A Bigger Picture

MY FIGHT TO BRING A NEW AFRICAN VOICE  
TO THE CLIMATE CRISIS

**VANESSA NAKATE**

£9.99 PAPERBACK | 9781529075724 | 256 PP | 06/10/2022  
UK AND COMMONWEALTH EXCLUDING CANADA



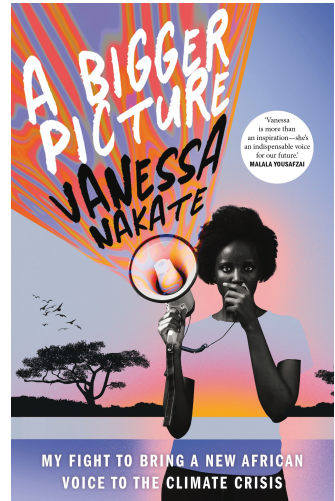
Join Vanessa Nakate and stand alongside the many other activists she speaks to in this book to take on the world's biggest polluters in the fight for our planet.

After witnessing the worst impacts of climate change first-hand, Vanessa Nakate saw that our governments are ignoring the Global South, where the effects of climate injustice are most fiercely felt.

Vanessa realized her importance in the climate movement after she, the only Black activist in an image with four white Europeans, was cropped out of a press photograph at Davos in 2020. As she explains, 'We are on the front line, but we are not on the front page.'

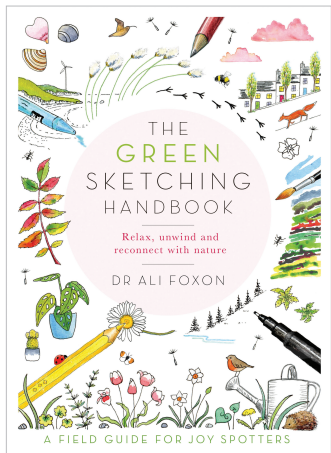
'In this moment of intersecting crises, Vanessa Nakate continues to teach a most critical lesson. She reminds us that while we may all be in the same storm, we are not all in the same boat.'

GRETA THUNBERG



HIGHLIGHTS





# The Green Sketching Handbook

RELAX, UNWIND AND RECONNECT WITH NATURE

**DR ALI FOXON**

£14.99 TRADE PAPERBACK | 9781529070309 | 200 PP  
14/04/2022 | WORLD ENGLISH LANGUAGE

Learn to let go of your worries and lose yourself in nature with this practical guide to sketching for pleasure, not perfection.

Combining quick and easy exercises with the latest research on nature connection, wellbeing and creativity, *The Green Sketching Handbook* will inspire you to pick up a pencil and get started.

Inspired by her own journey from climate scientist who hadn't tried drawing since childhood to artist and nature lover, Dr Ali Foxon will show you how to embrace your wobbly lines, unhook from a fear of criticism and create a habit that makes you feel good.

'A warm and inspiring invitation to put down our phones, pick up a pencil and start really looking at the beauty all around us'

KATHY CLUGSTONE,  
PRESENTER OF  
GARDENER'S  
QUESTION TIME



HIGHLIGHTS





