

# BLUEBIRD

Books for Life  
2021





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 to help readers live happier, healthier, more connected lives.

In challenging times like the ones we have all been living through of late, it seems more important than ever to be able to turn to books as authoritative resources to bolster our resilience, to better understand our neighbours, to celebrate difference and tolerance, to nurture ourselves, our families and our communities.

The Bluebird list covers a wide range of non-fiction subject areas in many formats, from colour illustrated cookery to beautifully written memoir. Our offerings range from runaway bestsellers by Pinch of Nom and debut authors (David Harewood, Hassan Akkad, Jay Blades) to internationally recognised authorities such as Steve Biddulph. I am thrilled to welcome some highly respected authors to the fold (Poorna Bell, Cathy Rentzenbrink, Vex King). And we're delighted to bring out new titles from Bluebird authors Russell Brand, Mo Gawdat, Dr Michael Greger, Oprah Winfrey and Laura Thomas. Whatever your tastes and interests, we hope you find something here to lift you up and offer you a wider, more inclusive view.

Thank you for your interest in Bluebird.

Carole Tonkinson,  
Publisher





# Highlights



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.

# Maybe I Don't Belong Here

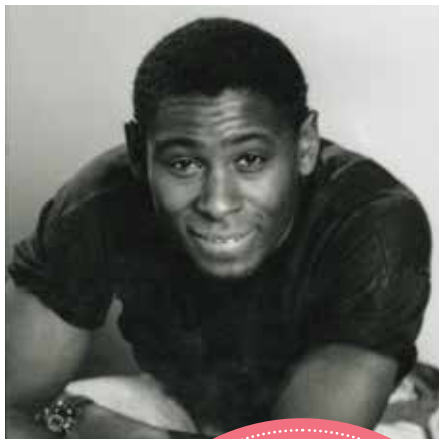
A Memoir of Race, Identity, Breakdown and Recovery

**DAVID HAREWOOD**

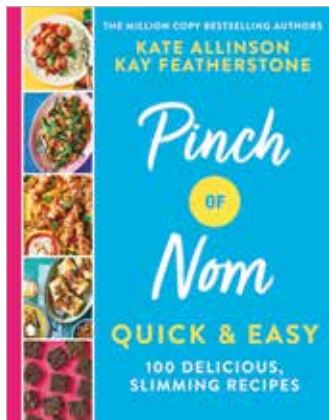
£20.00 Hardback | 304pp | 9781529064131 | 02/09/2021  
UK & CW excluding CAN

**Is it possible to be Black and British and feel welcome and whole?**

When David Harewood was twenty-three, his acting career beginning to take flight, he had what he now understands to be a psychotic breakdown and ended up being sectioned under the Mental Health Act. He was physically restrained by six police officers, sedated, then hospitalized and transferred to a locked ward. Only now, thirty years later, has he been able to process what he went through. *Maybe I Don't Belong Here* is a deeply personal exploration of the duality of growing up both Black and British, recovery from crisis and a rallying cry to examine the systems and biases that continue to shape our society.



*'As a Black British man I believe it is vital that I tell this story. It may be just one account from the perspective of a person of colour who has experienced this system, but it may be enough to potentially change an opinion or, more importantly, stop someone else from spinning completely out of control.'*  
 — David Harewood



*Pinch of Nom* is the fastest-selling non-fiction book since records began.

## Pinch of Nom: Quick & Easy

100 Delicious, Slimming Recipes

**KATE ALLINSON AND KAY FEATHERSTONE**

£20 Hardback | 272pp | 9781529034981 | 10/12/2020 | World

Minimum fuss. Maximum flavour. From all-in-one family favourites to batch-cook basics and speedy sweet treats this book is packed with dishes so delicious you won't even notice they're slimming. Featuring Pinch of Nom's trademark big flavours, these recipes use easy-to-find ingredients to create meals that everyone will love.

**Coming in September:**



*Pinch of Nom Food Planner:  
Quick & Easy*

£10.99 Wiro HB | 272pp  
9781529035001

*'The Pinch of Nom  
authors are  
clearly geniuses.'*  
— The Times

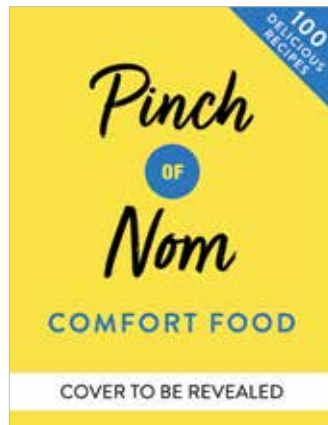


# Pinch of Nom Comfort Food

100 Slimming, Satisfying Meals

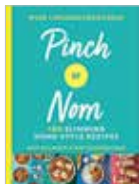
**KATE ALLINSON AND KAY FEATHERSTONE**

**£20** Hardback | 272pp | 9781529035018 | 09/12/2021 | World

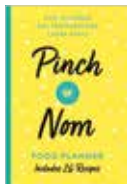


From satisfying savoury dishes to indulgent desserts, *Pinch of Nom Comfort Food* is packed with slimming-friendly, delicious dishes that will keep you and your loved ones happy and healthy. Including lazy weekend breakfasts to filling mains and warming puddings, this book is brimming with tasty meals that are easy to make.

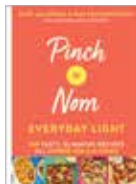
**Also available:**



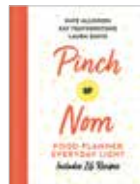
*Pinch of Nom*  
£20.00 HB | 272pp | 9781529014068



*Pinch of Nom Food Planner*  
£10.99 | 272p | 9781529023060



*Pinch of Nom Everyday Light*  
£20.00 | 272pp | 9781529026405



*Pinch of Nom Food Planner: Everyday Light*  
£9.99 | 208pp | 9781529026443



Bringing motivation to  
the nation!

## 30 Day Kick Start Plan

100 Delicious Recipes with Energy Boosting Workouts

**JOE WICKS**

£18.99 Trade Paperback | 272pp | 9781509856183 | 26/11/2020 | World

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This 30-day plan from the UK's favourite PE teacher will help you create new habits, keep on track and feel brilliant inside and out.

Food and fitness sensation Joe Wicks, aka the Body Coach, has helped millions of people to keep fit and cook healthy, simple recipes. He's back with his *30 Day Kick Start Plan* to make it easier than ever before to make healthy food, lose weight and get more active.

# Joe's Family Food

100 Delicious, Easy Recipes to Enjoy Together

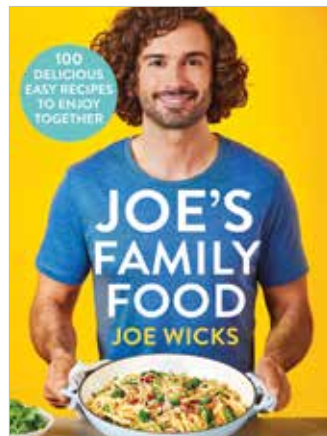
**JOE WICKS**

£20.00 Hardback | 272pp | 9781529016314 | 10/06/2021 | World

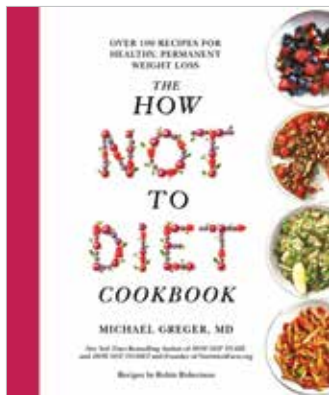
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With 100 healthy, tasty, simple recipes to feed the whole family, this book is sure to provide new favourite go-to meals for speedy suppers, celebrations and everything in between.

As the proud dad of two kids, Joe understands the realities of life as a busy parent. Sometimes you're short of time, and it's hard to come up with a balanced meal when you have a thousand things to think about! This book does the hard work for you, so cooking and sharing nutritious food can become a social, fun activity for your family.



Have fun, eat well and spend quality time together with this family cookbook from multi-million-copy bestselling author and national treasure Joe Wicks.



Delicious, nutritious plant-based recipes that lead to long-term healthy weight loss from the bestselling author of the *How Not to Die* series.

## The How Not To Diet Cookbook

Over 100 Recipes for Healthy, Permanent Weight Loss

**MICHAEL GREGER, MD**

**£20.00** Hardback | 272pp | 9781509893119 | 10/12/2020  
UK & CW excluding CAN

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From the author of the *New York Times* bestseller *How Not to Die* comes a full-colour, fully illustrated cookbook based on the science of long-term weight-loss success.

Greger offers readers delicious yet healthy options that allow them to ditch the idea of 'dieting' altogether. As outlined in *How Not to Diet*, Greger believes that identifying the twenty-one weight-loss accelerators in our bodies and incorporating new, cutting-edge medical discoveries are integral in putting an end to the all-consuming activity of counting calories and getting involved in expensive juice cleanses and paid diet programmes.

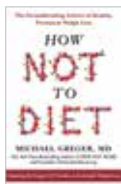
# How to Survive a Pandemic

**MICHAEL GREGER, MD**

**£16.99** Trade Paperback | 592pp | 9781529054910 | 20/08/2020  
UK & CW excluding CAN

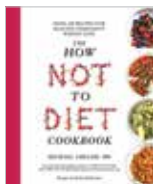
As the world grapples with the devastating impact of COVID-19, Dr Greger reveals not only what we can do to protect ourselves and our loved ones during a pandemic, but also what human society must rectify to reduce the likelihood of even worse catastrophes in the future.

**Also available:**



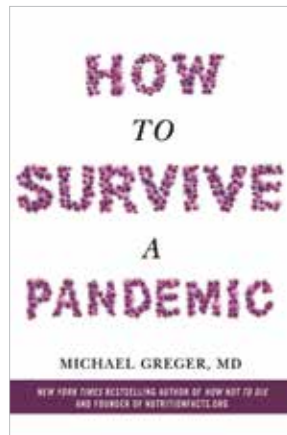
*How Not to Diet*

£10.99 PB | 608pp  
9781509893089

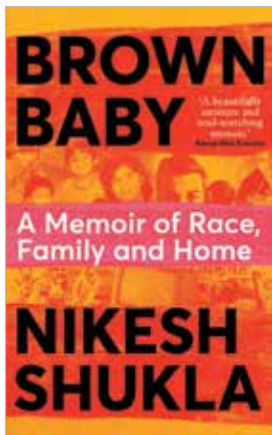


*The How Not to Diet Cookbook*

£20 HB | 272pp  
9781509893119



A vital, timely text on the viruses that cause pandemics and how to face them, by the *New York Times* bestselling author of *How Not to Die*.



How do you find hope and even joy in a world that is racist, sexist and facing climate crisis? How do you prepare your children for it, but also fill them with all the boundlessness and eccentricity that they deserve and that life has to offer?

## Brown Baby

A Memoir of Race, Family and Home

**NIKESH SHUKLA**

£16.99 Hardback | 256pp | 9781529032918 | 04/02/2021 | WEL

In *Brown Baby*, Nikesh Shukla explores themes of racism, feminism, parenting and our shifting ideas of home. This memoir, by turns heartwrenching, hilariously funny and intensely relatable, is dedicated to the author's two young daughters, and serves as an act of remembrance to the grandmother they never had a chance to meet. Through love, grief, food and fatherhood, Shukla shows how it's possible to believe in hope.

*'A beautifully intimate and soul-searching memoir. It speaks to the heart and the mind and bears witness to our turbulent times.'*  
— Bernadine Evaristo

# Your Story Matters

Find Your Voice, Sharpen Your Skills, Tell Your Story

**NIKESH SHUKLA**

£14.99 Hardback | 224pp | 9781529052343 | 03/03/2022 | WEL

*'Nikesh Shukla writes with tough fist and a tender heart.'* – Matt Haig

Find your voice with this guide to writing from bestselling editor of *The Good Immigrant* Nikesh Shukla. Whether you're writing a novel, personal essay, non-fiction work or short story, *Your Story Matters* will hone your skill and help you along the way.

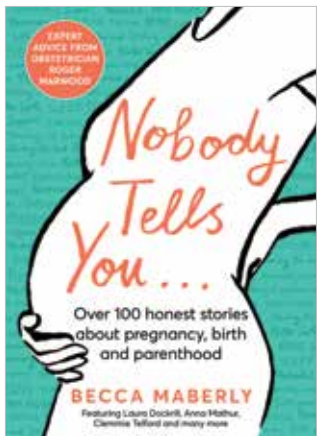
Empowering, accessible and to the point, this book will challenge, inspire and help draw out your authentic voice.

*'Nikesh Shukla's voice is unique, honest and much needed.'*

– Riz Ahmed



Nikesh has received two honorary doctorates for his work with marginalized writers and successfully mentored writers to setting up huge platforms as well as bestselling and award-winning books.



A refreshingly honest collection of more than 100 real-life accounts of pregnancy, birth and life with a baby, brought together with simple advice from pregnancy and postnatal expert Becca Maberly and consultant obstetrician Roger Marwood.

## Nobody Tells You

Over 100 Honest Stories About Pregnancy, Birth and Parenthood

**BECCA MABERLY**

£14.99 Hardback | 272pp | 9781529056051 | 15/04/2021 | World

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This broad range of honest pregnancy, birth and parenting stories, from the likes of Clemmie Telford, Molly Gunn, Dr Stephanie Ooi, Charmaine White and many more, is accompanied by professional and reassuring advice from experts that will help you navigate your own experience with positivity and confidence. Whether you're just thinking about having a baby, you are already pregnant, or you have become a parent recently, this book is an invaluable guide.

*'A truly wonderful resource for new parents and prospective parents alike.'*  
— Adam Kay, author of *This is Going to Hurt*



# The Book of Hope

101 Voices on Overcoming Adversity

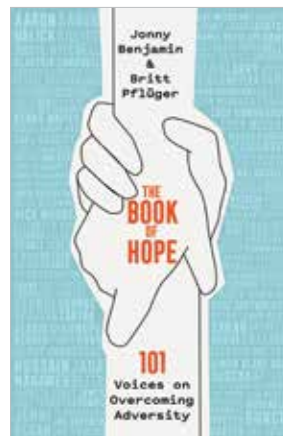
**JONNY BENJAMIN & BRITT PFLÜGER**

£14.99 Hardback | 416pp | 9781509846375 | 15/04/2021 | World

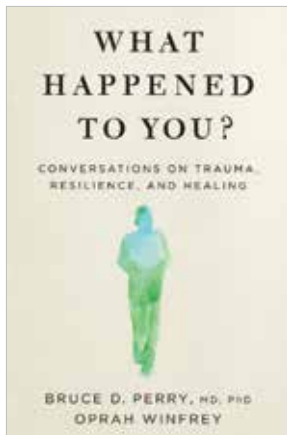
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These 101 key voices in the field of mental health, from the likes of Lemn Sissay, Dame Kelly Holmes, Frank Turner and Zoe Sugg, to Joe Tracini, Elizabeth Day, Hussain Manawer and Joe Wicks, share not only their experiences with anxiety, psychosis, panic attacks and more, but also what helps them when they are feeling low. This joyful collection is a supportive hand to anyone looking to find light on a dark day and shows that, no matter what you may be going through, you are not alone.

From the best advice you'll ever get to the joy of crisps, the 101 brilliant contributors to *The Book of Hope* will help you to find hope whenever you need it most.



Award-winning mental health campaigner Jonny Benjamin, MBE, and co-editor Britt Pflüger bring together people from all walks of life – actors, musicians, athletes, psychologists and activists – to share what gives them hope.



Oprah Winfrey and renowned brain development and trauma expert, Dr Bruce Perry, discuss the impact of trauma and adverse experiences and how healing must begin with a shift to asking 'What happened to you?' rather than 'What's wrong with you?'.

## What Happened to You?

Conversations on Trauma, Resilience, and Healing

**OPRAH WINFREY AND BRUCE D. PERRY, MD**

**£20.00** Hardback | 304pp | 9781529068467 | 29/04/2021

UK & CW excluding CAN

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Through wide-ranging and often deeply personal conversation, Oprah Winfrey and Dr Perry explore how what happens to us in early childhood – both good and bad – influences the people we become. They challenge us to shift from focusing on 'What's wrong with you?' or 'Why are you behaving that way?' to asking 'What happened to you?'. This simple change in perspective can open up a new and hopeful understanding for millions about why we do the things we do, why we are the way we are, providing a road map for repairing relationships, overcoming what seems insurmountable, and ultimately living better and more fulfilling lives.

# Stronger

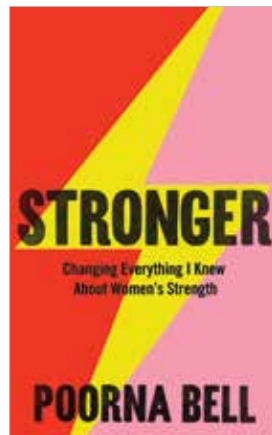
Changing Everything I Knew About Women's Strength

**POORNA BELL**

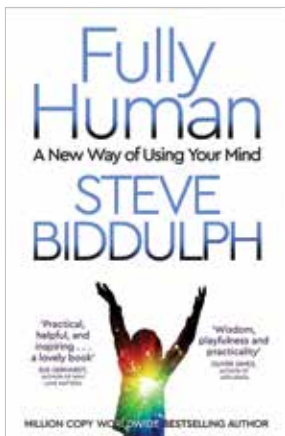
**£16.99** Hardback | 320pp | 9781529050813 | 29/04/2021  
UK & CW excluding US

Now a competitive amateur powerlifter who can lift over twice her own bodyweight, Poorna Bell is perfectly placed to start a crucial conversation about women's strength and fitness, one that has nothing to do with weight loss. In *Stronger* she challenges the notions taught to us as girls, and examines how all of us can tap into our reservoir of inner strength to make us our strongest selves mentally and physically. Describing taking up weightlifting after the death of her husband, she shows how discovering her own strength helped her to find the confidence that physical pursuits can amplify. The confidence that has been helping men to succeed for centuries – and that women can find too.

*'A beautiful,  
inspiring book.'*  
– Bryony Gordon



*Stronger* will change what you think you know about strength and, most importantly, empower you to go on your own journey to discover what strength looks like for you.



*Fully Human* is world-renowned family therapist and multi-million bestselling parenting author Steve Biddulph's first personal development book for people all ages that will help us all live better, more fulfilling lives.

## Fully Human

A New Way of Using Your Mind

**STEVE BIDDULPH**

£14.99 Trade Paperback | 288pp | 9781509884759 | 27/05/2021 | World

What if there were parts of our minds which we never use but, if awakened, could make us so much happier, connected and alive? What if awakening those parts could finally solve the conflicts and sufferings we all go through?

From the cutting edge, where therapy meets neuroscience, world-renowned author, psychotherapist and educator Steve Biddulph shows us how to reach into the deep feelings beneath our feelings, and how doing so can guide us to a more awake and free way of living every minute of our lives.

# How Stella Learned to Talk

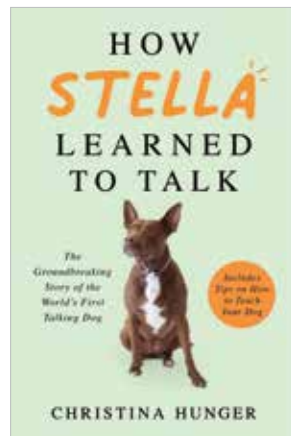
The Groundbreaking Story of the World's First Talking Dog

**CHRISTINA HUNGER**

£16.99 Hardback | 272pp | 9781529053876 | 24/06/2021

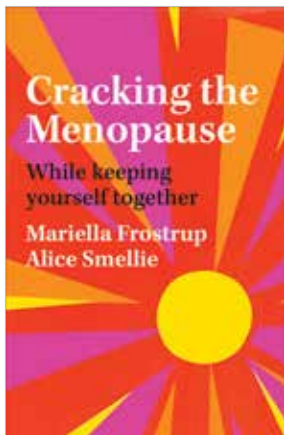
UK & CW excluding CAN & ANZ

*How Stella Learned to Talk* is part memoir and part how-to guide. It chronicles the journey Christina and Stella have taken together, from the day they met, to the day Stella 'spoke' her first word, and the other incredible breakthroughs they've had since. It also reveals the techniques Christina used to teach Stella, broken down into simple stages and actionable steps any dog owner can use to start communicating with their best four-legged friend.



An incredible, revolutionary true story and surprisingly simple guide to teaching your dog to 'talk' from speech-language pathologist Christina Hunger, who has taught her dog, Stella, to communicate using simple paw-sized buttons associated with different words.

*'A wonderful book.'*  
— Temple Grandin,  
author of *Animals*  
in Translation



A groundbreaking, no-holds-barred guide to the menopause that combines a passion to enlighten and inform as well as entertain.

# Cracking the Menopause

While Keeping Yourself Together

**MARIELLA FROSTRUP AND ALICE SMELLIE**

£20.00 Hardback | 240pp | 9781529059038 | 16/09/2021  
World excluding US

Over 50% of the entire population go through menopause. But it's rarely discussed.

*Cracking the Menopause* is both a manifesto for stripping away shame and stigma around what is a perfectly natural stage of life, and an eye-opening, helpful guide to thriving throughout it from the inimitable writer and campaigner Mariella Frostrup and award-winning health journalist Alice Smellie.

Designed to equip you with the knowledge you need to manage your symptoms from perimenopause onwards, this essential book separates myth from reality and offers expertise, hope and advice.

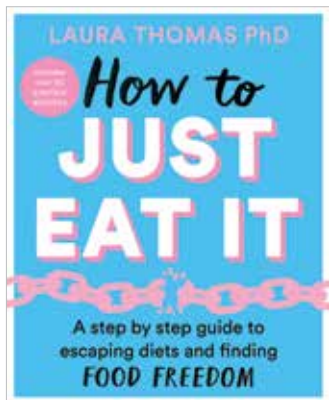
*'A fresh, insightful  
take and a great read.'*  
– Helen Fielding

*'I inhaled this book,  
it's fantastic. Women of  
all ages need to read it.  
It's genuinely helped me  
understand why I wake up  
at 5a.m. and made me  
laugh along the way.'*  
— Claudia Winkelman

*'For me, this is the  
first conversation  
around the menopause  
that is inclusive of ethnically  
diverse voices. This is a must-have,  
revolutionary book for everyone  
to read, to understand and prepare  
for all things menopause.'*  
— Dr Nighat Arif

Featuring case studies from women in every walk of life and all stages of their menopause journey, *Cracking the Menopause* opens up the conversation to leave you feeling uplifted, empowered and ready for the journey.





More than eighty guided exercises and activities to help you break the diet cycle and create a better relationship with food and your body, from bestselling author and Registered Nutritionist Laura Thomas PhD.

## How to Just Eat It

A Step-by-Step Guide to Escaping Diets and Finding Food Freedom

**LAURA THOMAS**

£14.99 Hardback | 272pp | 9781529043693 | 07/01/2021 | World

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Free yourself from restrictive dieting, punishing exercise and food anxiety. Laura shows you how to actually break the diet cycle one step at a time.

*How to Just Eat It* is a practical and interactive guide from bestselling author of *Just Eat It* and Registered Nutritionist Laura Thomas PhD. This book contains more than eighty activities – from journalling to self-care techniques – to help you reframe your approach to food and eating and find an escape from diets and restriction.



# How to Thrive in the Virtual Workplace

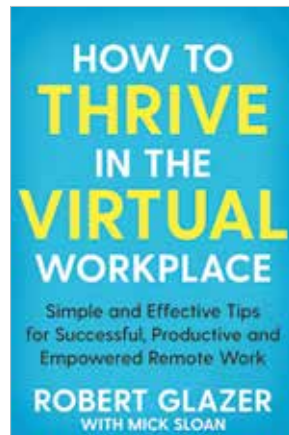
**ROBERT GLAZER WITH MICK SLOAN**

**£8.99** Paperback | 224pp | 9781529068252 | 21/01/2021  
UK & CW excluding CAN

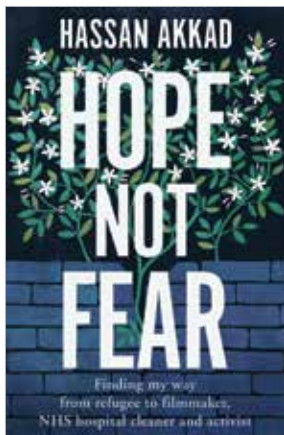
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Transform your career or your business with these simple tips and tricks to make virtual working easier than ever before – office no longer required.

The remote-work revolution is here. Even before COVID-19 created the largest remote-working experiment in history, the business world was already gravitating toward virtual workplaces. Suddenly organizations as big as Twitter are learning that their employees don't need an office in order to get great results. *How to Thrive in the Virtual Workplace* shows how to stay productive, feel like part of a team and make the most of remote working or hybrid working.



A practical, step-by-step guide to help you and your team reach your full potential and thrive in the new, remote business world or a hybrid working environment, from business leader and award-winning pioneer of the virtual office space, Robert Glazer.



A poignant and powerful memoir from BAFTA award-winning filmmaker, Syrian refugee, NHS cleaner and activist Hassan Akkad detailing both his journey to freedom and his hopeful and practical approach to activism.

## Hope Not Fear

Finding My Way from Refugee to Filmmaker,  
to NHS Hospital Cleaner and Activist

**HASSAN AKKAD**

£18.99 Hardback | 304pp | 9781529059816 | 02/09/2021  
UK & CW excluding CAN

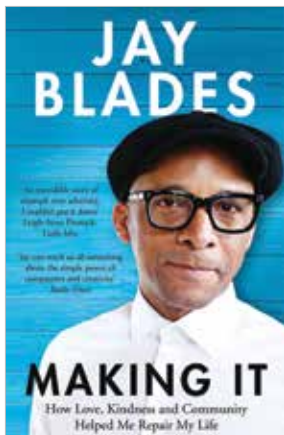
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Driven by an unshakeable instinct to raise awareness, help and connect, Hassan describes both his perilous journey to the UK – the subject of his BAFTA award-winning film ‘Exodus’ – and his life in Syria before the war. Since seeking asylum in the UK, it is this caring instinct and determination that have seen Hassan share not only his experience as a refugee, but also as a unique eye-witness to the coronavirus pandemic: his documentation of work as a cleaner on a London hospital COVID-19 ward instigated a government U-turn on excluding the families of NHS cleaners and porters from its bereavement compensation scheme. Hassan raises awareness about the plight of refugees by collaborating with Led By Donkeys in standout campaigns. He champions hope, encouraging people to conquer adversity by standing together, united in kindness and love.



*'A journey of hope and connection, of finding humanity in unlikely places and building something for the future. If you're feeling bleak about the way things are going – this will do much to restore your faith.'*  
– Stylist





*A Sunday Times bestselling memoir about finding success when the odds are stacked against you, from the beloved TV star of hit BBC One show The Repair Shop, which reaches almost 7 million viewers.*

## Making It

How Love, Kindness and Community Helped Me Repair My Life

**JAY BLADES**

£16.99 Hardback | 240pp | 9781529059199 | 13/05/2021 | World

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Jay shares the details of his life, from his childhood growing up sheltered and innocent on a council estate in Hackney, to his adolescence when he was introduced to violent racism at secondary school, to being brutalized by police as a teen, to finally becoming a beloved star of the hit primetime shows The Repair Shop, Money for Nothing, Jay and Dom's Home Fix and The Repair Shop: Fixing Britain.

Jay reflects on strength, weakness and what it means to be a man. He questions the boundaries society places on male vulnerability and how letting himself be nurtured helped him flourish into the person he is today. An expert at giving a second life to cherished items, Jay's positivity, pragmatism and kindness shine through these pages and show that with care and love, anything can be mended.

# Scary Smart

**MO GAWDAT**

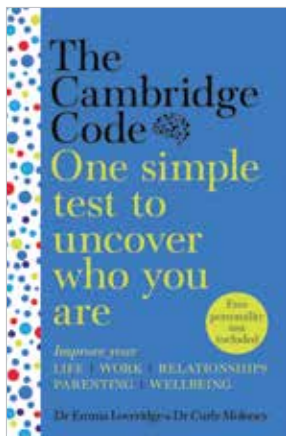
**£16.99** Hardback | 208pp | 9781529077186 | 16/09/2021  
UK & CW excluding CAN

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Humans design the algorithms that define the way that AI works, but the processed information reflects an imperfect world. So, how can we change that? In *Scary Smart*, Mo Gawdat, the internationally bestselling author of *Solve for Happy*, uses his considerable expertise to answer this question and to show what we can all do now to teach ourselves and our machines how to live better. Drawing on more than thirty years' experience working at the cutting-edge of technology and his role as former chief business officer of Google X (the 'moonshot' innovation arm of Google), no one is better placed than Mo Gawdat to explain how the Artificial Intelligence of the future works.



*Scary Smart* is a major commentary on the future not only of technology and AI, but of our species, together with a blueprint for what we can do to safeguard ourselves, from the former Chief Business Officer at Google X and internationally bestselling author of *Solve for Happy*.



Unlock your potential with *The Cambridge Code*, the ground-breaking book with access to an exclusive test that helps you understand the subconscious and fundamental drivers that make you who you are.

## The Cambridge Code

One Simple Test to Uncover Who You Are

**DR EMMA LOVERIDGE AND DR CURLY MOLONEY**

**£16.99** Hardback | 240pp | 9781529025637 | 18/02/2021  
UK & CW excluding CAN

Until now, the only way to access a meaningful understanding of the subconscious brain was the equivalent of hours of one-on-one therapy with a top quality psychologist. Developed by Dr Emma Loveridge and Dr Carly Moloney along with a team of scientists and researchers from Cambridge University, *The Cambridge Code* is a guide that includes exclusive access to a thirty-minute quiz beyond the reach of established psychological measurement, providing you with an instantaneous profile of your subconscious; the DNA of your mind.

# Brown Girl Like Me

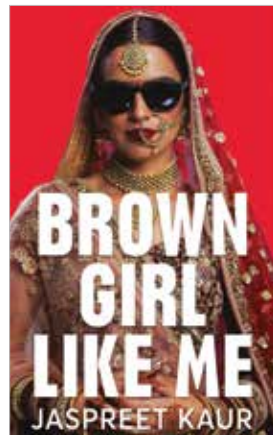
**JASPREET KAUR**

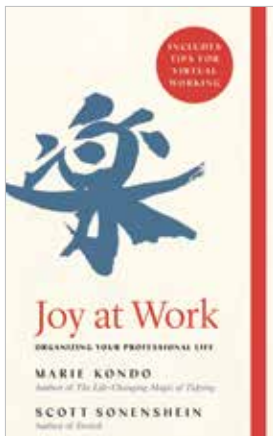
£16.99 Hardback | 304pp | 9781529056310 | 17/02/2022 | WEL

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An inspiring memoir and manifesto that aims to empower, support and equip women with the confidence to step into an often complex cultural, religious and political experience. Jaspreet explores intersectionality and unpacks key issues such as the home, the media, the workplace, education, mental health, culture, confidence and the body. Jaspreet draws on her own story but interviews many others, weaving together wisdom from across a range of perspectives.

Part toolkit, part call-to-arms, *Brown Girl Like Me* is essential reading for anyone with an interest in feminism and cultural issues, and will educate, inspire and spark urgent conversations for change.





Declutter your digital space, streamline your networking and tidy the office with this transformative guide from an organizational psychologist and the #1 *New York Times* bestselling author of *The Life-Changing Magic of Tidying*.

# Joy at Work

Organizing Your Professional Life

**MARIE KONDO AND SCOTT SONENSHEIN**

**£14.99** Trade Paperback | 288pp | 9781529005394 | 14/10/2021  
UK & CW excluding CAN

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This book will guide you through the process of tidying up your work life. Whether you are unexpectedly working at home or you have a dedicated work space or office, if you properly simplify and organize your work life once, you'll never have to do it again.

In *Joy at Work*, KonMari method pioneer Marie Kondo and organizational psychologist Scott Sonenshein will help you to refocus your mind on what's important at work, and as their examples show, the results can be truly life-changing. With advice on how to improve the way you work, the book features clear guidance on problem areas including fundamentals like how to organize your desk, finally get through your emails and find balance by ditching distractions and focusing on what sparks joy.



# Kurashi at Home

A Visual Guide to Creating a Home and Life  
that Sparks Joy Every Day

**MARIE KONDO**

**£20.00** Hardback | 224pp | 9781529085099 | 26/05/2022  
UK & CW excluding CAN

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Marie Kondo is back with new wisdom on how to transform your life and home into spaces of calm. This new guide introduces the concept of kurashi – meaning way of life – and encourages readers to spend every day in the pursuit of joy. Kondo moves her focus from the physical act of tidying towards an even more holistic and personal approach to curating our environments. The book will also include interviews with world-famous lifestyle experts on a range of subjects such as cooking and gardening, with potential interviewees including Michelle Obama, Kate Hudson, Kristen Bell and Arianna Huffington.

With a new 'Ask KonMarie' section to dispel some tidying myths and case studies to demonstrate her principles, any fans of Marie Kondo will be thrilled at this new offering.



Find what sparks your joy with  
this all-new manual from  
Netflix's Marie Kondo.



A practical guidebook to help you move from unconscious doing to conscious being from Russell Brand, bestselling author and comedian.

## Recovery: The Workbook

A Practical Guide to Finding Freedom from Our Addictions

**RUSSELL BRAND**

£14.99 Trade Paperback | 256pp | 9781529071276 | 20/01/2022  
World

We live in a time of distraction. Lately, you may have found yourself doom-scrolling through social media, struggling to find balance between life and work or almost surgically attached to your phone. Using the tenets of twelve-step recovery, Russell Brand has crafted a program of techniques that can be used by anyone seeking change in their lives, and that (surely?) includes everyone.

*'Russell doesn't just want to save our souls he wants to entertain us on the way.'*

*— Matt Haig, author of How to Stop Time and Reasons to Stay Alive*

This workbook will help you to create your own bespoke program based on your life, needs, assets and deficits. Founded on an index of your specific roles and aims in life, the program

*'Russell Brand brings an exhaustive and profound understanding of what it means to be felled by addiction and how to stand back up again. It is potentially there in all of us.'*  
— Men's Health

will help you to understand key principles, find deeper meaning and create a template to define and measure progress. This follow-up to Russell's bestselling *Recovery: Freedom from Our Addictions* is a creative guidebook with easy-to-follow exercises that will help you to break the cycle of these behaviours for a more fulfilling life.

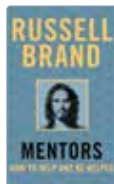


#### Also available:



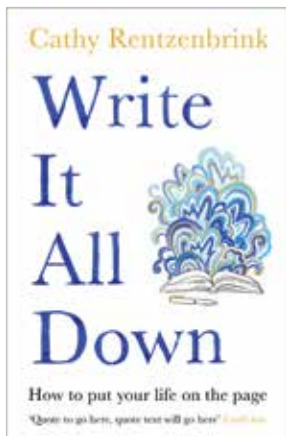
*Recovery*

£9.99 | 288pp | 9781509850860



*Mentors*

£12.99 | 176pp | 9781509850884



‘Astonishingly good . . . Cathy knows the deep insides of people, and has such a light, vibrant, and empathic way with words.’ – Steve Biddulph, bestselling author of *Raising Boys*

## Write It All Down

How to Put Your Life on the Page

**CATHY RENTZENBRINK**

£12.99 Hardback | 240pp | 9781529056228 | 06/01/2022 | World

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*Sunday Times* bestselling author Cathy Rentzenbrink shows you how to tackle your fears about writing in this guide to putting your life on the page. This is a kind, encouraging and stimulating book that explores the nature of memoir writing and offers helpful guidance on how to write your life on paper.

Perfect for both seasoned writers as well as writing amateurs and everyone in between, this helpful handbook will steer you through the philosophical and practical challenges of writing the self. Intertwined with reflections, anecdotes and exercises, *Write It All Down* is at once an intimate and enjoyable narrative and an invitation to share your story.

# How to Leave Your Psychopath

A Darkly Witty Handbook for Escaping Toxic Relationships

**MADDY ANHOLT**

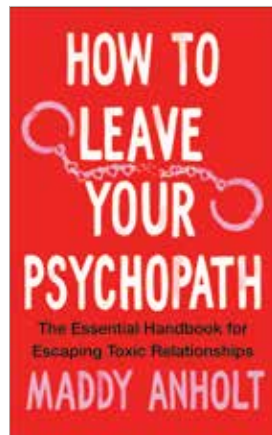
£16.99 Hardback | 304pp | 9781529075939 | 03/02/2022

UK & CW excluding CAN

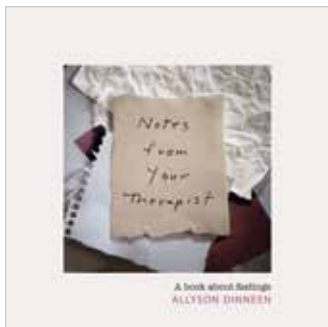
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A candid and hilarious insight into the mindset of controlling partners from actress, comedian and writer Maddy Anholt. Mining her own experience of dating one 'Blank' after another, Maddy offers a compassionate and practical guide to recognizing red flags in potential partners, alongside bitesize psychological explanations for factors that make us vulnerable to coercive control.

With its accessible explanations, including an original 'psychopath scale' and a breakdown of toxic relationship types, readers can embark on a journey of self-discovery that will help them finally break the cycle and leave their psychopath for good.



Perfect for readers of *Attached*, *The Psychopath Test* and *Everything I Know About Love*.



Daily inspiration in the form of hand-written notes on emotions, emotional intelligence and relationships, based on the popular Instagram account @notesfromyourtherapist

# Notes from Your Therapist

A Book About Feelings

**ALLYSON DINNEEN**

£16.99 Hardback | 192pp | 9781529073966 | 10/06/2021  
UK & CW excluding CAN

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This collection of concise, handwritten notes from Instagram therapist Allyson Dineen is a perfect read to dip into for a daily dose of affirmation and empathy. Allyson Dinneen shares a beautifully photographed collection of hand-written insights, based on her popular Instagram account with over 300k followers. Praised by Forbes and multiple celebrity followers, these bite-size words of wisdom cover everything from setting boundaries and navigating relationships to how to take good care of yourself. As she does in her practice, through these notes Dinneen seeks to cultivate emotional well-being, recognize the struggle of being human, and offer a nurturing, compassionate perspective.

# Let's Do Dinner

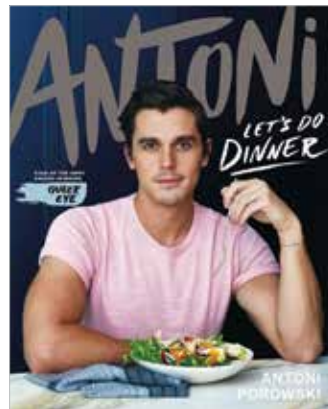
**ANTONI POROWSKI**

**£22.00** Hardback | 272pp | 9781529074437 | 14/10/2021  
UK & CW excluding CAN

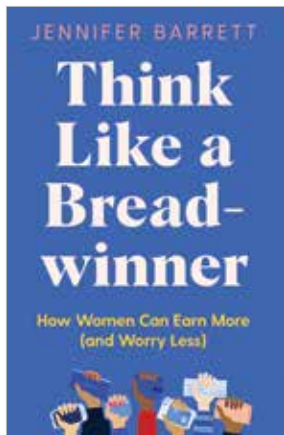
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Dinner with Antoni means satisfying meals full of lean protein and loads of veg, with splurges of carbs and decadence. Simple, yes, but always special. Chickpea, Quinoa & White Bean Chilli, Pasta Carbonara with Peas, or Pan-seared Steak with Harissa butter – it's all good for post-work evenings or casual entertaining. Antoni keeps shopping lists short and steps and pans to a minimum. He shows how to crank up the flavour, make exciting suppers from kitchen staples, and create new takes on classics by swapping in one surprising ingredient. Plus, he lets you in on the secret weapons in every kitchen that get great food on the table fast.

*'Definitely knows  
his way around  
a kitchen.'*  
— New York Times



The ultimate cookbook for entertaining from *Queer Eye* star and resident food expert Antoni Porowski.



‘A must read for any woman at any stage of her career. This book is about so much more than the power of money – it is about empowering yourself for a lifetime of success.’

— Eve Rodsky, *New York Times* bestselling author of *Fair Play*

# Think Like a Breadwinner

How Women Can Earn More (and Worry Less)

**JENNIFER BARRETT**

**£16.99** Hardback | 352pp | 9781529053920 | 10/06/2021  
UK & CW excluding CAN

Financial expert Jennifer Barrett dismantles the subtle inner beliefs and biases that stop us from building our own wealth, unlocking our full earning potential and creating the lives we want. In this groundbreaking book, financial expert Jennifer Barrett breaks through that outdated cultural conditioning and reveals not only the importance of women building their own wealth, but also the freedom and power that come with it. Featuring a wide variety of case studies from women at all stages of their careers and financial lives, Jennifer shares the secrets of women who already think like breadwinners, illuminating how you can do it too.



# The Invisible Girl

The True Story of an Unheard Voice

**TOREY HAYDEN**

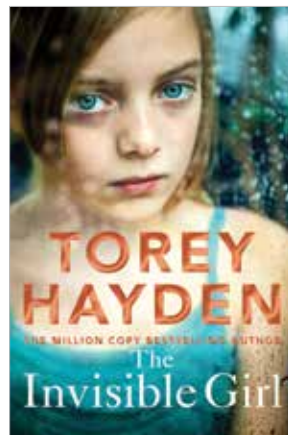
£7.99 Paperback | 320pp | 9781509864522 | 05/08/2021  
UK & CW excluding CAN

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Eloise is a vibrant and charming young teen with a deeply caring nature, but she also struggles with a troubling obsession. She's been moved from home to home, and her social workers have difficulty dealing with her habit of running away. After experiencing violence, neglect and sexual abuse from people she should have been able to trust, Eloise has developed complex behavioural needs.

Educational psychologist Torey Hayden is keen to help Eloise heal. Torey hopes that some gentle care and attention can help Eloise gain a sense of security in her life and feel safe enough to share her troubles. Can Torey help Eloise finally feel seen?

*'Hayden is a  
fine storyteller.'*  
— Washington Post



From Torey Hayden, the number one *Sunday Times* bestselling author of *One Child* comes *The Invisible Girl*, a deeply moving account of a young teen with a troubling obsession and an extraordinary educational psychologist's sympathy and determination.



The first ever guided journal from Paulo Coelho, author of *The Alchemist* and one of the most influential authors of our time.

# Journey

A Journal of Discovery

**PAULO COELHO**

**£14.99** Hardback | 128pp | 9781529051582 | 15/10/2020  
UK ROI ANZ SA & non-exclusive CW

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In this enchanting and introspective journal, Coelho takes you down the path of reflection and imagination. With 45 thought-provoking questions, you will explore mind and soul as you consider the signs and omens along your journey, make peace with the unknown, and learn to listen to your heart's desires. Evocative and intimate, each page prompts big and small contemplations on fear, love, gratitude, forgiveness, destiny, and more.

*Journey* includes an introduction from Coelho, plenty of blank space to write, and beautifully designed quotes from his most popular books, speeches, interviews, and posts. Exquisitely produced, with a white and copper foil-stamped cover, *Journey* is a must-have for fans of this legendary writer – and anyone seeking a space for discovery and inspiration.

# Great Family Days In

Over 75 Ideas for Rainy Days, School Holidays  
and Everything in Between

**CLAIRE BALKIND**

£14.99 Trade Paperback | 224pp | 9781529055528 | 15/10/2020 | World

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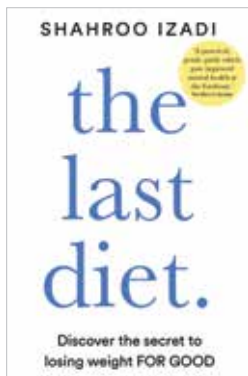
From Achievable Art and Whizzy Easy Science to Screen-Free Game Time, chapters are organized to help you easily find inspiration for activities that will fill your day with fun. Whether you're creating your very own melted-crayon masterpiece or blizzard bottle, or conducting your first FamFest or mini Olympics, *Great Family Days In* is a one-stop shop for ideas, showing that you don't need fancy plans or money to keep your family entertained at home.



The ultimate year-round activity book for parents and their children, inspired by the million-follower online group and packed with accessible and inventive activities.



**New in  
Paperback**



## The Last Diet

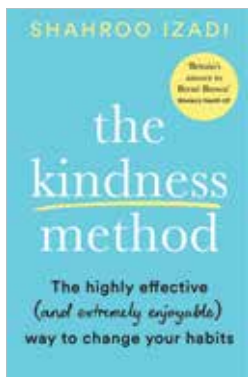
Discover the Secret to Losing Weight – For Good

**SHAHROO IZADI**

£8.99 PB | 240pp | 9781509883387 | 31/12/2020 | World

'A practical, gentle guide which puts improved mental health at the forefront.' – *Mail on Sunday*

*The Last Diet* helps you identify where your unhealthy habits come from, and how to accept them, change them and what to do when you slip up through



## The Kindness Method

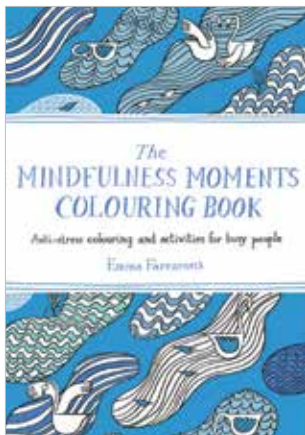
The Highly Effective (and extremely enjoyable) Way to Change Your Habits

**SHAHROO IZADI**

£9.99 PB | 256pp | 9781509881833 | 27/05/2021 | World

'A game-changing book.' – *Evening Standard*

A fresh and powerful approach to self-improvement from behavioural change specialist Shahroo Izadi. *The Kindness Method* helps readers find the motivation and self-compassion needed to change habits for good.



# The Mindfulness Moments Colouring Book

Anti-stress Colouring and Activities for Busy People

**EMMA FARRARONS**

£7.99 PB | 112pp | 9781529064223 | 07/01/2021 | World

From the international bestselling illustrator of *The Mindfulness Colouring Book* comes *The Mindfulness Moments Colouring Book* – now with a brand new cover. This gorgeous adult colouring book includes ideas for mindfulness activities, all beautifully embellished with exquisite scenes and intricate, sophisticated patterns.

**Also available:**



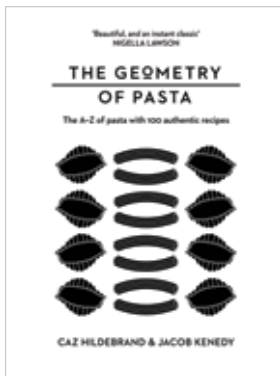
*The Mindfulness Colouring Book*

£8.99 PB | 112pp | 9780752265629  
01/01/2015



*Art of Mindfulness*

£8.99 PB | 112pp | 9780752265940  
11/01/2018



## The Geometry of Pasta

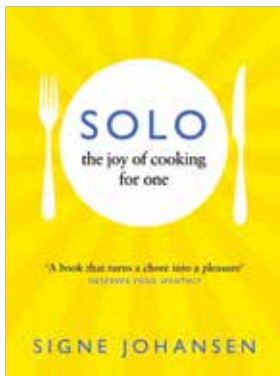
**JACOB KENEDY AND CAZ HILDEBRAND**

£20.00 HB | 288pp | 9781529054392 | 18/03/2021 | World

'*The Geometry of Pasta* is stylish, greed-inducing, knowledgeable and witty; an instant classic.'

– Nigella Lawson

A stunning fusion of good food and good design: this 10th anniversary edition contains over 100 recipes for how to marry the right pasta shape with the perfect sauce.



## Solo

The Joy of Cooking for One

**SIGNE JOHANSEN**

£14.99 TPB | 208pp | 9781529064940 | 18/03/2021 | World

'At last, a book of lovely recipes by someone who knows that cooking isn't always for sharing. It's just as important to eat well on your own.' – Diana Henry

A beautiful and accessible cookbook featuring quick and easy meals to make for one, or to double up for friends and family.



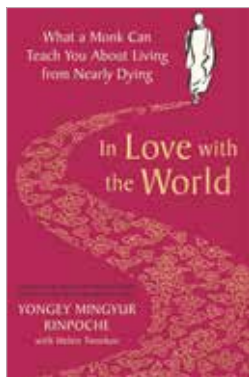
## Where's My Happy Ending?

Happily Ever After and How the Heck to Get There

**ANNA WHITEHOUSE AND MATT FARQUHARSON**

£9.99 HB | 336pp | 9781529013702 | 10/06/2021 | World

A *Sunday Times* bestseller, *Where's My Happy Ending?* asks: What is 'happily ever after'? How do you make love last? Join Anna and Matt as they set out to discover what it takes to make it to forever, by asking our greatest questions about love. This paperback edition includes a new chapter on keeping love alive during pandemic lockdown.



## In Love with the World

What a Monk Can Teach You about Living from Nearly Dying

**YONGEY MINGYUR RINPOCHE WITH HELEN TWORIKOV**

£9.99 PB | 288pp | 9781509899340 | 21/01/2021 | UK & CW excluding CAN

'One of the most generous, beautiful, and essential books I've ever read' – George Saunders, Booker Prize-winning author of *Lincoln in the Bardo*

A rare, intimate account of a world-renowned Buddhist monk's near-death experience and the life-changing wisdom he gained as a result.





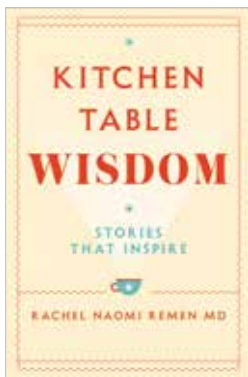
## When Bad Things Happen to Good People

**HAROLD S KUSHNER**

£8.99 PB | 208pp | 9781529060386 | 13/05/2021 | UK & CW excluding US CAN

'*When Bad Things Happen to Good People* offers a moving and humane approach to understanding life's windstorms.' – Elisabeth Kübler-Ross

A *New York Times* multi-million copy bestseller, this is a modern classic about some of life's most difficult questions. In these pages, Kushner shares his wisdom as a rabbi, a parent, a reader, and a human being.



## Kitchen Table Wisdom

**RACHEL NAOMI REMEN**

£8.99 PB | 384pp | 9781529045864 | 13/05/2021 | UK & CW excluding US CAN

'I recommend this book highly to everyone.'  
– Deepak Chopra, MD

Drawing from the human tradition of shared experience, the *New York Times* bestseller *Kitchen Table Wisdom* is a guide to inner healing, containing stories that sustain and enrich our lives.



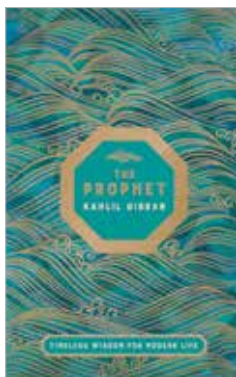
## Confucius from the Heart

**YU DAN**

£8.99 HB | 192pp | 9781529045840 | 29/10/2020 | World

'A self-help bible.' *Los Angeles Times*

Simply written, and with a view to taking the wisdom of Confucius out of the hands of the academics and making it accessible to the general reader, *Confucius From the Heart* gives us a contemporary Confucius, one who can teach us how to attain spiritual happiness, adjust our routines and find our place in modern life.



## The Prophet

**KAHLIL GIBRAN**

£8.99 HB | 128pp | 9781529045857 | 29/10/2020 | OOC

'Each time I open the book I find myself feeling that if the whole world was to read it, it would be a far better place.' – Lesley Pearce, *Independent*

Utterly unique and beloved around the world, *The Prophet* is a collection of twenty-six poetic essays by the Lebanese artist, philosopher and writer Kahlil Gibran.

# Coming soon in 2022

## FEBRUARY

### **Speaking in Thumbs**

by Mimi Winsberg

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## MARCH

### **Butterfly (Film tie-in edition)**

by Yusra Mardini

### **That Little Voice in Your Head**

by Mo Gawdat

### **No Time to Waste**

by Nancy Birtwhistle

## APRIL

### **The Joy Journal for Grown-Ups**

by Laura Brand

### **The Trauma-Proof Brain**

by Melanie Greenberg

### **Wild Card**

by Fiona Lensvelt and Jennifer Cownie

### **The Yoga Dissident**

by Nadia Gilani

## MAY

### **The Colour of Madness**

by Dr Samara Linton and Rianna Walcott

### **The Art of Starting**

by Iona Mathieson & Romy St Clair

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## JUNE

### **Start Painting Now**

by Emily Powell and Sarah Moore

### **The Fun Habit**

by Mike Rucker

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## SEPTEMBER

### **Pinch of Nom Comfort Food Planner**

by Kate Allinson, Kay Featherstone and  
Laura Davis

### **Supersense**

by Steve Biddulph

### **365 Poems to Soothe the Soul**

by Allie Esiri

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## NOVEMBER

### **Platonic**

by Marisa Franco, PhD

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## DECEMBER

### **How Not to Age**

by Michael Greger, MD

# Bluebird social media

[panmacmillan.com/bluebird](http://panmacmillan.com/bluebird)



bluebirdbooksforlife



booksbybluebird



bluebirdbooksforlife

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## Bluebird awards

### **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*



Transform your wellbeing,  
alleviate stress and  
create calm with *The Green  
Sketching Handbook*.

# The Green Sketching Handbook

A Field Guide for Joy Spotters

**ALI FOXON**

£14.99 Trade Paperback | 208pp | 9781529070309 | 14/04/2022 | WEL

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Combining practical exercises with the latest research on nature connection, wellbeing and creativity, artist and former climate change advisor Dr Ali Foxon will inspire you to pick up a pencil with her inspiring green sketching approach.

*The Green Sketching Handbook* will show you how to embrace your wobbly lines, unhook from a fear of criticism and create a habit that makes you feel good, not inadequate. You will learn more about yourself and your unique relationship with nature, finding out what brings you comfort and joy. Best of all, you'll create vivid and evocative memories of your outdoor adventures, big and small, even when you're convinced you can't draw.

# Eat to Save the Planet

Over 100 Recipes and Ideas for Eco-Friendly Cooking and Eating

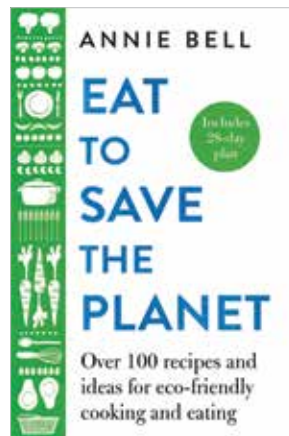
**ANNIE BELL**

£16.99 Hardback | 304pp | 9781529047592 | 31/12/2020 | World

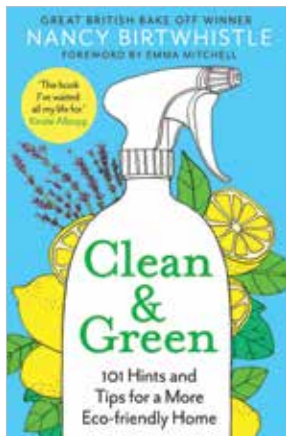
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The easy, family-friendly recipes in *Eat to Save the Planet* follow recommendations from the Lancet-EAT commissioned Planetary Health Diet, written by an international group of scientists. This flexitarian reference diet is so simple, easily accessible and tempting that you will hardly believe you're helping to save the world one delicious dish at a time.

Whether it's Spinach, Nut and Goat's Cheese Pie, Aubergine Stuffed with Lamb and Buckwheat, or Speedy Cauliflower, Lentil and Watercress Risotto, these comforting, filling and satisfying meals will quickly become the day-to-day favourites in your kitchen.



Simple, tempting, Planetary Health Diet recipes that support the environment and don't make you feel like you're missing out.



*A Sunday Times bestseller.*  
Simple swaps and innovative ideas for cleaning and maintaining your home that won't cost the Earth.

## Clean & Green

101 Hints and Tips for a More Eco-Friendly Home

**NANCY BIRTWHISTLE**

£12.99 Hardback | 304pp | 9781529049725 | 21/01/2021 | World

This beautifully illustrated black and white guide with 101 hints and sustainable, natural cleaning tips and hacks will help you take small steps that have a massive positive environmental impact. From everyday cleaning and laundry tips to zero-effort oven cleaner and guidance on removing tricky stains from clothing and furniture, these economical, practical methods are perfect for anyone looking to reduce their use of plastic and throwaway products. Nancy shares her tried-and-tested recipes for all-purpose cleaners, replacements for harmful chemicals that will keep both your home and the planet clean and green for future generations.

*'She creates art out of everything in her life, and takes so much joy in the process.'*  
— Jonathan Van Ness,  
Queer Eye



# A Bigger Picture

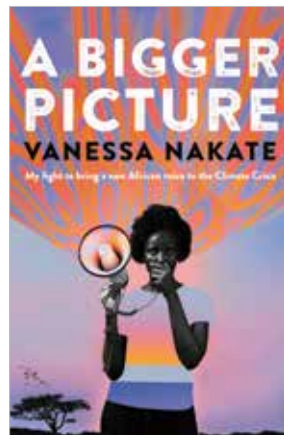
My Fight to Bring a New African Voice to the Climate Crisis

**VANESSA NAKATE**

£20.00 Hardback | 304pp | 9781529075687 | 28/10/2021  
WEL Excluding US CAN

When it comes to speaking or writing about climate change, voices and stories of people of colour and from the Global South are often omitted, even though these communities often contribute the least to the problem and suffer its consequences the most. Vanessa shows that without addressing this important gap, without highlighting the real and immediate danger communities like hers and so many others face, we have no hope of making progress in the race to save our planet.

In *A Bigger Picture* Vanessa traces the links between climate crisis and anti-racism, feminism, education, economics and even extremist radicalization, as well as telling the inspiring personal story of how she found her voice – and shows readers that no matter your age, location or skin colour, you can be an effective activist.



*'In this moment  
of intersecting crises,  
Vanessa Nakate  
continues to teach a  
most critical lesson.'*

*— Greta Thunberg*

When it comes to climate change,  
whether we realize it or not,  
we are all in the same boat.

One Boat 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.

We aim to go beyond preaching to the converted, addressing instead people who are just beginning to wake up to these issues. Crucially, in the words of author Vanessa Nakate, we also want to advocate for climate justice because without racial justice there can be no climate justice. Vanessa's book *A Bigger Picture* is a powerful testimony to the unequal impact of the climate crisis especially on the Global South, where the suffering is greatest even though the region has contributed least to the climate emergency.

One Boat references the power of 'one' – one person can make a difference, one habit can have an impact, and of course there is only one planet Earth. We believe that even a simple shift like starting to bringing awareness to how we clean our homes, cook our food and connect to the natural world around us can lead to a deeper engagement with the issues, advocating for change.



# ONE BOAT

2021

