

HEALTHIER EATING

QTY	ISBN	TITLE	AUTHOR	FORMAT	PUB DATE	PRICE	DISCOUNT %
<i>Our upcoming releases for the New Year have been highlighted in green</i>							
	9781529034981	Pinch of Nom Quick & Easy	Kay Featherstone and Kate Allinson	Crown Quarto Hardback	10/12/2020	£20.00	
	9781529026443	Pinch of Nom Food Planner: Everyday Light	Kate Allinson, Kay Featherstone and Laura Davis	150 x 197 Hardback	03/09/2020	£9.99	
	9781529026405	Pinch of Nom Everyday Light	Kate Allinson and Kay Featherstone	Crown Quarto Hardback	12/12/2019	£20.00	
	9781529014068	Pinch of Nom	Kate Allinson and Kay Featherstone	Crown Quarto Hardback	21/03/2019	£20.00	
	9781529023060	Pinch of Nom Food Planner	Kate Allinson, Kay Featherstone and Laura Davis	131 x 189 Paperback	13/06/2019	£10.99	
	9781509856183	30 Day Kick Start Plan	Joe Wicks	Crown Quarto Trade	26/11/2020	£18.99	
	9781509836093	Joe's 30 Minute Meals	Joe Wicks	196 x 253 Hardback	06/09/2018	£20.00	
	9781509800698	Lean in 15 - The Shape Plan	Joe Wicks	Crown Quarto Trade	16/06/2016	£16.99	
	9781509820221	Lean in 15 - The Sustain Plan	Joe Wicks	Crown Quarto Trade	17/11/2016	£16.99	
	9781509800667	Lean in 15 - The Shift Plan	Joe Wicks	Crown Quarto Trade	28/12/2015	£16.99	
	9781509836079	The Fat-Loss Plan	Joe Wicks	Crown Quarto Trade Paperback	26/12/2017	£16.99	
	9781509856152	Veggie Lean in 15	Joe Wicks	Crown Quarto Trade	13/12/2018	£16.99	
	9781509893089	How Not To Diet	Michael Greger, MD	B Format Paperback	07/01/2021	£10.99	
	9781509893119	The How Not To Diet Cookbook	Michael Greger, MD	Other Hardback	10/12/2020	£20.00	
	9781509852505	How Not To Die	Dr Michael Greger with Gene Stone	B Format Paperback	28/12/2017	£10.99	
	9781529010817	The How Not To Die Cookbook	Dr Michael Greger with Gene Stone	Trade Paperback	13/12/2018	£16.99	
	9781529030181	My New Roots	Sarah Britton	Trade Paperback	09/01/2020	£16.99	
	9781509874934	The 28-Day Vegan Plan	Kim-Julie Hansen	Trade Paperback	27/12/2018	£16.99	

	9781509883387	The Last Diet	Shahroo Izadi	B Format Paperback	31/12/2020	£8.99	
	9781509891504	The Vegetarian Kitchen	Prue Leith and Peta Leith	Crown Quarto Hardback	20/02/2020	£25.00	
	9781529005080	Vegan (ish)	Jack Monroe	Crown Quarto Trade	26/12/2019	£16.99	
	9781509857258	The 28 Day Alcohol-Free Challenge	Andy Ramage and Ruari Fairbairns	Trade Paperback	28/12/2017	£12.99	
	9781529043693	How to Just Eat It	Laura Thomas	Trade Paperback	07/01/2021	£14.99	
	9781509893911	Just Eat It	Laura Thomas	Trade Paperback	10/01/2019	£12.99	
	9781447264286	I Quit Sugar	Sarah Wilson	Trade Paperback	02/01/2014	£18.99	
	9781509843695	I Quit Sugar Kids Cookbook	Sarah Wilson	Trade Paperback	15/06/2017	£9.99	
	9781529011036	I Quit Sugar: Simplicious	Sarah Wilson	Trade Paperback	20/09/2018	£16.99	

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	9781529032642	The Joy of Walking	Various	MCL Standard Hardback	29/10/2020	£10.99	
	9781529032628	The Art of Solitude	Various	MCL Standard Hardback	29/10/2020	£10.99	
	9781529032659	Why Friendship Matters	Various	MCL Standard Hardback	29/10/2020	£10.99	
	9781529032611	Food for Thought	Various	MCL Standard Hardback	29/10/2020	£10.99	

MIND, BODY & SPIRIT

	9781509899340	In Love with the World	Yongey Mingyur Rinpoche with Helen	B Format Paperback	21/01/2021	£9.99	
	9781529064223	The Mindfulness Moments Colouring Book	Emma Farrarons	178 x 124 Paperback	07/01/2021	£7.99	
	9781529045857	The Prophet	Kahlil Gibran	A Format Hardback	29/10/2020	£8.99	
	9781529045840	Confucius from the Heart	Yu Dan	A Format Hardback	29/10/2020	£8.99	
	9781529051582	Journey	Paulo Coelho	212 x 159 Hardback	15/10/2020	£14.99	
	9781529029963	Astro Poets: Your Guides to the Zodiac	Dorothea Lasky and Alex Dimitrov	Demy Hardback	31/10/2019	£9.99	

	9781509893676	Ten to Zen	Owen O'Kane	S format Trade Paperback	27/12/2018	£10.99	
	9780752266275	The Anxiety Journal	Corinne Sweet	B Format Paperback	04/05/2017	£9.99	
	9781509876167	Stress Less, Accomplish More	Emily Fletcher	Royal Trade Paperback	21/02/2019	£14.99	
	9781509824465	A Manual for Heartache	Cathy Rentzenbrink	B Format Paperback	28/12/2017	£8.99	
	9781509818242	How To Have A Good Day	Caroline Webb	B Format Paperback	26/01/2017	£8.99	

SELF HELP & PERSONAL DEVELOPMENT

	9781529068252	How to Thrive in the Virtual Workplace	Robert Glazer with Mick Sloan	B Format Paperback	21/01/2021	£8.99	
	9781509864768	Good Habits, Bad Habits	Wendy Wood	B Format Paperback	07/01/2021	£9.99	
	9781529005370	Joy at Work	Marie Kondo and Scott Sonenshein	Demy Hardback	07/04/2020	£16.99	
	9781529024692	How to Grow Your Own Poem	Kate Clanchy	Trade Paperback	03/09/2020	£14.99	
	9781529005516	The Moment of Lift	Melinda Gates	B Format Paperback	16/04/2020	£9.99	
	9781509805174	The Orchid and the Dandelion	W. Thomas Boyce MD	B Format Paperback	23/01/2020	£9.99	
	9781509850860	Recovery	Russell Brand	B Format Paperback	17/05/2018	£9.99	
	9781509850884	Mentors	Russell Brand	B Format Hardback	24/01/2019	£12.99	
	9781509809950	Solve For Happy	Mo Gawdat	B Format Paperback	10/01/2019	£10.99	
	9781509860630	Rebel Talent	Francesca Gino	B Format Paperback	07/02/2019	£9.99	
	9781529005356	Kaizen	Sarah Harvey	130 x 185 Hardback	19/09/2019	£9.99	
	9781529006476	Success Habits	Napoleon Hill	Demy Trade Paperback	10/01/2019	£12.99	
	9781529028355	The Life-Changing Manga of Tidying Up	Marie Kondo	133 x 184 Paperback	17/10/2019	£9.99	
	9780752266374	How to Bullet Plan	Rachel Wilkerson Miller	Trade Paperback	21/09/2017	£9.99	

THINKING GREEN

	9781529049725	Clean & Green	Nancy Birtwhistle	B Format Hardback	21/01/2021	£12.99	
	9781529047592	Eat to Save the Planet	Annie Bell	Royal Hardback	31/12/2020	£16.99	
	9781529051261	Busy Recycle	Mel Matthews	180 x 180 Board Book	31/12/2020	£5.99	

ADDITIONAL ORDERS

QTY	ISBN	TITLE	FORMAT	PUB DATE	PRICE	
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