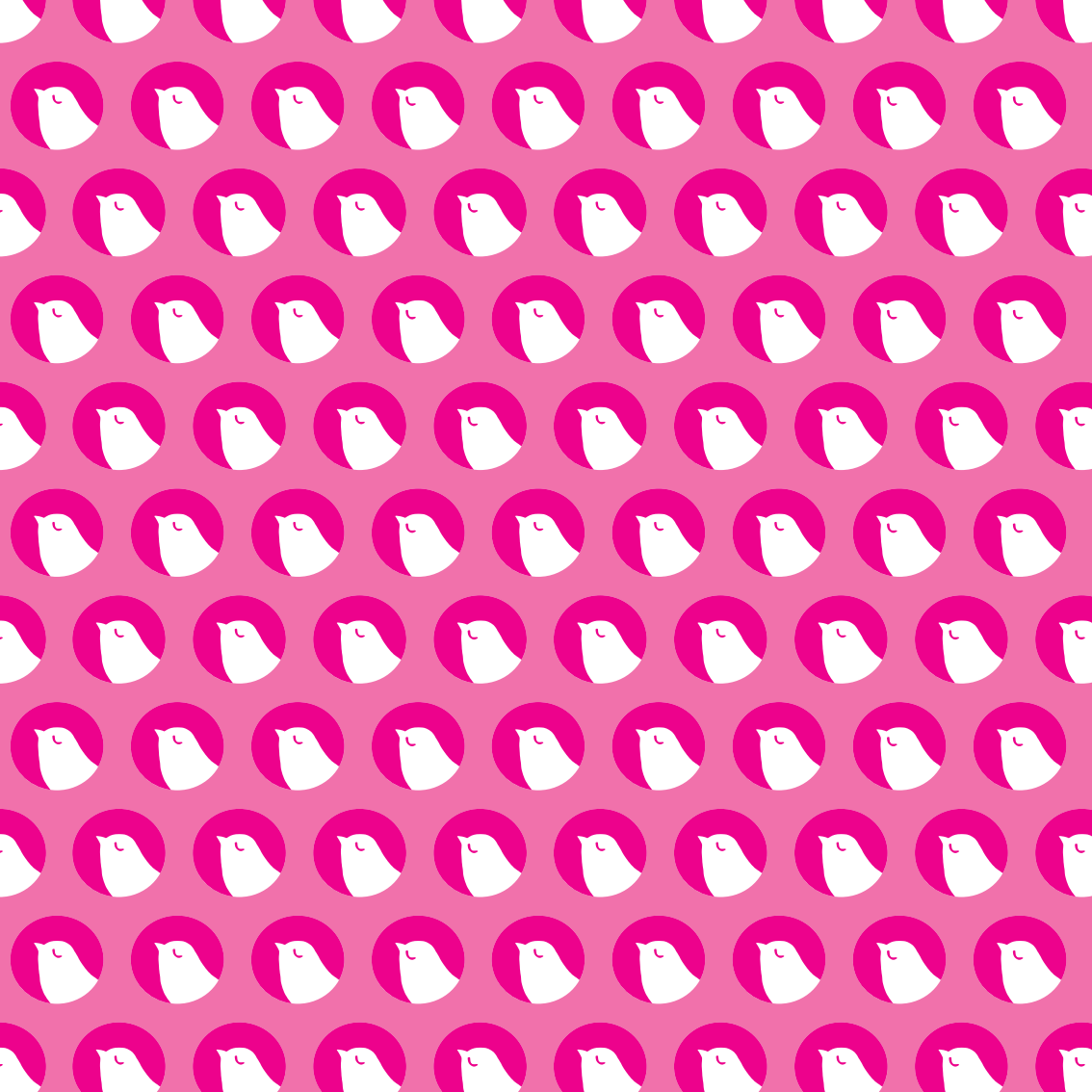


BLUEBIRD &
ONE BOAT
2022







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.

We've been living through terribly tough 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 brand-new offerings this year range from failsafe, delicious recipes from Pinch of Nom to Dr Michael Greger's health advice on how to age. Enjoy new titles from brand authors: Russell Brand, Oprah Winfrey, Marie Kondo and Mo Gawdat. Delight in DIY tips from *The Repair Shop's* own Jay Blades. In paperback, we are delighted to present narratives of hope and resilience from the likes of David Harewood, Jonny Benjamin, Hassan Akkad and Poorna Bell. Or discover creative inspiration from Nikesh Shukla, Cathy Rentzenbrink and Laura Brand. Finally, we all need inspiration for daily life, and we are thrilled to present our first title with Vex King and Kaushal Modha. Whatever your interests, we hope you find something here that lifts you up.

Carole Tonkinson,
Publisher

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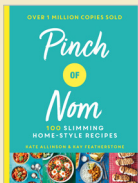
Highlights

2022



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

Also available:



Pinch of Nom
£20 | 272pp
9781529014068



Pinch of Nom Food Planner
£10.99 | 272p
9781529023060



Pinch of Nom Everyday Light
£20 | 272pp
9781529026405



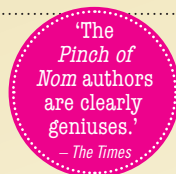
Pinch of Nom Food Planner: Everyday Light
£9.99 | 208pp
9781529026443

Pinch of Nom 5

KATE AND KAY ALLINSON

£20 Hardback | 272pp | 9781529062267 | 08/12/2022 | World

More than 100 easy and slimming recipes for every meal of the day from Kate and Kay Allinson, authors of the bestselling *Pinch of Nom* series.



Pinch of Nom Family Meal Planner

KATE AND KAY ALLINSON
AND LAURA DAVIS

£10.99 Wiro Hardback | 208pp | 9781529079463 |
23/06/2022 | World

Make planning family meals easy with the help of this three-month companion. Including twenty-six exclusive Pinch of Nom recipes, this planner gives you everything you need to cook delicious family favourites, plan out your weekly meals and reach your personal goals.



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

Also available:



Pinch of Nom Quick & Easy
£20 | 272pp
9781529034981



*Pinch of Nom Food Planner:
Quick & Easy*
£10.99 | 272pp
9781529035001



Pinch of Nom Comfort Food
£20 | 288pp
9781529035018



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

A Journal

VEX KING AND KAUSHAL MODHA

£20.00 Hardback | 224pp | 9781035005185 | 08/12/2022 | WEL
Excluding US CAN

The greatest self-help
book is the one you
write yourself.

Unlock the power of your creativity to find fulfilment and peace, with this encouraging journal from Vex King, bestselling author of *Healing is the New High* and *Good Vibes, Good Life*, and YouTube sensation Kaushal Modha. With six months' worth of inspiring prompts to guide you, this journal contains everything you need to find your voice and forge your own path towards self-love.

Kaushal
has over
3 million followers
across platforms, and
the couple have
a combined
audience of over
4 million.

Vex's first
book, *Good
Vibes, Good Life* has
sold over 1 million
copies and has been
translated into
29 languages.

Untitled Vex King

VEX KING

£14.99 Hardback | 304pp | 9781529087840
02/02/2023 | WEL Excluding US CAN



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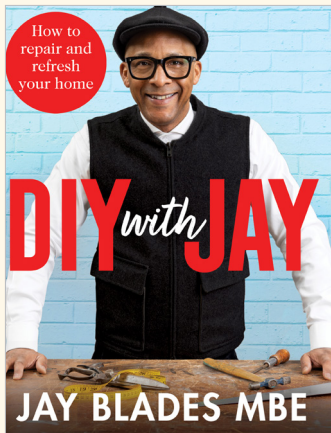
Take charge of your relationships, find inner healing and experience genuine affection with this practical guide to creating lasting connections from Vex King, Instagram's favourite mind coach and author of *Good Vibes*, *Good Life* and *Healing is the New High*.

In three clear steps, Vex will help you to understand the role you play within your connections, build meaningful and mindful relationships and learn how to love authentically and unconditionally.

The best love is built on a strong foundation of self-love. This book will help you build that foundation and find true, unconditional love in the process.

From the No. 1 *Sunday Times* bestselling author with over 1 million copies sold, Vex King.

“The
Instagram
self-help guru
who’s unlocked
the key
to happiness.”
– *Evening Standard*



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.

DIY with Jay

How to Repair and Refresh Your Home

JAY BLADES

£20 Hardback | 272pp | 9781529091281 | 15/09/2022 | World

DIY with Jay is a room-by-room guide to doing it yourself: from laying new kitchen flooring and building your own BBQ to making new sofa covers and choosing the right bedroom vibe for the best night's sleep. Based on his own many years of experience as a furniture restorer, this manual provides tips and problem solvers for anyone hoping to embark on a new DIY journey. With tools, terms and expert advice, you'll be able to give new life to your home for years to come.

Perfect for fans of *Style Sisters*, *The Home Edit* and *A Year at the Château*.

Making It

How Love, Kindness and Community Helped Me Repair My Life

JAY BLADES

£9.99 Paperback | 288pp | 9781529059212 | 12/05/2022 | World

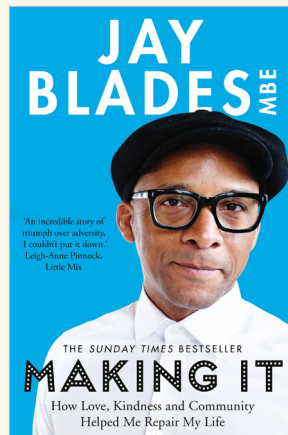
Jay Blades shares the details of his life, from his childhood growing up sheltered and innocent on a council estate in Hackney, to his adolescent introduction to violent racism and

police brutality, to his mid-life mental health struggles, to finally becoming the beloved star of hit shows *The Repair Shop*, *Money for Nothing*, *Jay and Dom's Home Fix*, *The Repair Shop: Fixing Britain* and *Jay's Yorkshire Workshop*. Jay

reflects on strength, weakness and what it means to be a man. 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.

'An incredible story of triumph over adversity, I couldn't put it down.'

— Leigh-Anne Pinnock,
Little Mix



A *Sunday Times* bestselling memoir about beating the odds and turning things around even when it all seems hopeless.



Find what sparks your joy with this new manual from the star of hit Netflix show *Tidying Up with Marie Kondo* and international bestselling author of *The Life-Changing Magic of Tidying Up*.

Kurashi at Home

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

MARIE KONDO

£20 Hardback | 224pp | 9781529085099 | 10/11/2022 | WEL Excluding US CAN

Marie Kondo is back with wisdom on how to transform your life and home into spaces of calm. This guide introduces the concept of *kurashi* – meaning way of life – and encourages readers to spend every day in the pursuit of joy.

With over 200 beautiful photographs, this book gives us everything from a step-by-step tutorial on Kondo's famous folding technique to a glimpse of her stunning family home. It will also include interviews with world-famous lifestyle experts on a range of subjects such as cooking and gardening.

The Marie Kondo Companion

A Planner to Spark Joy and Organize Your Life for Good

MARIE KONDO

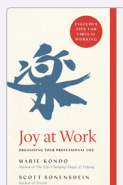
£14.99 Trade Paperback | 240pp | 9781529075984 | 05/01/2023 |
WEL Excluding US CAN

Uncover your ideal life with this transformative and personal tidying companion, from Marie Kondo, the No. 1 *New York Times* bestselling author of *The Life-Changing Magic of Tidying Up* and star of the Netflix series *Tidying Up with Marie Kondo*.



A personal guide to applying the revolutionary KonMari Method for a tidy, organized and joy-sparking life.

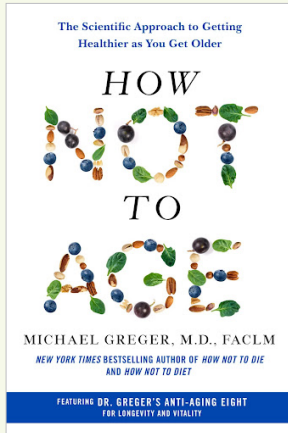
Also available:



Joy at Work

£14.99 | 288pp | 9781529005394

'The Japanese organisation consultant has revolutionised the way we organise our homes, and our lives.'
— *Good Housekeeping*



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.

How Not to Age

The Scientific Approach to Getting Healthier as You Get Older

MICHAEL GREGER MD

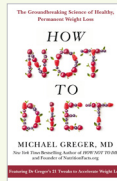
£20 Hardback | 608pp | 9781529057348 | 29/12/2022 | WEL Excluding US CAN

Through his trademark blend of myth-busting and scientific research, Dr Greger outlines the eleven cellular pathways for ageing and concocts an 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 ultimate longevity.



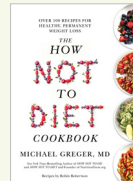
Dr Greger has over 2 million followers across platforms and he has sold almost 400k copies of his books (TCM, excludes US figures)

Also available:



How Not to Diet

£10.99 | 608pp | 9781509893089



The How Not to Diet Cookbook

£16.99 | 256pp | 9781529059243

Healthy At Last

A Plant-based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses

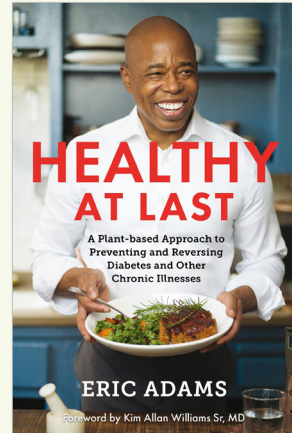
ERIC ADAMS

£14.99 Trade Paperback | 224pp | 9781529096293 | 06/01/2022 | WEL Excluding US CAN

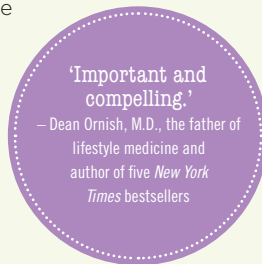
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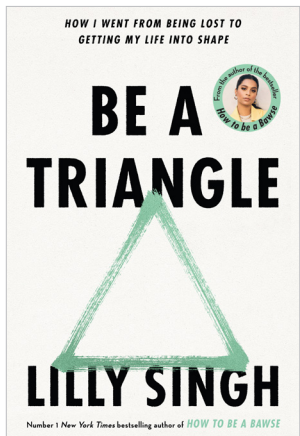
A police officer for over two decades, Eric Adams was a connoisseur of fast food, and the last thing he had time to think about was eating healthily. When he was diagnosed with diabetes in 2016, he switched to a vegan, wholefood diet. Remarkably, he lost weight, lowered his cholesterol and improved his health beyond recognition.

With shopping tips and gentle lifestyle advice, Eric shows how to become healthier without abandoning the food you love. Packed with nutritional advice and recipes from the likes of Dr Michael Greger, Raymond Jackson, Paul McCartney, Alan Cummings and more, this is the perfect book for anyone looking to improve their health in small, manageable steps.



New York City mayor Eric Adams makes it easy to embrace a plant-based diet, become more active and revolutionize your health.





Build your self-worth and learn your values with this playful guide from the YouTube comedy sensation with nearly 40 million followers worldwide.

Be a Triangle

How I Went From Being Lost to Getting My Life into Shape

LILLY SINGH

£14.99 Hardback | 112pp | 9781035002764 | 14/04/2022 | WEL Excluding US CAN

'This book will change your life.'
— Jay Shetty

We need to create a home to return to. And when I say home, I'm not talking about a physical place or somewhere where pants are optional. I'm talking about a set of beliefs after a day full of, well, anything. We need to dig a foundation so deep that it will exist and thrive even if our surface-level efforts fail.

Ever wondered what the point of all those school maths lessons about triangles was? YouTuber and comedian Lilly Singh has finally discovered the answer: triangles have a strong base, they're hard to knock-over and always retain their own shape, even when they grow.

'Insightful and charmingly funny. I related to so many aspects of this book.'

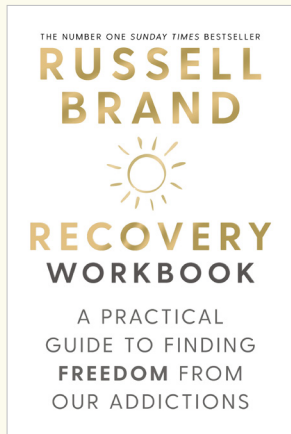
— Rupi Kaur



'The pleasure of reading this book is learning that the Lilly you think you know – the joyous, hilarious entertainer – had a sometimes bumpy road to get there. I love her honest and helpful advice about achieving happiness.'

– Mindy Kaling

Author photo:
Shayan Asghamia



A practical guidebook to help you move from unconscious doing to conscious being from Russell Brand, bestselling author, podcast host and mental health and addiction activist with 24 million followers.

Recovery: The Workbook

A Practical Guide to Finding Freedom from Our Addictions

RUSSELL BRAND

£14.99 Trade Paperback | 256pp | 9781529071276 | 01/09/2022 | World

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. This workbook will help you to create your own bespoke program based on your life, needs, assets and deficits. 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.

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

– Matt Haig

Recovery

Freedom From Our Addictions

RUSSELL BRAND

£9.99 Paperback | 288pp | 9781529087796 | 01/09/2022 | World

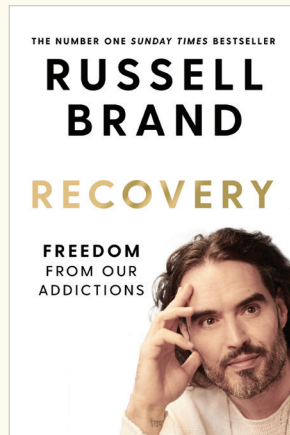
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This is the age of addiction, a condition so epidemic, so all-encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it.

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.

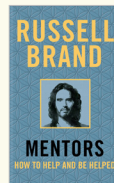
*'Recovery
should be read
by the world.'*

— Ruby Wax



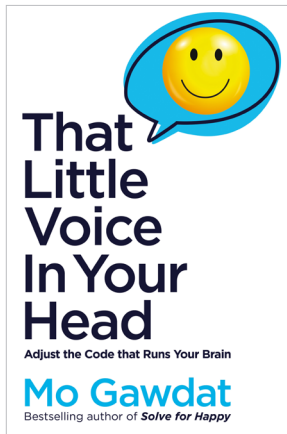
*The No. 1 Sunday Times
bestseller and audiobook
sensation.*

Also available:



Mentors

£12.99 | 176pp | 9781509850884



Achieve happiness through compassion and generosity towards yourself and others.



That Little Voice in Your Head

Adjust the Code That Runs Your Brain

MO GAWDAT

£14.99 Trade Paperback | 400pp | 9781529066142 | 26/05/2022 | WEL
Excluding US CAN

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That *Little Voice in Your Head* is the practical guide to achieving joy from Mo Gawdat, the international bestselling author of *Solve for Happy*. In this book, Mo reveals how by beating negative self-talk, we can optimize our thinking, turning our greed into generosity, our apathy into compassion, and investing in our own happiness.

This book provides readers with exercises to help reshape their mental processes. Drawing on his expertise in programming, his extensive study of neuroscience and of different spiritual teachings, Mo explains how – despite their incredible complexity – our brains behave in ways that are largely predictable. From these insights, he delivers this user manual for personal happiness.

Scary Smart

The Future of Artificial Intelligence
and How You Can Save Our World

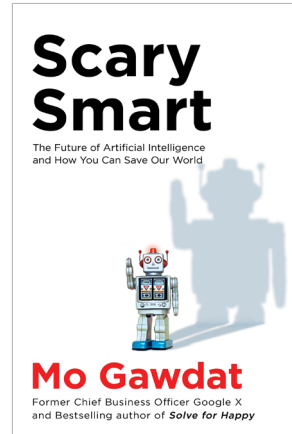
MO GAWDAT

£9.99 Paperback | 208pp | 9781529077650 | 08/12/2022 | WEL
Excluding US CAN

Artificial intelligence is smarter than humans. AI can see into the future, predicting outcomes and even use sensors to see around physical and virtual corners. So why does AI frequently get it so wrong? In *Scary Smart*, Mo Gawdat 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 his experience working at the cutting-edge of technology and his role as former chief business officer of

Google X, no one is better placed than Mo Gawdat to explain how the Artificial Intelligence of the future works.

‘Mo Gawdat is my life guru. Everything he writes is an enlightening education in how to be human.’
— Elizabeth Day



One of the *Sunday Times'*
Business Books of the Year.

Also available:



Solve for Happy
£10.99 | 368pp | 9781509809950



An empowering, creative guide to telling your story from award-winning writer Nikesh Shukla.

'Like a best friend giving you essential advice, I can't wait to give this to every writer I know.'

— Candice Carty-Williams

Your Story Matters

Find Your Voice, Sharpen Your Skills, Tell Your Story

NIKESH SHUKLA

£16.99 Hardback | 320pp | 9781529052343 |
17/03/2022 | WEL



Nikesh Shukla, author, writing mentor and bestselling editor of *The Good Immigrant*, knows better than most the power that every unique voice has to create change. Whether it's a novel, personal essay, non-fiction work or short story – *Your Story Matters* will hone your skill and help you along the way.

Including exercises and prompts that will develop your idea, this guide is practical, to the point and focused on letting you figure out what you want to write, how you want to write and why this is the best use of your voice.

It will inspire you to keep thinking about writing, even when you don't have the time to put pen to paper.

Brown Baby

A Memoir of Race, Family and Home

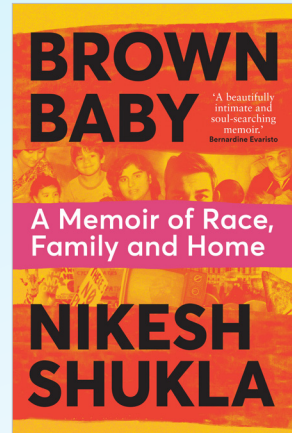
NIKESH SHUKLA

£9.99 Paperback | 256pp | 9781529033373 | 17/03/2022 | WEL

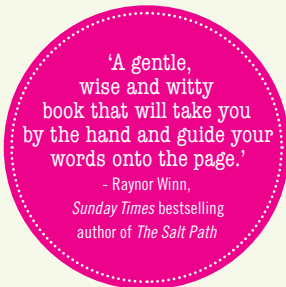
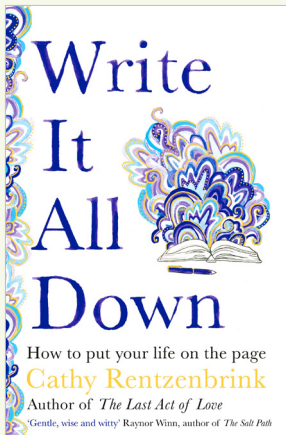
In *Brown Baby*, Nikesh Shukla, author of the bestselling *The Good Immigrant*, explores themes of sexism, feminism, parenting and our shifting ideas of home. This memoir, by turns heart-wrenching, hilariously funny and intensely relatable, is dedicated to the author's two young daughters, and serves 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.'

— Bernardine Evaristo,
author of *Girl, Woman, Other*



How do you find hope and even joy in a world that is prejudiced, 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?



Write It All Down

How to Put Your Life on the Page

CATHY RENTZENBRINK

£14.99 Hardback | 240pp | 9781529056228 |
06/01/2022 | World



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 kind, encouraging and stimulating book includes a compendium of advice from amazing writers like Dolly Alderton, Adam Kay and Candice Carty-Williams.

Perfect for 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 memoir. 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.

Speaking in Thumbs

A Psychiatrist Decodes Your Relationship Texts So You Don't Have To

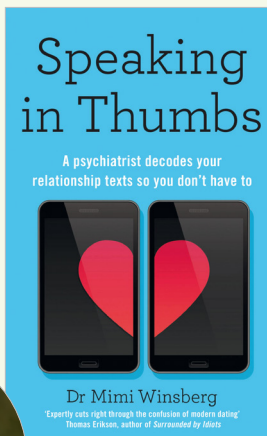
MIMI WINSBERG

£16.99 Hardback | 304pp | 9781529094602 | 03/02/2022 | WEL
Excluding US CAN

When it comes to modern relationships, our thumbs do the talking. We swipe right into a stranger's life, flirt inside text bubbles, spill our hearts onto the screen, use emojis to convey desire, frustration, rage.

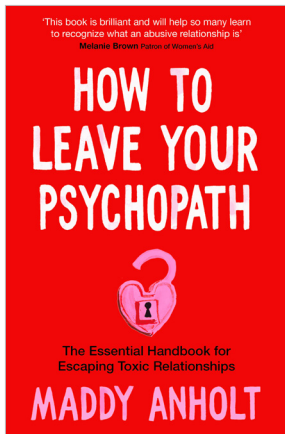


Speaking in Thumbs is a lively and indispensable guide to interpreting our most important medium of communication. Drawing from of-the-moment research and a treasure trove of real-life online dating chats, including her own, Winsberg helps you see past the surface and into the heart of the matter. With wit and compassion, Winsberg empowers you to find and maintain real connection by reading between the lines.



'A fantastic guide for anyone looking for real connection, but struggling to understand what messages really mean.'

— Thomas Erikson,
bestselling author of
Surrounded by Idiots



A candid and darkly funny account of the complex, subtle nature of coercive control from actress, comedian and writer Maddy Anholt.



How to Leave Your Psychopath

The Essential Handbook for Escaping Toxic Relationships

MADDY ANHOLT

£16.99 Hardback | 384pp | 9781529075939 | 03/02/2022 | WEL Excluding US CAN

Mining her own experience of dating one 'Controll' 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 the common techniques controlling partners use – from gaslighting to negging – this empowering guide will help anyone ditch controlling partners for good to find freedom and happiness.

'Will help so many learn to recognize what an abusive relationship is'
– Mel B

Brown Girl Like Me

The Essential Guidebook and Manifesto
for South Asian Girls and Women

JASPREET KAUR

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

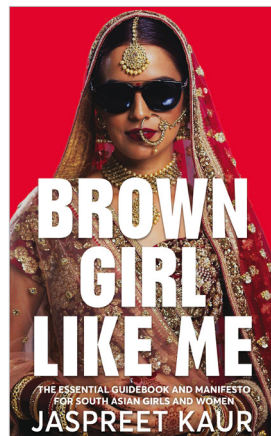
Brown Girl Like Me is an inspiring memoir and manifesto that aims to empower, support and equip women with the confidence to step into the complexities of an intersectional identity.

'Jaspreet voices all the taboos of a brown girl's existence with truth, honesty and blatancy.'

— Shazia Mirza, comedian and writer

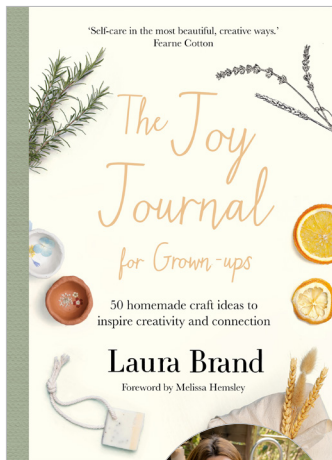
Jaspreet Kaur explores key issues such as the home, the media, the workplace, education, mental health, culture, confidence and the body. She draws on her own story but interviews many others, weaving together wisdom from across a range of perspectives. Part toolkit, part call-to-arms, *Brown Girl Like Me* is essential reading for anyone with an interest in feminism and cultural issues, and will educate, inspire and spark urgent conversations for change.

Author photo: Miltos Karaiskakis



An essential toolkit and call-to-arms, giving South Asian women the support they need to step into the multiplicity of their cultural, religious and political experiences.





Also available:



The Joy Journal for Magical Everyday Play
£12.99 | 208pp | 9781529025590

The Joy Journal for Grown-ups

50 Homemade Craft Ideas to Inspire Creativity and Connection

LAURA BRAND

£16.99 Hardback | 224pp | 9781529074741 | 31/03/2022 | World

The Joy Journal for Grown-ups invites you to experiment, play and unlock your creative potential with a range of simple crafts that can bring a little more calm into your everyday life. Using store-cupboard ingredients and easily foraged supplies, this beautifully illustrated handbook includes new and inspiring ideas for adding a personal touch to celebrations, creating unique gifts and making stunning keepsakes.

Whether you are a beginner or confident crafter, Laura gently guides you through a host of delightful projects. Imaginative, engaging and easy to follow, this gorgeous, step-by-step guide features all the encouragement you need to find inspiration, awaken your creativity and brighten your mood.

'This book is a chance to slow down and find stillness. Self-care in the most beautiful, creative ways.'

— Fearnie Cotton

Wild Card

Let the Tarot Tell Your Story

JEN COWNIE AND FIONA LENSVELT

£14.99 Hardback | 368pp | 9781529082104 | 28/04/2022 | World

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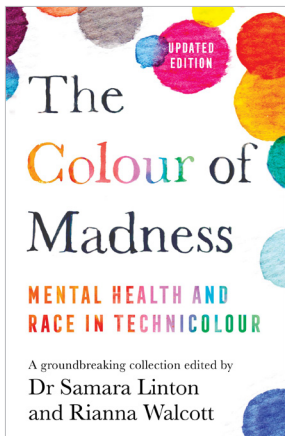
In *Wild Card*, friends and entirely non-psychic tarot readers Jen Cownie and Fiona Lensvelt introduce you to the tarot and how to use it to explore your story. In this beautifully illustrated guide, Jen and Fiona talk you through the meanings of each card, drawing on personal experiences as well as references to history, literature and popular culture that have shaped their understanding of the deck, while encouraging you to bring your own imagination and instincts to your readings.

Friendly, funny and straightforward, *Wild Card* invites readers to discover the magic of tarot: a playful, illuminating tool for sparking conversations and embarking on journeys of self-knowledge.



A practical, modern and inspirational illustrated guide to tarot and what the cards can teach us about ourselves.





A groundbreaking anthology of work that amplifies the voices of people of colour and their experiences with mental health.



The Colour of Madness

Mental Health and Race in Technicolour

DR SAMARA LINTON AND RIANNA WALCOTT

£16.99 Hardback | 336pp | 9781529088496 | 12/05/2022 | WEL

Excluding US CAN

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These are the voices of those who have been ignored. Revised for 2022, *The Colour of Madness* is a vital and timely tribute to all the lives that have been touched by medical inequalities and aims to disrupt the whitewashed narrative of mental health in the UK. A compelling collection of memoir, essays, poetry, short fiction and artwork, this book will bring solace to those who have shared similar experiences, and provide a powerful insight into the everyday impact of racism for those looking to further understand and combat this injustice.

'A seminal body of work that centres our voices authentically and unapologetically.'

— Melissa Cummings-Quarry,
co-founder of
Black Girls Book Club

The Yoga Manifesto

How Yoga Helped Me and Why
it Needs to Save Itself

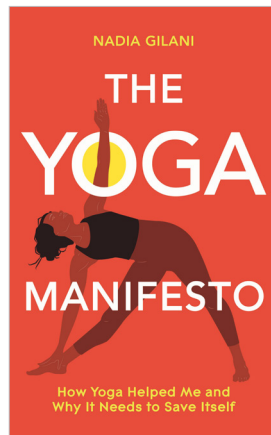
NADIA GILANI

£16.99 Hardback | 336pp | 9781529065107 | 26/05/2022 | WEL
Excluding US CAN

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Nadia Gilani has been practising yoga for 25 years. Yoga has saved her life, and she believes wholeheartedly in its radical potential. But over her years in the wellness industry, Nadia has noticed not only yoga's rising popularity, but also how its modern incarnation no longer serves many of those it should be helping.

This book is at once a love letter to yoga and a passionate critique of the billion-dollar industry whose cost and inaccessibility has shut many people out. Poignant, funny, and shocking, *The Yoga Manifesto* excavates where yoga has gone wrong, and what can be done to save the practice from its own success.



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





Get in touch with your inner artist with this playful and informative handbook.



Start Painting Now

Discover Your Artistic Potential

EMILY POWELL AND SARAH MOORE

£20 Hardback | 256pp | 9781529084931 | 23/06/2022 | World

Start Painting Now is a practical, accessible guide to discovering your creative spirit, giving you brilliant new tools for relaxation and self-care.

Instagram's favourite artist Emily Powell and her sister, doctor Sarah Moore, will guide you through the process of learning to ignore your inner critic and unwinding from stress.

Whether you're returning to art after a long break or starting as a complete beginner, this book will inspire you to just pick up a brush and see where it takes you. *Start Painting Now* empowers you to put aside the fear of failure, turn off your phone and throw yourself into the joy of creativity.

'Emily Powell is known for her colourful, warm paintings that lift the spirits when the world feels grey.'

— Harper's Bazaar

The Art of Starting

Develop Your Idea from Bedroom to Business

IONA MATHIESON AND ROMY ST CLAIR

£16.99 Hardback | 224pp | 9781529077575 | 05/01/2023 | World

Whether you want to ditch your day job or launch your dream side hustle, *The Art of Starting* guides you from the very first step on the journey, right through to the everyday running of a successful creative business. This book is full of indispensable advice from two entrepreneurs who learned the hard way.

This guide contains interviews with a diverse range of entrepreneurs, giving insider tips across a variety of businesses and help on everything else that school didn't teach; from tax and accounting to building an authentic brand and nurturing the creative process.



The ultimate guide to starting and building your own creative business from two successful entrepreneurs who share everything they wish they they'd known at the beginning.

'Together, these two have created a flourishing business'
— *Vogue*

SAGE
Flowers has been featured in *Vogue* and their client list includes Mercedes, Fenty and Glossier.



Master the art of making and keeping friends as an adult and appreciate the true value of friendship with this expertly researched and heartfelt book.

Platonic

How to Make and Keep Friends as an Adult

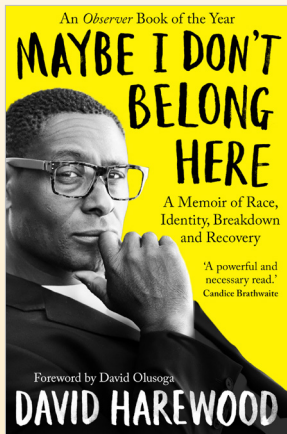
MARISA FRANCO

£16.99 Hardback | 336pp | 9781529075885 | 15/09/2022 | WEL
Excluding US CAN

In this rigorously researched and compassionate book, friendship expert Dr Marisa Franco explains how the undervaluing of friendship in our culture has led to an epidemic of isolation — and what we can do about it. Weaving together neuroscience and psychology with interviews, personal stories and tips, *Platonic* helps readers understand why they may be struggling to form lasting friendships, and what the benefits of friendships are — including mental, social and physical benefits. This book is a must-have for anyone wondering how they can start to facilitate new relationships.

Perfect for readers of bestselling books like *Atomic Habits*, *Quiet*, *Attached* and *Grit*.

**New in
Paperback**



One of the *Observer's* best memoirs of 2021, the *Times's* best Film and Theatre books of the year and Winner of the Visionary Honours Award for Book of the Year.

Maybe I Don't Belong Here

A Memoir of Race, Identity, Breakdown and Recovery

DAVID HAREWOOD

£9.99 Paperback | 304pp | 9781529064179 | 01/09/2022 | WEL

Excluding US 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.

'David Harewood writes with rare honesty and fearless self-analysis.'

— David Olusoga

What Happened to You?

Conversations on Trauma, Resilience, and Healing

OPRAH WINFREY AND DR BRUCE PERRY

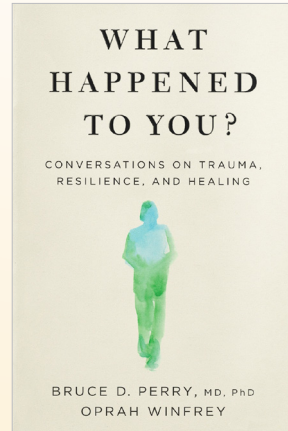
**£12.99 Paperback | 272pp | 9781529068504 | 28/04/2021 | World
Excluding US CAN**

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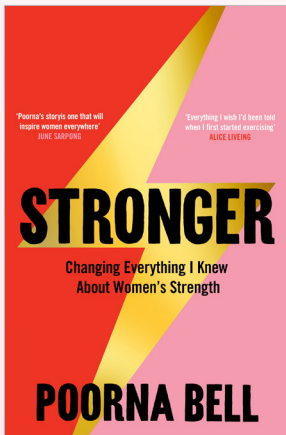
Through wide-ranging and often deeply personal conversation, Oprah Winfrey and Dr Perry explore how what happens to us in early childhood – both good and bad – influences the people we become. They challenge us to shift from focusing on ‘What’s wrong with you?’ or ‘Why are you behaving that way?’ to 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.



Author photo: Chris Craymer



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



In this updated edition with a new introduction, Poorna tells not only her own story but those of a range of women, investigating intersections of race, age and social background.



Stronger

Changing Everything I Knew About Women's Strength

POORNA BELL

£9.99 Paperback | 320pp | 9781529050844 | 03/03/2022 | WEL

Excluding US CAN

'A beautiful,
inspiring book.'
— Bryony Gordon

Having gone from hating P.E. to becoming a powerlifter who can lift over twice her own bodyweight, Poorna Bell is perfectly placed to start a crucial conversation about women's fitness – one that has nothing to do with weight loss. In *Stronger*, she shows how all of us can tap into our inner strength and 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. Part memoir, part manifesto, *Stronger* explodes old-fashioned notions about getting strong and explores the relationship between mental and physical strength.

Author photo: Amber Rose Photography

Cracking the Menopause

While Keeping Yourself Together

MARIELLA FROSTRUP AND ALICE SMELLIE

£9.99 Paperback | 352pp | 9781529059052 | 12/05/2022 | WEL

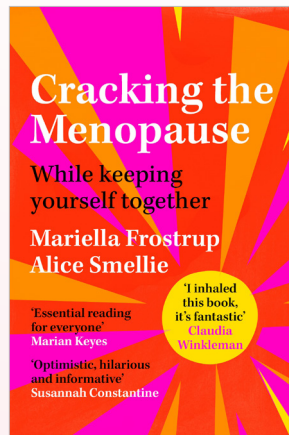
Excluding US CAN

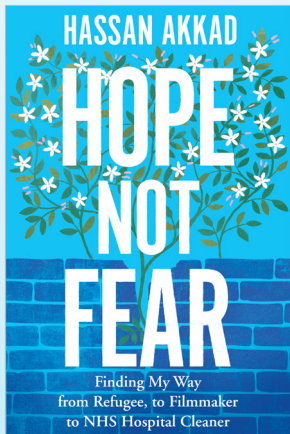
Cracking the Menopause is both a manifesto for stripping away shame and stigma around what is a perfectly natural stage of life, and an eye-opening, helpful guide to thriving throughout it from the inimitable writer and campaigner Mariella Frostrup and award-winning health journalist Alice Smellie. Designed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

'Essential reading for everyone'
— Marian Keyes

'I inhaled this book, it's fantastic. Women of all ages need to read it.'
— Claudia Winkleman





Hope Not Fear

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

HASSAN AKKAD

£9.99 Paperback | 304pp | 9781529059854 | 09/06/2022 | WEL
Excluding US CAN

'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



Since seeking asylum in the UK, Hassan's unshakeable instinct to raise awareness, help and connect, has seen him share his experience as a refugee – the subject of his BAFTA award-winning film *Exodus* – and of the coronavirus pandemic, when he documented his work as a cleaner on a London hospital COVID-19 ward. His photographs and advocacy instigated a U-turn on a government bill that had excluded families of NHS cleaners and porters from the bereavement compensation scheme and he co-directed *Convergence*, a Netflix documentary paying tribute to the unsung heroes of the pandemic. *Hope Not Fear* is a campaigning message of triumphing in the face of adversity, standing together and uniting in kindness and love.

Butterfly

From Refugee to Olympian, My Story of Rescue, Hope and Triumph

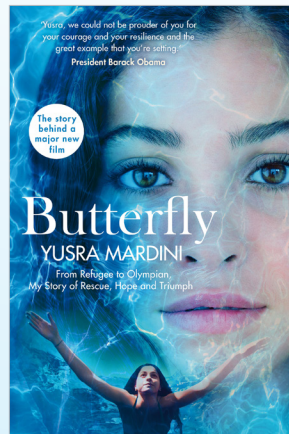
YUSRA MARDINI

£9.99 Paperback | 288pp | 9781509881697 | 17/03/2022 | World
Excluding US CAN

When war broke out in her native Syria, Yusra Mardini fled to the Turkish coast in 2015 and boarded a small dinghy full of refugees bound for Greece. When the overcrowded boat's engine cut out, it began to sink. Instinctively, Yusra and her sister took to the treacherous open water and guided the boat for three and a half hours, helped by two other refugees, until they eventually landed on Lesbos, saving the lives of the passengers aboard. *Butterfly* is the story of that remarkable woman, whose journey started in a war-torn suburb of Damascus and took her through Europe to Berlin and from there to the Olympic Games in Rio de Janeiro and Tokyo.

'Yusra has an incredible story.'

— Emma Watson



The inspirational story behind the film *The Swimmers* on Netflix.



JENNIFER BARRETT

Think like a bread- winner

A Manifesto to Help Women
Make the Most of their Money



Think Like a Breadwinner

A Manifesto to Help Women Make
the Most of their Money

JENNIFER BARRETT

£9.99 Paperback | 336pp | 9781529053968 | 14/04/2022 | WEL
Excluding US CAN

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A new manifesto for the working woman, full of practical tips for making the most of your earnings as well as inspiration for harnessing the freedom and power that come with financial independence. Financial expert Jennifer Barrett dismantles the narrative that women don't – and shouldn't – take full control of their finances to create the lives they want for themselves. Featuring a wide variety of case studies from women at all stages of their careers and financial lives, Barrett shares the secrets of women who already

think like breadwinners. This book will show you that no matter your circumstances, you can set yourself up for financial security.

**'A must read for
any woman at any
stage of her career.'**

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

How Stella Learned to Talk

The Groundbreaking Story of the World's First Talking Dog

CHRISTINA HUNGER

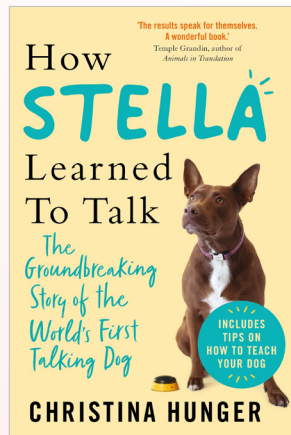
£9.99 Paperback | 272pp | 9781529053913 | 01/09/2022 | WEL
Excluding US CAN

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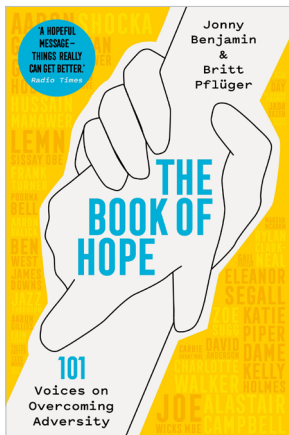
How Stella Learned to Talk is part memoir and part how-to guide. It chronicles the journey Christina and Stella have taken together, from the day they met, to the day Stella 'spoke' her first word, and the other incredible breakthroughs they've had since. It also reveals the techniques Christina used 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.

'A wonderful book.'

— Temple Grandin, author of *Animals in Translation*



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 – as seen on TikTok.



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.

The Book of Hope

101 Voices on Overcoming Adversity

JONNY BENJAMIN AND BRITT PFLÜGER

£9.99 Paperback | 416pp | 9781509846399 | 14/04/2022 | World

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.

'A hopeful message – things really can get better.'

– Radio Times



Linda Goodman's Love Signs

Unlock Your True Love Match

LINDA GOODMAN

£12.99 Paperback | 1248pp | 9781529059748 | 20/01/2022 | WEL
Excluding US CAN

Can a Capricorn find love with a Sagittarius?
Will a match between a Leo and a Pisces
always end in heartbreak? *Linda Goodman's
Love Signs* is a complete astrological guide
to personal relationships, offering compelling
insight and advice for every zodiac sign – and
the compatibility of every possible pairing. Lively,
entertaining and informative, this book will help
you better understand your partner and your
relationship.



An updated edition of
the sensational *New
York Times* bestseller
from world-famous
master astrologer Linda
Goodman.

'I love Linda
Goodman, her work
is pure magic.'

– Carolyne Faulkner,
author of *The Signs* and
The Signs in Love

'*Love Signs*
is an iconic book'

– Dorothea Lasky,
author of
Astro Poets

January

The Fun Habit

Mike Rucker

February

100 Dates

Dr Angela Ahola

The Shift

Tinx (Christina Najjar)

The Thrifty Kitchen

Jack Monroe

Loving With Demons

Hana Mahmood

March

To My Sisters

Courtney Daniella

Boateng and Renee

Kapuku

Untitled Gardening

Nancy Birtwhistle

Coming so

May

Untitled

Patric Gagne

June

From Gay-Ze

Lotte Jeffs and

Stu Oakley

Supersense

Steve Biddulph

July

The Trauma-

Proof Brain

Melanie Greenberg,

PhD

December

The How Not to

Age Cookbook

Michael Greger, MD

on in 2023



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awards

British Book Awards 2018

Winner: Marketing Strategy of the Year – *Lean in 15: The Sustain Plan*

Publishers Publicity Circle Awards 2018

Shortlisted: Celebrity Non-Fiction – *Recovery*

Book Marketing Society

Seasonal Creativity Spotlight Spring 2019 – *The Dirty Dishes*
Seasonal Innovation Spotlight Summer 2019 – *Tin Can Cook*
Seasonal Award Winter 2019 – *Pinch of Nom*
Seasonal Award Spring 2018 – *Real Food Kids Will Love*

FutureBook Awards 2019

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

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*

Publishers' Publicity Circle Awards 2020

Winner: The Delicious Cookery Book Award – *Tin Can Cook*
Shortlisted: The Netgalley Award for Paperback Original – *Just Eat It*

Visionary Honours 2022

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

British Book Awards 2021

Shortlisted: Imprint of the Year

Jhalak Prize 2022

Longlisted: Book of the Year by a Writer of Colour – *Brown Baby*

British Book Awards 2022

Shortlisted: Imprint of the Year
Shortlisted: Marketing Strategy of the Year – *Pinch of Nom Comfort Food*
Shortlisted: Discover Book of the Year – *Maybe I Don't Belong Here*
Shortlisted: Non-fiction: Lifestyle Book of the Year – *Pinch of Nom Comfort Food*
Shortlisted: Audiobook: Non-fiction Book of the Year – *What Happened to You?*



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

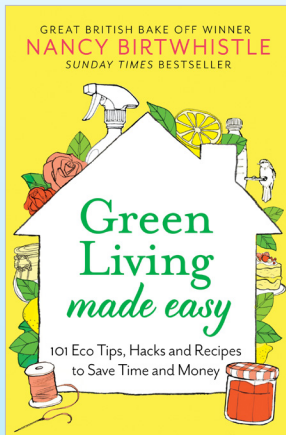
Our One Boat list strives to harness the energy around our common cause to promote positive change. Our books focus on a wide range of issues from incremental, personal shifts to advice on how to advocate for change at scale.

We 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 *Healthy Planet, Healthy You*, which show us how to adopt the most climate-friendly diet possible.

One Boat

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 living tips 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 Vanessa Nakate, the Ugandan climate activist making the

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 cook our food can lead to a deeper engagement with the issues and help all of us advocate for change.



101 eco-friendly home-hacks, tips and recipes from *Sunday Times* bestselling author Nancy Birtwhistle.

'Finally, an eco-friendly home guide that's relatable and we can all follow.'

— Sophie Liard, author of *The Folding Lady*

Green Living Made Easy

101 Eco Tips, Hacks and Recipes to Save Time and Money

NANCY BIRTWHISTLE

£14.99 | Hardback | 352pp | 9781529088380 | 03/03/2022 | World

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This practical book from *Sunday Times* bestselling author and *Great British Bake Off* winner Nancy Birtwhistle is the ultimate guide to reducing your environmental impact while saving time and money. Inside are tips and home hacks on everything from eco cleaning, upcycling and making the most out of your weekly shop to small-space gardening and creative crafts, plus a selection of Nancy's delicious recipes. Clearly explained, accessible and beautifully illustrated with black and white line-drawings, *Green Living Made Easy* is the perfect guide for anyone looking to pursue a more sustainable lifestyle but unsure where to start.



Clean & Green

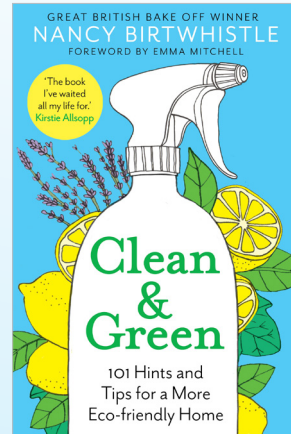
101 Hints and Tips for a More Eco-Friendly Home

NANCY BIRTWHISTLE

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

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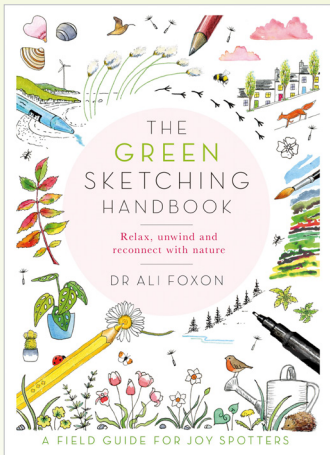
This beautifully illustrated black and white guide with 101 hints and sustainable, natural cleaning tips and hacks will help you take small steps that have a massive positive environmental impact. From everyday cleaning and laundry tips to zero-effort oven cleaner and guidance on removing tricky stains 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.



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

'She creates art out of everything in her life, and takes so much joy in the process.'

— Jonathan Van Ness,
Queer Eye



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



The Green Sketching Handbook

Relax, Unwind and Reconnect with Nature

DR ALI FOXON

£14.99 | Trade Paperback | 200pp | 9781529070309 | 14/04/2022 | WEL

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 innovative 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 if you're convinced you can't draw.

'Connecting people with the natural world is a vital prerequisite for a secure future, and this lovely little book provides one wonderful gateway to that.'

— Tony Juniper CBE, environmentalist and chair of Natural England

Healthy Planet, Healthy You

100 Sustainable, Delicious and Nutritious Recipes

ANNIE BELL

£18.99 | Trade Paperback | 272pp | 9781529095579 | 22/12/2022 | World

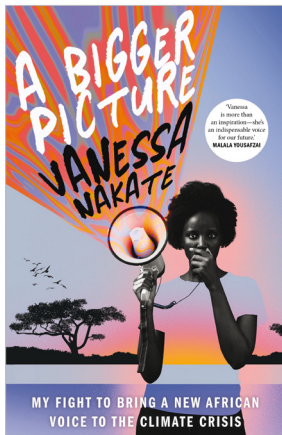
Whether it's Spinach, Nut and Goat's Cheese Pie, Aubergine Stuffed with Lamb and Buckwheat, or Speedy Cauliflower, Lentil and Watercress Risotto, these comforting, filling and satisfying meals will quickly become the day-to-day favourites in your kitchen.

The easy, family-friendly recipes in *Healthy Planet, Healthy You* follow recommendations from the Lancet-EAT commissioned Planetary Health Diet, written by an international group of scientists. Written by registered nutritionist and award-winning recipe writer for *Mail on Sunday's* YOU magazine, Annie Bell, this flexitarian reference diet is so simple, accessible and tempting that you will hardly believe you're helping to save the world one delicious dish at a time.

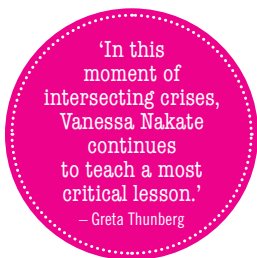


Simple, tempting, healthy recipes that support the environment and don't make you feel like you're missing out.

'The best possible cookbook you could buy.'
— The Bookseller



No matter your age,
location or skin colour,
you can be an effective
activist.



— Greta Thunberg

A Bigger Picture

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

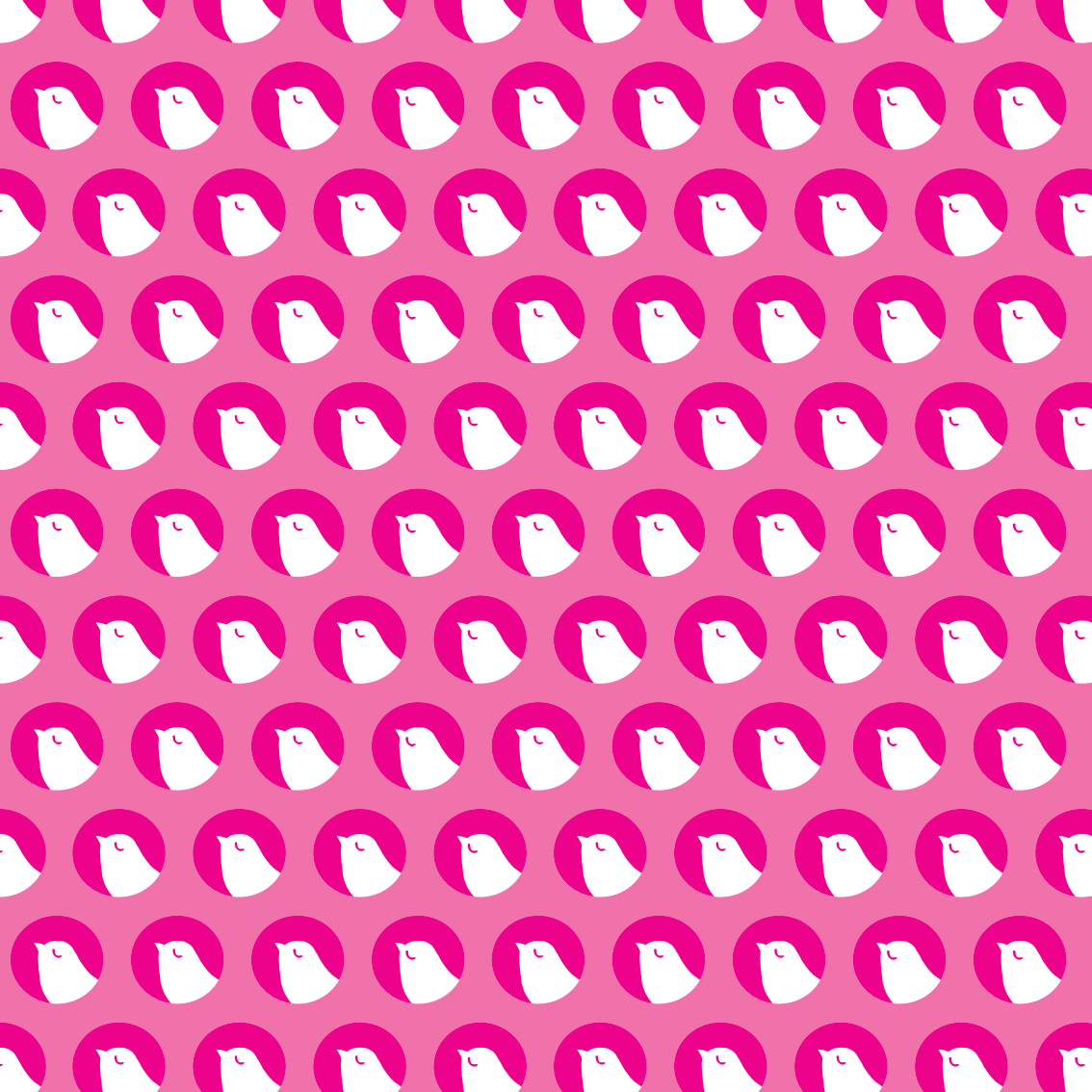
VANESSA NAKATE

£20 | Hardback | 256pp |
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 those from the Global South are often omitted, even though these communities often contribute the least to the problem and suffer its consequences the most.

In this book, Vanessa traces the links between climate crisis and anti-racism, feminism, education, economics and even extremist radicalization. Without *A Bigger Picture*, you're missing the full story on climate change.



BLUEBIRD &
ONE BOAT
2022

