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
Highlights 22
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

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.

‘The Pinch of Nom authors are clearly geniuses.’  
— The Times
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.

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

Pinch of Nom remains the fastest selling non-fiction book since records began.
The greatest self-help book is the one you write yourself.

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

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.

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

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

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.
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.
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.

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
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.

Also available:

How Not to Diet
£10.99 | 608pp | 9781510098308

The How Not to Diet Cookbook
£16.99 | 256pp | 9781529059243

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.

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

‘Important and compelling.’
— Dean Ornish, M.D., the father of lifestyle medicine and author of five *New York Times* bestsellers
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.
‘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
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.

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

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
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

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.
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

Also available:

Solve for Happy
£10.99 | 368pp | 9781509809950
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.

‘Like a best friend giving you essential advice. I can’t wait to give this to every writer I know.’
– Candice Carty-Williams

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

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?

‘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
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.
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.

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.

“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

‘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 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.

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.

Author photo: Miltos Karaiskakis

‘Jaspreet voices all the taboos of a brown girl’s existence with truth, honesty and blatancy.’
– Shazia Mirza, comedian and writer
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

‘This book is a chance to slow down and find stillness. Self-care in the most beautiful, creative ways.’
– Fearne Cotton

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.
Wild Card
Let the Tarot Tell Your Story

JEN COWNIE AND FIONA LENSVELT

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

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.
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
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 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 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.

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 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.

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

---

Together, these two have created a flourishing business’

— *Vogue*
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.

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.
New in Paperback
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.
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.

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

‘I inhaled this book, it’s fantastic. Women of all ages need to read it.’
– Claudia Winkleman

‘Essential reading for everyone’
Marian Keyes

‘Optimistic, hilarious and informative’
Susannah Constantine
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.
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.
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

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 – as seen on TikTok.
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.

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.

‘A hopeful message – things really can get better.’
– Radio Times
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.


‘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 soon in 2023
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

Coming soon in 2023
Meet the team

Carole Tonkinson
Publisher
carole.tonkinson@macmillan.com

Mireille Harper
Editorial Director
mireille.harper@macmillan.com

Hockley Raven Spare
Senior Commissioning Editor
hockley.spare@macmillan.com

Martha Burley
Managing Editor
martha.burley@macmillan.com

Katy Denny
Project Editor
katy.denny@macmillan.com

Zainab Dawood
Assistant Editor
zainab.dawood@macmillan.com

Katie Dent
Editorial Assistant
katie.dent@macmillan.com

Jodie Lancet-Grant
Communications Director
jodie.lancetgrant@macmillan.com

Sian Gardiner
Marketing Manager
sian.gardiner@macmillan.com

Narjas Zatat
Senior Publicity Executive
narjas.zatat@macmillan.com

Annie Rose
Marketing & Communications Exec
annie.rose@macmillan.com
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 Comfort Food

Publishers’ Publicity Circle Awards 2020
Winner: The Delicious Cookery Book Award – Tin Can Cook
Shortlisted: The Netgalley Award for Paperback Original – Just Eat It

British Book Awards 2021
Winner: Marketing Strategy of the Year – Pinch of Nom Comfort Food
Winner: Editor of the Year – Carole Tonkinson
Winner: Non-fiction: Lifestyle Book of the Year – Pinch of Nom Comfort Food

Jhalak Prize 2022
Longlisted: Book of the Year by a Writer of Colour – Brown Baby

FutureBook 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.

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 West sit up and take notice of issues around climate justice and economic reparations. We want to get ordinary families to think about climatarianism with books like *Healthy Planet, Healthy You*, which show us how to adopt the most climate-friendly diet possible.

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

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.


‘Finally, an eco-friendly home guide that’s relatable and we can all follow.’
– Sophie Liard, author of The Folding Lady

Author photo: Elizabeth Clarke, Pink Feet Photography
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.

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
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

Annemie 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

Author photo: Nassimer Rothacker
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 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