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

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

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

Carole Tonkinson,
Publisher
Highlights 2023
Isn’t it time we got closer – to ourselves, to others, and to love?

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

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

Good Vibes, Good Life has sold over 1 million copies
The Greatest Self-Help Book (is the one written by you)

A JOURNAL

VEX KING AND KAUSHAL

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

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

Are you ready to rewrite your story?

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

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

Husband-and-wife duo with a combined following of over 5 million
Pinch of Nom: Enjoy

KATE AND KAY ALLINSON

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

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

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

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

‘The Pinch of Nom authors are clearly geniuses’
THE TIMES
Also by Pinch of Nom:

- **Pinch of Nom: 100 Slimming Home-Style Recipes**
  - £20 HARDBACK
  - 9781529014068 | 272 PP
  - 21/03/2019 | WORLD

- **Pinch of Nom: Everyday Light**
  - £20 HARDBACK
  - 9781529026405 | 272 PP
  - 12/12/2019 | WORLD

- **Pinch of Nom: Quick & Easy**
  - £20 HARDBACK
  - 9781529034981 | 272 PP
  - 10/12/2020 | WORLD

- **Pinch of Nom: Comfort Food**
  - £20 HARDBACK
  - 9781529035018 | 288 PP
  - 09/12/2021 | WORLD

- **Pinch of Nom: Food Planner: Everyday Light**
  - £10.99 PAPERBACK
  - 9781529023060 | 272 PP
  - 13/06/2019 | WORLD

- **Pinch of Nom: Food Planner: Quick & Easy**
  - £9.99 WIRO HARDBACK
  - 9781529026443 | 208 PP
  - 03/09/2020 | WORLD

- **Pinch of Nom: Family Meal Planner**
  - £10.99 WIRO HARDBACK
  - 9781529079463 | 208 PP
  - 23/06/2022 | WORLD
Introducing
Dr Kirren Schnack

Oxford-trained clinical psychologist with over twenty years’ experience.
Ten Times Calmer

BEAT ANXIETY AND CHANGE YOUR LIFE

DR KIRREN SCHNACK

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

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

In this must-read book, Dr Kirren reveals her top ten techniques for dealing with anxiety and the fear that comes with it based on the latest scientific evidence, clinical guidance, and her professional experience. Ten Times Calmer shares the methods that are proven to work, and will help readers manage their anxieties and fears no matter what their situation is.
Save money on your food shop and feel more creative in the kitchen with over 120 delicious, low-cost recipes from Jack Monroe, author of the *Sunday Times* bestseller, *Tin Can Cook*.

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

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

JAY RAYNER
‘Jack Monroe is a force for good in the world’
NIGELLA LAWSON
DIY with Jay
HOW TO REPAIR AND REFRESH YOUR HOME

JAY BLADES

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

WORLD

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

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

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

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

JAY BLADES

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

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

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

From the *Sunday Times* bestselling author of *Making It*
Introducing Calum Harris

Calum has 200k+ followers across all social media platforms (156k followers on his Instagram, 84k on TikTok)
A delicious full-colour cookbook full of tasty twenty-minute recipes from Calum Harris, the vegan Instagram sensation.

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

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

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

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

The go-to name for easy, quick and affordable vegan food.
RecipeTin Eats: Dinner

150+ RECIPES FROM THE GLOBAL COOKERY SENSATION

NAGI MAEHASHI

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

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

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

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

Featuring a how-to video for every recipe (follow the QR code), readily available ingredients and Dozer, Nagi’s beloved dog and food tester, this book is a must-have for novice cooks, experts, and everyone in between.
To My Sisters
A GUIDE TO BUILDING LIFELONG FRIENDSHIPS

COURTNEY BOATENG AND RENÉE KAPUKU

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

WORLD

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

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

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

Let’s glow and grow together.

Courtney and Renée have a combined following of over 217,000 across their social media platforms, including their To My Sisters community.
A life-affirming guide to how understanding the science of attachment can help you find friends and forge lasting, meaningful connections with others.

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

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

MARIE KONDO

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

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

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

MARIE KONDO

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

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

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

Uncover your ideal life in manageable stages, setting a timeline that suits you and fits in with your other commitments. With each step broken down into easy tasks, example lists and charts, and space for you to fill in your personal plan, this is the book to help you tidy your home once – and keep it that way forever.
Overcome your bad habits for good with this inspiring standalone guidebook from bestselling author, actor, comedian and activist Russell Brand.

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

RUSSELL BRAND

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

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

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

‘A brave and useful book’.
MATT HAIG

The No. 1 Sunday Times Bestseller

ALSO AVAILABLE

MENTORS
HOW TO HELP AND BE HELPED
Uncover the science behind slowing the effects of ageing through diet, from the New York Times bestselling author of the How Not to Die series.

Through his trademark blend of myth-busting and scientific research, Dr Greger outlines the eleven cellular pathways for ageing and creates the optimal anti-ageing diet to not only lengthen your lifespan, but also reverse the ageing clock. Brimming with expertise and actionable takeaways, How Not to Age lays out practical strategies for achieving healthy longevity.
Nutritionfacts.org averages 3 million views per month and Dr Greger’s newsletter has 1 million subscribers.
Fifty-Two Ways

CATHY RENTZENBRINK

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

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

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

‘Cathy has an extraordinary gift for helping people tell their stories’

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

In How to Feel Better, bestselling author Cathy Rentzenbrink shares the advice that has seen her through life’s ups and downs. Previously published as A Manual for Heartache, this updated edition contains a brand-new compendium of advice from other well-known writers.
Help your child break free from mental health worries and set them on the path to thriving with this practical, judgement-free handbook from clinical psychologist Dr Beth Mosley MBE.

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

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

Dr Beth Mosley was awarded an MBE for her services to children’s mental health during the pandemic in The New Year Honours List 2022.
All the information you need – and more – to become a parent in this groundbreaking and comprehensive guide for the LGBTQ+ community.

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

Lotte Jeffs and Stu Oakley have spoken to dozens of queer families, all of whom found their own unique path to parenthood. The Queer Parent is the product of these conversations, combined with the authors’ own experiences of parenting in their own LGBTQ+ families.
The perfect book for our polarized age, Seek reminds us of the transformational power of curiosity to build bridges and foster compassion.

In Seek, curiosity expert Scott Shigeoka lays out the surprising benefits of curiosity for our physical, emotional, and cultural health – and explores how a lack of curiosity has led us to increasing social and cultural polarization. Determined to exercise his own curiosity, Scott embarked on a road trip around areas of the US where most people supposedly hated everything he personified as a queer, left-wing Asian man. His journey showed him the amazing power of curiosity to build connections even across the most significant divides.
It can sometimes seem like the more we seek happiness, the more elusive it becomes. But there is an easy fix: fun.

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

Drawing on cutting edge research, accessible science, and practical recommendations, in *The Fun Habit* expert psychologist Dr Mike Rucker shows how by practising fun and turning it into a habit, you can live a healthier and more joyful life.
Understand your brain and heal from trauma with this practical guidebook from renowned psychologist Dr Melanie Greenberg.

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

Using her experience from many years of clinical practice and study, Dr Melanie Greenberg offers insightful and engaging advice on moving past trauma. Her trademark wisdom and compassion will enable any reader who picks up this book to embark on a journey towards interpreting, accepting and healing from the past.
Ditch your day job or set up your side project with this ultimate guide to starting and running your own creative business.

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

“Together, these two have created a flourishing business”

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

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

The anthology features poems from a wide range of writers, including Langston Hughes, Philip Larkin, Pam Ayres, Spike Milligan, and many more. It is the perfect gift for poetry lovers and newbies alike, containing a new slice of comfort for every day of the year.
Learn the secret to successful dating in the age of apps from psychologist Dr Angela Ahola, who went on one hundred dates so you don’t have to.

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

Backed up by the latest science on personality, relationships and dating, 100 Dates is the ultimate dating handbook. Including advice on everything from figuring out why you want to date through to setting up your profile and finding the right person, Dr Angela is the perfect guide through the thorny wilderness of dating.
New in paperback
Maybe I Don’t Belong Here
A MEMOIR OF RACE, IDENTITY, BREAKDOWN AND RECOVERY

DAVID HAREWOOD

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

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

This powerful and provocative memoir charts critically acclaimed actor David Harewood’s life from working class Birmingham to the bright lights of Hollywood. He shares insights from his recovery after an experience of psychosis and uncovers devastating family history.

Maybe I Don’t Belong Here is a revelatory account of the impact of everyday racism on Black mental health and a rallying cry to examine the biases that shape our society.

“This incredible, touching and inspiring story will change lives”
STEPHEN FRY
The inspirational wisdom of Oprah Winfrey collected in a beautiful keepsake book.

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

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

Grounded in the latest brain science and brought to life through compelling narratives, this book shines a light on a much-needed path to recovery.
Brown Girl Like Me
THE ESSENTIAL GUIDEBOOK AND MANIFESTO FOR SOUTH ASIAN GIRLS AND WOMEN
JASPREET KAUR
£9.99 PAPERBACK | 9781529056358 | 304 PP | 16/02/2023
WORLD ENGLISH LANGUAGE

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

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

Red Flags
HOW TO RECOGNIZE AND LEAVE A TOXIC RELATIONSHIP
MADDY ANHOLT
£9.99 PAPERBACK | 9781529075977 | 384 PP | 22/06/2023
UK AND COMMONWEALTH EXCLUDING CANADA

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

A candid account of the complex, subtle nature of coercive control and abusive relationships. This empowering guide will help anyone ditch their controlling partner to find freedom and happiness.
The Yoga Manifesto
HOW YOGA HELPED ME AND WHY IT NEEDS TO SAVE ITSELF
NADIA GILANI
£9.99 PAPERBACK | 9781529065145 | 224 PP | 08/06/2023
UK AND COMMONWEALTH EXCLUDING CANADA

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

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

Hope Not Fear
FINDING MY WAY FROM REFUGEE TO FILMMAKER AND ACTIVIST
HASSAN AKKAD
£9.99 PAPERBACK | 9781529059854 | 304 PP | 30/03/2023
UK AND COMMONWEALTH EXCLUDING CANADA

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

This memoir from refugee, filmmaker, and activist Hassan Akkad traces his campaigns for justice, from protesting the Assad regime in Syria to winning greater rights for cleaners in the NHS.
Wild Card
LET THE TAROT TELL YOUR STORY
FIONA LENSVELT AND JEN COWNIE
£9.99 PAPERBACK | 9781529082111 | 352 PP | 12/10/2023
WORLD

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

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

Your Story Matters
FIND YOUR VOICE, SHARPEN YOUR SKILLS, TELL YOUR STORY
NIKESH SHUKLA
£9.99 PAPERBACK | 9781529052381 | 320 PP | 16/03/2022
WORLD ENGLISH LANGUAGE

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

Accessible and thought-provoking, Your Story Matters inspires you to keep thinking about writing, even when you don’t have the time to put pen to paper.
How Stella Learned to Talk
THE GROUND-BREAKING STORY OF THE WORLD’S FIRST TALKING DOG

CHRISTINA HUNGER
£9.99 PAPERBACK | 9781529053913 | 272 PP | 01/09/2022
UK AND COMMONWEALTH EXCLUDING CANADA, AUSTRALIA AND NEW ZEALAND

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

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

Fully Human
A NEW WAY OF USING YOUR MIND

STEVE BIDDULPH
£9.99 PAPERBACK | 9781509884766 | 320 PP | 14/09/2023
WORLD EXCLUDING AUSTRALIA AND NEW ZEALAND

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

At the peak of a lifetime’s work, one of the world’s best-known psychotherapists and educators shows how you can be more alive, more connected. More fully human.
That Little Voice in Your Head
ADJUST THE CODE THAT RUNS YOUR BRAIN

MO GAWDAT

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

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

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

Inspired by the life of his late son, Ali, Mo Gawdat has set out to share a model for happiness based on generosity and empathy towards ourselves and others.
Coming soon in 2024,
more from:

VEX KING
PINCH OF NOM
STEVE BIDDULPH
RUSSELL BRAND
DR MICHAEL GREGER
JACK MONROE
CATHY RENTZENBRINK
SELECT BACKLIST

LEAN IN
15
15 Minute Meals and Workouts to keep you Lean and Healthy
JOE WICKS
The Body Coach
£18.99 TRADE PAPERBACK
9781509800667 | 224 PP | 28/12/2015 | WORLD

100 DELICIOUS EASY RECIPES TO ENJOY TOGETHER
JOE’S FAMILY FOOD
JOE WICKS
£20 HARDBACK | 9781529016314
10/6/2021 | 240 PP | WORLD

BROWN BABY
A Memoir of Race, Family and Home
NIKESH SHUKLA
£9.99 PAPERBACK | 9781529033373 | 256 PP | 17/03/2022 | WORLD ENGLISH LANGUAGE

Attached
Are you Anxious, Avoidant or Secure?
How the science of adult attachment can help you find—and keep—love
DR. AMIR LEVINE AND RACHEL S.F. HELLER, M.A.
£10.99 PAPERBACK
9781529032178 | 22/08/2019
304 PP | UK AND COMMONWEALTH EXCLUDING CANADA

£18.99 HARDBACK | 9781529005424 | 208 PP | 26/03/2019 | UK AND COMMONWEALTH EXCLUDING CANADA

Cracking the Menopause
While keeping yourself together
Mariella Frostrup
Alice Smellie
£9.99 PAPERBACK
9781529059052 | 325 PP | 12/05/2022 | UK AND COMMONWEALTH EXCLUDING CANADA

£12.99 TRADE PAPERBACK
9781529025590 | 16/04/2020 | WORLD

The Joy Journal for Magical Everyday Play
LAURA BRAND
£25 HARDBACK
9781509891504 | 256 PP | 20/02/2020 | WORLD

£9.99 PAPERBACK
9781529059900 | 256 PP | 12/04/2020 | WORLD

The Vegetarian Kitchen
PRUE LEITH + PETA LEITH
£20 HARDBACK
9781509802057 | 304 PP | 10/09/2018 | UK AND COMMONWEALTH EXCLUDING CANADA

SELECT BACKLIST
SELECT BACKLIST

£14.99 HARDBACK
9781509834860 | 20/10/2016
208PP | WORLD

£12.99 HARDBACK
9781529005356 | 19/09/2019
272 PP | WORLD

£10.99 TRADE PAPERBACK
9781509893676 | 27/12/2018
192 PP | WORLD

£12.99 TRADE PAPERBACK
9781509893911 | 10/01/2019
416 PP | UK AND COMMONWEALTH EXCLUDING CANADA

£9.99 PAPERBACK
9781509846436 | 02/05/2019
224 PP | WORLD

£9.99 PAPERBACK
9781529005084 | 03/03/2022
320 PP | UK AND COMMONWEALTH EXCLUDING CANADA

£9.99 PAPERBACK
9781529005516 | 16/04/2020
288 PP | WORLD ENGLISH LANGUAGE EXCLUDING US, CANADA, AUSTRALIA AND NEW ZEALAND

£9.99 PAPERBACK
9781529013702 | 10/06/2021 | WORLD

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BLUEBIRD AWARDS

VISIONARY HONOURS AWARD
Winner: Book of the Year — Maybe I Don’t Belong Here

SPORTS BOOK AWARDS
Winner: Sports Book of the Year — Stronger

THE BRITISH BOOK AWARDS 2022
Shortlisted: Imprint of the Year
Shortlisted: Book of the Year Discover Category — Maybe I Don’t Belong Here
Shortlisted: Audiobook of the Year — What Happened to You
Shortlisted: Non-fiction Lifestyle Book of the Year — Pinch of Nom: Comfort Food

THE BRITISH BOOK AWARDS 2021
Shortlisted: Imprint of the Year

PUBLISHERS’ PUBLICITY CIRCLE AWARDS 2020
Winner: The Delicious Cookery Book Award — Tin Can Cook
Shortlisted: The Netgalley Award for Paperback Original — Just Eat It

FUTUREBOOK AWARDS 2019
Winner: Campaign of the Year — Tin Can Cook

THE BRITISH BOOK AWARDS 2020
Winner: Marketing Strategy of the Year — Pinch of Nom
Winner: Editor of the Year — Carole Tonkinson
Winner: Non-fiction: Lifestyle Book of the Year — Pinch of Nom
one boat
When it comes to the climate emergency, our circumstances may be widely different, but ultimately, we are in one boat.

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

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

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

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

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

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

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

JONATHAN VAN NESS
Green Living Made Easy
101 ECO TIPS, HACKS AND RECIPES TO SAVE TIME AND MONEY
NANCY BIRTWHISTLE
£14.99 HARDBACK | 9781529088380 | 304 PP | 03/03/2022 WORLD

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

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

Clean & Green
101 HINTS AND TIPS FOR A MORE ECO-FRIENDLY HOME
NANCY BIRTWHISTLE
£9.99 PAPERBACK | 9781529049749 | 304 PP | 26/10/2023 | WORLD

Simple swaps and innovative ideas for cleaning and maintaining your home that won’t cost the earth.
A beautiful full-colour cookbook featuring simple, tasty recipes to nourish your health and support the planet, based on a global scientific report.

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

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

First published in black and white hardback as Eat to Save the Planet, this beautifully photographed full-colour paperback shows how everyone can eat in a healthy, climate-conscious way, while still enjoying every bite.
Join Vanessa Nakate and stand alongside the many other activists she speaks to in this book to take on the world’s biggest polluters in the fight for our planet.

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

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

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

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

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

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