



bluebird  
books for life  
2020



The bluebird, the first sign of spring, is an emblem of what all the books on our list share: an intention to inspire, to provide a fresh perspective, and ultimately to help readers live happier, healthier, more connected lives.

In the current climate of political uncertainty and challenge, it seems more important than ever to be able to turn to books as authoritative resources to bolster our resilience, to better understand our neighbour, to nurture ourselves, our families and our communities.

The Bluebird list covers a wide range of non-fiction subject areas in many formats, from colour illustrated cookery books and thoroughly researched reporting to beautifully written memoir. Our offerings range from runaway bestsellers by Pinch of Nom and Joe Wicks and debut authors (Antoni Porowski, Laura Brand) to internationally recognised authorities (Dr Tom Boyce, Dr Nadine Burke-Harris). I am thrilled to welcome some highly respected authors to the fold (Nikesh Shukla, Marie Kondo, Anna Whitehouse, Matt Farquharson). And we're thrilled to bring out new titles from Bluebird authors Jack Monroe, Shahroo Izadi, Dr Michael Greger, Prue Leith, Annabel Karmel and Signe Johannsen. We have included some backlist highlights too, with books by Russell Brand, Melinda Gates, and Oprah Winfrey. Whatever your tastes and interests, we hope you find something here to lift you up and offer you a wider, more inclusive view.

Thank you for interest in Bluebird.

Carole Tonkinson  
Publisher

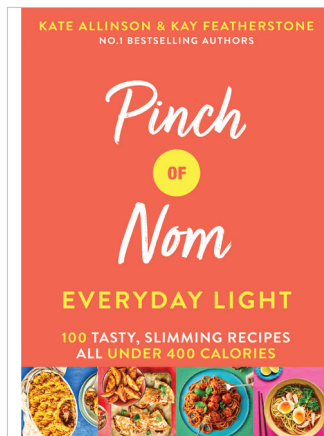






# Upcoming Highlights





From the million  
copy bestselling  
Pinch of Nom



# Pinch of Nom: Everyday Light

100 Easy, Slimming Recipes

**KATE ALLINSON AND KAY FEATHERSTONE**

£20.00 Hardback | 272pp | 9781529026405  
12/12/2019 | World

**The second fully illustrated cookbook from the founders of Pinch of Nom (the UK's most popular food blog) including over one hundred healthy and delicious low-calorie recipes.**

All new, all delicious recipes you can eat every day of the week, from the creators of Pinch of Nom, the UK's most popular food blog. With 100 simple, filling dishes, packed with flavour – and all under 400 calories for hassle-free slimming.

Featuring proper breakfasts, light takes on family favourites, cheeky fakeaways and speedy midweek meals, the second book from Pinch of Nom is full of hearty recipes.

# Pinch of Nom Food Planner: Everyday Light

**KATE ALLINSON, KAY FEATHERSTONE  
AND LAURA DAVIS**

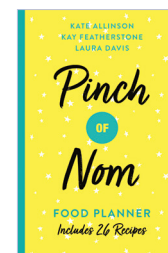
£9.99 Paperback | 272pp | 9781529026443  
25/06/2020 | World

The second six-month journal from the number one bestselling authors of *Pinch of Nom* gives you everything you need to continue charting progress, planning weekly meals and reaching your goals.

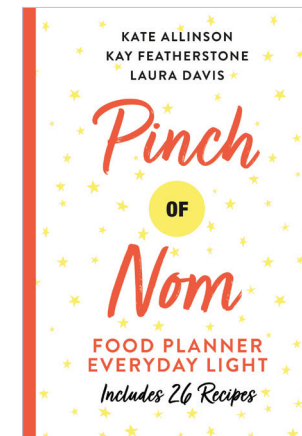
## ALSO AVAILABLE:



Pinch of Nom  
£20.00 HB | 272pp  
9781529014068



Pinch of Nom Food Planner  
£9.99 PB | 272pp  
9781529023060







One of the most hotly anticipated cookbooks this year.

‘Antoni has a love of food equal to my own.’

Chrissy Teigen

## Antoni in the Kitchen

**ANTONI POROWSKI**

£20.00 Hardback | 272pp | 9781629010336  
19/09/2019 | WEL Excluding US CAN Non-Exclusive  
EU & EFTA

**The breakout star of the Netflix smash hit *Queer Eye* reveals his stylish, accessible, simple and delicious recipes.**

With a disarmingly fresh approach to food, Antoni Porowski inspires both newbies and knowledgeable cooks to get back into the kitchen. Antoni's gorgeous debut cookbook brings together his trademark inclusive and accessible attitude to food with one hundred of his all-time favourite recipes. With chapters including Weeknight Healthyish Meals, Apps and Snacks and Bakes, the book celebrates Antoni's love for fresh, casual and healthy cooking and the occasional indulgent feast.

Antoni gets dinner on the table fast with Chicken Milanese with Baby Tomato Salad, makes visual

‘Writing this book turned out to be a great adventure in digging deep into my food memories and collaborating with like-minded people who express their love through the sharing of food.’

stunners such as Roasted Carrots with Carrot-Top Pesto, playfully reboots Hi-Lo Poutine from his French-Canadian heritage and dazzles with Salty Lemon Squares for dessert.

Stories behind every recipe give readers a peek inside Antoni's kitchen and life. With delicious recipes, beautiful photos and simple cooking techniques, *Antoni in the Kitchen* celebrates fast feel-good food, the therapeutic nature of cooking and the joy of sharing food with friends and loved ones.

‘Full of enthusiasm, warmth, and joy.’

Jacques Pépin

The beloved  
Queer Eye star  
has 4 million  
followers







‘Every now and again a food writer with a fresh and authentic voice comes along, and Jack Monroe is that rare find.’

Nigella Lawson

## Vegan (ish)

100 Simple, Budget Recipes that Don't Cost the Earth

**JACK MONROE**

£16.99 Trade Paperback | 224pp | 9781529005080  
26/12/2019 | World

**A gorgeous fully colour illustrated vegan cookbook for every budget from award-winning cookery writer and anti-poverty campaigner Jack Monroe.**

Packed with witty repartee and beautiful photography, *Vegan (ish)* brings together 100 creative, delicious, vegan recipes from award-winning campaigner and bestselling writer Jack Monroe.

From Breakfast Muckmuffins to Beet Wellington, Kinda-Carbonara to Bakewell Tart (and an infamously secret-until-now 'Pork Belly'), Jack's easy, vibrant home cooking is tasty, tempting and surprisingly uncomplicated.

## Depressipes

Good Food for Bad Days

**JACK MONROE**

£7.99 Trade Paperback | 160pp | 9781529028188  
14/05/2020 | World

‘This black and white cookbook is partly a collection of irreverent and uncomplicated comfort foods, and partly a self-care journal and culinary comforter. Food is more than just our dinner; it is an act of love and service, and this book is a gentle reminder that we are all worth looking after, and taking the time to nourish. From one-tray meals to dishes to stand and stir, these are simple, delicious recipes worth getting out of bed for (if only to take them back into it again afterwards).’ - Jack Monroe



### ALSO AVAILABLE:



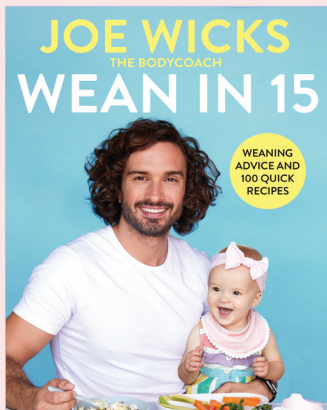
Cooking on a Bootstrap

£15.99 TPB | 256pp | 9781509831111

Tin Can Cook

£6.99 TPB | 160pp | 9781529015287





## Wean in 15

Weaning Advice and 100 Quick Recipes

**JOE WICKS**

£16.99 Hardback | 240pp | 9781629016338  
14/05/2020 | World

**A comprehensive weaning guide for modern parents from Joe Wicks, Britain's favourite healthy cook.**

*Wean in 15* includes everything you need to take your baby from breastfeeding, through first foods, to enjoying family mealtimes. Joe, draws on his experience of weaning daughter Indie and his work with a leading registered nutritionist to create a comprehensive baby bible for modern parents. This book helps you find what's best for your little one, from figuring out when to start weaning and how much food your child needs, to adapting your own meals into purées and finger foods.

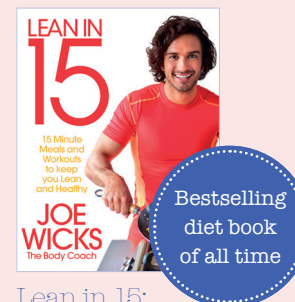
With one hundred tasty recipes split into age stages, this weaning guide will help you lay the foundation for a lifetime of healthy, happy eating.

Wean your baby the healthy way with help from Britain's favourite health and fitness coach.

More than  
3 million  
books sold in  
3 years

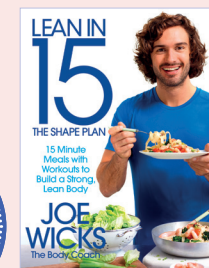
Over  
6.8 million  
followers  
on social  
media

### ALSO AVAILABLE:



Lean in 15:  
The Shift Plan

£16.99 TPB | 224pp  
9781509800667



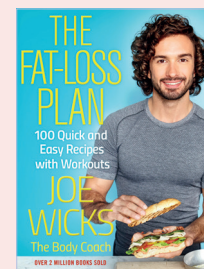
Lean in 15:  
The Shape Plan

£16.99 TPB | 240pp  
9781509800698



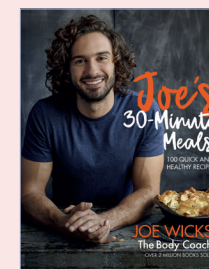
Lean in 15:  
The Sustain Plan

£16.99 TPB | 240pp  
9781509820221



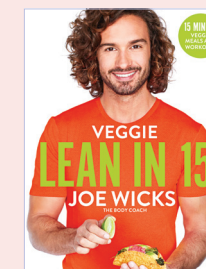
The Fat-Loss Plan

£16.99 TPB | 240pp  
9781509836079



Joe's 30-Minute Meals

£20.00 HB | 240pp  
9781509836093



Veggie Lean in 15

£16.99 TPB | 240pp  
9781509856152





From the #1 *New York Times* bestselling author and star of Netflix's *Tidying Up with Marie Kondo*

## The Life-Changing Manga of Tidying Up

**MARIE KONDO**

£9.99 Paperback | 192pp | 9781529028355  
17/10/2019 | WEL Excluding US CAN Non-Exclusive  
EU & EFTA

**This graphic novel brings Kondo's transformational tidying method to life.**

In *The Life-Changing Manga of Tidying Up*, Marie Kondo presents the fictional story of Chiaki, a young woman who struggles with a cluttered apartment, messy love life, and lack of direction. Through a series of entertaining and insightful lessons, Kondo helps Chiaki get her home – and life – in order. This illustrated case study is perfect for people looking for a fun introduction to the KonMari Method of tidying up, as well as fans of Marie Kondo eager for a new way to think about what sparks joy. Featuring illustrations by award-winning manga artist Yuko Uramoto, this book also makes a great read for manga and graphic novel lovers of all ages.

## Joy at Work

The Life-Changing Magic of Organising Your Working Life

**MARIE KONDO AND SCOTT SONENSHEIN**

£16.99 Hardback | 256pp | 9781529005370  
07/04/2020 | WEL Excluding US CAN  
Non-Exclusive EU & EFTA



How to apply the famous Konmari Method to your work life - for better creativity, enjoyment and focus.

Marie Kondo's first book, *The Life-Changing Magic of Tidying*, sparked a new genre of publishing and became a phenomenal international bestseller. Now, for the first time, she tackles the process of tidying up your work life and it isn't just about clearing your inbox and making your desk look neat. Crucially, Marie Kondo and co-author Scott Sonenshein – an organizational psychologist and professor at Rice University – bring you a way to refocus your mind on what's important at work and, as their examples show, this can be truly life-changing.

Marie's first book has sold over 230k in the UK TCM, and over 2 million copies worldwide







## Brown Baby

A Memoir of Race, Parenting and Home

**NIKESH SHUKLA**

£16.99 Hardback | 224pp | 9781529032918  
11/06/2020 | WEL



**How do you truthfully answer your child's questions about the world – and prepare them to face it – without removing the joy, confidence and optimism that they deserve?**

In this tender memoir Nikesh Shukla takes to the streets of Bristol, to ruminate on how to raise his two girls in this far from perfect world. He investigates the challenge of preparing children for a world beleaguered by racism, sexism and the effects of climate change whilst also filling them with wonder at what the world has to offer. *Brown Baby* is about difficult conversations, finding your way as a parent and raising your children to find joy in a bleak world.

Nikesh Shukla is an author, screenwriter and one of the most prominent voices around diversity and inclusion in the arts in Britain.

A toolkit for joyful resistance and raising children of colour in a world that is increasingly bleak, from bestselling novelist, screenwriter and editor of *The Good Immigrant*.

## Diary of a Lone Twin

A Memoir

**DAVID LOFTUS**

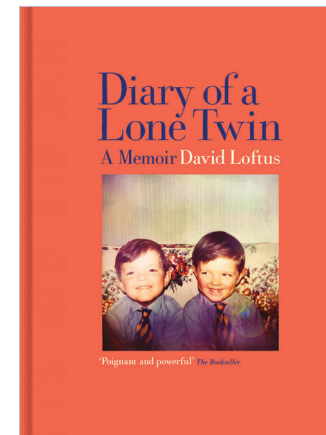
£16.99 Hardback | 352pp | 9781529011289  
05/09/2019 | World



**More than thirty years ago, David Loftus's cherished identical twin, John, passed away. Ever since, a day hasn't passed without David feeling the loss.**

Over the past year, David has spent an hour every day remembering John. *Diary of a Lone Twin* is a deeply personal account that covers everything from enchanting and charmingly evoked childhood vignettes to the acute loneliness that followed John's death.

In this heartrending meditation on bereavement and survival, award-winning and internationally acclaimed photographer David Loftus provides a rare insight into the bond between identical twins. This book is a love letter to his lost twin and the evocation of a timeless bond.

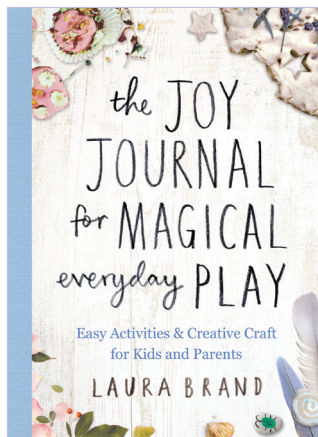


‘An intimate, searingly honest, deeply upsetting but also uplifting story of loss and love.’

Prue Leith

David Loftus has a highly engaged fanbase on Instagram with 147k followers





**Laura Brand** is an illustrator and mum of two. She shares her crafty experiments and creative ideas for everyday play on her platform The Joy Journal and has led workshops for children and adults at Fearne Cotton's Happy Place Festival, Port Elliot and others.

# The Joy Journal for Magical Everyday Play

**LAURA BRAND**

£12.99 Trade Paperback | 208pp | 9781529025590  
05/03/2020 | World

***The Joy Journal for Magical Everyday Play* is an activity guide with creative ideas for things to make and do with children.**

*The Joy Journal* showcases fifty engaging activities for creative, everyday playtime to encourage a connection to nature, a sense of joy and bonding, while nurturing your own inner creativity too.

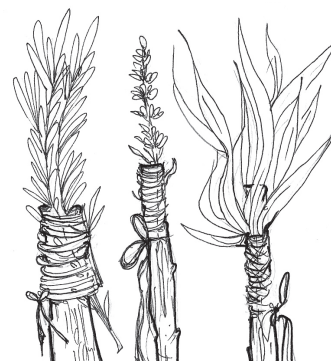
The activities are mindful and, crucially, very easy. From moon sand to flower soup and nature wands there are short, long, loud and quiet activities to take you from morning to evening.

This beautiful handbook will help you to inject fun and craft into bath-times, rainy afternoons, long journeys and play dates. They will also help you to resist (as much as possible!) the temptation to

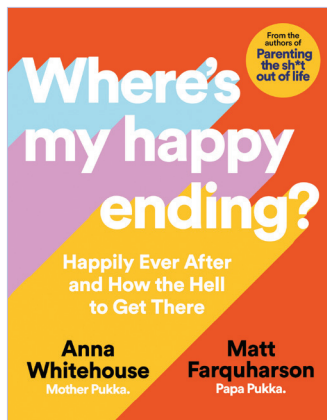


succumb to screen time. Chapters take you through the seasons, with indoor, outdoor and on-the-go activities that are easy and fun every day.

*The Joy Journal* will arm you with a variety of fun, focussed activities made with store cupboard and easily foraged supplies that you can turn to time and again.







Explore what happens after you fall in love with this laugh-out-loud guide to relationships from the bestselling authors and co-founders of [motherpukka.co.uk](http://motherpukka.co.uk)



## Where's My Happy Ending?

ANNA WHITEHOUSE AND MATT FARQUHARSON

£14.99 Hardback | 320pp | 9781529013696  
06/02/2020 | World



**Offers insight and advice from world-leading relationship experts, therapists, a lollipop lady and a fisherman on what it really means to find and keep love today.**

Anna and Matt, journalists and authors of the *Sunday Times* bestseller *Parenting the Sh\*t Out of Life*, have been together for over ten years. They set out to discover what it takes to make it to forever by travelling the world to seek the answers to our greatest questions about love.

Join the authors on a searingly honest journey of their experiences in love and marriage with two small children, while navigating the muddy waters of modern romance in a world where the odds seem stacked against you. This belly-laugh inducing book is a study on whether love and relationships could be simpler – or more complex – than we think.

## The Cambridge Code

One Simple Test to Uncover Who You Are

DR CURLY MOLONEY AND DR EMMA LOVERIDGE

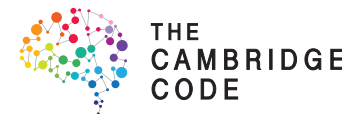
£16.99 Hardback | 288pp | 9781529025637  
19/03/2020 | WEL Excluding US



**Unlock your potential with The Cambridge Code, the test that helps you understand the fundamental drivers that make you who you are – and guides you to work on the self-limiting beliefs that are holding you back.**

Developed by Moloney and Loveridge along with a team of researchers at Cambridge University, *The Cambridge Code* provides unprecedented insight into in easy-to-follow language.

The questionnaire relies on subconscious reactions, rather than self-awareness and so is a reliable tool for self-knowledge. From the competitive brain to the resilient and the rebellious brains, the results of this test along with the guidance of the book shows you not how to 'fix' who you are, but to appreciate your unique make-up and anticipate areas where you might need more support.



Purchase of the book includes access to the money-can't-buy test which is as thorough and revelatory as many hours of therapy with a psychoanalyst.





A comprehensive and up-to-date weaning companion from the UK's no. 1 children's cookery author and weaning expert.

## Weaning Made Simple

**ANNABEL KARMEL**

£16.99 Hardback | 272pp | 9781509892648  
23/01/2020 | World

**'Weaning doesn't have to be complicated. Whether you're opting for a baby-led or puree-based approach – or a little bit of both – this book has all the advice you need, and recipes your baby will love.'** – Annabel Karmel

Weaning can sometimes be a stressful and confusing process for parents, but with *Weaning Made Simple*, it's easy to find the right approach for your little one – and for you. Packed with up-to-date information and healthy recipe ideas, it's the ultimate modern guide to feeding your baby, from the UK's no 1 children's cookery expert. *Weaning Made Simple* features actual-size photos of finger foods so you can compare against the real thing, meal planners, portion advice for every age range, and infographics that explain critical nutrients, allergies and special diets.

### ALSO AVAILABLE:



*Real Food Kids Will Love*

£16.99 Hardback | 240pp  
9781509888429  
World (US and CAN sold)

Annabel is the UK's number 1 Children's Cookery Author and has been for 25 years

Bestselling international author with 4 million books sold to date

Thanks to 25 years as the leading authority on weaning, Annabel Karmel knows the secret to preparing food your baby will enjoy. She shares over 100 fast, tasty and nutritious dishes, with options for batch-cooking, freezing and adapting into delicious dinners, lunches and breakfasts for the whole family.

From finger foods and purées to joining family mealtimes, with *Weaning Made Simple* you'll be introducing your little one to a lifetime of happy, healthy eating.







Shahroo's first book, *The Kindness Method*, is now published in five languages.

## The Last Diet

Discover the Secret to Losing Weight – for Good

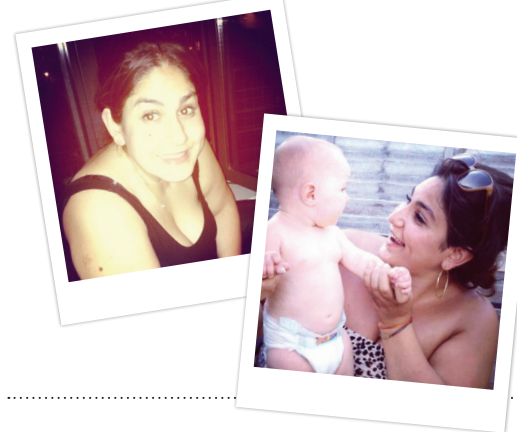
**SHAHROO IZADI**

£14.99 Trade Paperback | 256pp | 9781509883370  
26/12/2019 | World (US and CAN Sold)

**This is not a diet plan. Instead, it's revolutionary new approach: the only guide you will ever need to losing weight.**

Author and habit change expert Shahroo Izadi draws on both her professional experience of working in addiction treatment, and her personal experience of substantial weight loss to help you find the best diet for your body and your life.

*The Last Diet* helps you identify where your unhealthy habits come from, and how to accept them and change them, through self-tailored exercises to maintain your physical and mental wellbeing. Shahroo guides you through every step, helping you to draw out your own wisdom and find motivation for changing long-term habits and losing weight – for good.



She shares how the same tools she used to shed eight stone in weight, increase her self-esteem and manage a range of unwanted habits around food.

**ALSO AVAILABLE:**



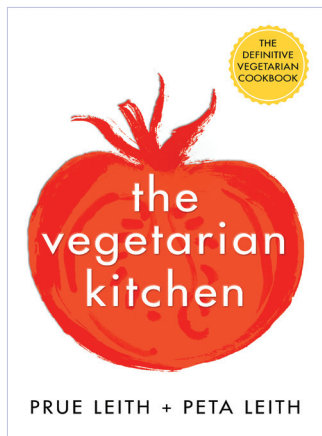
*The Kindness Method*

£12.99 TPB | 208pp | 9781509881826  
World (US and CAN Sold)

Featured on  
BBC Radio1,  
the *Telegraph*,  
*Psychologies* and  
*Red Magazine*







# The Vegetarian Kitchen

The Definitive Vegetarian Cookbook

**PRUE LEITH AND PETA LEITH**

£25.00 Hardback | 272pp | 9781509891504  
20/02/2020 | World

**The only vegetarian cookbook you'll ever need from the founder of Leiths School of Food and Wine, chef and Bake Off judge Prue Leith, and the pastry chef and lifelong vegetarian, Peta Leith.**

One hundred delicious, heartwarming vegetarian and vegan recipes from the legendary Prue Leith and her niece Peta Leith, former patisserie chef at The Ivy and lifelong vegetarian.

Recipes include Slow-Roasted Tomato and Goat's Cheese Galette, Black Bean Chilli with Lime Salsa, Blackberry and Lemon Pavlova and Stone Fruit Streusel Cake.

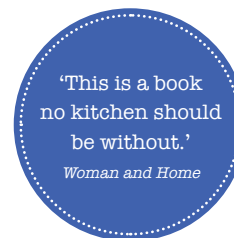
We all need easy comfort foods – whether on busy weeknights or drawn-out Sunday lunches. This book contains nourishing, refreshing, joyful

main meals, and all of which bring Prue and Peta's wealth of cookery knowledge to your kitchen. There are also simple baking recipes for bread, pies, biscuits and cakes, with tips on how to get an extra-special patisserie finish.

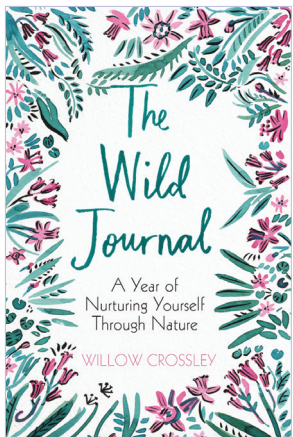
## ALSO AVAILABLE:



Prue  
£25.00 HB | 272pp | 9781509891481







A beautiful companion to the year, showing how to find happiness in reconnecting to the natural world, wherever you live.

## The Wild Journal

A Year of Nurturing Yourself Through Nature

**WILLOW CROSSLEY**

£9.99 Paperback | 224pp | 9781529028225  
19/03/2020 | World

***The Wild Journal* is a beautifully illustrated guide from leading florist and nature writer Willow Crossley.**



*The Wild Journal* celebrates the potential of nature to mend, heal and transform our mood. The small seasonal changes in the book can help everyone to counteract the chaos of everyday life, wherever they live. Willow shares her creative techniques for bringing nature into your daily routine – whether it's collecting pinecones from your local park, planting and potting, identifying wild flowers or trying flower arranging. There is space to record reflections and your favourite seasonal activities, as well as ideas for star-gazing, bird-watching, and so much more.

## Spirited

How to Create Easy, Fun Drinks at Home

**SIGNE JOHANSEN**

£14.99 Hardback | 144pp | 9781509860579  
17/10/2019 | World

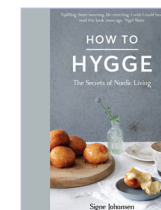
***Spirited* brings together fifty well-crafted cocktail recipes, all fuelled by a cook's palate and a love of creative ingredients.**

The recipes play with a wide range of flavours such as fresh, floral, herbal and spicy notes. With chapters on drambling, creative and delicious drinks to serve at gatherings, warming nightcaps and non-alcoholic 'soothies' to calm an ailing spirit, there is a tippie here for every occasion.

*Spirited* is a refreshing departure from earnest mixologists writing about the 'art of the cocktail' – books often written by men, for men. Instead, this is a warm and inclusive companion to the subject, packed with trade secrets, delicious recipes and fascinating insight into the world of drinks.



**ALSO AVAILABLE:**

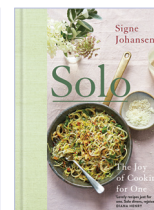


[How to Hygge](#)

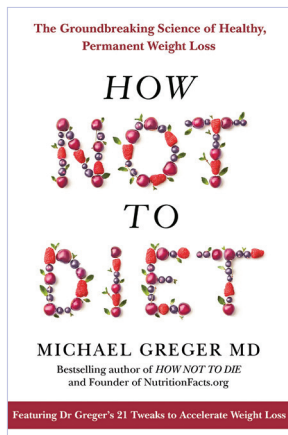
£14.99 HB | 208pp | 9781509834860

[Solo](#)

£16.99 HB | 208pp | 9781509860593







The author of the major bestseller *How Not to Die* reveals the groundbreaking research behind how a plant-based diet can maximize our fat-burning systems for long-term weight loss success.

## How Not to Diet

The Groundbreaking Science of Healthy, Permanent Weight Loss

**MICHAEL GREGER MD**

£20.00 Hardback | 672pp | 9781509893065  
12/12/2019 | WEL Excluding US CAN  
Non-Exclusive EU & EFTA



***How Not to Diet* is a treasure trove of buried data and cutting-edge dietary research.**

Dr Michael Greger has translated the hard science into accessible, actionable advice, packed with the tools and tricks you need to lose weight safely and eliminate unwanted body fat.

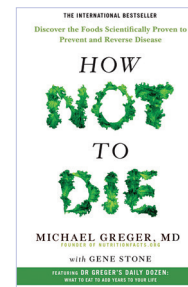
Dr Greger, renowned nutrition expert and physician, explores the many causes of obesity – from our genes to the portions on our plate to other environmental factors – and the many consequences, from diabetes to cancer to mental

The author has 250k subscribers to his daily email list and over 2 million followers on social media

Dr Michael Greger is founder of [nutritionfacts.org](http://nutritionfacts.org), one of the most influential and widely-read health websites in the world

health issues. He presents a variety of approaches to weight loss, focussing on the optimal criteria that enable success.

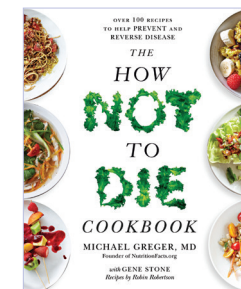
*How Not to Diet* goes beyond food to explore the many other weight-loss accelerators in our body's systems. Dr Greger provides a clear plan not only for the ultimate weight loss diet, but also the mental approach necessary to unlock its greatest efficacy.



International bestseller

## How Not to Die

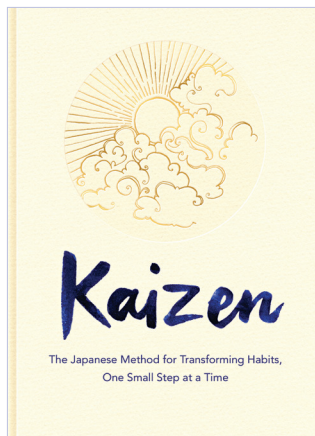
£9.99 Paperback | 672pp  
9781509852505  
WEL Excluding US CAN  
Non-Exclusive EU & EFTA



## How Not to Die Cookbook

£16.99 Trade Paperback | 272pp  
9781529010817  
WEL Excluding US CAN  
Non-Exclusive EU & EFTA





‘This beautiful, simple book suggests tiny changes we can make to improve all areas of life ... reading it made me feel calmer and at the same time motivated.’

Marianne Power, author of *Help Me!*

## Kaizen

The Japanese Method for Transforming Habits, One Small Step at a Time

**SARAH HARVEY**

£9.99 Hardback | 288pp | 9781529005356  
19/09/2019 | World (US and CAN Sold)

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£7.99 Paperback | 368 pp  
9781529024425 | 20/02/2020 | World



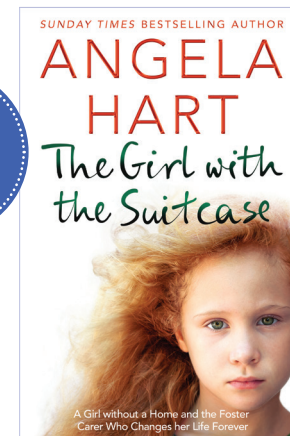
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## Toxic Childhood Stress

The Legacy of Early Trauma and  
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**DR NADINE BURKE HARRIS**

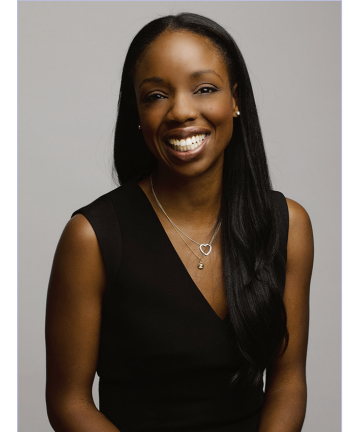
£8.99 Paperback | 272pp | 9781509823987  
25/06/2020 | WEL, Excluding US CAN  
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When a young boy walked into Dr Nadine Burke Harris's clinic he looked healthy for a preschooler. But he was seven, and hadn't grown since a traumatic event when he was four. At that moment Dr Burke Harris knew that her gut feeling about a connection between childhood stress and future ill health was more than just a hunch – and she began her journey into groundbreaking research.

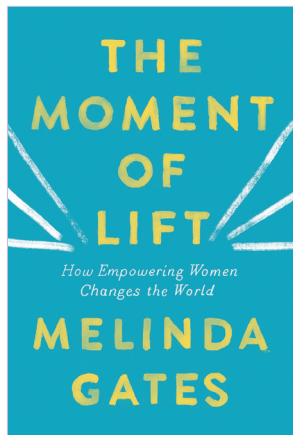
Two thirds of us have had an adverse childhood experience, from bereavement and divorce to abuse and neglect. Based on her own clinical work and public leadership as California's Surgeon General, Dr Burke Harris shows us how we can retrain the brain and body, foster resilience, and help children, families, and adults live healthier, happier lives.

(Previously published under the title *The Deepest Well*.)



*In Toxic Childhood Stress* Dr Burke Harris reveals the science behind childhood adversity and offers a new way of understanding the adverse events that affect us throughout our lifetime.





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Malala Yousafzai

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For the last twenty years, Melinda Gates has been on a mission to solve people's most urgent needs, wherever they live. Throughout this journey, one thing has become clear to her: If you want to lift a society up, you need to stop keeping women down.

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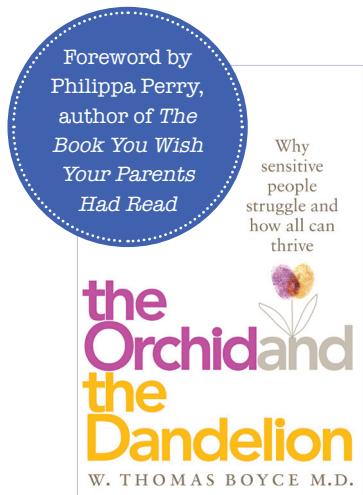
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In his compelling book *The Orchid and the Dandelion*, Dr W. Thomas Boyce – one of the world’s foremost researchers in the field of pediatrics – presents his findings that children have two very different responses to their environments. While some children are like dandelions and can thrive in most environments, there are others who, like orchids, are more reactive to their surroundings.

By understanding which of us are, genetically and environmentally speaking, the orchids of this world, Dr Boyce explains how to care for and parent our orchid children and how to help them thrive by sharing insights and lessons from his thirty years of research.

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How Modern Medicine Saves the Most Fragile Lives

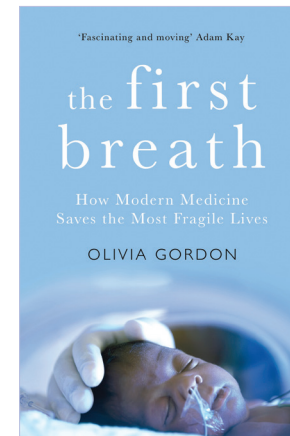
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*The First Breath* is the first popular science book about the pioneering fetal and neonatal medicine bringing a new generation into the world. Olivia Gordon explores the female experience of medicine through her own story and sensitive, intimate case histories of other mothers’ high-risk births. She details the relationship mothers develop with doctors who hold not only life and death in their hands, but also the very possibility of birth.

From the dawn of fetal medicine to neonatal surgery and the exploding field of perinatal genetics, *The First Breath* tells of fear, bravery and love. Olivia Gordon takes the reader behind the closed doors of the fetal and neonatal intensive care units, resuscitation rooms and operating theatres at some of the world’s leading children’s hospitals, unveiling the untold story of how doctors save the sickest babies.



‘Both a meticulously researched history of fetal medicine and a heartfelt account of parenting preterm babies.’

Leah Hazard, author of *Hard Pushed: A Midwife’s Story*



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## Attached

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£9.99 Paperback | 304pp | 9781529032178  
22/08/2019 | WEL Excluding US CAN

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In this insightful book, psychiatrist and neuroscientist Amir Levine and psychologist Rachel S. F. Heller reveal how an understanding of attachment theory – the most advanced relationship science in existence today – can help us find and sustain love.

Attachment styles explain that each of us behaves in relationships in one of three distinct ways: Anxious, Avoidant or Secure.

With fascinating psychological insight, quizzes and case studies, Dr Amir Levine and Rachel Heller help you understand the three attachment styles, identify your own and recognize the styles of others so that you can find compatible partners or improve your existing relationship. *Attached* offers readers a road map for building stronger, more fulfilling connections.



## Attached

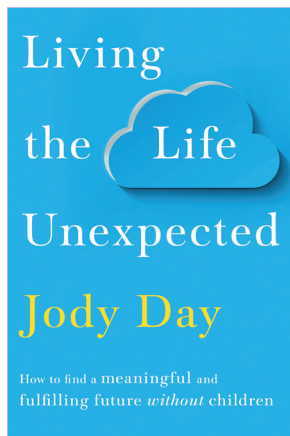
Are you Anxious, Avoidant or Secure?  
How the science of adult attachment  
can help you find – and keep – love

DR. AMIR LEVINE AND  
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John Gray, PhD., bestselling author of *Men Are from Mars, Women Are from Venus*





A practical 12-week guide offering help and hope.



## Living the Life Unexpected

How to Find a Meaningful and Fulfilling Future Without Children

**JODY DAY**

£9.99 Paperback | 384pp | 9781529036138  
05/03/2020 | World

Across the globe, millions of women are reaching their mid-forties without having had a child. Although some are child-free by choice, many others are childless by circumstance and are struggling in a life they didn't foresee. Most people think that women without children either 'couldn't' or 'didn't want to' be mothers. The truth is much more complex.

In *Living the Life Unexpected*, Jody Day addresses the taboo of childlessness and helps women come to terms with their grief, and move on to live creative, happy, meaningful, and fulfilling lives without children. This inspiring guide to a life without children has been extensively revised and updated, and includes significant additional content including extracts from the stories of twenty-four women and two men from around the world.

## Linda Goodman's Sun Signs

The Secret Codes of the Universe

**LINDA GOODMAN**

£9.99 Paperback | 528pp | 9781529037005  
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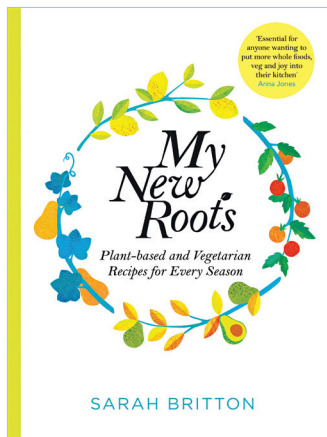
Your sun sign is determined by the day and month of your birth and dictates your zodiac personality. Taking each of the signs in turn, Linda Goodman explains the importance of the sun in astrology. She explains the characteristics of each sign and how these can be used to understand the people in your life.

Before 1968, astrology as we know it had a very limited following around the world. It was the 1968 publication of Linda Goodman's *Sun Signs* that changed that forever, bringing metaphysical consciousness to millions of readers around the world for the first time. An increasing number of people knew their sign and how to interpret the signs of others, introducing the study of astrological tendencies as we now know it.



'Linda Goodman's classic is as entertaining to read as it is easy to understand.' *Guardian*





‘A total inspiration in my kitchen.’

Anna Jones author of *A Modern Way to Eat*

## My New Roots

Healthy plant-based and vegetarian recipes for every season

**SARAH BRITTON**

£16.99 Trade Paperback | 256pp | 9781529030181  
09/01/2020 | WEL Excluding US CAN Non-Exclusive  
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**Gorgeous vegetarian recipes from Sarah Britton, author of the hugely popular healthy food blog My New Roots.**

The *My New Roots* cookbook is packed with over a hundred simple and mouth-watering vegetarian recipes, including fragrant courgette and coconut noodle soup, homemade ginger ale, comforting chocolate chilli and a decadent chai upside-down plum cake. Free from processed ingredients such as refined flours and sugars, *My New Roots* embraces all-natural ingredients. With options that are free from dairy, sugar and gluten, low carb and alkaline rich, these seasonal, healthy recipes are designed to satisfy your appetite and make you feel fantastic.

## The Knackered Mother's Wine Guide

Because life's too short to drink bad wine

**HELEN MCGINN**

£8.99 Paperback | 256pp | 9781529030204  
06/02/2020 | World (US and CAN sold)

**A knackered mother-friendly wine guide with insider tips on how to choose the right wine for every occasion. Strictly no insipid wines allowed.**

Come and explore the wonderful world of wine. With tips on how to make the right wine choices for every occasion, from children's parties (because adults need something fizzy too) to planning a wedding or matching wine with food, this book will help you to choose with confidence. Learn what to look for in the discount deals and discover the can't-go-wrong crowd-pleasers, perfect reds to go with your Sunday roast, the best wine to drink with chocolate, plus some unexpected suggestions for your next night in.

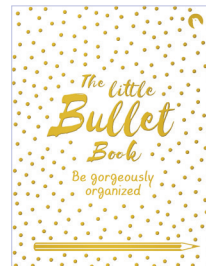


‘Love love love this book. It doesn't just simplify wine, it simplifies life. Essential reading.’

India Knight



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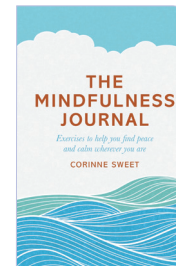


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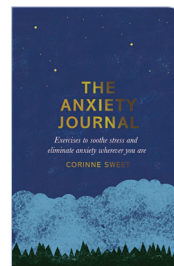
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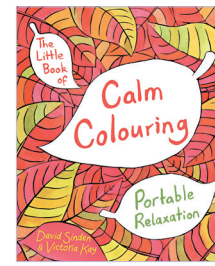
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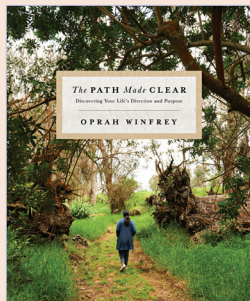
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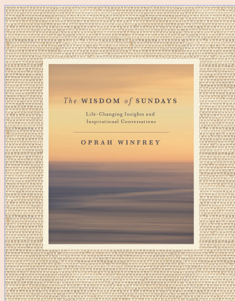


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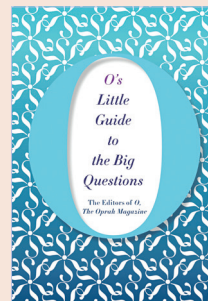
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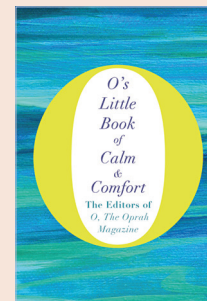
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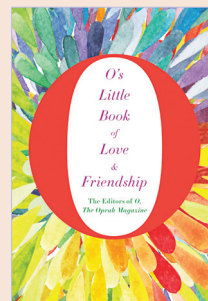
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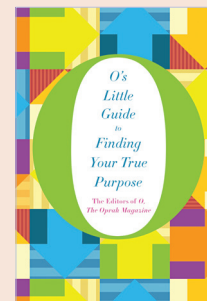
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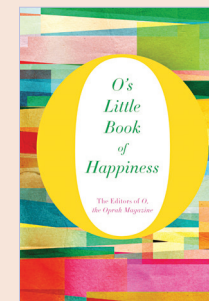
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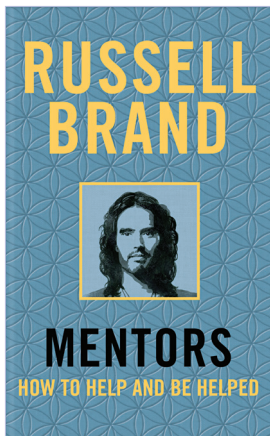
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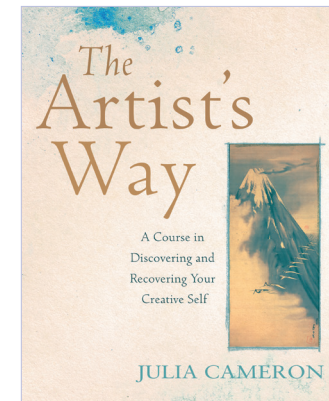
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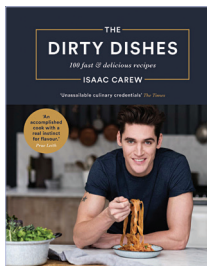
From Alicia Keys to Elizabeth Gilbert, Patricia Cornwell to Pete Townshend and Russell Brand, *The Artist's Way* has helped thousands of people around the world to discover their inner artist. Whatever your artistic leanings, this book will give you the tools you need to enable you to fulfil your dreams.



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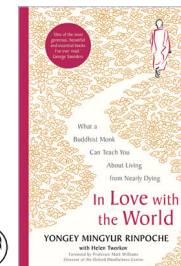
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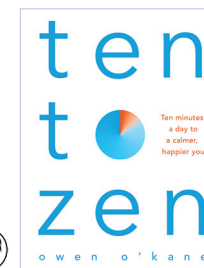


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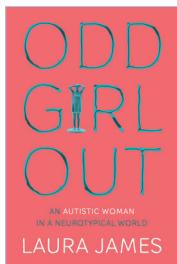


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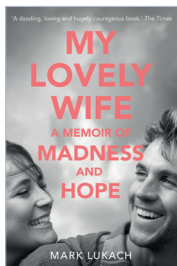


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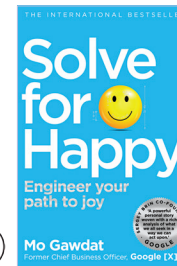
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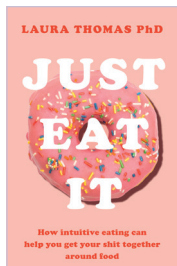
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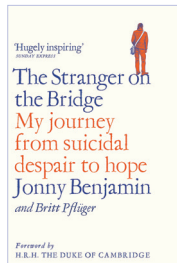


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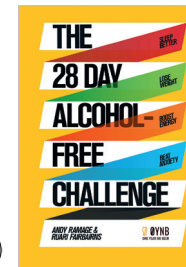
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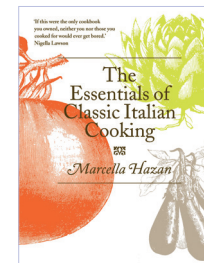
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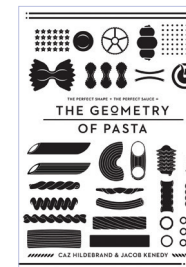
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