

Watkins
& Nourish

New Titles

January - June
2019





WATKINS

Sharing Wisdom Since 1893

Founded in 1893, Watkins is a leading publisher of self-help, personal development and mind, body, spirit books. Working in partnership with outstanding authors, we produce authoritative, high-quality, cutting-edge titles, both illustrated and non-illustrated. Offering fresh interpretations on important subjects, old and new, Watkins is dedicated to inspiring and entertaining our readers and making a positive difference to the world.

watkinspublishing.com

CONTENTS

December 2018 – 3

January 2019 – 4

February 2019 – 11

March 2019 – 14

April 2019 – 21

May 2019 – 27

June 2019 – 32

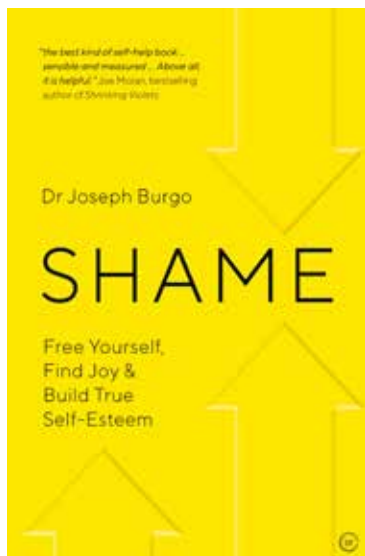
New Releases Watkins – 38

New Releases Nourish – 42

Backlist – 43

Contact – 57

9781786782588
320pp
PB 234 x 156 mm
Mono
£14.99
DECEMBER 2018
Popular Psychology
Translation Rights:
Mackenzie Wolf
Audio Rights Available



"The best kind of self-help book: wearing its considerable scholarship lightly, it is sensible and measured, and is clearly based on years of thought and clinical experience. Above all, it is helpful."

– Joe Moran, bestselling author of *Shrinking Violets*

SHAME

Free Yourself, Find Joy and Build True Self-Esteem

Dr Joseph Burgo

What scientists understand and believe about shame differs broadly from the way a layperson conceives of it. Most people tend to view shame as something big and bad, a toxic emotion we hope never to feel. In contrast researchers who study the emotions, see of shame as more varied in nature and not always so imposing. This book will introduce you to the entire shame family of emotions, which are unavoidable aspects of everyday life and not always toxic. Richly illustrated with clinical stories from Burgo's 35 years in private practice, *Shame* is an intimate look at the full spectrum of shame often masked by addiction, promiscuity, perfectionism, self-loathing, or narcissism and offers a new, positive route forward.

Joseph Burgo, PhD, has been practising psychotherapy for more than 35 years. His articles and commentary have appeared in the *New York Times*, *The Atlantic*, *Washington Post*, and other major publications. He also writes a blog on the topic of shame for *Psychology Today* and covers personal development issues from a psychodynamic perspective on his personal website, *After Psychotherapy*.

9781786782106

168pp

PB 200 x 145 mm

B&W illustrations

£10.99/\$14.95

JANUARY 2019

Self-help

World Rights

Available



THIS IS FOR YOU

A Creative Toolkit for Better Self-Care

Ellen M Bard

Are you are feeling frazzled from a busy work schedule?
Overwhelmed by current events and the endless news cycle?
Frustrated and stuck in a rut, or simply spinning too many plates
at once? Then *This is for You*.

This creative toolkit takes you through 101 exercises to help you reframe your priorities and find more time for you. With chapters exploring Body, Mind, Feelings, Relationships, Time, Work, Environment, Creativity and Change, every page contains a fun new interactive challenge and a new way of seeing your world.

Written by a qualified psychologist, this is a no-nonsense journal that will help you take stock, re-evaluate and give you small self-care steps that will have lasting results.

Ellen M Bard is a work psychologist, writer and digital nomad. She is on a mission to bring practical, useful and fun development suggestions and personal improvement ideas to those who are long on interest and short on time.

#24 Feel your feels

Sit down in a quiet place and shut your eyes. Acknowledge this might be a difficult exercise, and is about self-care for the longer term, as it might feel hard in the moment.

Identify a recent negative feeling you've been struggling with. Bring it into your mind. View the feeling/s with compassionate curiosity.

1. Ask yourself questions about the feelings.

How are you struggling with them? Are you judging or labelling them? Are you trying to ignore or 'replace' them? Telling yourself off for feeling them? What is the result of the struggle with these feelings?

3. Focus deeply on the feeling, and move away from language. Just... feel. Visualize yourself as a smooth rock in the river, with emotions washing over you like water. There's debris, but it will clear. Recognize and acknowledge the feelings. Let the emotions pass through you, as waves pass through water.

2. Sit with the feeling. Literally. Sit, close your eyes, and focus - without judgement - on the feeling itself. How would you describe the feeling? What sensations in the body does it come with? Where do you feel it? Is your throat tight? Your stomach clenched? What memories or emotions from other situations has it brought with it? What thoughts come up?

#25 Manage your emotional triggers

Sometimes, we don't have the luxury of being able to sit with an emotion.

We're overwhelmed by a rush of emotion - we're 'triggered', where the feelings that arise can be far disproportionate to the situation that brought them out in us. Whoever, or whatever triggered us, we still need to take responsibility for recognizing those triggers, and then decide what to do with what has come up.

What are the most common situations where you are triggered?

Who are the people who tend to trigger you most?

What do these people and situations have in common?

Are there any themes?

Once you've found your themes, first spend some time 'Feeling your feels' (#24) about each one, then move on to #28 to show yourself some self-compassion.

#70 Do you feel like an 'Impostor'?

When you hit a goal, achieve an ambition or get great results, what goes through your mind? Tick those that apply:

☐ 1. I often feel like I'm out of my depth

☐ 2. Other people think I'm better than I really am

☐ 3. My success is down to my hard work and abilities

☐ 4. I'm often waiting for others to find out that I'm not as good as they think I am

☐ 5. My colleagues and boss have a good understanding of what I can contribute

☐ 6. When I'm successful, it's usually because I'm lucky

☐ 7. I deserve what I've worked for

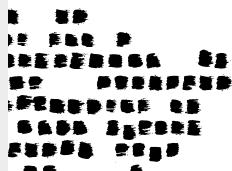
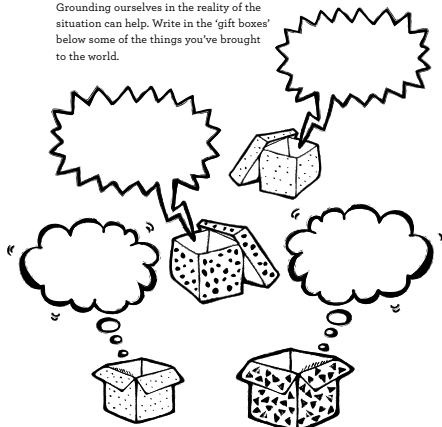
☐ 8. My abilities and talents are equal to my position in life

If you chose more than one of 1, 2, 4 and 6, you might be suffering from what has been called 'Impostor Syndrome'. 'Impostors' have a disconnect between what others say about them and how they feel about themselves. But fear not! We're going to tackle this in the next few ideas.

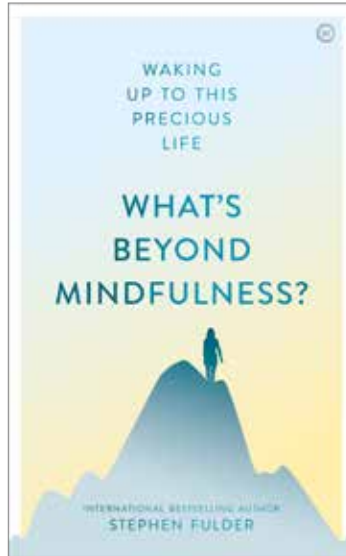
#71 What are your gifts?

Likely to be high-achieving and to appear successful to the outside world, inside 'Impostors' feel that others have a disproportionately over-inflated view of them. They spend their lives waiting to be 'found out' as a fraud - an impostor. They can be anyone from a high-achieving student, to a stay-at-home 'perfect mum', to a rising star in the workplace.

Grounding ourselves in the reality of the situation can help. Write in the 'gift boxes' below some of the things you've brought to the world.



9781786781987
 288pp
 PB 216 x 135 mm
 Mono
 £10.99/\$14.95
 JANUARY 2019
 Buddhism
 Available in eBook
 9781786782670
 World Rights
 Available ex. Hebrew



"A deeply nurturing and illuminating book"
 – Jon Kabat-Zinn

WHAT'S BEYOND MINDFULNESS?

Waking Up to This Precious Life

Stephen Fulder

You might also like:



9781786780614
 Instant Presence
 Enza Vita

If mindfulness is the gate to the awakened life, this book describes the garden that lies beyond: the magical, rich and fulfilled existence that we can enjoy when we act according to Buddhist principles. Mindfulness – or the practice of awareness – is a part of this, but only one part. Through 50 essays covering every aspect of modern life, from how to be fulfilled at work and what being authentic means, to how to age wisely and how to be friends with your own body, this book reveals exactly how radical, exciting and life-changing the full picture of Buddhist concepts such as compassion, joy, detachment and liberation can be. Crucially, it does this in an accessible and life-changing way that can appeal to anyone, whether a practising Buddhist or not.

Stephen Fulder, PhD, is one of Israel's leading spiritual teachers and well known for his work promoting peace in the Middle East. Drawing on 40 years of deep personal experience of meditation and dharma practice, he has guided thousands of people in exploring Buddhist teachings, practising meditation and rediscovering the magic of the moment.

9781786782090

208pp

PB 197 x 130 mm

Mono

£9.99 / \$13.95

JANUARY 2019

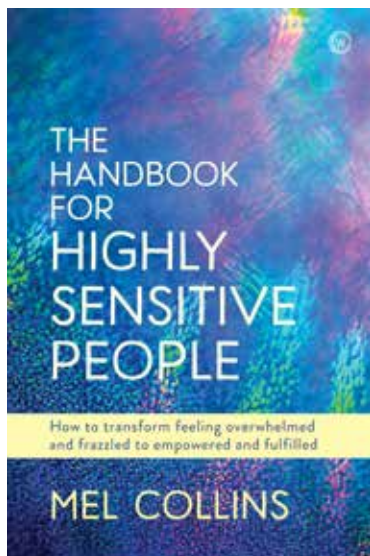
Self-help

Available in eBook

9781786782175

World Rights

Available



"This book is exactly what we need: a roadmap to being an HSP. It will help you understand, manage and make the most of the gift of sensitivity."

– Miriam Akhtar
MAPP, leading Positive Psychology coach, trainer and author

THE HANDBOOK FOR HIGHLY SENSITIVE PEOPLE

How to Transform Feeling Overwhelmed
and Frazzled to Empowered and Fulfilled

Mel Collins; Foreword by Jeremy Vine

You might also like:



9781786780584

Seven Steps into Angel
Light

Chrissie Astell

One in five people are born with the trait of high sensitivity. Yet the lack of awareness of it leaves many people struggling. This book explores the key qualities and challenges of being an HSP; it offers a wide range of practical coping strategies, from self-love, emotional freedom and energy protection techniques to dealing with over-arousal and understanding loss; it also covers the more spiritual aspects of life that many HSPs are drawn to – from past-life themes to angels – in their quest to live the authentic, fulfilling lives they deserve. As such, it empowers HSPs to accept and embrace their sensitivity, and to draw on their abilities of empathy, compassion, creativity, healing and much more in order to thrive in life.

Mel Collins is a psychotherapeutic counsellor, spiritual healer and HSP who runs regular workshops and talks, specialising in HSPs. She formerly worked for ten years as a Prison Governor and her mission is to raise awareness of high sensitivity as a gift; not a flaw. Press interest in her work has included BBC Radio 2 and Radio 5.

9781786782083

160pp

PB with flaps 235 x

162 mm

Colour Photography
and Illustrations

£14.99/\$19.95

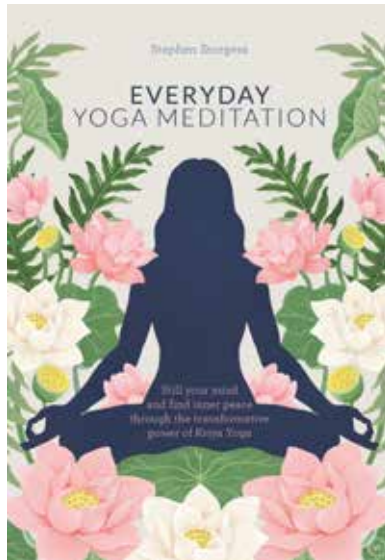
JANUARY 2019

Mind, Body, Spirit

Available in eBook

9781786782229

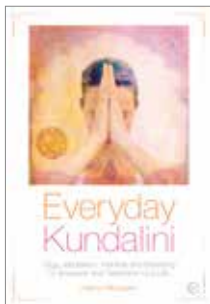
Rights sold: FRN, PT
for Brazil, ITL, SPA,
NED, GER



EVERYDAY YOGA MEDITATION

Still your Mind and Find Inner Peace through
the Transformative Power of Kriya Yoga
Stephen Sturgess

You might also like:



9781786781338

Everyday Kundalini
Kathryn McCusker

In traditional yoga, meditation is considered the main underlying goal of all practice. This book draws from the authentic teachings of Kriya Yoga, guiding readers through the key meditation postures and a range of helpful *mudras* (hand gestures) and *bandhas* (energetic seals) before going on to offer clear, step-by-step instruction on the most effective yoga postures, purification practices, breathing exercises and meditation techniques to still the mind and awaken the inner spirit.

Beautifully illustrated, highly practical and deeply inspirational, this is the ideal guide to establishing a regular holistic health programme that will allow you to connect with your true divine Inner Self and establish balance and happiness in every aspect of your life.

Stephen Sturgess is a yoga and meditation teacher who has practised a wide range of yoga forms for over 35 years. His other books include *The Yoga Book*, *The Book of Chakras*, *Mastering the Mind*, *Realising the Self* and *Willpower and Energy*.

The Art of Sitting for Meditation

For effective Yoga Meditation practice, the body needs to be seated in a comfortable and steady posture – a position in which the natural curves of the spine can be maintained. The head, neck and spine should be upright and in alignment to allow energy to flow freely up to the higher *chakras*. You should be seated in such a way that you are able to remain still in that position for a significant amount of time. When such a position can be held without effort, the body can become relaxed, the breath steady and quiet, and the focused mind will be able to enter a deep state of stillness.

The pages that follow contain a range of seated positions to choose from, depending not only on your overall flexibility and comfort levels but also on what feels appropriate on any given day. The only way to discover which one is best for you is to try all of them, but be sure to go easy on yourself – never force a position, and slowly alter your position if at any point you experience pain.

52

Sitting on a chair

If you are unable to sit comfortably on the floor, the best option is to sit on an upright chair that has no armrests. Sit forward slightly to avoid leaning against the back rest. Keep your spine upright and place your feet hip width apart on the ground. If they do not reach the floor, support them with folded blankets. Your lower legs should be perpendicular to the floor and your hips slightly higher than your knees.



PREPARING FOR PRACTICE

EASY POSE Sukhasana

As the English name implies, this is the “easiest” or gentlest of the seated meditation postures, involving simply sitting cross-legged on the floor. However, it is not suitable for everyone, so try it and see how you feel.

- 1 Sit on the floor on the edge of a firm cushion or folded blanket, bend in both legs and cross one leg on top of the other in front of you, so that your knees relax down to the sides. If you are more experienced, you may not need a cushion.
- 2 Ensure the cushion or blanket is an appropriate height to make the posture comfortable for you. Ideally, your knees should be slightly lower than your hips, or at least at the same level. This allows your thighs to relax downward, reducing tension in the hips and freeing the spine to lengthen upward.
- 3 Sit upright with the weight of your body in the front edges of your sitting bones. Align the upper body directly over the base of the spine. Lengthen the spine, open your chest and draw your shoulders back.
- 4 Rest your hands, palms upward, in *Chin Mudra* (see page 58) on your knees or thighs, depending on your preference.



THE ART OF SITTING FOR MEDITATION

53



4 ASANA PRACTICE

Postures to Revitalize
Your Body's Energy

Regularly doing the yoga postures (*asanas*) in this chapter will not only help to enhance your physical health. The sequences are also designed to awaken the subtle energy in your body – so that it can be consciously directed from the spine to the higher brain centres in the meditation practices to follow, encouraging you to find your sense of inner peace and stillness.

Firstly, you will be led through warm-up exercises, which limber up the body. Next, you will be guided through the Sun Salutation Sequence (*Surya Namaskara*), which invigorates and balances all the body's systems. Next, there are two sequences to choose between: an Energizing Morning Sequence and a Relaxing Evening Sequence. Finally, there is a Cool Down Sequence, which can be added to the end of either a morning or evening practice. Ideally, this whole set of sequences would be completed before doing any of the rest of the practices in the book. However, if you don't have time for this, simply choose the most suitable sequence for the time, whether the Sun Salutation to reinvigorate you, the Morning Sequence to set you up for the day, the Evening Sequence to wind down or the Cool Down Sequence to really switch off and relax.

9781786782069

52 Cards with
Guidebook

KIT & DECK

162 x 116 mm

Colour Illustrations

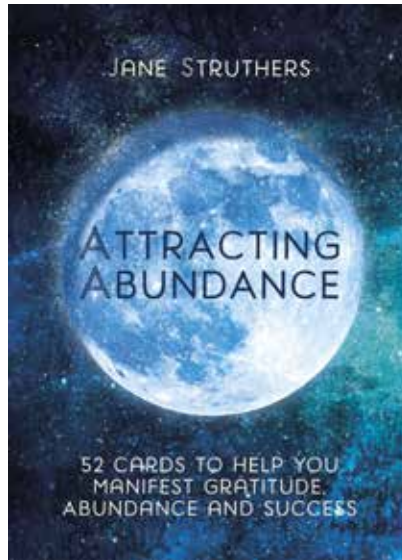
£16.99/\$19.95

JANUARY 2019

Divination

World Rights

Available

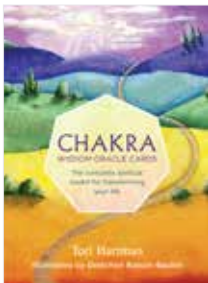


ATTRACTING ABUNDANCE

52 Cards To Help You Manifest Gratitude,
Abundance and Success

Jane Struthers

You might also like:



9781780287515

Chakra Wisdom Oracle
Cards

Tori Hartman

A beautiful and inspiring card deck to help you access the abundance of the universe in your relationships, career, creativity and spirituality. The Law of Attraction states that thoughts, both conscious and unconscious, can have powerful effects; the more positive your thoughts, the more you attract positive energy. The steps to harnessing this law are: first, to know what you want and ask the universe for it; then, to believe and behave as if the object of your desire is on its way; and finally, to be truly open to receiving.

This beautiful deck of 52 cards offers practical wisdom to help harness this abundance. Divided into four suits, each focussing on an area of life – Love and Relationships; Career and Prosperity; Creativity; and Spiritual Growth. With a wealth of inspirational practices, this deck is an essential companion for anyone seeking abundance in their life.

Jane Struthers is a professional astrologer who has studied tarot, astrology and palmistry for over 25 years.

9781786782205

49 Cards and a

16-page Booklet

KIT & DECK

162 x 116 mm

Colour Illustrations

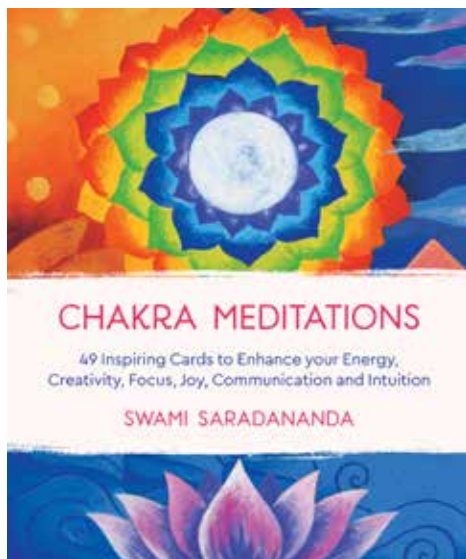
£15.99/\$19.95

FEBRUARY 2019

Mind, Body, Spirit

Rights Sold: FRN,

NED

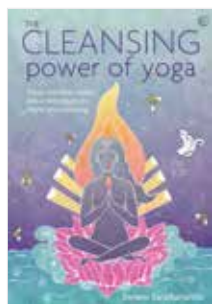


CHAKRA MEDITATIONS

49 Inspiring Cards to Enhance your Energy, Creativity, Focus, Joy, Communication and Intuition

Swami Saradananda

By the same author:



9781786781673

The Cleansing Power
of Yoga

Swami Saradananda

An invaluable companion to help you tap into your full energetic potential, this vibrant deck of chakra meditation cards offers a range of inspiring ways to tune into the seven main energy centres that run from the base of your body to the crown of your head, enhancing joy, calm and contentment. With seven cards for each of the main chakras, the 49 cards are beautifully illustrated and each card offers practical guidance on tuning into the chakra's positive qualities via a meditation or other exercise. An accompanying booklet offers insight on the power of chakra meditation, different ways of using the cards and how to get the best from them.

Swami Saradananda is an internationally renowned yoga and meditation teacher who has inspired thousands of people to practise. She has been teaching for almost forty years, and her books include *The Power of Breath*, *Chakra Meditation*, *Relax and Unwind with Yoga*, *Yoga Mind and Body*, *The Essential Guide to Chakras* and *Mudras for Modern Life*.

9781786782212

352pp

PB 197 x 130 mm

Mono

£9.99/\$14.95

FEBRUARY 2019

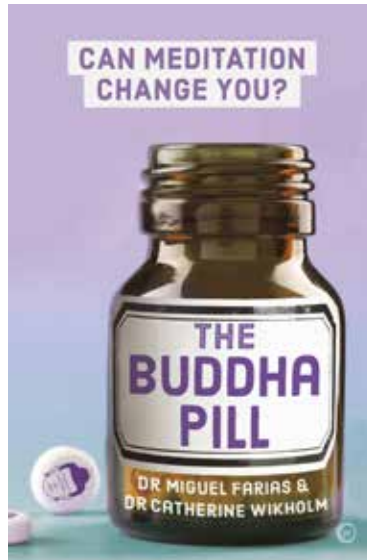
Popular Science

Available in eBook

9781780288819

World Rights

Available

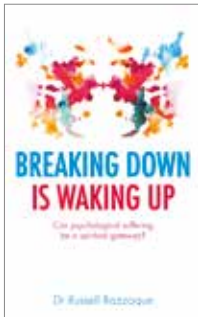


THE BUDDHA PILL

Can Meditation Change You?

Dr Miguel Farias with Dr Catherine Wikholm

You might also like:



9781780286662

Breaking Down is
Waking Up

Dr Russell Razzaque

Millions of people meditate daily but can these practices really make us 'better' people? In this groundbreaking book, Farias and Wikholm put meditation and mindfulness under the microscope. Separating fact from fiction, they reveal what scientific research tells us about the benefits and limitations of these techniques for improving lives. As well as illuminating the positive potential, the authors argue that these practices may have unexpected negative consequences and that peace and happiness may not always be the end result.

Combining insights from decades of scientific research with fascinating accounts from gurus, teachers, practitioners and prisoners, *The Buddha Pill* weaves together a unique story about the science and delusions of personal change.

Dr Miguel Farias is the founding director of the Brain, Belief, and Behaviour Lab at Coventry University.

Dr Catherine Wikholm is a Clinical Psychologist and a Chartered Psychologist based in London.



9781786782144 | 208pp | PB 197 x 130 mm
Colour Illustrations | £9.99/\$14.95

FEBRUARY 2019

Self-help and Personal Development

Available in eBook 9781786782502

World Rights Available

365 WAYS TO BEAT STRESS

How to Relax and Find Perfect Calm

Adam Gordon (editor)

With a different tip for each day of the year, no other book offers such a wide range of ways to release stress, all set in an attractive design that will make dipping in for inspiration a joy. All the practices are effective yet also easy to follow. They range from energy techniques such as simple shiatsu, to quick stress fixes such as visualizing a blue bubble; from methods of life simplification such as avoiding a news overload, to inspiring visualizations such as imagining yourself as the sky or as a lotus floating on water.

Adam Gordon is an editor at Watkins Publishing.



9781786782151 | 208pp | PB 197 x 130 mm
Colour Illustration | £9.99/\$14.95

FEBRUARY 2019

Mind, Body, Spirit: Thought and Practice

Available in eBook 9781786782519

World Rights Available

365 WAYS TO FIND PEACE

Meditations and Inspirations

Marcus Braybrooke (editor)

With a different meditation or inspiration for each day of the year, this is a wonderfully inspiring collection that will open readers' hearts and minds and show them the way to find peace and contentment whatever their mood or situation. A fresh, attractive design featuring sympathetic line drawings adds to the appeal of this gift package.

The author has drawn upon poetry and prose, sacred and secular, from the Upanishads to the speeches of Mahatma Gandhi, and the great poets such as Wallace Stevens and Seamus Heaney.

Marcus Braybrooke is an Anglican priest, interfaith activist and author.

9781786782052

176pp

HB 260 x 180 mm

Colour Illustrations

£24.99/\$33.95

MARCH 2019

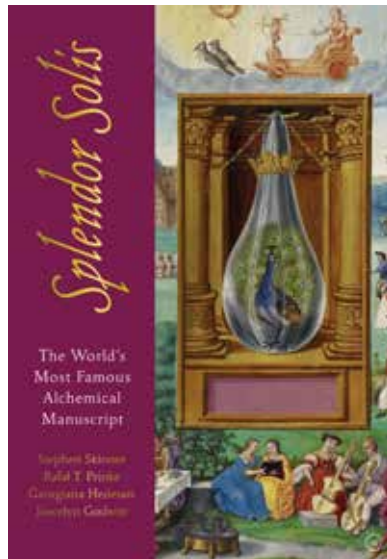
Esoteric

Available in eBook

9781786782595

World Rights

Available

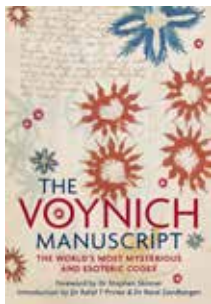


SPLENDOR SOLIS

The World's Most Famous Alchemical Manuscript

Stephen Skinner, Rafał T. Prinke, Georgiana Hedesan,
Joscelyn Godwin

You might also like:



9781786780775

The Voynich Manuscript
Stephen Skinner,
Rafał T. Prinke,
René Zandbergen

For all those interested in alchemy, magic and mysterious manuscripts, this is a unique high-quality edition of the famous 16th-century alchemical text *Splendor Solis*, available at a very competitive price. Popularly attributed to the legendary figure Salomon Trismosin, *Splendor Solis* ('Splendour of the Sun') is the most beautiful alchemical manuscript ever made, with 22 fabulous illustrations rich in allegorical and mystical symbolism. The paintings are given a fitting showcase in this new Watkins edition, which accompanies them with the only contemporary translation of the original German text, as well as interpretation from alchemical experts.

Dr Stephen Skinner is the author of more than 40 books on Western esoteric traditions. **Dr Rafał T. Prinke** is an assistant professor at Eugeniusz Piasecki University in Poland and the author of a recent book on alchemical writings. **Dr Georgiana (Jo) Hedesan** specializes in the history of alchemy, with a particular focus on medical alchemy. **Dr Joscelyn Godwin** is well known for his work on occult philosophy and magic.

DESCRIPTION OF THE PLATES WITH A SUMMARY OF THE TEXT

1: The Summary of the Principles of the Work

F1R This text consists of a preface followed by seven treatises.

F2R PLATE 1: THE ARMS OF THE ART

A coat of arms consisting of a sun with blue ornate heraldic foliage, surmounted by a crowned helmet with three crescent moons. Above the shield another sun shines down from a red hanging.

Scroll text: *Arma Artis, "Love of the Art".*²

Frame images: Two monkeys (one with a guitar), herons, owl, plants.

Meaning: This art transforms tarnished natural gold/sun to bright alchemist's sun/gold (in idea represented by the two suns). The three suns in the mouth and eyes of the lower sun represent the alchemical axiom "three in one and one in three".

F2V THE PREFACE

The preface points out that it is better not to begin the art of alchemy at all than to practise it casually.

F3R This part observes the processes of nature and their relationship to the Great Work. All metals derive from the earth, modified by the action of the seven planets interacting with the four Elements over time. By means of natural agitation and combination, every growing thing (including metals) will be brought forth by nature. We cannot make a tree, but if we find the seed, plant it in the right soil and nurture it we can grow one. In the same way we can "grow" gold from the right "seed" or starting point, if the Work is carried out in a manner that allows nature to bring it to perfection. A reference to Aristotle's *Meteors* brings to mind his theory that all nature aims for perfection within each class of substance, such as metals. Everything owes its existence to the *prima materia*, which, when provided with the correct form, comes into full manifestation.

² This is often translated as "weapons of the art", but "love of the art" (i.e. of alchemy) is more correct.

Plate 1: The Arms
of the Art



The four Elements contribute to the Work in various proportions, hence the emphasis in the text on their qualities – moisture, dryness, cold and heat. As the scroll in Plate 2 proclaims: "Let us investigate the four Elements of nature." The alchemists believed that if they could bring the *prima materia* to perfection through the correct sequence of actions by the Elements, it would become gold. The presence of gold in the mines made it seem that the process of transmutation was possible, as nature had apparently already partly completed it. The alchemists, however, thought that they could speed up nature's work and arrive at gold many aeons before nature.

One of the great questions in alchemy is "What is the *prima materia*?" As a starting point the *prima materia* (called Philosophers' Mercury) is said to be common to all metals and assembled from the four Elements. Metals used in the process usually appear as compounds rather than chemical elements, manifesting as powder, earth, slime or vapour. For example, the first process turns the metal into a black slime (*nigredo*). The ingredients are often said to be salt, sulphur and mercury but none of these labels apply to the ordinary chemical.

F4R PLATE 2: THE PHILOSOPHER AND HIS FLASK

A bearded Philosopher stands wearing red and purple, pointing to a flask half full of golden liquid, the finished elixir.

Scroll text: *Eamus Quaesitum Quasor Elementorum Naturas* [sic], which roughly translates as "Let us investigate the four Elements of nature."

Frame images: Deer (male and female), peacock, owl, birds, fly.

Meaning: The Philosopher, holding in his hand the elixir encourages us to first investigate the four Elements in the context of nature.

F4V THE FIRST TREATISE

The key to applying the processes correctly is the right sequence of colour changes. The Stone is achieved via the "greening" of nature.³ Natural "greening" ripens things at the proper time, but one must assist nature by using the art of alchemy to speed the process up.

³ The correct Latin rendering should probably have been *Eamus Quaesitum Quasor Elementorum Naturas*. I assume that this is a mistake by the artist rather than a code containing secret meaning.

⁴ The term in the original German is *das Grünen* (literally, "greening").

Plate 2: The
Philosopher and
His Flask



9781786781840

208pp

PB 197 x 130 mm

Mono

£9.99/\$14.95

MARCH 2019

Mathematics

Popular Science

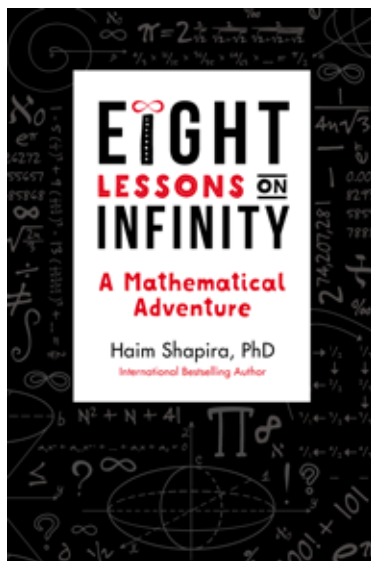
Available in ebook

9781786782342

Translation Rights:

Kinneret Zmora

Publishing House



EIGHT LESSONS ON INFINITY

A Mathematical Adventure

Haim Shapira

In this book, bestselling author and mathematician Haim Shapira presents an introduction to mathematical theories which deal with the most beautiful concept ever invented by humankind: infinity.

We will meet many sages, both familiar and unfamiliar: Zeno and Pythagoras, Georg Cantor and Bertrand Russell, Sofia Kovalevskaya and Emmy Noether, al-Khwarizmi and Euclid, Sophie Germain and Srinivasa Ramanujan. Aimed at the curious but non-technical reader, this book refrains from using any fearsome mathematical symbols. It uses only the most basic operations of mathematics: adding, subtracting, multiplication, division, powers and roots – that is all. Writing with humour and lightness of touch, Haim Shapira banishes the chalky pallor of the schoolroom and offers instead a truly thrilling intellectual journey. Fasten your seatbelt – we are going to infinity, and beyond!

Haim Shapira was born in Lithuania in 1962 and immigrated to Israel in 1977. He teaches mathematics, psychology, philosophy, and literature. Haim is the author of seven bestselling books.

9781786782120

224pp

PB 197 x 130 mm

Mono

£9.99/\$14.95

MARCH 2019

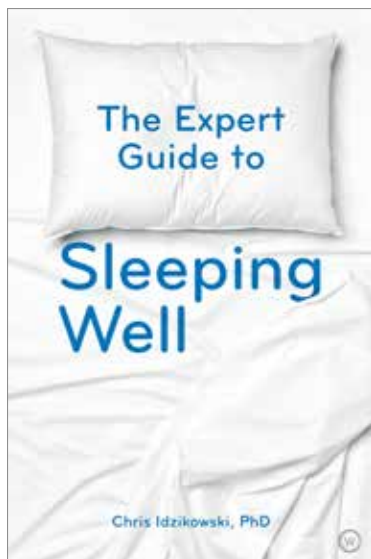
Health

Available in ebook

9781786782359

Rights Sold: PT for

PORTUGAL



THE EXPERT GUIDE TO SLEEPING WELL

Everything you Need to Know to get a Good Night's Sleep

Dr Chris Idzikowski

Most people in developed countries fail to get enough sleep, which can contribute to serious health problems. Recent research has shown that this is associated with illnesses such as high blood pressure, diabetes, heart disease and even cancer. Renowned sleep expert Professor Chris Idzikowski is here to help. This book contains extensive suggestions, information and strategies on how to get a good night's sleep, including what brain chemicals lead to a restful night; extensive advice on how to manage sleep; and detailed discussion of common sleep disorders such as insomnia, breathing disorders and circadian clock disorders.

Reading this book, and acting on its advice, could be the single best thing you can do to boost your health and wellbeing.

Dr Chris Idzikowski, BSc, PhD, FBPSS, is Director of the Sleep Assessment and Advisory Service and the Edinburgh Sleep Centre. A leading expert on sleep disorders, he has served as Chairman of the British Sleep Society and the Royal Society of Medicine Forum on sleep problems.

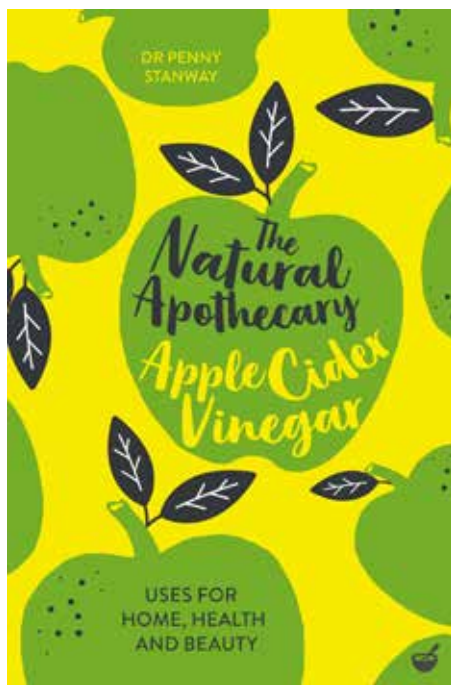
With our increasing awareness of the importance of reducing exposure to chemicals and keeping things natural, as well as the ever-growing realization of the environmental impact of disposable plastic packaging, there has never been a better time to go back to basics, embrace pure, unprocessed ingredients and regain control of what we are putting in and on our bodies. *The Natural Apothecary* series allows readers to do just that, with each book looking at a natural ingredient that can be put to use around the home. The books are broken into sections on home, health and beauty, each one containing over 40 simple recipes for simple, home-made products that allow you to utilize the vitality of each ingredient with ease.

Dr Penny Stanway practised for several years as a child-health doctor before becoming fascinated by researching and writing about healthy diets and other natural approaches to health. Penny has written more than 20 books on health, food and the connections between the two.

You might also like:



9781848993167
Too Good to Waste
Victoria Glass



THE NATURAL APOTHECARY APPLE CIDER VINEGAR

Uses for Home, Health and Beauty

Dr Penny Stanway

9781848993679

144pp

PB 197 x 130 mm

Mono

£8.99/\$12.95

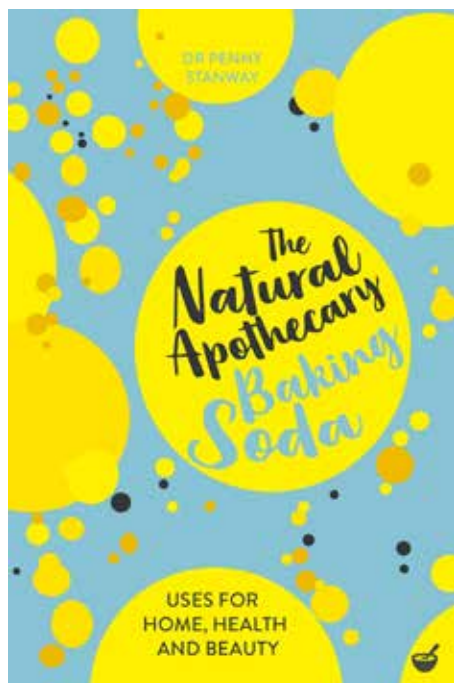
MARCH 2019

Household Hints

Available in eBook

9781848993730

Rights Sold: USA, CAN, TUR, PT for PORTUGAL



THE NATURAL APOTHECARY BAKING SODA

Uses for Home, Health and Beauty

Dr Penny Stanway

9781848993686

144pp

PB 197 x 130 mm

Mono

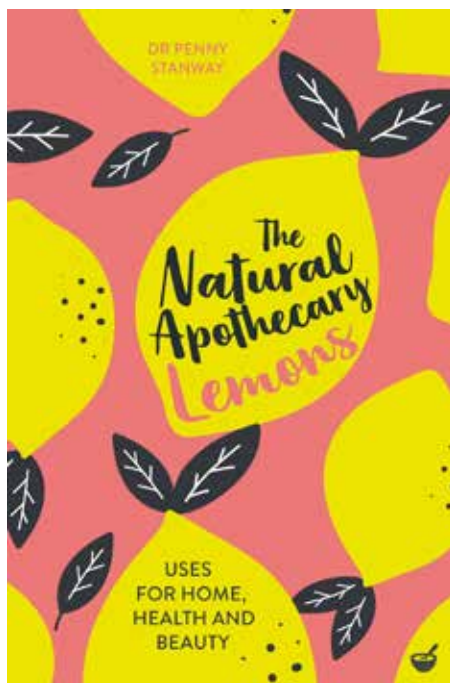
£8.99/\$12.95

MARCH 2019

Available in eBook

9781848993716

Rights Sold: BUL, FRN for CAN, TUR,
CROATIAN



THE NATURAL APOTHECARY LEMONS

Uses for Home, Health and Beauty

Dr Penny Stanway

9781848993662

144pp

PB 197 x 130 mm

Mono

£8.99/\$12.95

MARCH 2019

Available in eBook

9781848993723

Rights Sold: FRN for CAN, TUR, CROATIAN, PT
for PORTUGAL

9781786782199

240pp

PB 197 x 130 mm

Mono

£9.99/\$14.95

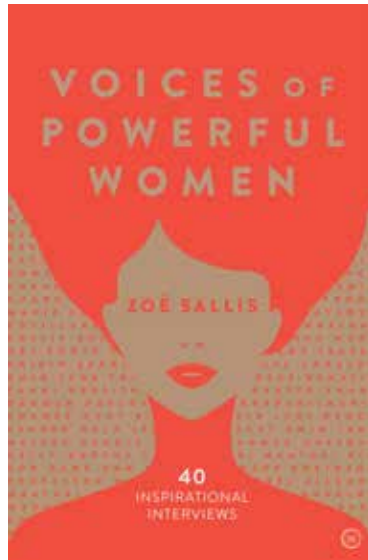
MARCH 2019

Women's Studies

Available in eBook

9781786782601

Rights Sold: CHN



VOICES OF POWERFUL WOMEN

40 Inspirational Interviews

Zoë Sallis

In this empowering book, 40 amazing and influential women discuss their work, their achievements, their hopes and their fears, offering women everywhere inspiration and optimism for the future through their fascinating explanations of what they have achieved. Ranging from politicians, activists and entrepreneurs to musicians, artists and actors, the list of interviewees includes Maya Angelou, Isabel Allende, Mary Robinson, Shami Chakrabarti, Benazir Bhutto, Sinéad O'Connor, Yoko Ono and many others. The book is structured around ten questions, with the 40 interviewees providing a pithy and insightful answer to each one. Topics range from influential early experiences, inspirations in life and most admired female figures to causes of anger, greatest fears, how to change the world and advice for the younger generation. The answers encourage readers to believe that they too can achieve their greatest ambitions and help change the world for the better.

Zoë Sallis is a theatre, TV and film actor, and the author of the bestselling *Ten Eternal Questions* (Watkins).

9781786781963

224pp

PB 197 x 130 mm

Mono

£8.99/\$14.95

APRIL 2019

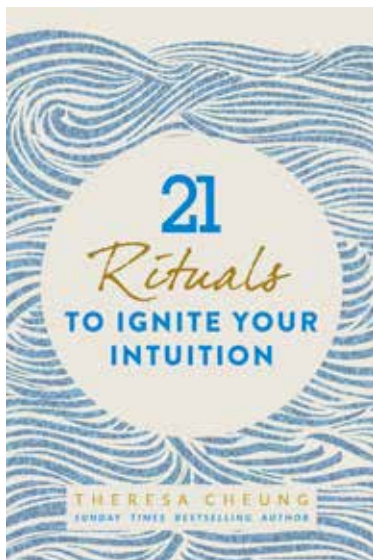
Mind, Body, Spirit

Available in eBook

9781786782571

World Rights

Available



21 RITUALS TO IGNITE YOUR INTUITION

Theresa Cheung

By the same author:



9781780289878

21 Rituals to Change

Your Life

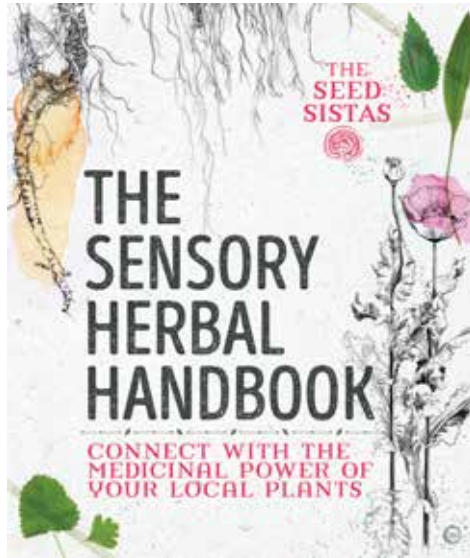
Theresa Cheung

Aristotle said 'you are what you repeatedly do'. If you are looking to make better decisions and are struggling to know how to connect with the deep wisdom within you, this book is the breakthrough you have been waiting for. It will show you that ritual is the key to shifting your perception and unlocking the power of your intuition.

To affect long-lasting meaningful change our actions need to be filled with a sense of personal meaning and power – they need to be ritualized. Creating personal ritual in our lives allows us to bring the presence of the sacred into the everyday. The rituals in this book have been designed as symbolic acts providing a framework for anyone to use to create positive change in their lives. The 7 morning rituals are designed to help you 'wake with determination', the 7 afternoon rituals focus on 'living on purpose', and the 7 evening rituals are about 'retiring with satisfaction'.

Theresa Cheung has a Masters in Theology and English from King's College, Cambridge. She has written numerous bestselling mind body spirit books, including two *Sunday Times* Top 10 bestsellers.

9781786782113
272pp
PB 216 x 182 mm
Full-Colour Illustrations
£16.99/\$22.95
APRIL 2019
Traditional Medicines
& Herbal Remedies
Available in eBook
9781786782618
World Rights
Available



THE SENSORY HERBAL HANDBOOK

Connect with the Medicinal Power of Your Local Plants

The Seed Sisters

You might also like:



9781786781635
Foraging with Kids
Adele Nozedar

Beautifully illustrated with over 150 images ranging from inspiring plant art to helpful diagrams, this is the first-ever guide to the Seed Sisters' unique practice of Sensory Herbalism, combining traditional plant medicine with a profound understanding of the effects of the elements and the seasons on the human body, as well as fun, interactive strands of storytelling, folklore and ritual. At the heart of the book is the Seasonal Journey that guides readers in developing their own direct relationship with plants through the year, using them to support healing, wellbeing and spirituality. While readers are encouraged to unleash their intuition and creativity, this is supported throughout by scientific information about how seasonal herbal medicine promotes the health and wellbeing of the human body.

The Seed Sisters are Karen Lawton, Fiona Heckels and Belle Benfield, three herbalists with a mission to connect people with their local plants. Karen and Fiona are medically trained herbalists who combine their clinical experience with ritual, art and creativity in a uniquely accessible style. Belle is the team's visual artist, her practice inspired by her deep knowledge of indigenous medicinal plants.



FIRE SUMMER FLOWERS

IGNITE OUR PASSIONS.
ATTRACT POSITIVE
CHANGE. GROW.

As the first season closes, the cycle flows into the lightest, warmest time of the year – the summer. Flowers bloom wildly and we revel in long days spent outside in the elements. This is a time of celebration and festivity, when a wonderful riot of scent and colour enthralls our senses. The theme of this season is passion. Summer governs the cardiovascular system, our hearts beating faster with all the exhilaration, vigour and celebration of this high-energy time.

AUTUMN - AIR - SEED

ELDER

LATIN NAME:
Sambucus nigra

FAMILY:
Adoxaceae (Moscatoel)

OTHER COMMON NAMES:
elderberry, elderflower

ASTROLOGICAL SIGN:
Venus

SENSORV EXPERIENCE:
pungent, warming, opening,
flushing, rising heat

Elder is widespread, to be found on railway embankments and roadsides, in hedgerows and parkland. This perennial tree is bushy and relatively short, growing to a maximum of 15m (49ft) over a lifespan of around 60 years. The bark is gannet-pitted, and the branches and stems are hollow, making excellent musical pipes and bellows for lighting fires. The dark green pinnate leaves have 5-7 oval, toothed leaflets. When rubbed, the leaves emit a very strong fennel scent which is insecticidal, so they make an effective natural anti-insect preparation. The scent and insecticidal qualities of the leaves fade as the creamy blossoms develop and bloom in late spring and the early summer months. The creamy beauties decorate the waysides with a display of showy flowering umbels that are actually tiny petals in huge clusters. As the tree is hermaphrodite, the flowers contain both male and female reproductive parts; once pollinated, they are replaced by the red berries that darken to become completely black in the autumn. It is autumn's berries that are our main focus here.



210

ELDER

There is so much to say about elder that Mrs Grieve (a prolific grower, writer and herbalist of the early 20th century) devotes a full 11 pages in her superb herbal to the many traditional uses of the elder tree. She tells, for example, that the berries were boiled in wine to make a black hair dye, and that elderflower water used to be "a household word for clearing the complexion of freckles and sunburn, and keeping it in a good condition." We often follow her wonderful advice with cold elderflower tea, which was considered particularly good for inflammation of the eyes.

Mrs Grieve also writes about the wealth of folklore, romance and superstition associated with this magical tree, such as its connection to the symbolism of sorrow and death. It is used by Shakespeare as a symbol of grief, in *Cymbeline*, and in *Love's Labour's Lost* the common medieval belief that Judas was hanged on an elder is referenced. It was said that if you placed your baby to sleep under an elder tree, the fairies would come and swap it for a changeling and the child would be gone to the fairy world for ever. The scent of an elder certainly can be soporific and it can feel like you are being taken to another world when you lie beneath an elder tree, quietly inviting her to show you her secrets.

CREATING FLOW

Known as "the medicine chest of the people", elder is one of our most prolific and useful plants. For as to be healthy, it is

essential for fluids and energy to move freely through our system, but times of ill-health can lead to physical, emotional and spiritual stagnation. Elder gets things moving again. Her medicinal actions open the body's channels of elimination, cleansing the system and promoting flow. The diaphoretic action (from the berries and flowers) releases the blood vessels and promotes circulation, thus raising body temperature and causing sweating, which is useful in the management of fevers. The diuretic action (from the berries) will increase urination, helping to detoxify through the kidneys. The laxative action (from the pips in raw berries) will clear the bowels. The emmenagogue action promotes blood flow to the pelvic region and can bring on late menstrual bleeds. The emetic action (from the leaves and bark) will trigger the vomit reflex and is useful in treating food poisoning, although this "heretic" method is now not commonly used in modern Western herbalism. The emetic, emmenagogue and laxative actions are best left to the experienced herbalist.

PREVENTING AND FIGHTING COLDS AND FLU

Elder's dark berries, full of vitamin C and antiviral compounds, and with an incredible immune-stimulating effect, are perfect for use in the autumn and winter months to protect against the onset of colds and flu and to shorten the duration of illness. Much recent medical research has focused on the astonishing antiviral and immune-

211

9781848993693

352pp

PB 246 x 189 mm

Colour Photography

£17.99/\$19.95

APRIL 2019

Gluten-Free Cooking

Available in eBook

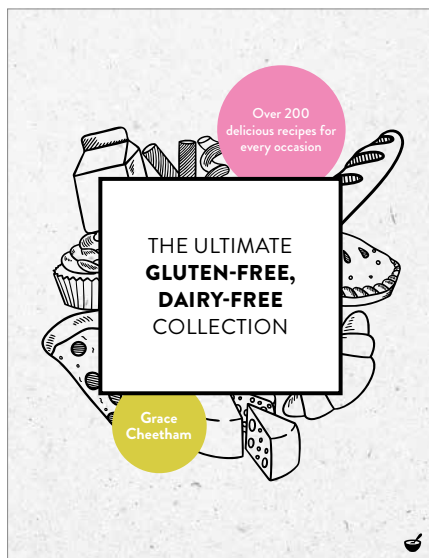
9781848993747

Rights Sold: FRN

for CAN, DK, PT for

BRAZIL, NED, ROM,

FIN



THE ULTIMATE GLUTEN-FREE, DAIRY-FREE COLLECTION

Over 200 Delicious Recipes for Every Occasion

Grace Cheetham

You might also like:



9781848993594

The Big Book of Quick
Easy Family Recipes

From cakes to cookies, sourdough to salads, Grace Cheetham has spent the last 10 years showing readers the best way to cook without allergens. This collection is the ultimate celebration of her best-loved recipes.

Featuring over 200 dishes, from breakfasts of Buckwheat and Blueberry Pancakes or Muesli with Summer Fruit Compote, to dinnertime recipes such as Chicken Sesame Nuggets or the best gluten-free, dairy-free lasagne. For special occasions, there are dishes such as Beef Wellington, and to finish, perennial favourites such as Sticky Toffee Pudding. Packed with family favourites, this is the only guide to free-from cookery you'll ever need.

Grace Cheetham is the author of several acclaimed books on allergen-free cooking. Her website has been voted one of the best gluten-free and allergy-friendly blogs by Channel4.com and one of the 100 best food blogs by womanandhome.com.



THE ULTIMATE GLUTEN-FREE, DAIRY-FREE COLLECTION

8

SERVES 4
PREP 5 minutes, plus
making the party
COOK 50 minutes

MEXICAN CHICKEN

*SF-EG-V-VG-NF

olive oil, for greasing
50g/1½oz/heapd ½ cup brown rice flour
50g/1½oz/heapd ½ cup cornflour
½ tsp salt
200g/7oz/1½ cups fine polenta
2 skinless chicken breasts, cut into strips
2 large eggs, beaten

FOR THE AVOCADO CREAM
2 ripe avocados, peeled, pitted and chopped
juice of 1 lime
1 garlic clove, crushed
3 tbsp dairy-free cream cheese
sea salt

For the mango salsa
1 large, ripe mango
1 large red chili, deseeded and finely chopped
1 small red onion, finely chopped
2 large tomatoes on the vine, chopped
juice of 2 limes

TO SERVE

1 recipe quantity Corn Tortillas (see page 45)
2 handfuls of coriander leaves, chopped
gluten-free and dairy-free chipotle sauce (optional)

- 1 Preheat the oven to 180°C/350°F/gas 4 and line a baking sheet with baking parchment. Brush the baking parchment with olive oil.
- 2 Mix together the rice flour, cornflour and salt and put on a plate. Put the polenta on another plate. Dip each chicken strip into the flour mix to coat it, then into the beaten egg, then finally into the polenta until well coated. Put on the prepared baking sheet and bake for about 20 minutes until cooked through, turning over halfway through cooking.
- 3 Meanwhile, make the mango salsa, use a sharp knife to carefully slice the mango down both sides, avoiding the stone. On the inside of each slice, cut the flesh into squares, cutting down to the pelt but not piercing it, then scoop out with a spoon. Peel the remains of the mango and slice the flesh from the stone. Put the mango flesh in a bowl, add the remaining ingredients and mix well.
- 4 To make the avocado cream, put all the ingredients in a food processor or blender and pulse until combined but still slightly chunky. Alternatively, mash everything together with a fork.
- 5 When the chicken is cooked, serve with the Corn Tortillas, avocado cream, mango salsa and coriander, and with chipotle sauce, if you like.

CHAPTER

9

2 large mangoes
250ml/9fl oz/1 cup
pomegranate juice
250ml/9fl oz/1 cup
unflavoured soya
yogurt
1 tbsp linseeds

MANGO & POMEGRANATE SMOOTHIE

*SF-EG-V-VG-NF

SERVES 4
PREP 10 minutes

- 1 Using a sharp knife, carefully slice the mango down both sides, avoiding the stone. On the inside of each slice, cut the flesh into squares, cutting down to the pelt but not piercing it, and scoop out with a spoon. Peel the remains of the mango and slice the flesh from the stone. Put all of the mango flesh in a blender or food processor.
- 2 Add all of the remaining ingredients and blend until smooth and creamy. Serve immediately.

PINEAPPLE, STRAWBERRY & PASSIONFRUIT SMOOTHIE

*SF-EG-V-VG-NF

SERVES 4
PREP 10 minutes

- 1 Trim the woody base and green top off the pineapple and, holding it upright, slice off and discard the skin, including the 'eyes'. Slice the flesh down the length of the fruit all around into long, thin slices, cutting around the core, then chop the flesh.
- 2 Put the pineapple and all of the remaining ingredients in a blender or food processor and blend until smooth and creamy. Serve immediately.

1 pineapple
400g/14oz/2½ cups
strawberries, hulled
4 passionfruits, halved
and seeds scooped out
400ml/14fl oz/1½ cups
coconut milk
2 tbsp agave syrup



THE ULTIMATE GLUTEN-FREE, DAIRY-FREE COLLECTION

16

CHAPTER

17

9781786782168

256pp

PB 234 x 156 mm

Mono

£14.99 / \$21.95

APRIL 2019

Complementary

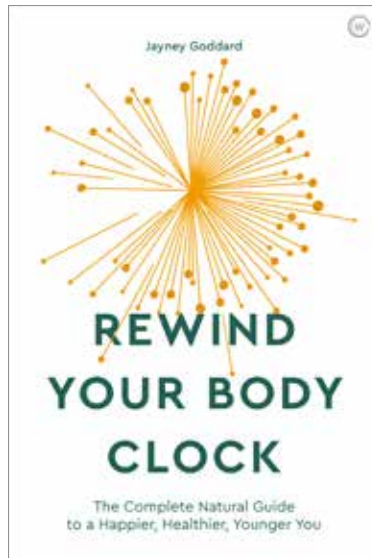
Health

Available in eBook

9781786782465

World Rights

Available



"Jayney Goddard is the UK's leading natural youth guru."

– Natural Health magazine

REWIND YOUR BODY CLOCK

The Complete Natural Guide to a Happier, Healthier, Younger You

Jayney Goddard

You might also like:



9781848993303

The Natural Menopause Plan

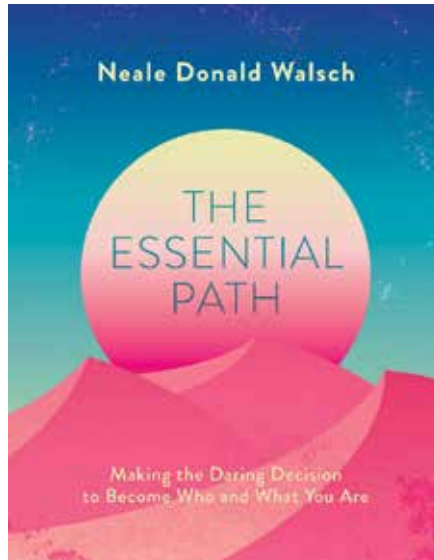
Maryon Stewart

This book is a holistic guide on the science of how to age well the natural way, covering everything from nutrition, herbal medicine, good breathing, exercise, mental attitude, skin and hair-care, hormonal balance, relationships and the power of sleep.

Each chapter includes practical techniques supported by solid scientific research, with a focus on how to develop a 'rewind' mindset. All this is underpinned with biological age tests to try at home and a specifically designed programme called the 'Personal 21-Day Rewind Plan'. The result? Better skin, a leaner body, stronger bones, improved cognitive function, enhanced libido, more energy, improved immune function and much more.

Jayney Goddard is a complementary healthcare practitioner with a special interest in anti-ageing. President of the Complementary Medical Association and Fellow of The Royal Society of Medicine, she has a monthly column in *Natural Health Magazine* and is the Discovery Health Channel's Natural Health Expert.

9781786782335
176pp
HB 163 x 127 mm
Mono
£9.99
MAY 2019
Mind, Body, Spirit
Translation Rights:
Waterside Literary
Agency



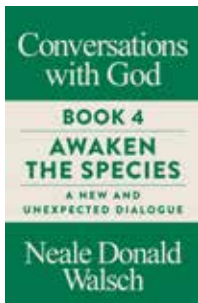
"At a time when we so need hope, Neale shows us where to find it."
– Marianne Williamson, bestselling author and teacher

THE ESSENTIAL PATH

Making the Daring Decision to Become Who and What You Are

Neale Donald Walsch

By the same author:



9781786781321
Conversations with
God, Book 4
Neale Donald Walsch

Is it possible that there is something we don't fully understand about ourselves, about life, and about God? In 23 short and simple chapters, spiritual luminary Neale Donald Walsch encourages us to challenge our assumptions, most specifically, our assumptions on separation. If we believe that everything is separate from everything else then how can we move forward to a place of connection where all parts are united?

Neale concludes by asserting that our true nature is a combination of the physical and spiritual. He explains how this shift in thinking could offer a chance for humanity as a whole to change. The book concludes by offering a list of 16 ways that we can all live by in order that we become an awakened species experiencing our true nature at its highest level.

Neale Donald Walsch is the author of 37 books on contemporary spirituality. His Conversations with God series has been translated into 35 languages and read by millions around the world.

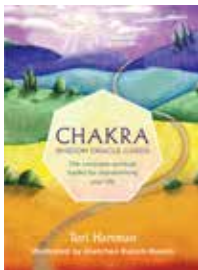
9781786782526
 78 Cards with
 Illustrated Guidebook
 KIT & DECK
 162 x 116 mm
 Colour Illustrations
 £16.99/\$22.95
 MAY 2019
 Divination
 World Rights
 Available



CHAKRA WISDOM TAROT DECK

Tori Hartman

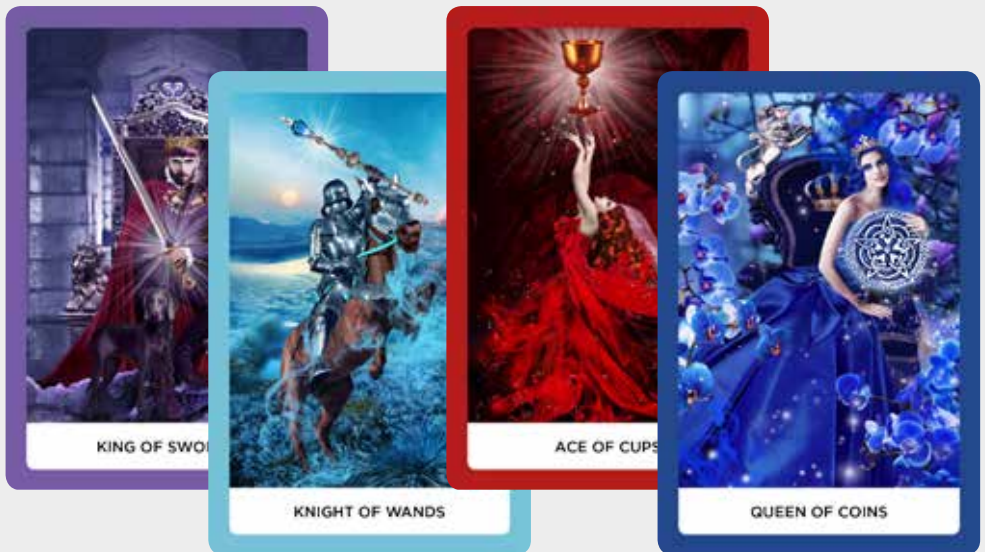
By the same author:



9781780287515
 Chakra Wisdom Oracle
 Cards
 Tori Hartman

Throughout Tori Hartman's work as a seeker, teacher and psychic, she has been continually asked how to apply the Chakra Wisdom system to the tarot deck. Now, for the first time Tori has combined the two to create this unique tarot deck. This is the deck Tori's fans have been waiting for, combining her expertise as a tarot reader with her unique insight into the tarot. Taking the core ideals of the Chakra Wisdom system—intention setting, personal growth, trusting your intuition—and the seven-chakra structure and applying it to the traditional 78-card tarot system, this deck is an insightful and powerful divination tool. Honouring the deep tradition and heritage of tarot, Tori's application of the Chakra Wisdom system to this structure is one that will trigger personal insights, intuitive paths and a powerful awareness of how to manifest what we need.

Tori Hartman is a professional intuitive. Following a near-death experience, Tori was visited by a spirit who told her many brightly coloured stories. These stories prompted her life-long fascination with colour, the chakras and their power to transform and heal lives.



9781786782236

208pp

PB 216 x 135 mm

Mono

£12.99/\$17.95

MAY 2019

Parenting

Available in eBook

9781786782625

World Rights

Available

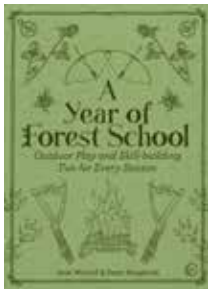


THE REAL PLAY REVOLUTION

Why We Need to Be Silly with Our Kids
– and How to Do It

Ash Perrin

You might also like:



9781786781314

A Year of Forest School

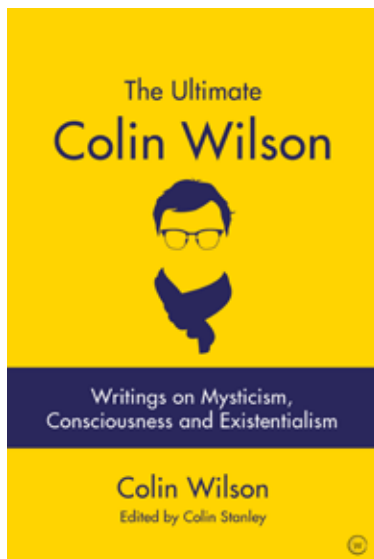
Jane Worroll &

Peter Houghton

Aimed at parents as well as childcare professionals, this is a unique guide to sharing silliness, laughter and fun with kids. Making a passionate case for the importance of play for us all, it's a treasure trove of ideas, from step-by-step activities such as Kids Comedy Corner (all about telling jokes together as a family) and Home-Made TV (make your own TV, then watch it!) to quick fixes for cheering everyone up, such as the 1-Minute Madness Miracle (the first one to get nowhere wins). Real Play needs no equipment, expertise or qualifications. All it needs is genuine interaction between grown-ups and children and that wonderful buzz of magic and make-believe. All suggestions can be adapted to work with any numbers, from one child to a whole classroom. Fun line drawings clarify step-by-step and add to the book's appealing design.

Ash Perrin is the founder of the Flying Seagull Project – a troupe of entertainers working in a wide range of settings from children's orphanages and refugee camps to festivals. The BBC3 'Amazing Humans' video profiling Ash has been viewed over 55 million times.

9781786782533
 464pp
 HB 234 x 156 mm
 Mono
 £18.99
 MAY 2019
 Mind, Body, Spirit
 Available in eBook
 9781786782632
 Translation Rights:
 Watson, Little Ltd



THE ULTIMATE COLIN WILSON

Writings on Mysticism, Consciousness and Existentialism

Colin Wilson, edited by Colin Stanley

By the same author:



9781780288468
 The Occult
 Colin Wilson

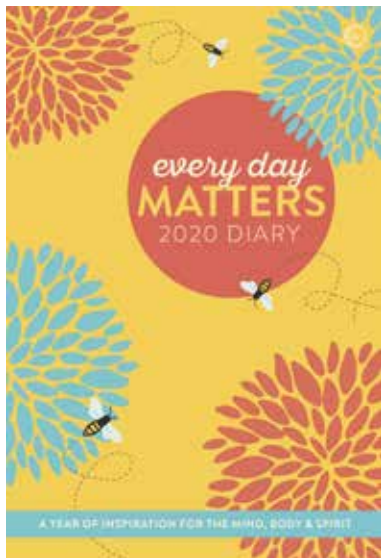
This is the very best of Colin Wilson in one fantastic volume. Containing extracts from Wilson's work on existentialism, criminology, psychology and the occult, this is an invaluable introduction to one of the late 20th century's most incisive thinkers. It is the only book to collate extracts from all Colin Wilson's most important work, including *The Outsider*, *A Criminal History of Mankind*, *The New Existentialism*, *The Occult* and *New Pathways in Psychology*. This is a new edition of the classic collection *The Essential Colin Wilson*, first published in 1985 and now updated by Wilson's bibliographer Colin Stanley to include six essential post-1985 pieces. It provides much-needed coverage of Wilson's work from the 28 years that followed the publication of the first edition to his death in December 2013.

Colin Wilson was the highly respected and erudite author of more than 100 books. His work, both fiction and non-fiction, covered a wide range of subjects, from the paranormal and the supernatural to philosophy, psychology and criminology.

176pp
Colour Illustrations
JUNE 2019
Personal Development

Pocket edition
9781786782243
Flexi without flaps
148 x 100 mm
£7.99/\$12.95
World Rights
Available

Desk edition
9781786782250
Spiral bound
247 x 167 mm
£12.99/\$19.95
World Rights
Available



EVERY DAY MATTERS 2020 DIARY

A Year of Inspiration for Mind, Body and Spirit
Dani DiPirro

You might also like:



9781786781345
Instant Relaxation
Dr Sarah Brewer

Designed as a resource for enriching daily life, this bestselling illustrated holistic planner will guide you on a journey of awareness and fulfilment as you go about your everyday activities. Positivity blogger Dani DiPirro presents one life-enhancing theme a month to focus on within this diary. Each week-view spread features an inspiring quote that encourages reflection on the theme and an exercise to further your overall wellbeing. Focusing on one theme each month allows a seed of inspiration and awareness to be planted and grow substantially as the month develops.

The combination of uplifting illustrations and friendly content will appeal not only to those who have used the diary for half a decade but also to new users looking for something fresh and inspirational.

Dani DiPirro is the founder of PositivelyPresent.com, an inspiring website that helps others live more happily in each and every moment. She has over 120,000 page views on her website monthly, and her work has been featured on sites such as *The Happiness Project*, *Psychology Today*, *Forbes* and *ELLE* magazine.

JANUARY

AWARENESS

With the dawn of a new decade, it's an excellent time to turn our attention to the concept of awareness – to pay attention to what's surrounding us and within us – so that we can make this year as rich and meaningful as it can be. Awareness is the art of taking the time to really notice what we're experiencing, as well as what thoughts and feelings those experiences evoke. Just as the stars, planets, moon, and sun surround and affect the Earth, so, too, do people, experiences and ideas surround and affect us. Cultivating an increased capacity for awareness in a time when attention spans tend to be getting shorter and shorter is no easy feat, but this month we'll focus on a range of insights and activities that will inspire us to be more present in each moment and therefore feel more connected and fulfilled in our day.

AFFIRMATION OF THE MONTH

Every day I become more aware of what is around and within me

AUGUST

GROWTH

August, being just a month away, brings the flourishing of summer, the twisting bits of caterpillars into butterflies, the rebirth of all their dear dreams of matter long past, imagine all that growth and life happening within you (especially if you're a kid) – and how amazing it would feel. When we're young, growth – both physical and emotional – is natural. Everything is new and we're absorbing it all, changing and evolving fast. As many of us grow older, that does as we get older and more experienced of who we took the time and what we think we did. Sometimes with a bit of time, it can be, but it's also important to push yourself beyond your comfort zone – so it's important to focus on finding new ways to welcome the summer of who you are and who you want to be.

AFFIRMATION OF THE MONTH

I am continually growing and evolving for the higher good

9781786782458

160pp

PB 170 x 140 mm

Two-Colour

Photographs

£10/\$14.95

JUNE 2019

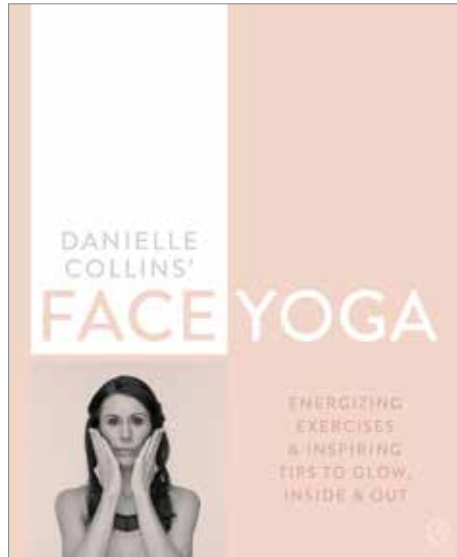
Health & Fitness

Available in eBook

9781786782663

World Rights

Available

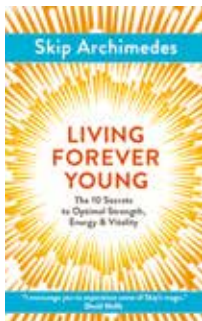


DANIELLE COLLINS' FACE YOGA

Energizing Exercises & Inspiring Tips to Glow,
Inside & Out

Danielle Collins

You might also like:



9781786781369

Living Forever Young
Skip Archimedes

Have you ever wondered why every workout you have ever done stopped at the neck? Or questioned why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier?

Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, *Danielle Collins' Face Yoga* is a revolutionary new programme to help you achieve healthier, firmer, glowing skin.

Danielle Collins studied yoga, the Alexander Technique and facial massage before gaining a diploma in Relaxation Therapy. She subsequently began to build and develop Face Yoga and now runs one-to-one clinics from a practice in Harley Street.

I AM BEAUTIFUL INSIDE AND OUT



THE FOREHEAD DAB

1 Start with eyes either open or closed – whichever feels more comfortable.

2 Place the palm of your hand on the right hand side of your forehead. Press, or 'dab', your forehead gently, moving gradually across to the left hand side, then back towards the right.

3 Start with one dab per second, then gradually slow it down to one dab every 10 seconds. Do this exercise for 1

*** BENEFITS**
Relaxing the frontalis muscle means less tension, and fewer expression lines. It also improves circulation, to look refreshed and glowing.

*** TOP TIP**
Use this exercise to practice keeping your forehead still while widening the eyes (see page 55).

FACE YOGA 6

FACE YOGA



Forehead

The forehead is one of the areas that many people are keen to smooth and firm. It's a part of most expressions – whether you're raising your eyebrows in surprise or furrowing your brow in concentration. This isn't so noticeable when we are younger, as we have more collagen and elastin in our skin which lets it 'bounce back' much faster, but as we age, we have less of these natural plumping agents. Our habitual expressions can start to deepen these lines.

But whether there are already lines in this area or you want to work with further preventing them, then the following techniques will help.

FACE YOGA 5

FACE YOGA 4

THE JAW TONER

*** BENEFITS**
This is an excellent exercise for releasing and preventing jaw tension and may reduce jaw pain and teeth grinding that can come from stress. It also helps to improve the blood flow to the muscles, which will help the jaw to look and feel more lifted and firm.

*** TOP TIP**
Try to pinch 'down' in to the muscle so you stimulate all three layers of skin rather than just pulling 'up' the top layer of skin. As you stroke along the jaw, try to allow the fingers to glide; a small drop of plant based serum can aid you with

HOW TO DO IT

1 Using the index finger, middle finger and thumb of both hands, gently pinch along your jawbone and jaw muscle.

2 Move along your jaw line, towards your ears on both sides, pinching and releasing. Do this for 50 seconds only ever moving upwards.

3 Now, take your thumb and place them next to each other on the jaw line at the chin. Stroke them along the jaw line away from each other. Then lift them off when you reach the ears and start



FACE YOGA 9

FACE YOGA 10

AN EXCITING NEW APPROACH TO BIOGRAPHY

Learn about key figures in science, spirituality, art and literature through revealing dialogues based on established fact. Written by a fantastic collection of authors and foreword writers gathered together to delve into the lives and achievements of some of the world's greatest historical figures. The series features engaging and inspiring forewords by Simon Callow, Dita Von Teese, Gore Vidal and Annie Lennox among many other leading writers, thinkers and entertainers. Perfect for anyone looking for a quick and accessible introduction to the subject. The first titles in this series launch in 2019, with three published in June and three in November.

9781786782281
128pp
HB 175 x 106 mm
Mono
£9.99/\$14.95
JUNE 2019
Biography
Available in ebook
9781786782366

9781786782298
128pp
HB 175 x 106 mm
Mono
£9.99/\$14.95
JUNE 2019
Biography
Available in ebook
9781786782373

9781786782304
128pp
HB 175 x 106 mm
Mono
£9.99/\$14.95
JUNE 2019
Biography
Available in ebook
9781786782380



CONVERSATIONS WITH JFK

A Fictional Dialogue Based on Biographical Facts

Michael O'Brien Foreword by Gore Vidal

Michael O'Brien was Professor of History at the University of Wisconsin-Fox Valley until his retirement.

Gore Vidal was the author of 25 novels, 6 plays, many screenplays, more than 200 essays, and the critically lauded memoir *Palimpsest*. Upon his death he was described as 'among the most elegant [writers] in the English language' by the *LA Times*.

9781786782281
World Rights Available



CONVERSATIONS WITH OSCAR WILDE

A Fictional Dialogue Based on Biographical Facts

Merlin Holland Foreword by Simon Callow

Merlin Holland is the only grandson of Oscar Wilde. For the last thirty years he has been researching his grandfather's life and works. He is the world-leading expert.

Simon Callow is a film, TV and theatre actor, as well as a writer. He played Oscar Wilde on stage in *The Importance of Being Oscar*, and his books include *Oscar Wilde and His Circle*.

9781786782304

Rights Sold: JAP



CONVERSATIONS WITH CASANOVA

A Fictional Dialogue Based on Biographical Facts

Derek Parker Foreword by Dita Von Teese

Derek Parker is a former chairman of the Society of Authors and a well-known biographer, critic and broadcaster.

Dita Von Teese is the undisputed queen of the burlesque revival. A renowned performer of spectacular shows around the world, she is also in demand as a fashion model.

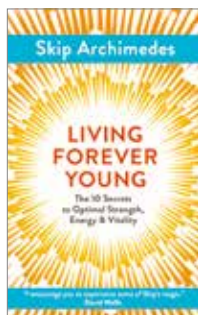
9781786782298

World Rights Available

NEW RELEASES WATKINS



HOW SOON IS NOW?
9781786780867
PB 197 x 130 mm
£9.99/\$16.95
Translation Rights:
Waterside Productions
Rights Sold: AUDIO



LIVING FOREVER YOUNG
9781786781369
PB 216 x 135 mm
£12.99/\$17.95
Rights Sold: AUDIO



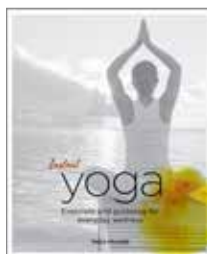
ILLUMINATING SILENCE
9781786781604
PB 216 x 135 mm
£12.99/\$17.95
World Rights
Available ex. POL,
CHN: COMPLEX,
CHN, AUDIO



ANGELS AT BEDTIME
9786780280264
PB 240 x 190 mm
£12.99/\$18.95
Rights Sold: FRN, ITL,
PT for PORTUGAL,
CHN: COMPLEX,
CROATIAN, PT for
BRAZIL, CZE, HUN,
SLOV, NED



INSTANT RELAXATION
9781786781345
PB 170 x 140 mm
£5.99/\$8.95
Rights Sold: GER, CZE



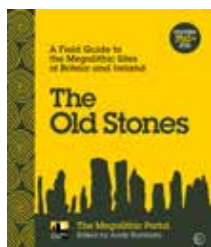
INSTANT YOGA
9781848992535
PB 170 x 140 mm
£5.99/\$8.95
World Rights
Available



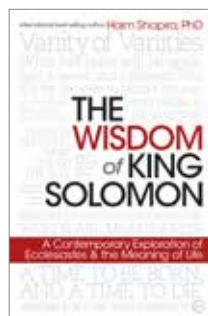
**INSTANT CHAKRA
HEALING**
9781848992542
PB 170 x 140 mm
£5.99/\$8.95
Rights Sold: GER, CZE



INSTANT TAI CHI
9781786781352
PB 170 x 140 mm
£5.99/\$8.95
Rights Sold: GER, CZE



THE OLD STONES
9781786781543
PB 239 x 203 mm
£29.99/\$45
World Rights
Available



**THE WISDOM OF
KING SOLOMON**
9781786781598
PB 197 x 130 mm
£9.99/\$14.95
Translation Rights:
Kinneret Zmora
Publishing House

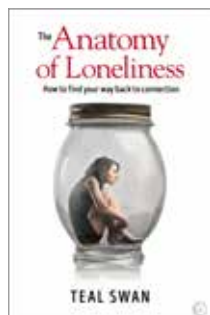


SPIRITUAL SCIENCE
9781786781581
PB 216 x 135 mm
£12.99/\$16.95
World Rights
Available



SUFI ENCOUNTERS
9781786781857
PB 234 x 156 mm
£18.99/\$25.95
World Rights
Available

NEW RELEASES WATKINS



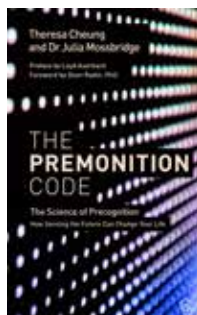
THE ANATOMY OF LONELINESS

9781786781680

PB 216 x 135 mm

£12.99/\$17.95

Rights Sold: KOR,
GER, CHN, AUDIO



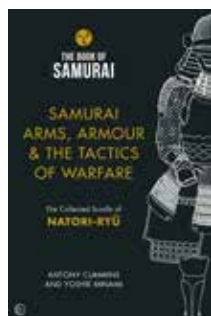
THE PREMONITION CODE

9781786781611

PB 216 x 135 mm

£12.99/\$17.95

Rights Sold: GER,
AUDIO



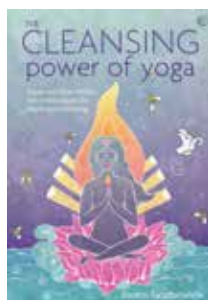
SAMURAI ARMS, ARMOUR & THE TACTICS OF WARFARE (BOOK OF SAMURAI SERIES)

9781786781734

HB 234 x 156 mm

£30/\$40

World Rights
Available



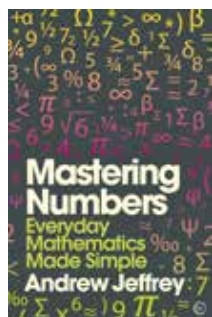
THE CLEANSING POWER OF YOGA

9781786781673

PB 235 x 162 mm

£14.99/\$19.95

World Rights
Available



MASTERING NUMBERS

9781848992559

PB 197 x 130 mm

£9.99/\$14.95

World Rights
Available



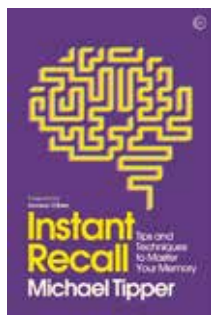
BRAIN WORKOUT

9781786781789

PB 197 x 130 mm

£9.99/\$14.95

World Rights
Available



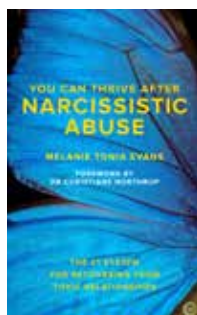
INSTANT RECALL
9781786781758
PB 197 x 130 mm
£9.99/\$14.95
Rights Sold: AUDIO



BOOST YOUR IQ
9781786781765
PB 197 x 130 mm
£9.99/\$14.95
World Rights
Available



THINK SMART, ACT SMART.
9781786781772
PB 197 x 130 mm
£9.99/\$14.95
Rights Sold: AUDIO



YOU CAN THRIVE AFTER NARCISSISTIC ABUSE
9781786781666
PB 216 x 135 mm
£10.99/\$14.95
Rights Sold: CHN, GER, AUDIO

NEW RELEASES

NOURISH



VIRTUALLY VEGAN

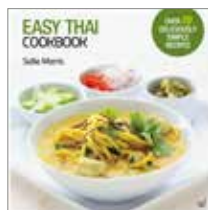
9781848993471

HB 246 x 189 mm

£20/\$24.95

World Rights

Available



EASY THAI COOKBOOK

9781844838936

PB 200 x 200 mm

£14.99/\$19.95

Rights Sold: NED, POL



FORAGING WITH KIDS

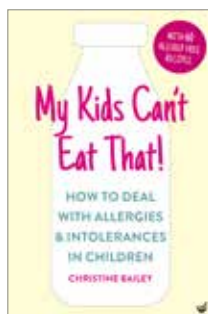
9781786781635

HB 200 x 145 mm

£12.99/\$16.95

World Rights

Available



MY KIDS CAN'T EAT THAT!

9781848993570

PB 234 x 156 mm

£14.99/\$16.95

Rights Sold: TUR



GOOD MOOD FOOD

9781848993600

PB 216 x 135 mm

£10.99/\$15.95

World Rights

Available



THE BIG BOOK OF QUICK, EASY FAMILY RECIPES

9781848993594

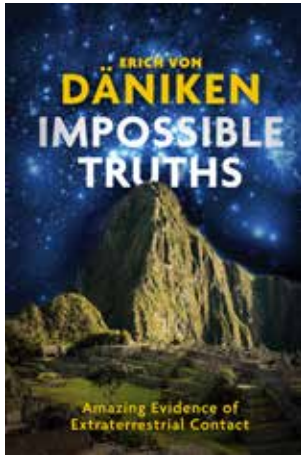
PB 243 x 189 mm

£16.99/\$19.95

World Rights

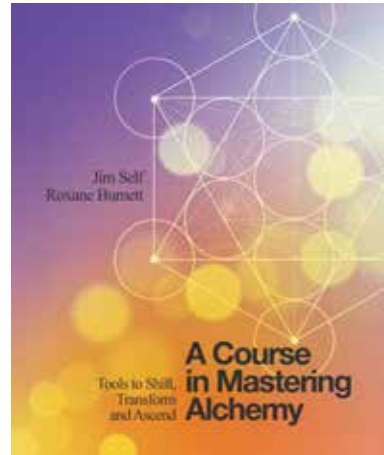
Available

BACKLIST



9781786780836 | 208pp | HB 234 x 153 mm
£14.99/\$24.95

Translation Rights with the Author



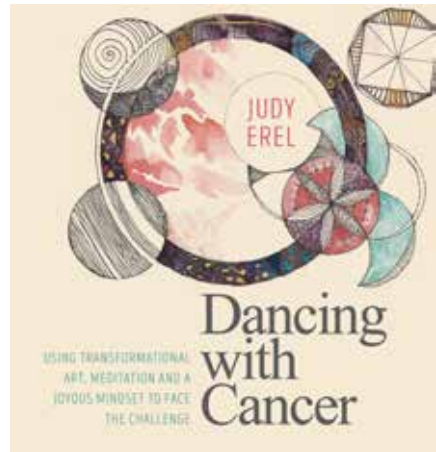
9781786780140 | 384pp | PB 235 x 191 mm
£19.99/\$24.95

World Rights Available



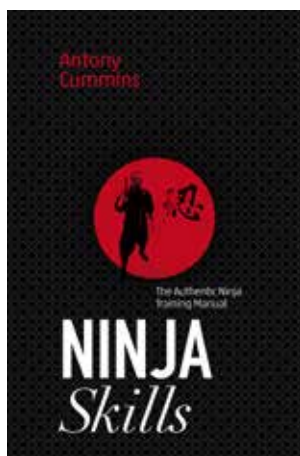
9781786781123 | 272pp | PB 197 x 130 mm
£9.99/\$14.95

World Rights Available



9781786781192 | 208pp | PB 230 x 191 mm
£14.99/\$19.95

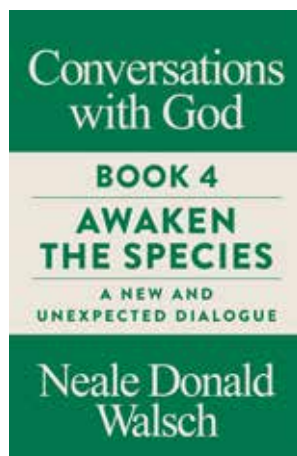
Rights Sold: GER, HEB, RUS



9781786780621 | 224pp | Flexi Cover

234 x 153 mm | £15.99/\$19.95

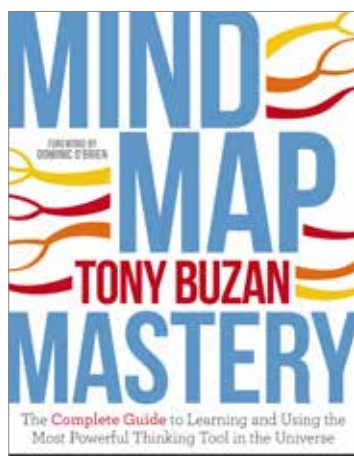
Rights Sold: ITL



9781786781321 | 364pp | PB 198 x 129 mm

£9.99

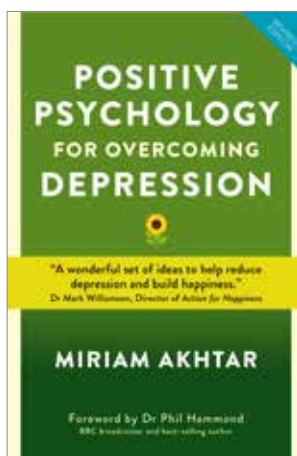
Translation Rights: Waterside Literary Agency



9781786781413 | 224pp | PB 220 x 170 mm

£14.99/\$19.95

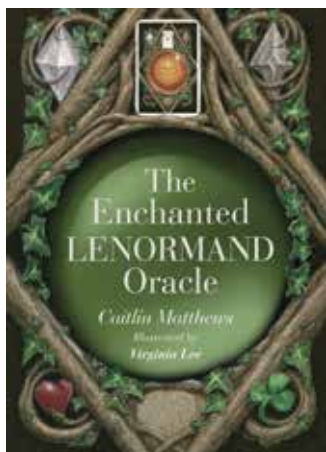
Rights Sold: ROM, POL, ARABIC, ITL, CHN, HUN, FRN, KOR, RUS, TUR, VIET, EST, JAP, SPA, PORT FOR BRAZIL, CHN-CMPLX, SERB



9781786781468 | 264pp | PB 197 x 130 mm

£9.99/\$14.95

Rights Sold: PORT, CZE, GER, JAP, USA



9781786781420 | 160pp | Deck 162 x 116 mm

£15.99/\$19.95

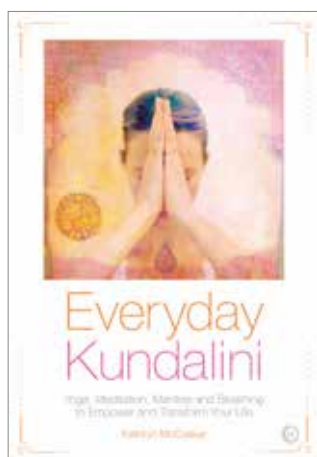
Rights Sold: FRN, RUS, SPA



9781786781208 | 80pp | Deck 162 x 116 mm

£15.99/\$19.95

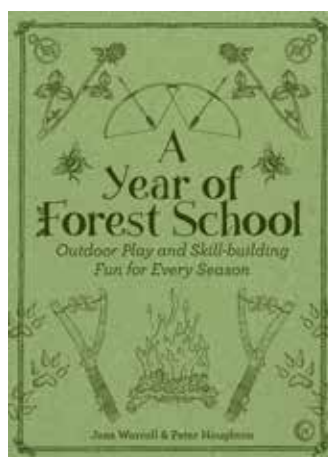
Rights Sold: FRN



9781786781338 | 160pp | PB 235 x 162 mm

£14.99/\$19.95

Rights Sold: CZE, NED, FRN, ITL, NOR



9781786781314 | 168pp | PB 200 x 145 mm

£12.99/\$16.95

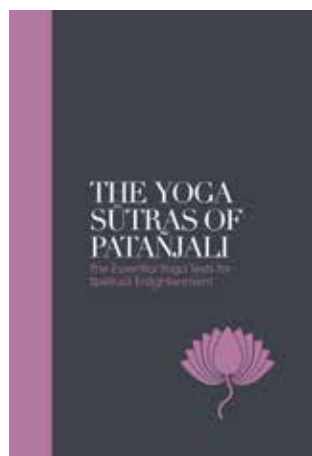
World Rights Available



9781786781390 | 192pp | HB 152 x 105 mm

£8.99/\$12.95

World Rights Available



9781786781406 | 186pp | HB 152 x 105 mm

£8.99/\$12.95

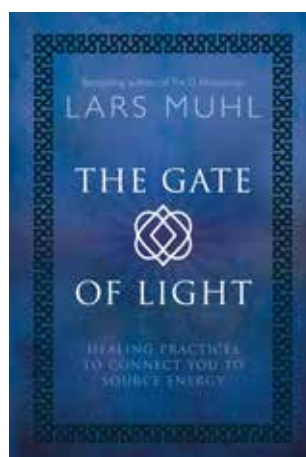
World Rights Available



9781786781222 | 864pp | PB 234 x 153 mm

£19.99/\$29.95

Rights Sold: Russian



9781786781482 | 192pp | HB 185 x 123 mm

£12.99/\$19.95

World Rights Available



Pocket Diary

9781786781291 | 176pp | Flexi Cover

148 x 100 mm | £7.99/\$12.95

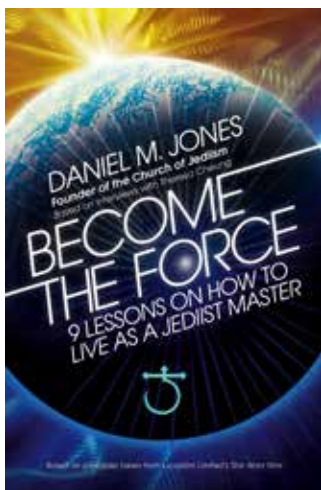
Desk Diary

9781786781307 | 176pp | Spiralband

247 x 167 mm | £12.99/\$19.95

Rights Sold: ITL

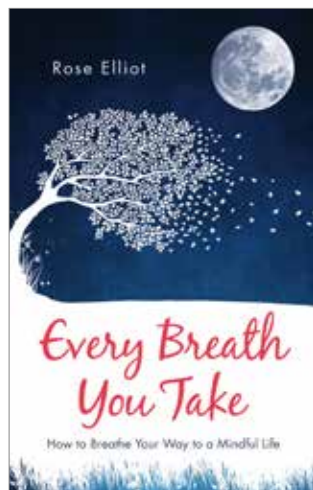




9781786780904 | 256pp | PB 234 x 153 mm

£12.99/\$14.95

Rights Sold: **AUDIO**, ITL, HUN



9781780289816 | 160pp | Flexi Cover

160 x 125 mm | £7.99/\$12.95

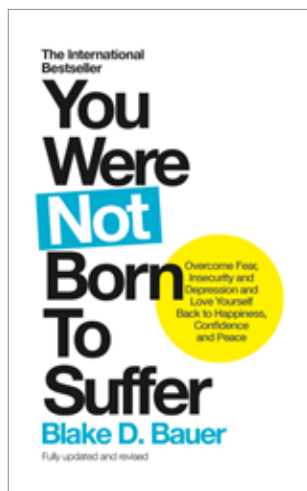
Rights Sold: **AUDIO**, FRN, CAT, HUN, SPA, GER



9781780289601 | 256pp | PB 216 x 135 mm

£10.99/\$14.95

Rights Sold: **AUDIO**, FRN, GER, HUN, CHN –
COMPLEX, VIET, TURK



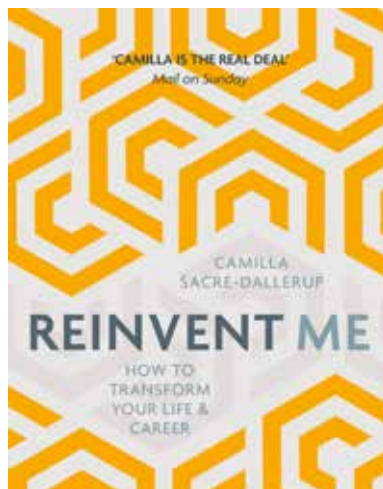
9781780289854 | 352pp | PB 216 x 135 mm

£10.99/\$16.95

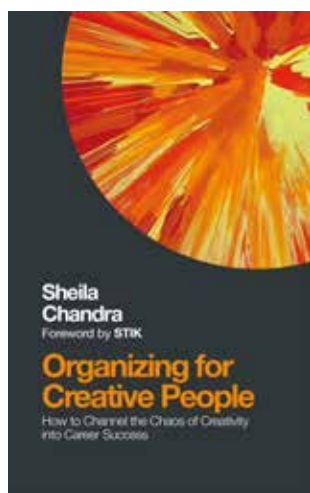
Rights Sold: **AUDIO**, GER, HUN, JAP, ROM, SP for
LA, CHN



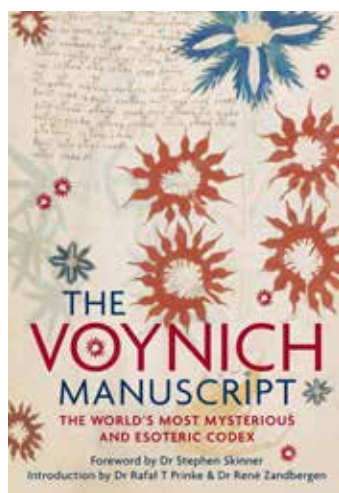
9781780289878 | 224pp | PB 185 x 123 mm
£7.99/\$14.95 | Rights Sold: Audio, FRN, CHN,
PORT, GER, CHN – TRAD, TURK, CZE, RUS, ITL, NOR



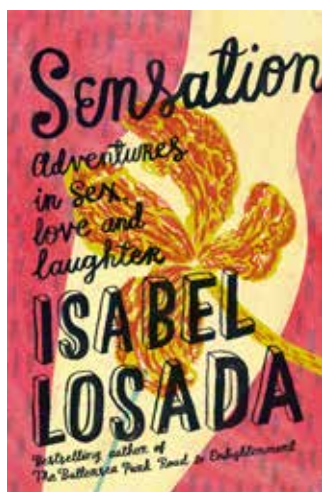
9781786780607 | 176pp | PB 166 x 128 mm
£8.99/\$14.95
Rights Sold: ARABIC. Watkins Audio Available



9781786780225 | 288pp | Flexi Cover
200 x 145 mm | £10.99/\$16.95
Rights Sold: AUDIO



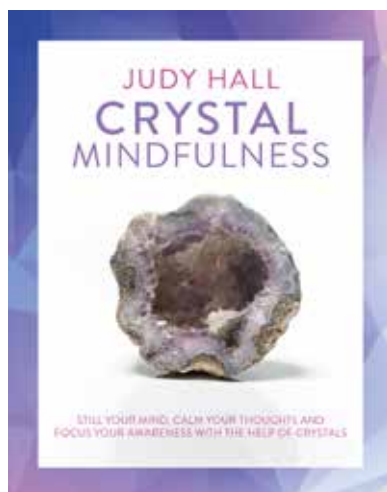
9781786780775 | 288pp | HB 260 x 180 mm
£25/\$35
Rights Sold: HUN, ITL



9781786780935 | 336pp | PB 198 x 129 mm

£10.99/\$16.95

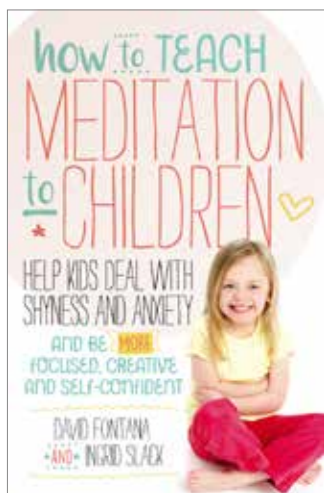
World Rights Available



9781780289731 | 96pp | PB 162 x 128 mm

£8.99/\$12.95

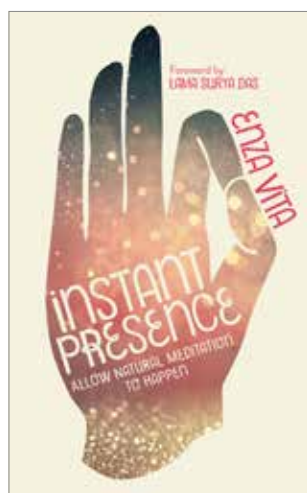
Rights Sold: CAT, SPA, NED, PORT



9781786780874 | 224pp | PB 234 x 153 mm

£12.99/\$16.95

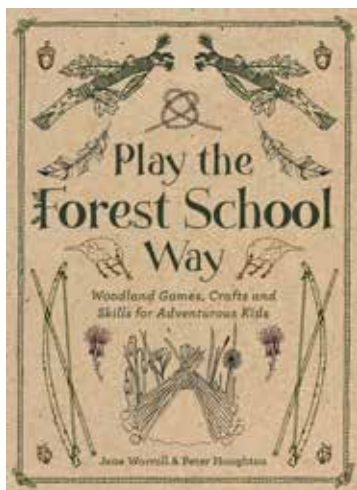
Rights Sold: HEB, ROM, VIET



9781786780614 | 200pp | PB 216 x 135 mm

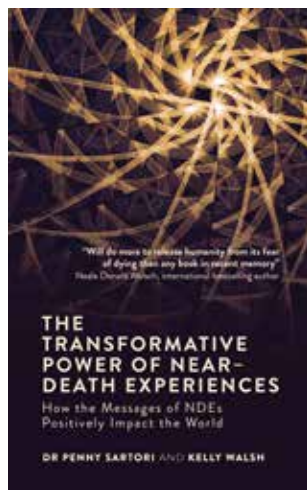
£10.99/\$16.95

Rights Sold: CZE, FRN, SLOV



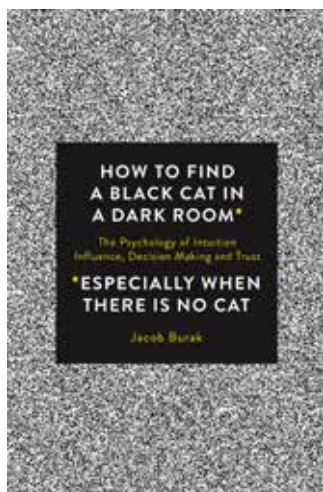
9781780289298 | 160pp | PB 200 x 145 mm
£12.99/\$16.95

Rights Sold: CHN, CHN – COMPLEX , GER, POL,
LITH



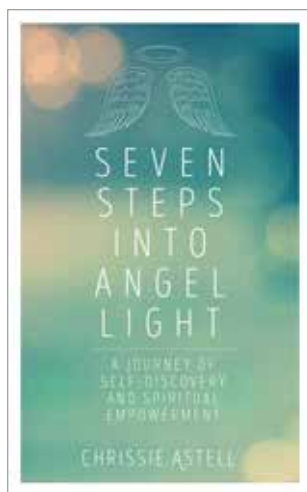
9781786780331 | 256pp | PB 216 x 135 mm
£10.99/\$15.95

Rights Sold: GER



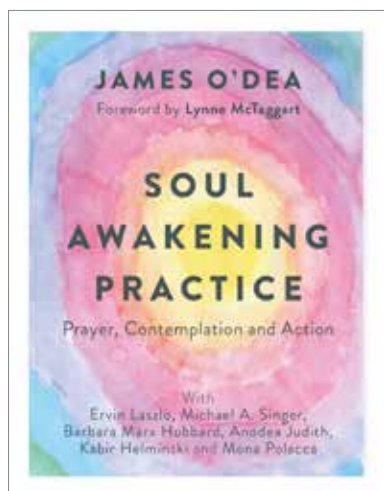
9781786780850 | 256pp | PB 198 x 129 mm
£9.99/\$11.95

Rights Sold: CHN



9781786780584 | 240pp | PB 216 x 135 mm
£10.99/\$14.95

World Rights Available



9781786780522 | 256pp | HB 163 x 127 mm

£8.99/\$12.95

Rights Sold: FRN



9781780289151 | 320pp | PB 200 x 145 mm

£9.99/\$14.95

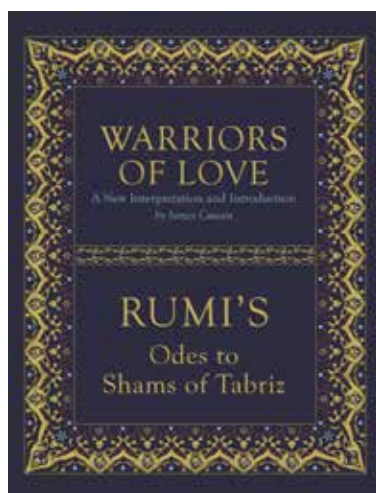
World Rights Available



9781780289847 | 336pp | PB 200 x 145 mm

£12.99/\$18.95

Rights Sold: EST, JAP



9781786780294 | 224pp | HB 163 x 127 mm

£9.99/\$14.95

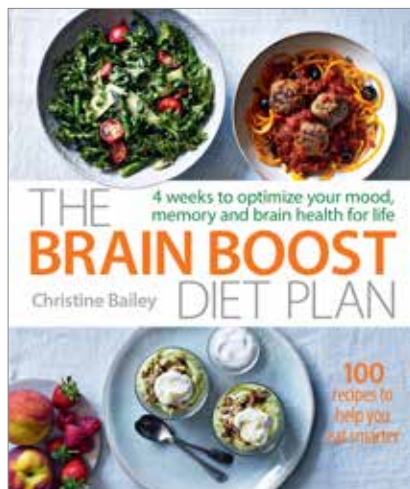
World Rights Available



9781848993518 | 224pp | PB 198 x 130 mm

£8.99/\$14.95

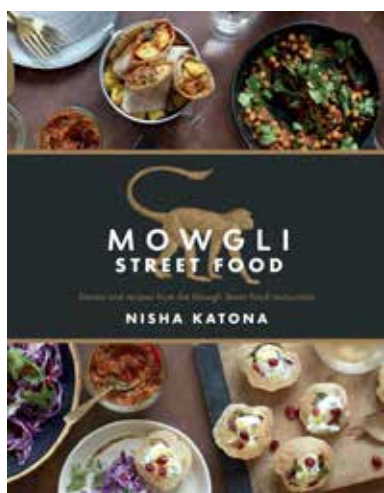
Rights Sold: AUDIO



9781848993396 | 208pp | PB 216 x 182 mm

£14.99/\$19.95

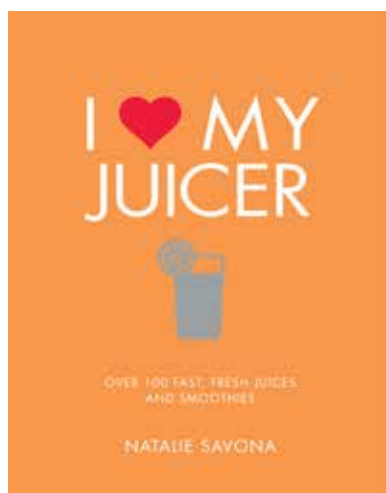
Rights Sold: CZE



9781848993266 | 224pp | HB 246 x 189 mm

£25/\$24.95

World Rights Available



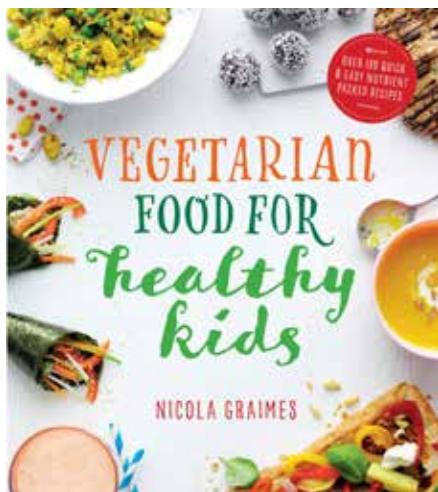
9781848993549 | 176pp | PB 243 x 189 mm

£12.99/\$19.95

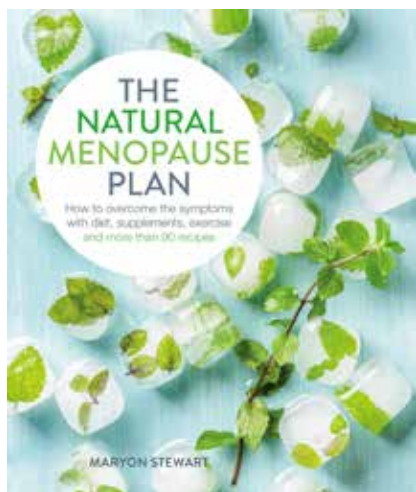
Rights Sold: DK, NED, FRN, ITL, NOR, ROM, RUS, SPA



9781848992658 | 224pp | HB 246 x 188 mm
 £20/\$24.95
 Rights Sold: NED, POL



9781848993068 | 176pp | PB 234 x 207 mm
 £12.99/\$19.95
 Rights Sold: FRN, NED



9781848993303 | 160pp | PB 216 x 182 mm
 £12.99/\$19.95
 Rights Sold: FIN, FRN, SPA, PT



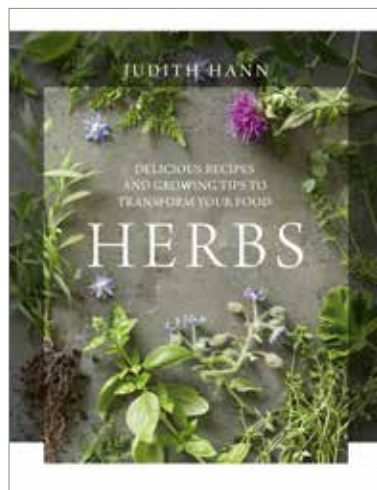
9781848997370 | 176pp | HB 246 x 189 mm
 £20/\$29.95
 World Rights Available



9781848993167 | 176pp | HB 220 x 170 mm

£14.99/\$19.95

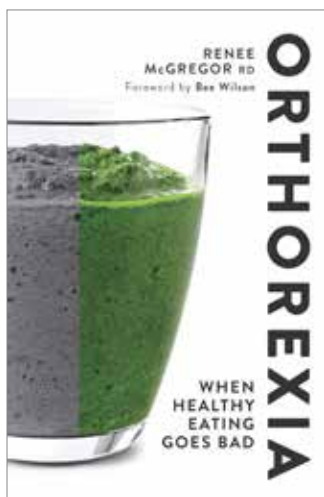
World Rights Available



9781848992825 | 240pp | HB 246 x 189 mm

£25.00/\$29.95

Rights Sold: CZE



9781848993341 | 224pp | PB 198 x 129 mm

£8.99/\$12.95

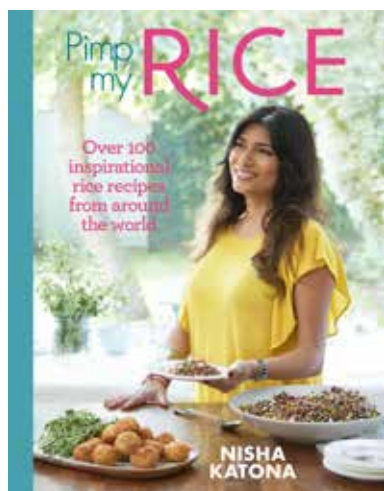
Rights Sold: CZE, FRN, POL, RUS, VIET



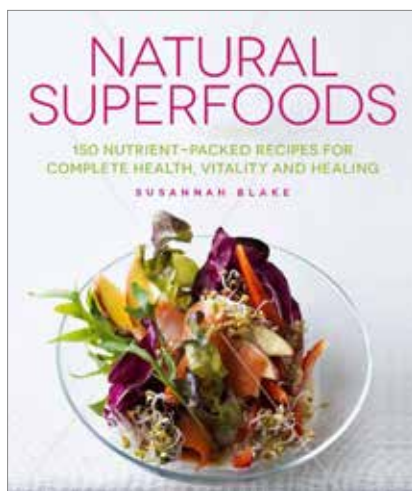
9781848993402 | 112pp | HB 190 x 170 mm

£9.99/\$14.95

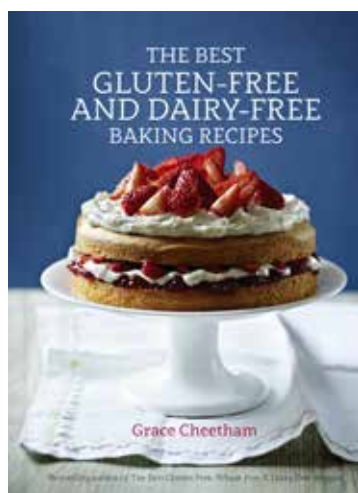
Rights Sold: CHN, CZE, FIN



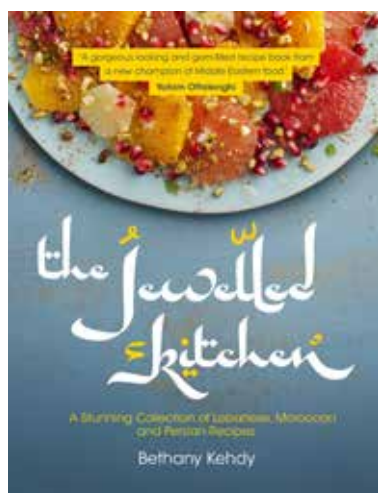
9781848993525 | 224pp | PB 246 x 189 mm
 £20/\$24.95
 Rights Sold: CHN, NED



9781848992283 | 184pp | PB 216 x 182 mm
 £12.99/\$15.95
 World Rights Available



9781848991620 | 176pp | HB 243 x 178 mm
 £14.99/\$19.95
 Rights Sold: FIN, PORT, ROM



9781848992894 | 224pp | PB 246 x 189 mm
 £14.99/\$19.95
 Rights Sold: NED

HEAD OFFICE CONTACTS

Watkins Media Ltd
Unit 11, Shepperton House
89 Shepperton Road
London N1 3DF
enquiries@watkinspublishing.com
Tel: 0203 813 6940

Owner
Etan Ilfeld

Publisher
Jo Lal

Sales & Marketing Director (Global)
Vicky Hartley
vicky.hartley@watkinspublishing.com

Sales Executive
Monica Mistry
monica.mistry@watkinspublishing.com

Sales Assistant (UK)
Craig Chmarny
craig.chmarny@watkinspublishing.com

Sales Assistant (UK & Export)
Jack Hallam
jack.hallam@watkinspublishing.com

Rights Manager
Jenna Brown
jenna.brown@watkinspublishing.com

Rights Executive
Olivia Richardson
olivia.richardson@watkinspublishing.com

Marketing and Publicity Manager
Jillian Levick
jillian.levick@watkinspublishing.com

Senior Publicist
Vikki Scott
vikki.scott@watkinspublishing.com

Publicist
Nicola Sinclair
nicola.sinclair@watkinspublishing.com

UK & IRELAND SALES

Trade Orders
Grantham Book Services Limited
+ 44 (0) 1476 541080
orders@gbs.tbs-ltd.co.uk

Debbie Jones
Area: South West England
deborah7.jones@gmail.com
+44 (0) 7850 621204

Anna Murphy
Area: Scotland
info@annamurphy.co.uk
+44 (0)7825 701450

Sara Lister
Area: Midlands & East Anglia
sara.lister@ntlworld.com

John Talbot
Area: London & South East
johnmetalbot@virginmedia.com

Ireland
Gill Hess Limited
gillhess@iol.ie
+ 353 1849 1801

OVERSEAS DISTRIBUTOR

Penguin Random House International
For orders:
internationalorders@penguinrandomhouse.com
To contact the sales person responsible for your country visit: <http://prhinternationalsales.com/aboutus/>

RIGHTS AGENTS

Portugal, Spain & Latin America (excluding Brazil)

Angela Reynolds (Illustrata)
reynolds@ilustrata.com

Italy

Vicki Satlow
vicki@vickisatlow.com
+39 0248015553

Japan

Japan Uni
Yukiko Kurioka
yukiko.kurioka@japanuni.co.jp
+81 33295 0301

Russia

Synopsis
Natalia Sanina
Nat@Synopsis-Agency.ru
+7 499 519 0360

Turkey

Filiz Karaman
filiz@nurcihankesim.net
+90 216 51156 86

Romania & The Balkans

Livia Stoia
livia.stoia@liviastoiaagency.ro
+40 2123299 09

Simplified Chinese (frontlist)

Fanny Yu, Rights Manager
CA-LINK International LLC (Beijing Office)
Email: fanny@ca-link.com
Tel: +86 010-52861626

*Price, publication date and availability may be subject to change.