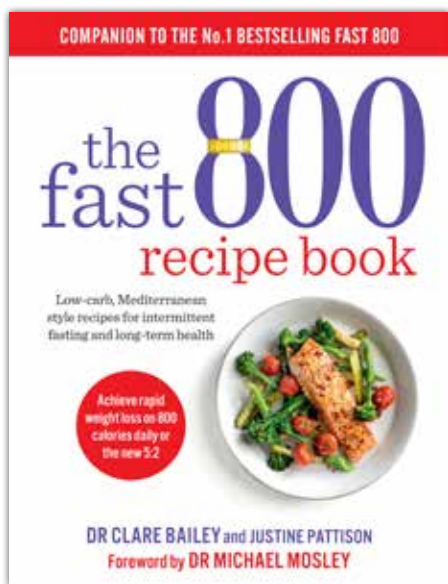




SHORT BOOKS

JUNE – DECEMBER 2019



Over 100,000 copies sold
of *The Fast 800* within first
5 weeks of publication

DIET / COOKERY

THE FAST 800

150 simple, tasty recipes for rapid weight loss and long-term health
Dr Clare Bailey and Justine Pattison with a foreword by Dr Michael Mosley

In *The Fast 800* Dr Michael Mosley brought together all the latest science on intermittent fasting to provide an exciting new programme built around a more manageable 800-calorie fast day.

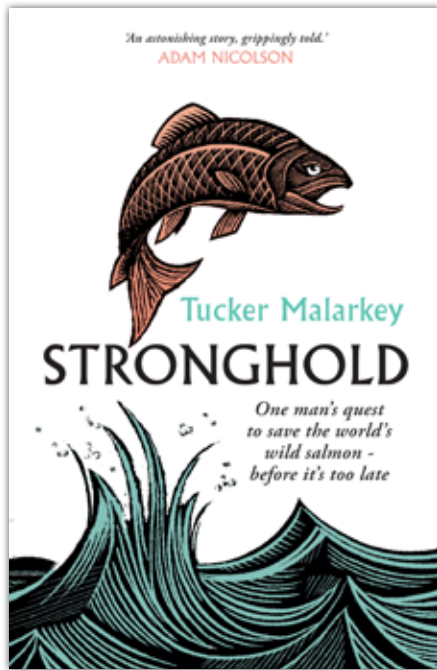
In this fabulous companion cookbook, Dr Clare Bailey, GP, has teamed up with successful cookery writer Justine Pattison to create a collection of delicious, low-calorie recipes that are all expertly balanced and easy to make. They range from quick breakfasts to satisfying suppers and follow the Mediterranean style of eating now proven to revolutionise your health.

Whether you are embarking on the full weight-loss programme or just looking to improve your general health, this book will help you feel better and change the way you eat for life.

Dr Clare Bailey, wife of Michael Mosley, is a GP who has pioneered the Blood Sugar Diet approach at her own surgery in Kent. She is the author of the bestselling *8-Week Blood Sugar Diet Recipe Book* and *The Clever Guts Diet Recipe Book*.

Justine Pattison is a cookery writer, food stylist and author of *The Healthy Gut Handbook*, *Freeze* and *Without the Calories* series. She is a regular contributor to popular magazines and newspapers such as *BBC Good Food*, *Olive*, the *Daily Mail*, the *Guardian* and the *Daily Telegraph*.

Michael Mosley trained as a doctor at the Royal Free Hospital in London before becoming a journalist and television presenter. He is the author of the internationally bestselling *Fast Diet*, *8-Week Blood Sugar Diet* and *The Clever Guts Diet*.



Tucker Malarkey is author of *An Obvious Enchantment and Resurrection*. She co-wrote *Sleepwalking Through History*, a bestselling account of the Reagan years. She worked for 4 years on the foreign desk of *The Washington Post* and is the founding editor of *Tin House* magazine, a literary journal based in Portland and New York.

STRONGHOLD

One man's quest to save the world's wild salmon
– before it's too late

Tucker Malarkey

Salmon, one of the most determined, single-minded creatures on earth, have for hundreds of thousands of years succeeded in returning from the sea to their birth rivers to spawn – no matter the conditions or obstacles.

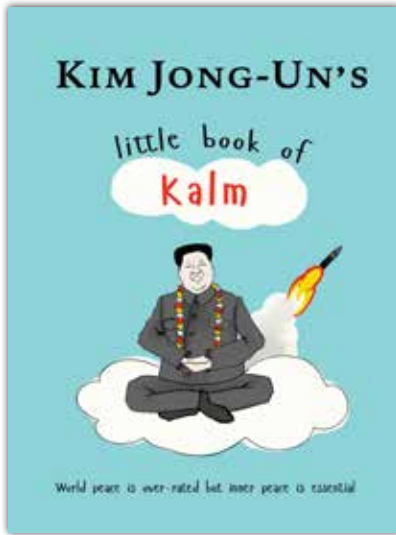
But as maverick and salmon aficionado Guido Rahr discovered when he started studying them in his home state of Oregon in the late 90s, fewer and fewer were returning each year as the rivers of the US were becoming increasingly inhospitable, due to dams, industry and climate change. The salmon of the Pacific Rim, it seemed, were set for near extinction, just like the salmon that once filled the Atlantic Ocean.

An improbable and inspiring story, *Stronghold* takes the reader on a wild and at times dangerous adventure as we follow Guido from Oregon to Alaska to one of the world's last remaining salmon strongholds, in the Kamchatka Peninsula in the Russian Far East.

As Guido befriends scientists, corrupt officials, Russian oligarchs, and navigates impenetrable bureaucracies, he reveals the astonishing natural history of the endangered salmon, a species whose demise will reverberate across the planet. And he sets into motion a plan that can secure their survival.

NATURE/ SCIENCE

£16.99 / 384pp / 6th June 2019 / Demy Hardback / 978-1-78072-401-0/ UK & Comm ex-Can



A light-hearted, humorous book to sit beside other parody books such as *The Beautiful Poetry of Donald Trump*, *Vladimir Putin Life Coach* and the Ladybird series.

KIM JONG-UN'S LITTLE BOOK OF KALM

Kimberly Johnson

Do you ever feel like the weight of the world is on your shoulders?

Or find yourself so stressed you could blow a nuclear fuse?

Relax! Kim Jong-Un's Little Book of Kalm is here to help. Full of easy tips to help you unwind in the most explosive of situations, this book could cheer up even the most fiery of dictators. With mindful exercises such as:

- How to stop catastrophising about the End of The World
- Pushing the Big Red (Reset) Button
- Mastering assertive conversations
- Purging the negativity out of your life

Kim Jong Un brings you the ultimate guide to keeping your kool in a stressful world. Is someone upsetting you? Delete them. Are your family getting on your nerves? Treat them to a detox with your 'Killer Kale Smoothie'.

Follow Kim's pearls of wisdom and you'll find a solution to just about anything the world can throw at you.

HUMOUR/ GIFT

£5.99 / 10th October 2019 / Cut-Down A Paperback, 1-colour images throughout / 978-1-78072-406-5 / World Rights



A new title in the hugely successful
101 Things series – 200,000 copies sold.

101 THINGS TO DO TO FIND LOVE IN THE MODERN WORLD

Cleopatra Valentine

- #03. Make a pre-date playlist to get you in the mood
- #46. Pose with a pet for a fail-safe profile picture
- #85. Have 10 weeks of therapy now to save time later



Are you unlucky in love and searching for The One?

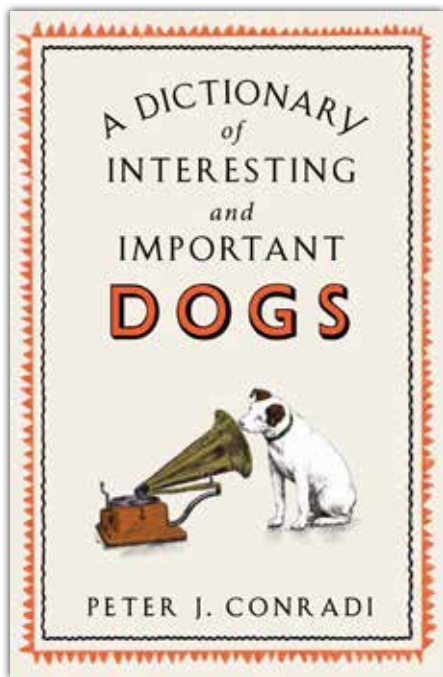
Look no further! This fun collection of dating tips and romantic guidance will unlock the secrets of modern love – and make you laugh along the way.

From non-cheesy chat-up lines to charm your date, to the best excuses for an emergency exit, *101 Things* shows that finding love isn't all about heartbreak and that romance in the modern world is far from dead!

- A neat, pocket-sized package, with one-colour illustrations throughout, an ideal Christmas stocking filler or a Valentine's Day gift.
- A book to sit on the shelf beside colouring books, Ladybird parody books and the mindfulness journal – a gentle reminder of the simple joys of life – and full of laughs.

HUMOUR/ GIFT

£5.99 / 10th October 2019 / Cut-Down A Paperback, 1-colour images throughout / 978-1-78072408-9 / World Rights



Peter J Conradi is the author of many books, including the critically lauded, *Iris Murdoch: A Life*.

A DICTIONARY OF INTERESTING AND IMPORTANT DOGS

Peter J. Conradi

An irresistible gathering of hounds

Tin Tin's Snowy, Odysseus's Argos, Darwin's Polly, Mary Queen of Scot's 22 lap-dogs, Elizabeth Barrett Browning's Flush, Barack and Michelle's Bo and Sunny... Behind every great man or woman is a dog.

A Dictionary of Interesting and Important Dogs is a rich compendium of the world's most significant and beloved dogs. Embracing the intriguing and the provocative, the essential and the trivial, Peter Conradi forays into history, literature, personal anecdotes and Chinese dog recipes to unearth a treasure trove of canine characters.

Discover the stories behind the four dogs who travelled first class on the *Titanic* and how they survived; the 100 references to dogs in Alexander Pope's oeuvre; Edinburgh's Greyfriars Bobby who stayed by his master's grave for 14 years; and the 1100 dog names that Edward Duke of York considered appropriate for hunting dogs in the 15th century.

This book is a wonderful and witty homage to man's most faithful friend.

HISTORY/ GIFT

£12.99 / 224pp / 7th November 2019 / B-format Hardback / 978-1-78072-404-1 / World Rights



Dr Peter Lovatt PhD is a dance psychologist who heads the Dance Psychology Lab at the University of Hertfordshire. After working as a professional dancer, and overcoming a severe reading difficulty, he took degrees in Psychology & English, Neural Computation, and Experimental Cognitive Psychology. He is currently lecturing on Performance (Dance) Psychology at the Royal Ballet School.

BORN TO DANCE!

The life-changing magic of moving your body and improving your mind

Dr Peter Lovatt

“I don’t think there’s words in the dictionary to describe it.” So said Len Goodman on Ed Ball’s performance in *Strictly Come Dancing* 2016... What is it about dance that can transform a stuffy politician into a sequin-clad national treasure overnight?

In *Born to Dance!*, Dr Peter Lovatt, dance psychologist and former professional dancer, reveals the answer to this question and more – and shows that dancing has benefits that go way beyond having a good time.

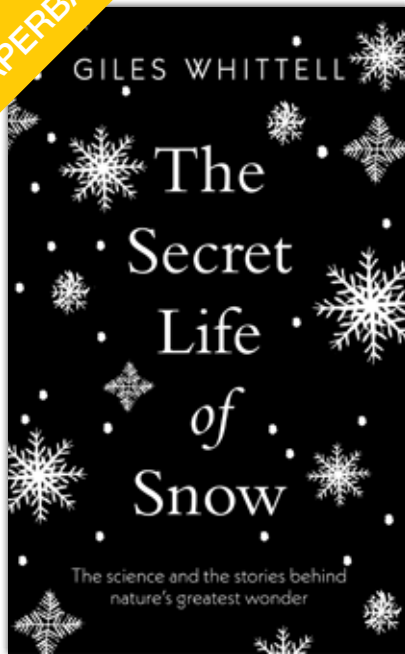
Drawing on his extensive scientific research, he explains how even the most malcoordinated of groovers can use combinations of movement to improve their mood, feel energised, think creatively and ultimately transform their lives.

Humans are born to dance. Dancing can change the way we feel and think, boost our self-esteem, help us problem-solve and even temporarily relieve symptoms of neurodegenerative disorders.

With a cha cha here and a wiggle there, Dr Lovatt shares with us the reasons why dance is such a powerful tool for our brains and our bodies, and uses this extensive scientific evidence to create a unique set of steps, combos and dance routines to help us dance ourselves happy.

NON-FICTION / PSYCHOLOGY

PAPERBACK



Giles Whittell is chief leader writer for *The Times*, and was previously the paper's correspondent in Los Angeles, Moscow and Washington. He has written five previous books – *Bridge of Spies*, *Spitfire Women of World War II*, *Extreme Continental*, *Central Asia* and *Lambada County*.

SNOW

The biography

Giles Whittell

- * How many snowflakes are needed to make a snowman?
- * Where is the snowiest place on Earth?
- * When will the last snowflake fall?

Snow has a lot in common with religion. It comes from heaven. It changes everything. It creates an alternative reality and brings on irrational behaviour in humans. But unlike most religions, snow has never had a bible, until now.

Giles Whittell, a passionate snow enthusiast, takes the reader on a quest through centuries and continents to reveal the wonders of snow. Along the way he uncovers the mysteries of snow crystal morphology, why avalanches happen, how snow saved a British prime minister's life, and the terrifying truth about the opening ceremony of the 1960 winter Olympics.

Snow: The Biography is the next best thing to a white Christmas, an anthropology and travelogue for everyone from ski addicts to the millions of people who have never even seen it.

“There is something magical about snow even when it holds your life in the balance, and this book captures that magic. It tells snow’s story with affection, wit and deep curiosity; just the appreciation it deserves while it’s still around to enchant us.”

Sir Ranulph Fiennes

“A wonderful, wide-ranging book, all powder, no slush... Put this on your Christmas list and let it snow, let it snow, let it snow.” *The Times*

SCIENCE / NATURE

PAPERBACK

TWO WEEKS IN NOVEMBER

The astonishing untold story of the operation that toppled Mugabe

Douglas Rogers

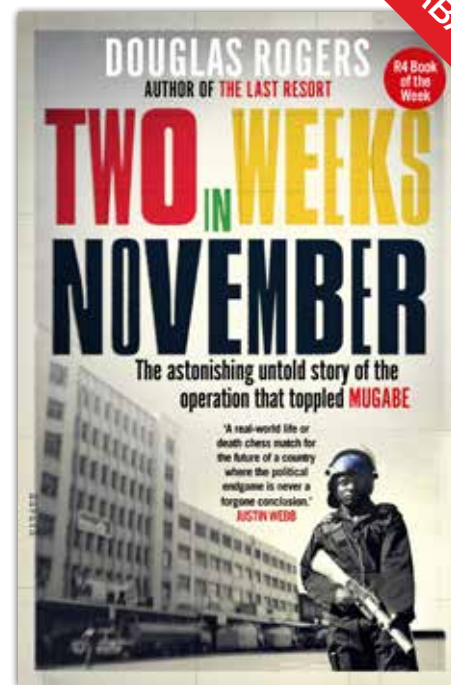
Two Weeks in November is the thrilling, surreal, unbelievable and often very funny true story of four would-be enemies -- a high ranking politician, an exiled human rights lawyer, a dangerous spy and a low-key white businessman turned political fixer -- who team up to help unseat one of Africa's longest serving dictators, Robert Mugabe.

What begins as an improbable adventure destined for failure, marked by a mixture of bravery, strategic cunning and bumbling naiveté, soon turns into the most sophisticated political-military operation in African history. By virtue of their being together, the unlikely team of misfit rivals is suddenly in position to spin what might have been seen as an illegal coup into a mass popular uprising that the world – and millions of Zimbabweans – will enthusiastically support.

Impeccably researched, deftly written, and told in the style of a contemporary political thriller, *Two Weeks in November* throws you into the very heart of 'the game', a dangerous hidden world that makes you question what is real, what is choreographed, and whether anything can really change in a country where the same players are still dictating the rules.

(Cover to be confirmed)

NON-FICTION / MEMOIR



Douglas Rogers is an award-winning author, journalist and travel writer. In 2009, he published *The Last Resort: A Memoir of Zimbabwe* to critical acclaim. He was born and raised in Zimbabwe and now lives in Virginia outside Washington DC. Visit him at douglasrogers.org or follow @douglasrogers

£9.99 / 224pp / 7th November 2019 / B-format Paperback / 978-1-78072-385-3 / UK & Comm ex-Can & Southern Africa

LIFE WITHOUT DIABETES

The definitive guide to understanding and reversing Type 2 diabetes

Professor Roy Taylor

Type 2 diabetes has been regarded as an incurable, lifelong condition for centuries. Even worse, it appeared to be inevitably progressive. When you got the diagnosis, it was as though above the clinic door was written: 'Abandon hope all ye who enter here.'

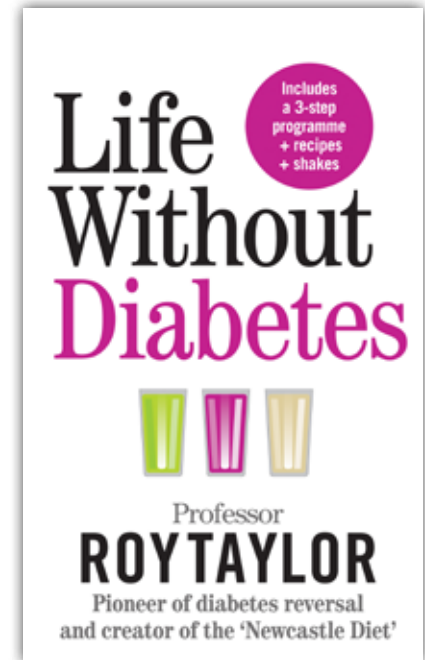
Professor Roy Taylor is the world's leading expert on Type 2, the man who in 2006 finally found the 'missing piece in the scientific jigsaw' that paved the way for a cure. With his international team of researchers in Newcastle, he launched a multi-million-pound trial, involving 280 Type 2 diabetics from around the UK, and last year published the remarkable, life-changing results.

His study found that Type 2 diabetes is caused by just one factor: too much fat in the liver and pancreas and that the most efficient way to shed fat from these organs is to lose weight fast.

In *Life without Diabetes* Taylor brings all the knowledge and experience that he has amassed during four decades of treating people with Type 2 and responding to their particular concerns and problems. He offers a definitive account of how Type 2 develops, explains exactly what is happening in the body if you have the disease and, most importantly, how you can live a full life beyond it.

SCIENCE / HEALTH

£9.99 / 224pp / 26th December 2019 / Trade Paperback / 978-1-78072-409-6 / World English (US rights sold to Harper One)

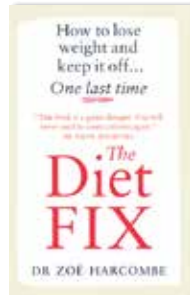


Professor Roy Taylor is Director of Magnetic Resonance Centre and Honorary and Consultant Physician at Newcastle upon Tyne Hospitals NHS Foundation Trust. He is the author of over 300 scientific papers.

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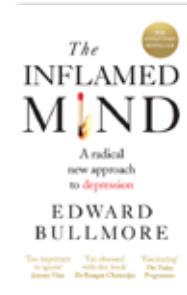
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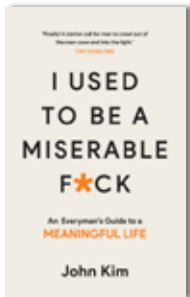
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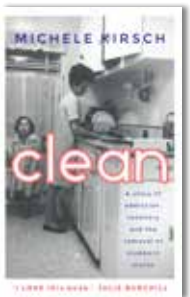
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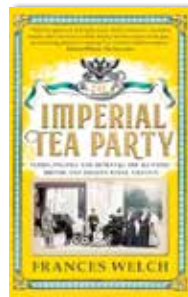
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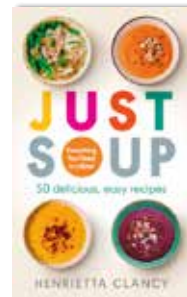
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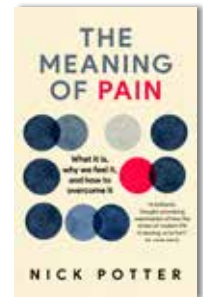
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