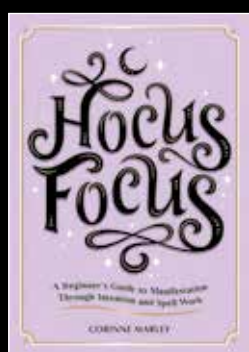
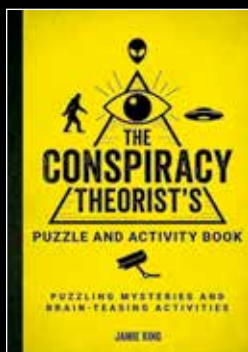
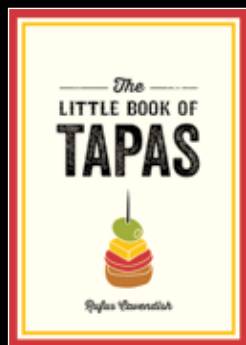
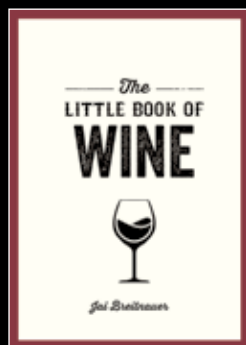
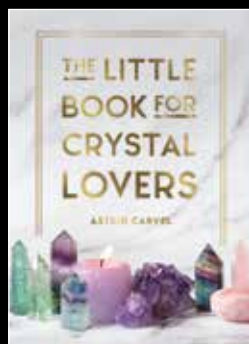
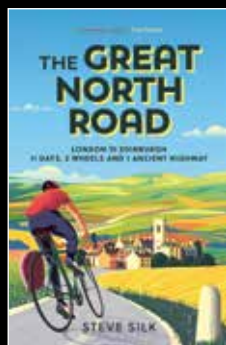
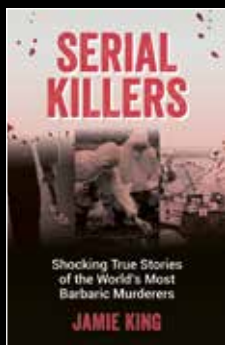
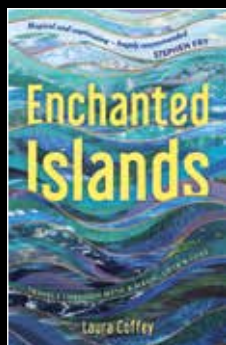




July to December
2024



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Welcome to Summersdale!

We are entering this season with another exciting collection of Wellness, Children's Mental Health, Gift and Travel titles. Whether you're looking for your daily dose of calm, set on spicing up date night, curious to uncover mystical truths, or simply seeking a little escapism, these books will be sure to inform, entertain and inspire you. We really do have something for everyone!

Confidence is the keyword for our Children's Mental Health list, with *A Little Monster's Guide to Confidence*, *My Confidence Journal* and *Be Confident* helping young readers to boost their self-esteem and conquer fears. Or let us help you on your own wellness journey with our selection of supportive Vie titles: enjoy some soothing puzzles in *The Stress Less Activity Book*, guided exercises in *My Shadow Work Workbook* and practical tips in *How to Ease Your Anxiety*.

We're thrilled to be publishing Rachael Shephard's *Sober Mama*, an honest, relatable and outrageously funny memoir about a single mother's journey to sobriety. If the power of the great outdoors is more your thing, you'll love Carol Donaldson's uplifting and gorgeous memoir, *The Volunteers*, or Mark Eveleigh's trek across rural Spain in *Vagabond*. Or join Hannah Pierce on her hilarious narrowboat misadventures around Britain's waterways in *All Boats Are Sinking*.

This season we'll take you to magical realms in *The Little Book of Faeries*, through history in *The Military History Puzzle Book* and to a world of everyday glamour with *How to Romanticize Your Life*. The Little Frog is back with more self-love, empowering statements and stylish shoes, with *The Little Frog's Guide to Self-Care Card Deck*. We've got you covered in the kitchen with our new cookbook, *The Gluten-Free Kitchen*, in the bedroom with *The Zodiac Kama Sutra* and in the bathroom with *52 Things to Do While You Poo: The Dad Edition*.

As usual, we'd like to express our gratitude to our reps and agents, the press and trade, and all the writers, artists and talented people who contribute to Summersdale's continued success.

The Summersdale Team

Feedback: enquiries@summersdale.com



Summersdale Publishers



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For all media and events enquiries please contact
Jasmin Burkitt, jasmin.burkitt@summersdale.com

Disclaimer: All details are correct at the time of going to print. Prices, specifications and availability are subject to change without prior notification.

Calm Cards for Students

52 Cards to Help You Find Inner Peace

ISBN: 9781837994410

£8.99

91x66mm

Cards

08/08/2024

Rights and Sales Territories: World



When student life gets stressful, turn to these soothing cards of tips and affirmations to help you reset your mind and find calm. From learning the basics of meditation to small reminders that you can take everything one step at a time, these calm cards are the perfect antidote to help you breathe more and stress less.

Key Selling Points:

- Many recent studies show that students are increasingly struggling with anxiety and stress. As such, universities are placing more and more emphasis on mental health and well-being.
- These cards are filled with practical, bite-sized advice and empowering affirmations to help reduce stress. Also contains an 8-page booklet of guidance.



The Little Frog's Guide to Self-Care Card Deck

52 Affirmation Cards for Self-Love and Empowerment

Maybell Eequay

ISBN: 9781837995196

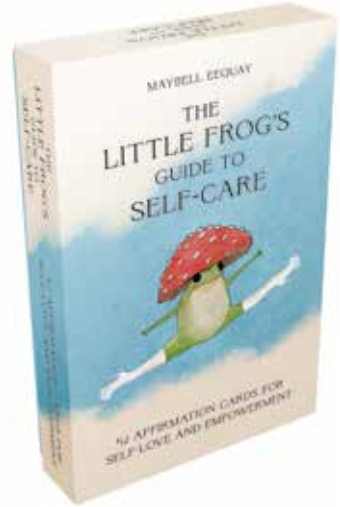
£14.99

165x110mm

Cards

12/09/2024

Rights and Sales Territories: World



The little frog is here with all the words you ever needed to hear to help your self-love flourish. Whether you're looking for gentle pearls of wisdom for hard days, or encouraging affirmations to help heal your inner child, this deck of cards is overflowing with beautiful reminders that you deserve to treat yourself with love and care.

Key Selling Points:

- This beautiful deck of cards is a follow-up to Maybell's first book, *The Little Frog's Guide to Self-Care* (ISBN: 9781837991013), which has sold over 44,000 copies.
- The cards contain 52 illustrations of the little frog and accompanying affirmations, as well as a 16-page booklet.



Dirty Minds

A Card Game to Test Your
Naughty Knowledge

ISBN: 9781837994052

£7.99

88x66mm

Cards

12/09/2024

Rights and Sales Territories: World



Sex is fun, and so is this playful card deck designed for your pleasure. Reveal outrageous, titillating and laugh-out-loud trivia as you determine who among you has the dirtiest mind. This deck contains 52 cards with true/false statements and multiple-choice questions to test your knowledge of some of the wildest sex facts.

Key Selling Points:

- An adult card deck containing 52 playing cards and a 4-page booklet.
- Perfect for hen and stag dos, parties and bedroom antics. This card deck makes the ideal gift for a friend or partner.
- A similar Summersdale title, *The Little Book of Kama Sutra* (ISBN: 9781849537780), has sold over 75,000 copies.



Drinking Games

52 Games to Get the Party Started

ISBN: 9781837993819

£7.99

88x66mm

Cards

12/09/2024

Rights and Sales Territories: World



Featuring an eclectic mix of games and Drink or Dare challenges, the *Drinking Games* card deck is guaranteed to transform even the dullest of evenings into a night of frolicking fun. Whether you're looking to entertain old friends or break the ice with new ones, you'll be spoiled for choice with this dizzying array of alcoholic antics.

Key Selling Points:

- 52 cards featuring a fun mix of drinking games and Drink or Dare challenges, guaranteed to get the party started. Also contains a 4-page booklet.
- The perfect gift for students, hen/stag parties, 18th birthdays or anyone who enjoys a good drinking game.
- A similar Summersdale product, *The Little Book of Drinking Games* (ISBN: 9781849535861), has sold over 179,000 copies.



Enchantress Tarot

An Empowering Oracle Deck to Help
You Embrace Your Feminine Energy

Mara Parra

ISBN: 9781837994205

£16.99

147x92mm

Cards

10/10/2024

Rights and Sales Territories: World excluding Spanish,
German and Italian



Are you ready to receive the magic of the cards? This beautiful 78-card tarot deck, with bespoke illustrations by Josefina Schargorodsky, will help you gain insight into your past, present and future. With these exquisite cards, embrace the sacred power of the tarot, channel your feminine power and read the unseen forces that guide your path.

Key Selling Points:

- Includes a 52-page introductory booklet of advice on how to lay out and read the cards.
- This deck is a companion to the book *The Modern Mystic's Guide to Tarot* (ISBN: 9781837994199), an exquisite 160-page guide to decoding the symbolism of the cards.



Dirty Date Deck

52 Kinky Conversation Starters for Couples

ISBN: 9781837995189

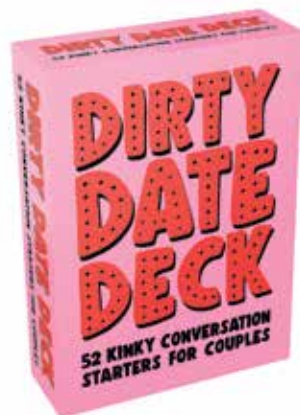
£7.99

88x66mm

Cards

14/11/2024

Rights and Sales Territories: World



Dive into a world of passion and pleasure with these naughty ice breakers, designed to ignite the flames of curiosity and deepen connections. Ranging from playful to provocative, each card unveils a tantalizing question or scenario, encouraging participants to share their most intimate fantasies, desires and experiences, for an unforgettable night.

Key Selling Points:

- Regardless of your gender or sexual orientation, this juicy selection of ice breakers contains a range of naughty questions to spice up any date night and add an extra bit of kink to your love life. Also contains a 4-page booklet.
- A similar title, *Sex Vouchers* (ISBN: 9781849534949), has sold over 36,000 copies.



Calm for Every Day

52 Beautiful Cards and Booklet to Unlock Daily Peace

ISBN: 9781837993086

£8.99

91x66mm

Cards

14/11/2024

Rights and Sales Territories: World



Discover daily calm with the comforting quotes and peaceful practices found in this beautiful card deck, designed to alleviate stress and soothe your mind. Whether you're confronted with feelings of anxiety or dealing with daily stressors, these cards will be on hand, in pocket, or over on the countertop to help you uncover your calm every day.

Key Selling Points:

- This 52-card deck provides daily comfort through soothing statements and calming practices, the perfect gift for anyone seeking pockets of peace in the day-to-day. Also contains an 8-page booklet.
- *Calm for Every Day* cards are based on Summersdale's *Calm for Every Day* (ISBN: 9781800071827), which has sold over 4,900 copies.



Positivity for Every Day

52 Beautiful Cards and Booklet to Fill You With Joy

ISBN: 9781837993260

£8.99

91x66mm

Cards

14/11/2024

Rights and Sales Territories: World



Become a happier you with the heart-warming tips, advice and kind words of *Positivity for Every Day*. By practising the joyous daily rituals and simple exercises on these cards, you'll learn how to make positivity a regular habit, so that you can look on the bright side all year long.

Key Selling Points:

- This deck of 52 cards provides daily positivity through uplifting statements and joyful tips, the perfect gift for anyone wanting to look more on the bright side of life. Also contains an 8-page booklet.
- *Positivity for Every Day* cards are based on Summersdale's *Positivity for Every Day* (ISBN: 9781787836518), which has sold over 30,000 copies.



A Little Monster's Guide to Confidence

A Child's Guide to Boosting Their Self-Esteem

Emily Snape

ISBN: 9781837992096

£6.99

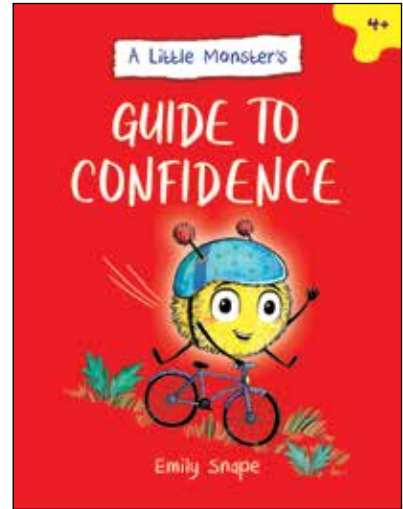
280x215mm

32pp

Paperback

11/07/2024

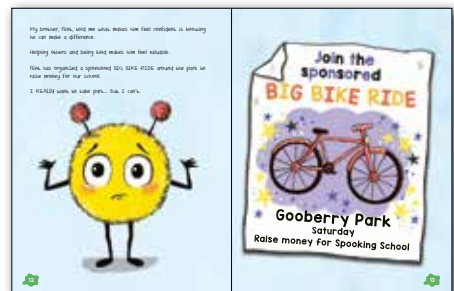
Rights and Sales Territories: World



Pip the little monster can get very nervous and often lacks the confidence to try new things. With the help of their brother and monster friends, Pip learns all about what confidence is and how to find it. Follow Pip as they set achievable goals, learn from mistakes and celebrate differences.

Key Selling Points:

- Aimed at children aged 4–7.
- Part of an exciting new series by Emily Snape, which includes *A Little Monster's Guide to Mindfulness* (ISBN: 9781800077232), *A Little Monster's Guide to Positivity* (ISBN: 9781800077249) and *A Little Monster's Guide to Feeling Calm* (ISBN: 9781837992102).



A Little Monster's Guide to Feeling Calm

A Child's Guide to Coping with Their Worries

Emily Snape

ISBN: 9781837992102

£6.99

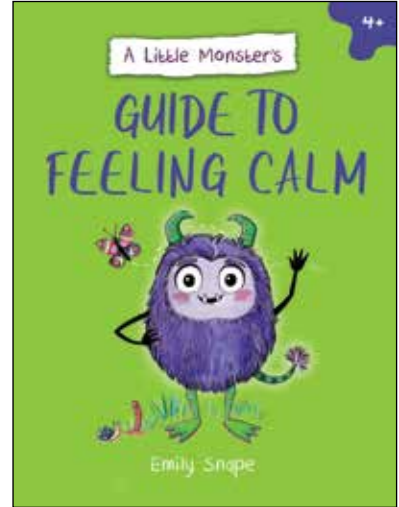
280x215mm

32pp

Paperback

11/07/2024

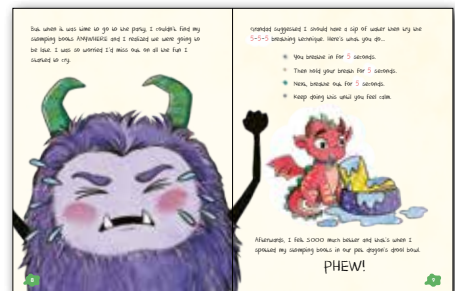
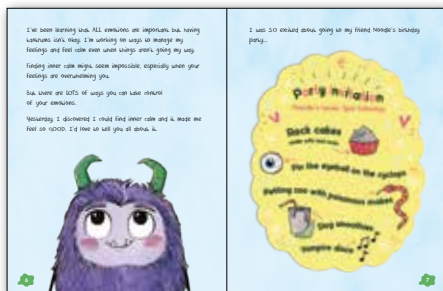
Rights and Sales Territories: World



Cal the little monster is so excited to go to their friend's birthday party. But once there, they feel overwhelmed with emotions. With the help of Grandad and their friends, Cal learns how to calm down when their feelings start to feel too big.

Key Selling Points:

- Children's mental health is a huge topic in the media. Rates of depression and anxiety among children and teenagers have increased by 70 per cent in the past 25 years.
- A valuable resource for any parent or caring adult looking to support a child experiencing low mood and heightened emotions.
- The author has also written a book celebrating ADHD, called [My Amazing ADHD Brain](#) (ISBN: 9781837991266).



My Confidence Journal

Scribble Away Your Worries
and Have Fun With Some
Confidence-Boosting Activities

ISBN: 9781800079403

£7.99

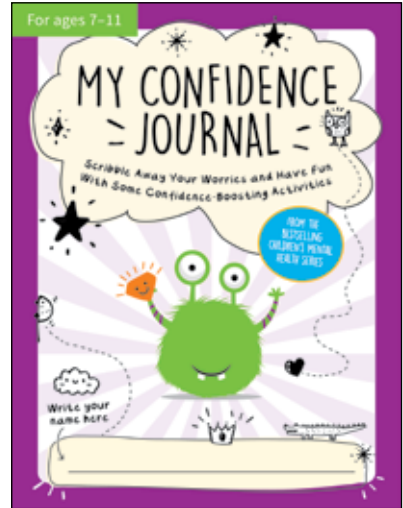
205x158mm

96pp

Paperback

08/08/2024

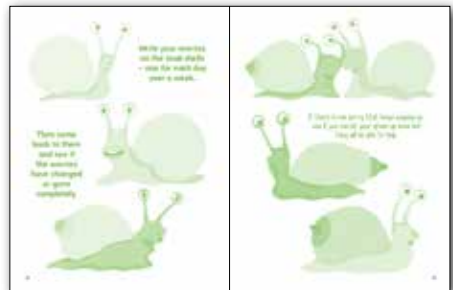
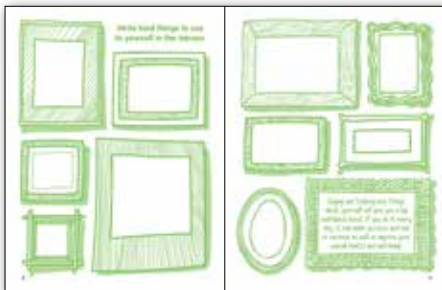
Rights and Sales Territories: World



Everyone feels nervous sometimes – it’s a normal part of life – but there are many things you can do to make your confidence soar! This engaging journal allows children to tune in to their feelings and find creative and lasting ways to boost their confidence. It contains simple activities, allowing the child to work alone or with guidance.

Key Selling Point:

- Children’s mental health is a hot topic in the media and the statistics make uncomfortable reading: rates of depression and anxiety amongst children and teenagers have increased by 70 per cent in the past 25 years. Fifty per cent of mental health problems are established by age 14. Seventy per cent of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.



My Positivity Journal

Doodle Your Way to Happiness and
Chill Out with Some Fun Activities

ISBN: 9781800079397

£7.99

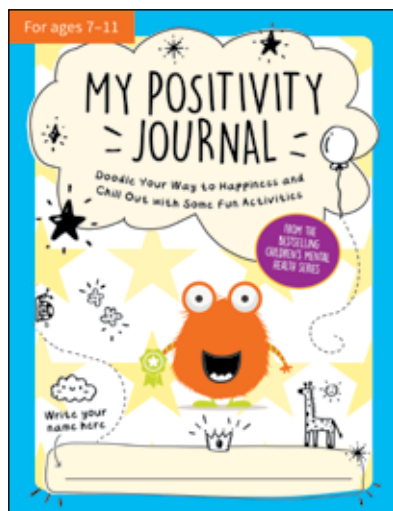
205x158mm

96pp

Paperback

08/08/2024

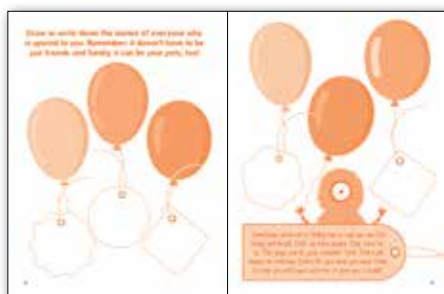
Rights and Sales Territories: World



No one feels happy about themselves all the time – and when we don't feel good it can be hard to remember just how wonderful we are. This friendly journal encourages children to tune in to their feelings and find creative and lasting ways to manage low mood. It contains fun activities throughout, allowing the child to work alone or with guidance.

Key Selling Points:

- Aimed at children aged 7–11.
- This book is a tool for children who are showing signs of low self-worth. Designed for a child to use with or without the guidance of grown-up.
- Part of a new and exciting spin-off series inspired by the best-selling monster mental health series, which has sold over 400,000 copies and rights in 18 countries.



Be Confident

A Child's Guide to Conquering Fears

Poppy O'Neill

ISBN: 9781837994557

£10.99

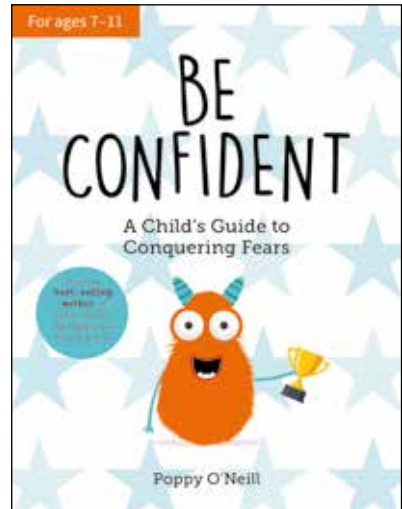
205x158mm

144pp

Paperback

12/09/2024

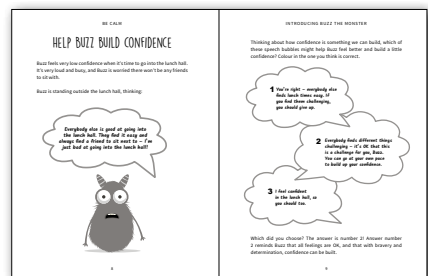
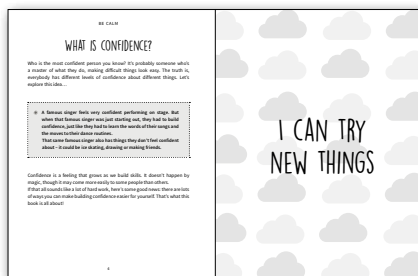
Rights and Sales Territories: World



This practical guide combines cognitive behavioural therapy and mindfulness methods with simple activities to help your child's confidence soar. Your child will be guided, with the help of Buzz the monster, through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.

Key Selling Points:

- Aimed at children aged 7–11.
- This book is a tool for children who are experiencing low self-esteem, to use with the guidance of a parent or carer.
- The first section of the book advises parents on how they should approach the issue, and the rest is filled with useful tips and activities to help children overcome their self-doubt and boost their self-confidence.



The Stoic's Guide to Life

Timeless Wisdom on the Art of Living

Rasha Barrage

ISBN: 9781837993604

£9.99

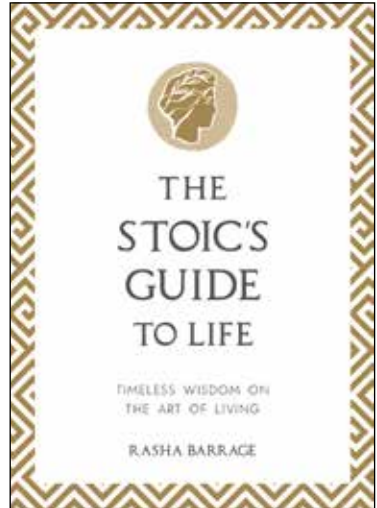
154x111mm

160pp

Hardback

11/07/2024

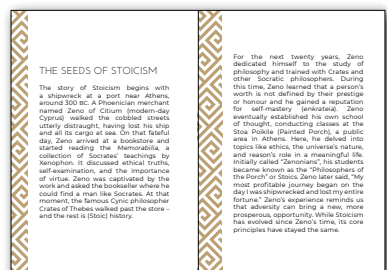
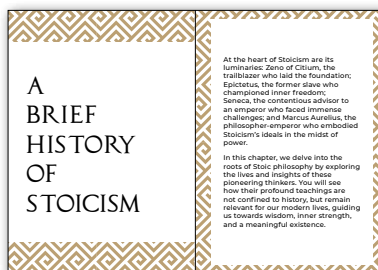
Rights and Sales Territories: World



Whether you seek greatness or joy, self-knowledge or self control, the Stoic philosophy can teach you how to exercise the mental muscles you need to manage whatever life throws at you. This book features a treasure trove of philosophical insights and simple, actionable tips that will uplift and inspire you.

Key Selling Points:

- The book draws on the ancient philosophy of Stoicism to offer practical, modern well-being advice.
- Stoicism has become a massive trend across social media platforms. For example, @dailystoic and @stoicreflections each have over 1 million followers on Instagram and #stoicism has 1.8 billion views on TikTok.
- A similar Summersdale title, *The Little Book of Philosophy* (ISBN: 9781786858085), has sold over 24,000 copies.



The Gluten-Free Kitchen

Simple Ideas and Delicious,
Nutritious Recipes to Help
You Live Gluten-Free

Emily Kerrigan

ISBN: 9781837992997

£10.99

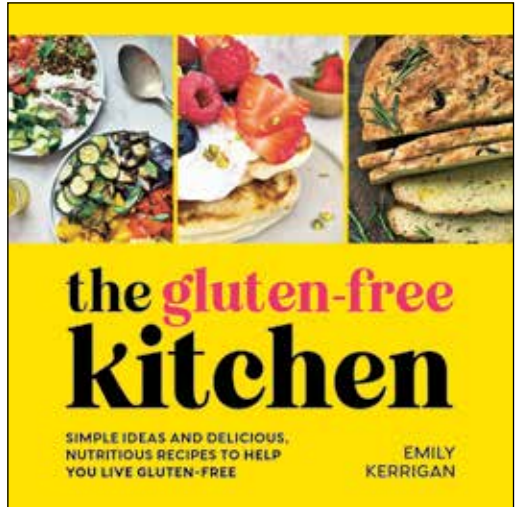
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160pp

Hardback

11/07/2024

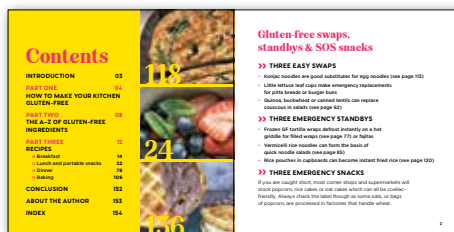
Rights and Sales Territories: World



The Gluten-Free Kitchen is your one-stop guide to living a life you love, gluten-free. Whether you're a seasoned pro or new to gluten-free living, learn how to create meals that are both healthy and scrumptious. Gluten-free living doesn't have to be restrictive, but can be enjoyable and delicious!

Key Selling Points:

- According to Coeliac UK, about one in a hundred people in the UK has coeliac disease and more than half a million more may have unexplained symptoms of the condition.
- Emily Kerrigan is a food writer and AfN-registered nutritionist with a first-class masters degree in Nutrition. Her 11-year-old daughter is diagnosed with coeliac disease and she herself is gluten-intolerant.



The Stress Less Activity Book

Soothing Puzzles to Help You Unwind

Anna Barnes

ISBN: 9781837993390

£8.99

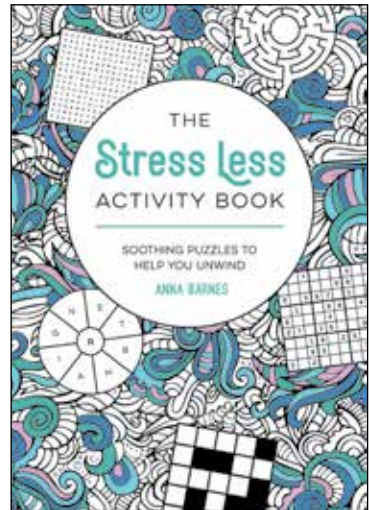
210x148mm

160pp

Paperback

11/07/2024

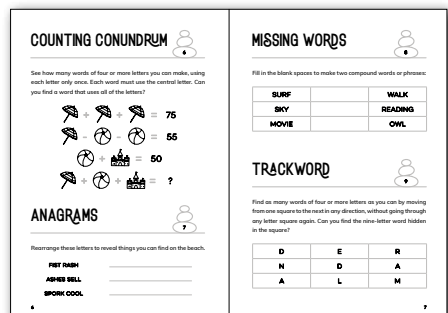
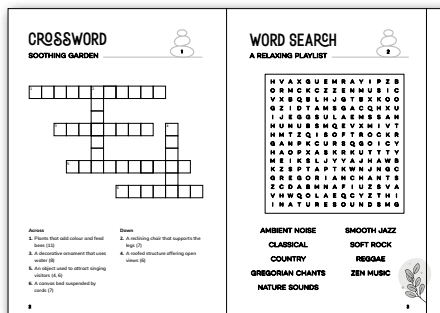
Rights and Sales Territories: World



Alleviate your worries with this calming activity book, designed to soothe your mind, help you unwind and make you stress less. We could all do with a little less stress in our lives, and this comforting collection of activities, colouring pages, mantras and breathing exercises can help you achieve exactly that!

Key Selling Points:

- Packed with calming puzzles such as word searches, sudoku, crosswords, anagrams, word wheels and much more!
- Contains beautiful colouring pages, breathing exercises and mantras to help the reader decompress and to reduce feelings of stress.



How to Find Confidence in Five Minutes a Day

A Woman's Guide to Self-Love

Olivia Roberts

ISBN: 9781837993758

£8.99

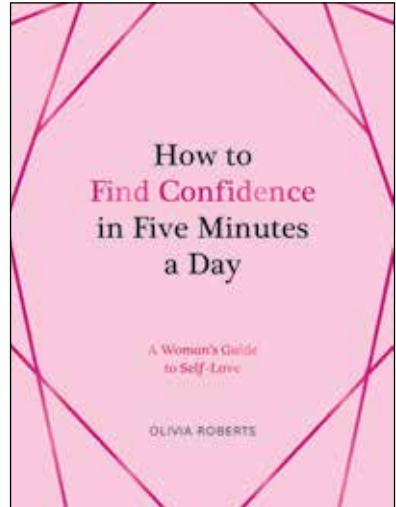
158x120mm

128pp

Hardback

08/08/2024

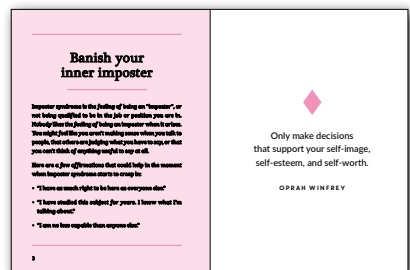
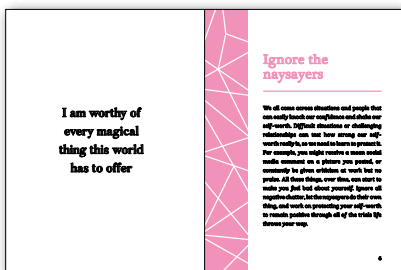
Rights and Sales Territories: World



Filled with practical tips and inspiring quotes, *How to Find Confidence in Five Minutes a Day* is a must-read for any woman who has struggled to make her voice heard. The advice inside will help you discover your full potential and learn to be authentically and unapologetically yourself.

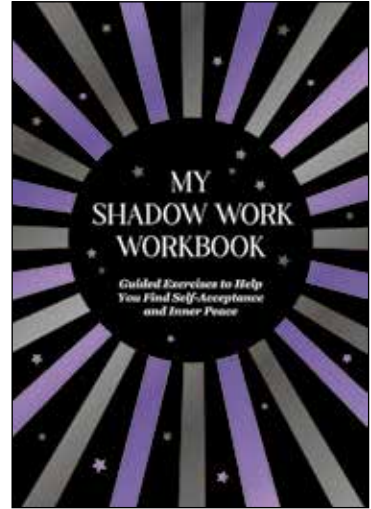
Key Selling Points:

- Studies have shown that women are often less self-assured and less likely to self-promote than men. This book aims to close this "confidence gap" by helping women find their voice and realize their worth.
- This beautiful book contains actionable tips on boosting confidence and self-esteem to help women unleash their true potential.
- Another title in this series, *How to Find Joy in Five Minutes a Day* (ISBN: 9781800071568), has sold over 20,000 copies.



My Shadow Work Workbook

Guided Exercises to Help You Find Self-Acceptance and Inner Peace



ISBN: 9781837994625

£12.99

210x148mm

160pp

Paperback

08/08/2024

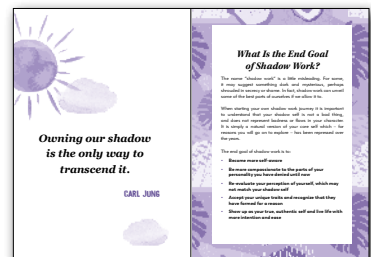
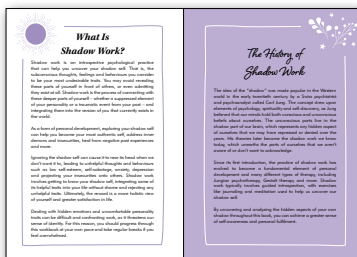
Rights and Sales Territories: World

Acknowledge your feelings and their origins, heal your wounds and understand who you truly are through the cathartic process of shadow work

Via guided exercises and easy-to-follow advice, this book will help you explore your life from all angles and shed light on its darker parts so that you can become your most authentic self.

Key Selling Points:

- This book is an indispensable tool to help you discover and heal your shadow self via the art of shadow work.
- Recently, shadow work has become hugely popular and has 1.7 million hashtags on Instagram and 2.3 billion views on TikTok.
- Will appeal to fans of Summersdale's esoteric range, which has generated over £1 million worth of sales.



How to Ease Your Anxiety

Embrace Calm and Say Goodbye
to Worries for Good

Sophie Golding

ISBN: 9781837993796

£12.99

210x148mm

160pp

Paperback

12/09/2024

Rights and Sales Territories: World



Calm your mind, ease your worries and quieten your thoughts with this stunning guide to living an anxiety-free life. Through simple tips and kind advice, this book will show you how to tune out racing thoughts and find mental tranquillity. So dive into these pages and give yourself the gift of a calmer mind.

Key Selling Points:

- Contains short, practical tips to help the reader ease their anxiety and find calm.
- This title is in the same series as *How to Be Present* (ISBN: 978180007395) which has sold over 12,500 copies.
- Another Summersdale title on the topic of anxiety, *The Anxiety Workbook* (ISBN: 9781800073975), has sold over 14,000 copies.



How to Grow Your Emotional Intelligence

Practical Tips and Guided Exercises
to Boost Your EQ

Freya Stephens

ISBN: 9781837993963

£9.99

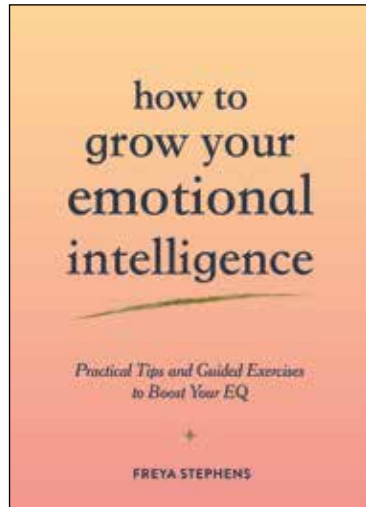
175x125mm

160pp

Paperback

14/11/2024

Rights and Sales Territories: World

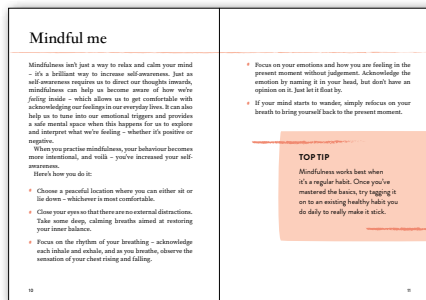
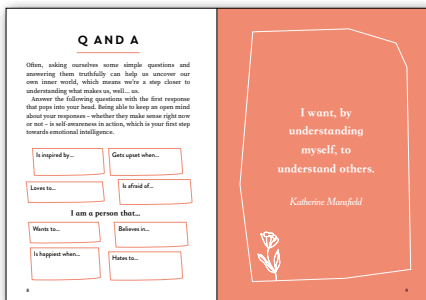


Learn how to manage your emotions and improve your people skills with this book, which is bursting with advice on emotional intelligence and how to harness it

How to Grow Your Emotional Intelligence is a practical guide filled with tips to help you hone your skills in the four key areas of emotional intelligence.

Key Selling Points:

- According to recent studies, emotional intelligence accounts for around 58% of job success and is one of the top ten skills employers look for when hiring someone new.
- Learn how to become a more discerning, resilient person with the many tips in this practical guide.



365 Days of Healing

Daily Guidance for Finding Inner Peace

Quinn Clark

ISBN: 9781837993734

£7.99

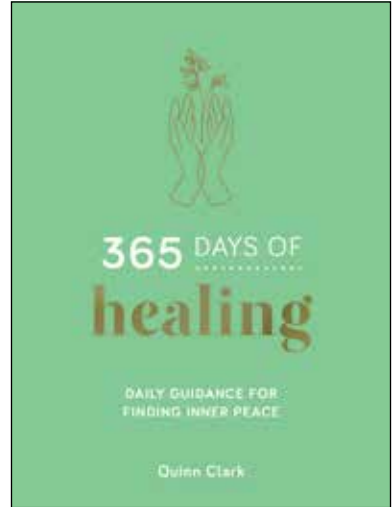
136x101mm

160pp

Hardback

14/11/2024

Rights and Sales Territories: World



When you are ready to take the first step to understand your past pain, the practical guidance in this book will support you on your healing journey, helping you to find your way back to yourself, come to terms with the past and look to the future with hope and positivity.

Key Selling Points:

- A collection of 365 entries, including actionable tips and inspiring quotes to help readers to understand past pain and trauma and begin the process of healing.
- Trauma is a burgeoning topic in the mental health and self-help space and affects nearly all of us. Although it can sound daunting, the term can cover many distressing events – from negative childhood experiences to the ordeal of living through a pandemic.



The A-Z of Calm

How to Feel Peaceful Every Day

Anna Barnes

ISBN: 9781837990085

£8.99

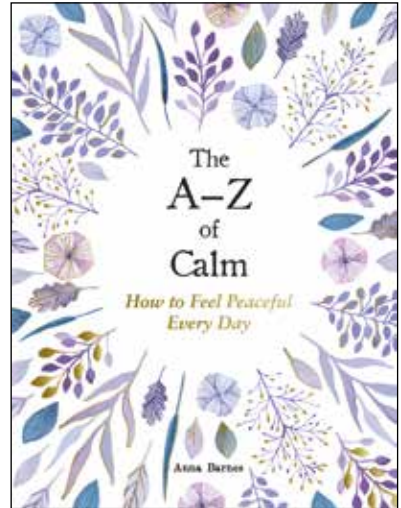
158x120mm

128pp

Hardback

14/11/2024

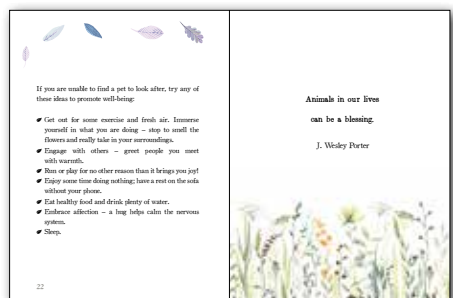
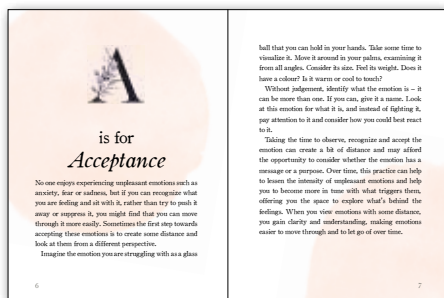
Rights and Sales Territories: World



Go on a journey through the pages of *The A-Z of Calm* to discover an array of mindful and meditative exercises that will help you locate your inner peace. With a helpful tip for every letter of the alphabet, this book will show you how to pinpoint your stress triggers and discover how you can find a pocket of calm in our hectic, modern-day society.

Key Selling Points:

- This book follows the successful title *The A-Z of Mindfulness* (ISBN: 9781787832732), which has sold 15,000 copies.
- Includes beautiful watercolour illustrations throughout.



Sober Mama

Breaking Free from the Bottle:
A Woman's Journey to Sobriety
and Practical Tips for Quitting

Rachael Shephard

ISBN: 9781837994335

£10.99

198x129mm

320pp

Paperback

28/12/2024

Rights and Sales Territories: World



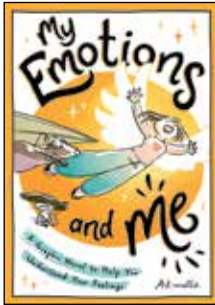
From boozy benders to finding the joy of sobriety, *Sober Mama* tells the story of one woman's rollercoaster ride to abstinence and how it transformed her life. Through honest, relatable and outrageously funny anecdotes, Rachael shares her personal journey and offers practical guidance for anyone wanting to quit drinking.

Key Selling Points:

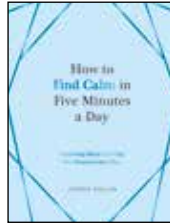
- Will appeal to fans of *The Sober Diaries* and *The Unexpected Joy of Being Sober*.
- Alcohol addiction is widespread, especially for parents, with one-third of them admitting to drinking at least four or more alcoholic drinks per week.
- *Sober Mama* is part hilarious memoir, part practical self-help book that will have you hooked from the start.



Helping to Make Every Day Better



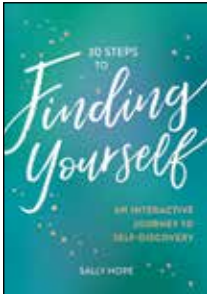
978 1 80007 994 6
£12.99



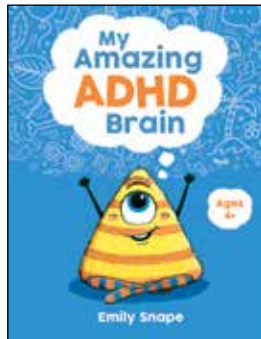
978 1 83799 010 8
£8.99



978 1 83799 160 0
£10.99



978 1 83799 145 7
£12.99



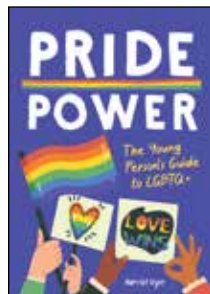
978 1 83799 126 6
£6.99



978 1 80007 991 5
£12.99



978 1 80007 703 4
£8.99



978 1 83799 011 5
£10.99



978 1 80007 674 7
£7.99

All Boats Are Sinking

Navigating Life, Love and
Locks on a Narrowboat

Hannah Pierce

ISBN: 9781837994014

£10.99

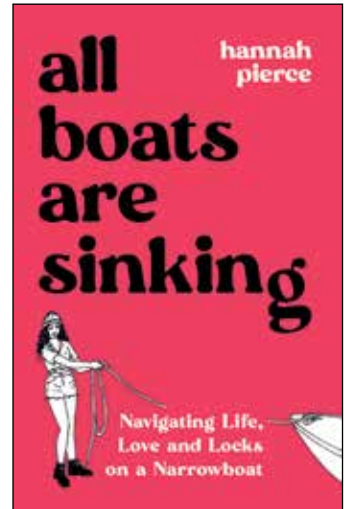
198x129mm

320pp

Paperback

20/06/2024

Rights and Sales Territories: UK & Commonwealth
(ex Can). Non-exclusive Europe ex USA



Having spontaneously bought a houseboat after a break-up, Hannah is plunged into life on the water, learning quickly how to deal with exploding toilets and disappearing hulls. When life threatens to sink her, Hannah embarks on an odyssey along Britain's canals. An uplifting and hilarious story of a woman trying to keep her boat and life afloat.

Key Selling Points:

- Narrowboating is more popular now than it has ever been thanks to the zeitgeist of looking for a more stripped-back existence or going off-grid, and liveaboard numbers across the UK are rising exponentially. In the UK, an estimated 15,000 people live on the water, many on narrow barges along Britain's 3,000-mile network of canals and rivers. In London, the boating community is a thriving subculture in the centre of the city.
- Public interest in life on the canals is shown in the success of Timothy West and Prunella Scales's *Great Canal Journeys*, and other TV shows like *Canal Boat Diaries* and *Britain By Narrowboat*.
- Written candidly, with sharp millennial humour and irreverence, this book will appeal to fans of Elizabeth Day, Dolly Alderton, Phoebe Waller-Bridge and Helen Fielding.

Vive le Chaos

My So-Called Tranquil Family Life
in Rural France

Ian Moore

ISBN: 9781837994403

£9.99

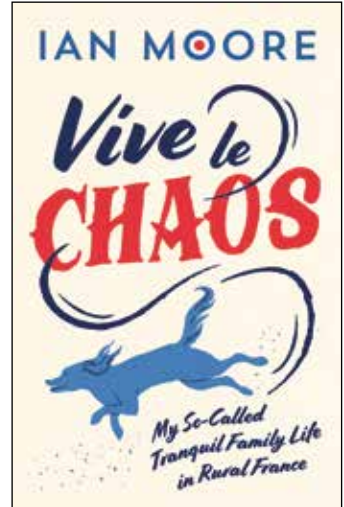
198x129mm

352pp

Paperback

11/07/2024

Rights and Sales Territories: World



Follow the hilarious misadventures of Ian Moore and his family as their search for serenity in rural France leads them on a journey of chaos, commotion and comedy. But despite the ups and downs, the Moore family persevere in true Brit style to create a unique, colourful and ultimately rewarding life in their new home – à la campagne!

Key Selling Points:

- This is a revamp of *A la Mod* (ISBN: 9781849533997).
- In this honest, hilarious memoir, Ian Moore offers a real-life account of giving up the relentless pace of London for the serene landscapes of the Loire Valley, all in true mod style.
- Will appeal to readers of Ian Moore's Follet Valley fiction series as well as those enjoying the "rural revival", which is driving many to seek out the idyll and serenity of countryside living.

Vagabond

A Hiker's Homage to Rural Spain

Mark Eveleigh

ISBN: 9781837994274

£10.99

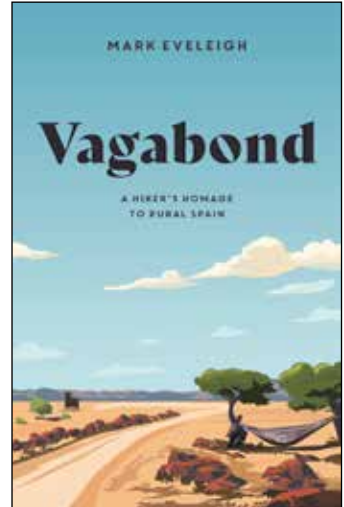
198x129mm

320pp

Paperback

08/08/2024

Rights and Sales Territories: World



Recounting Mark's incredible 1,225-km solo hike across the Iberian Peninsula, *Vagabond* is a homage to the disappearing lifestyle of the "vagabundo", as well as a celebration of rural Spain and its forgotten communities. It reminds us of the value of slowing down and connecting with others, and the beauty in taking life one step at a time.

Key Selling Points:

- *Vagabond* is a light-hearted portrayal of a rapidly changing way of life in Spain's least-visited region.
- Focusing on the western regions' natural wealth, culture and traditions, the book is a celebration of life on the Iberian Peninsula, as well as a journey that is characterized by the kindness of strangers and unbridled freedom of the open road.
- In the style of Laurie Lee's *As I Walked Out One Midsummer Morning*, *Vagabond* will appeal to the millions of tourists who travel to Spain every year and fans of classic travel writing.
- Mark Eveleigh is a travel journalist with 25 years' experience working for most of the world's most prestigious travel publications, including *BBC Earth*, *CNN Travel*, *Conde Nast Traveller*, *Boston Globe* and *National Geographic Traveller*.

The Volunteers

A Memoir of Conservation, Companionship
and Community

Carol Donaldson

ISBN: 9781837993277

£10.99

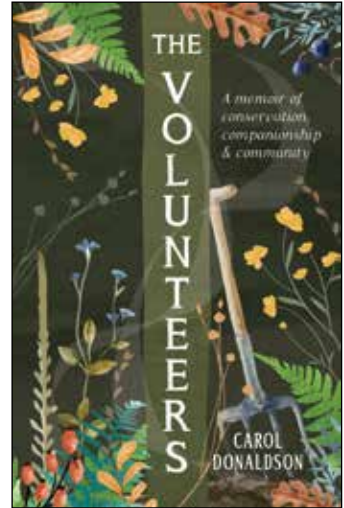
198x129mm

320pp

Paperback

08/08/2024

Rights and Sales Territories: World English



When Carol's world suddenly unravels, she stumbles upon an unexpected opportunity: leading a ragtag team of countryside conservation volunteers. *The Volunteers* is a heartwarming tale that celebrates the redemptive force of the woods and wildlife, and illustrates how, even in the most unexpected places, we can find a community to call our own.

Key Selling Points:

- Nature writing remains one of the most popular and prolific genres of non-fiction. The Wainwright Prize for non-fiction is now in its tenth year and has reported record numbers of submissions for 2023.
- The quirky cast of characters and heart-warming sense of community at the centre of this book will appeal to fans of *The Detectorists* and *The Outlaws*.
- People are more aware than ever of the need to preserve our wildlife, and of the importance of the great outdoors for both physical and mental well-being. This book illustrates the essential work of volunteers and conservationists and will appeal to the 62 per cent of the British public who donate their time to charitable causes every year.

The Little Book of Personality Psychology

The Pocket Guide to Studying the Mind

Esther Grant

ISBN: 9781837993956

£7.99

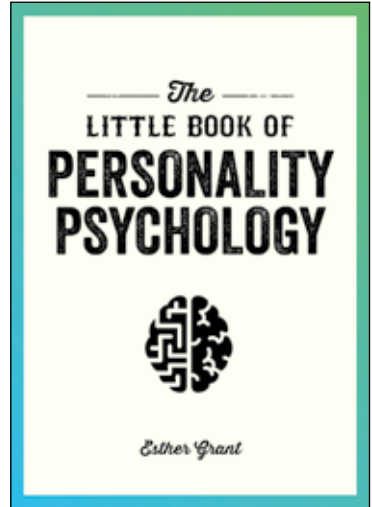
148x105mm

128pp

Paperback

10/10/2024

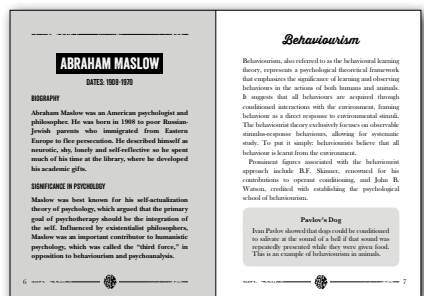
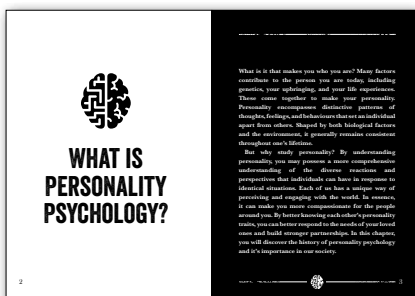
Rights and Sales Territories: World



Unlock the secrets of human behaviour and explore the thoughts, motivations and perspectives of the people around you in this beginner's guide to personality psychology. In this pocket-sized introduction, you will discover the forces that influence our personalities, and in turn how our personality influences our actions.

Key Selling Points:

- The latest in the accessible *The Little Book of...* series, this is the perfect introduction to personality psychology, ideal for people brand new to the topic or who want to brush up on their knowledge.
- Another successful book in the series, *The Little Book of Psychology* (ISBN: 9781786858078), has sold over 78,000 copies.



The Little Book of Ethics

An Introduction to the Key Principles and Theories You Need to Know

Peter Salmon

ISBN: 9781837994281

£7.99

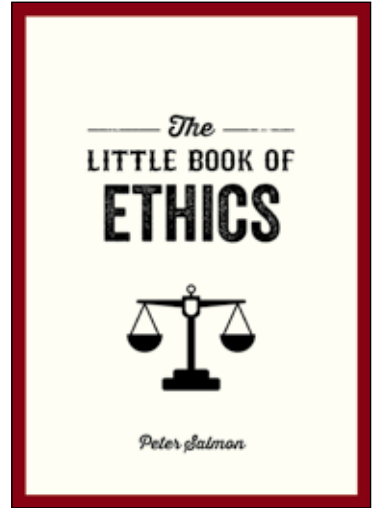
148x105mm

144pp

Paperback

11/07/2024

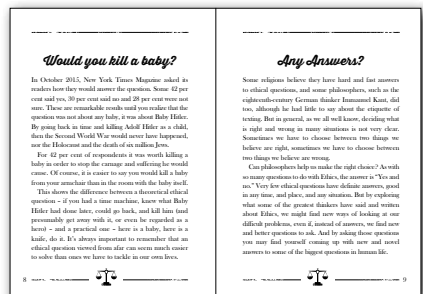
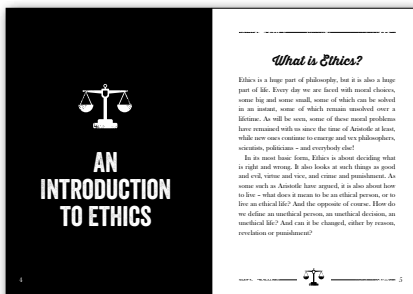
Rights and Sales Territories: World



This accessible and thought-provoking guide will take you on a captivating exploration of the fundamental questions that form our decisions and actions, asking, what is the right thing to do in a certain set of circumstances? What can we base our decision on? Is there always a correct decision, or is it always a bit unclear?

Key Selling Points:

- This is a new addition to the accessible *The Little Book of...* series, and is the perfect introduction and overview of critical ethical thinkers and important moral theories – both for those new to ethics as well as those who want to brush up their knowledge.
- Another successful book in this series, *The Little Book of Psychology* (ISBN: 9781786858078), has sold over 78,000 copies.



Staff Picks



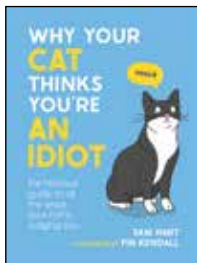
978 1 83799 101 3
£8.99



978 1 80007 610 5
£9.99



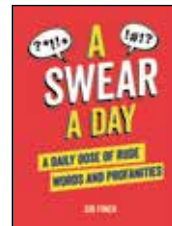
978 1 83799 207 2
£8.99



978 1 80007 930 4
£7.99



978 1 80007 937 3
£9.99



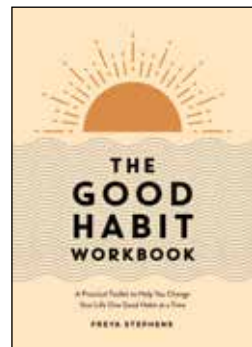
978 1 83799 012 2
£6.99



978 1 80007 678 5
£10.99



978 1 80007 985 4
£14.99



978 1 83799 028 3
£12.99

The Shadow Work Colouring Book

A Creative Journey of Healing,
Self-Awareness and Growth

ISBN: 9781837994618

£5.99

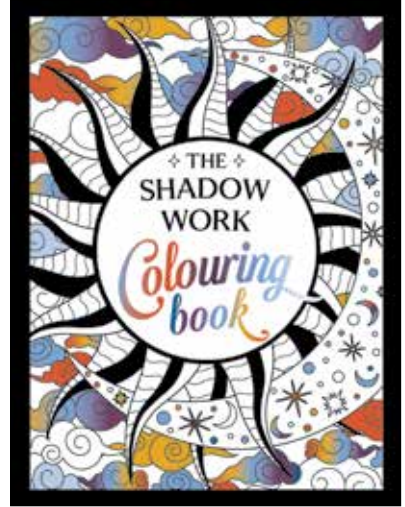
205x158mm

96pp

Paperback

11/01/2024

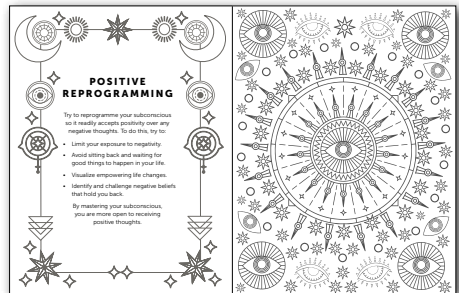
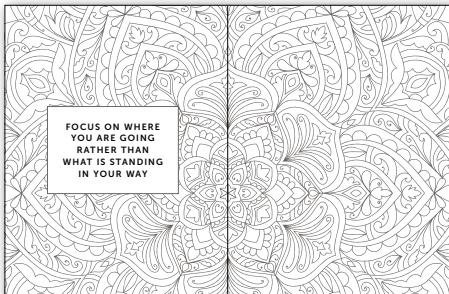
Rights and Sales Territories: World



This collection of striking illustrations and insightful exercises will help you integrate with your shadow self, using creativity and colour to transcend the darkness. Discover calming affirmations, engaging activities, inspiring quotes and enlightening statements as you embark on your personal growth journey.

Key Selling Points:

- Shadow work is an increasingly popular mental health practice inspired by Jungian analysis.
- Filled with beautiful illustrations and wallpaper spreads to colour in, plus quotes, statements, affirmations and entries on shadow work.



You Are Magical

Empowering Quotes and Affirmations
to Lift Your Vibe

ISBN: 9781837994519

£6.99

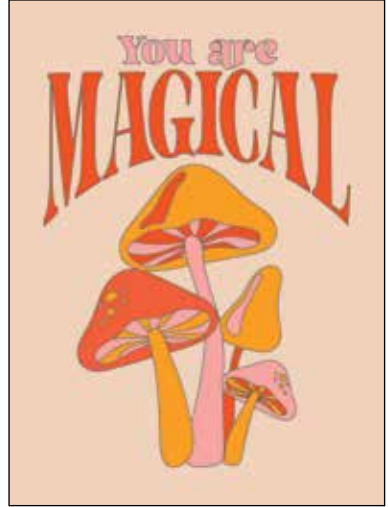
136x101mm

160pp

Hardback

11/01/2024

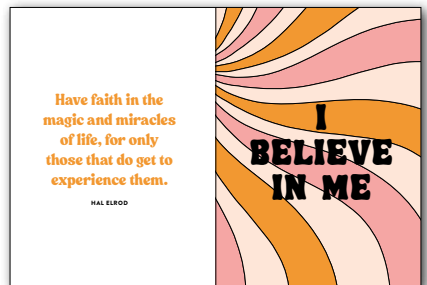
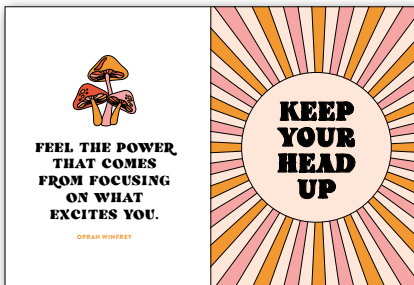
Rights and Sales Territories: World



Embrace your brilliance with this treasure trove of energizing quotes, sound advice and inspiring affirmations. The powerful dose of positive energy and feel-good vibes inside this little book will help boost your confidence, supercharge your mood and bring some sunshine into your day.

Key Selling Points:

- A spellbinding collection of inspirational quotes and affirmations to lift the spirits.
- The current mushroom trend, or “shroom boom”, is attracting huge interest on social media, with #mushrooms gaining 4.2 billion views on TikTok.



You Are So Awesome

Uplifting Quotes and Affirmations to Celebrate How Amazing You Are

ISBN: 9781837993536

£7.99

136x101mm

160pp

Hardback

11/07/2024

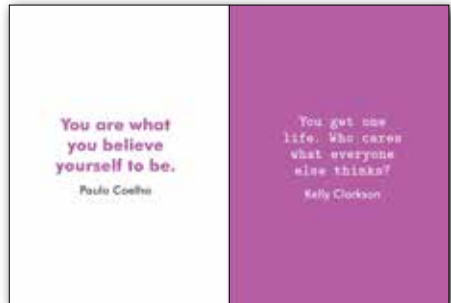
Rights and Sales Territories: World



If you're feeling down or need some encouragement, this pocket-sized book of positive quotes and powerful affirmations will help show you how great you are. Filled with sage insights from philosophers and superstars, these inspiring words are here to remind you that there is no one quite like you, and your uniqueness is what makes you amazing.

Key Selling Points:

- The latest addition to a stylish series of colourful pick-me-up gift books.
- A previous title in the series, *You Are Amazing* (ISBN: 9781786859808), has sold over 100,000 copies.



You're Not Old, You're Vintage

Joyful Quotes for the Young at Heart

ISBN: 9781837993567

£7.99

136x101mm

160pp

Hardback

11/07/2024

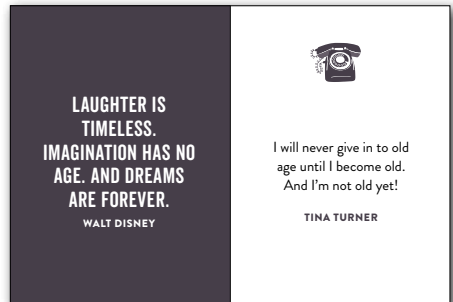
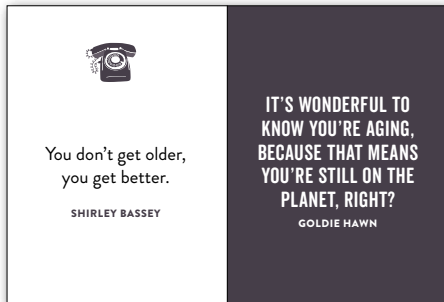
Rights and Sales Territories: World



Full of senior sagacity and elderly erudition, this spirited and joyful collection of quotes and musings about our latter years celebrates the lighter side of ageing. Encouraging you to enjoy and embrace growing old, this book will show you that it really is the life in your years that counts.

Key Selling Points:

- This joyful collection of quotes about our latter years celebrates the lighter side of ageing and would make the perfect retirement or milestone birthday gift.
- A refreshed edition of *You're Not Old, You're Vintage* (ISBN: 9781849535335), which has sold over 47,000 copies.
- The UK census of 2021 showed that over 11 million people were aged over 65. This number is expected to rise to 15.5 million by 2030.



The Retirement Crossword Puzzle Book

Over 100 Quick Crossword Puzzles to Keep Your Mind Active

ISBN: 9781837993413

£10.99

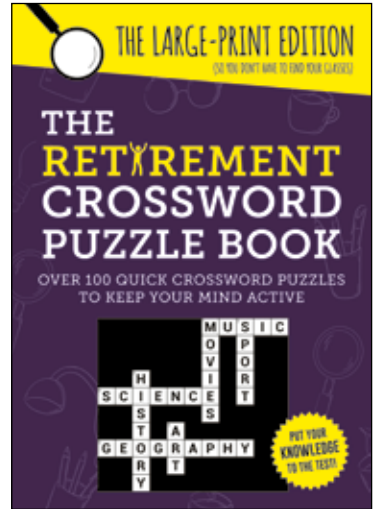
260x185mm

128pp

Paperback

11/07/2024

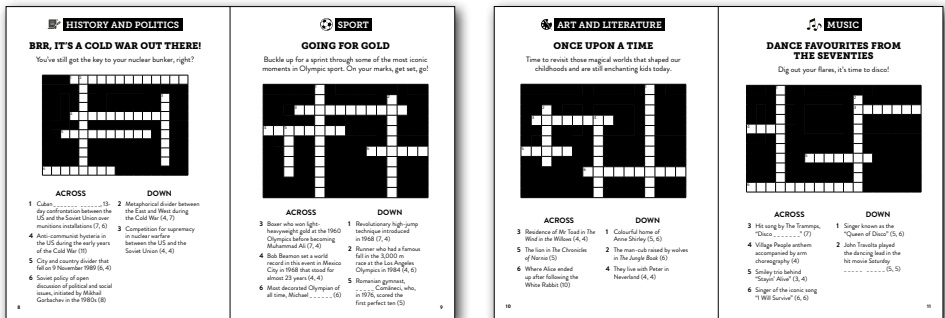
Rights and Sales Territories: World



Test your knowledge, stimulate your mind and enjoy your retirement with this refreshing collection of over 100 crossword puzzles. Topics span across subjects, from Sport to Music to History and beyond, offering the perfect way to spend your new-found free time.

Key Selling Points:

- An entire book dedicated to crossword puzzles, covering a range of subjects and varying in complexity.
- Contains over 100 crossword puzzles to keep you occupied for hours.
- Perfect for a retirement or birthday gift.



The Little Book of Faeries

An Enchanting Introduction to the World of Fae Folk

Francis Nightingale

ISBN: 9781837993772

£7.99

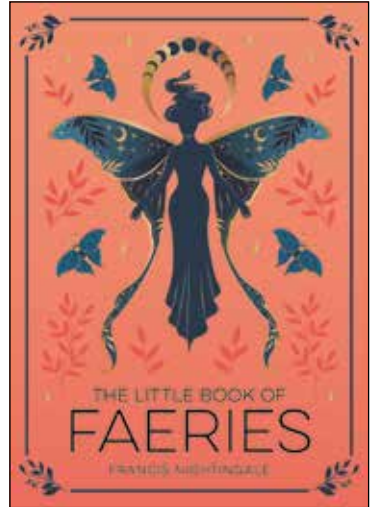
148x105mm

128pp

Paperback

08/08/2024

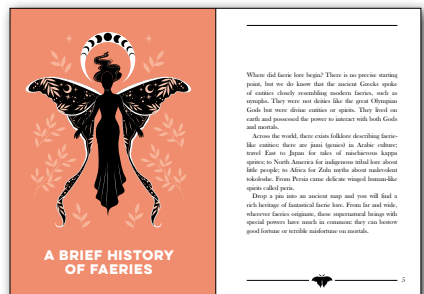
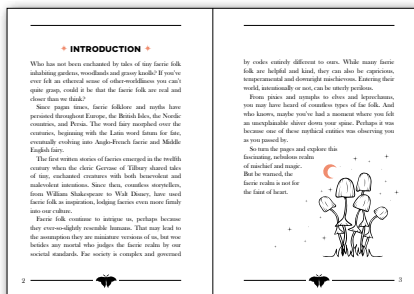
Rights and Sales Territories: World



People have long been mesmerized by the magic and mystery of Fae folk. Step into this enchanting world of faeries, pixies, sprites and more with this beginner's guide to the essential history and mythology. Just like the creatures themselves, this book is pocket-sized and full of magic, mirth and mischief.

Key Selling Points:

- A new addition to the accessible *Little Book of...* series, this title offers the perfect introduction to the history and folklore of faeries.
- Discusses the origins of faerie mythology and its development across different cultures in a clear, concise and engaging manner.
- A similar title in this series, *The Little Book of World Mythology* (ISBN: 9781800071766), has sold over 10,000 copies.



The Little Book of Magick

An Introduction to Spells, Witchcraft
and the Occult

Astrid Carvel

ISBN: 9781837994137

£7.99

148x105mm

128pp

Paperback

08/08/2024

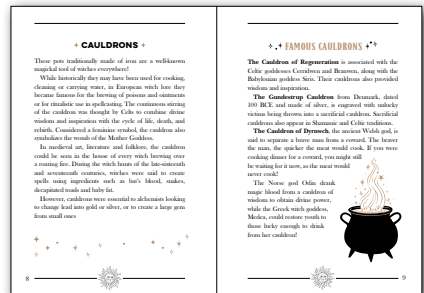
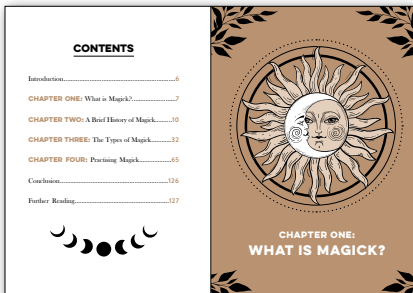
Rights and Sales Territories: World



Magick is an essential tool for spiritual growth, helping you to fulfil your ultimate destiny. From the magickal items you'll need to the rituals you can practise, this little book is an enchanting introduction to the occult. Learn about the beliefs, traditions and origins of magick as you embark on your journey to becoming a modern witch.

Key Selling Points:

- This pocket-sized book is the perfect introduction to magick, tapping into the recent surge of interest in esoteric subjects and the increase in the number of white witches.
- A similar Summersdale title, *The Little Book of Witchcraft* (ISBN: 9781800074071), has sold over 12,000 copies.



The Little Book of Conspiracy Theories

A Pocket Guide to the World's
Greatest Mysteries

Jamie King

ISBN: 9781837994366

£7.99

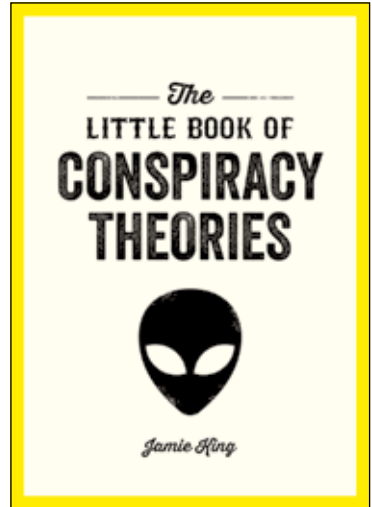
148x105mm

128pp

Paperback

08/08/2024

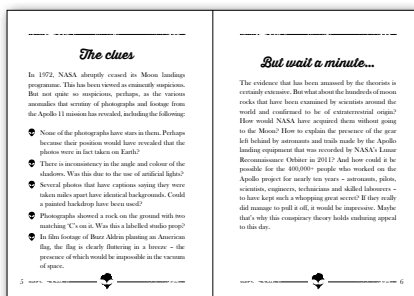
Rights and Sales Territories: World



The curious world of conspiracy theories is unbelievable and scarily believable in equal measure. *The Little Book of Conspiracy Theories* is an insight into this shocking and mysterious world. Discover how popular theories originated and took root, what they claim, and how “the truth” has been covered up with this introductory guide.

Key Selling Point:

- For those who believe in conspiracy theories and those who are just fascinated by the psychology behind it alike, this introductory guide is a compelling insight into the most shocking, intriguing and unbelievable conspiracy theories throughout history.



The Little Book of Cults

A Pocket Guide to the World's Most Notorious Cults

Jamie King

ISBN: 9781837993581

£7.99

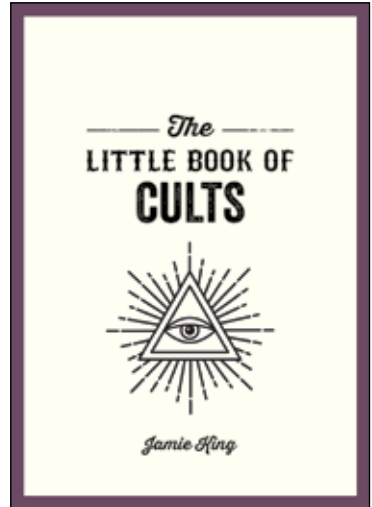
148x105mm

128pp

Paperback

08/08/2024

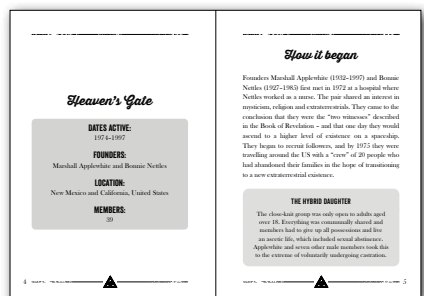
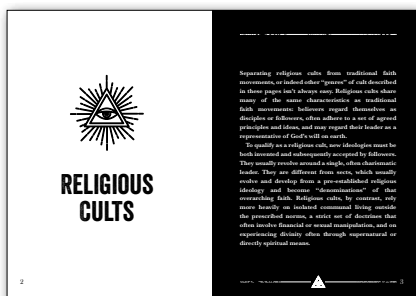
Rights and Sales Territories: World



The strange and disturbing world of cults is fascinating and horrifying in equal measure. Discover famous cult leaders and the psychological mind games they played to gain followers, as well as cult members who escaped and told the world. Uncover shocking facts about some of the most notorious cults to ever exist in this introductory guide.

Key Selling Points:

- For fans of true crime and those interested in psychology, this introductory book is a fascinating insight to the world of cults and their terrifying and enigmatic leaders.
- A Summersdale title with a similar topic, *Conspiracy Theories* (ISBN: 9781787835658), has sold over 60,000 copies.



The Little Instruction Book for Cat Parents

A Hilarious Survival Guide
for Cat Owners

Kate Freeman

ISBN: 9781837993628

£8.99

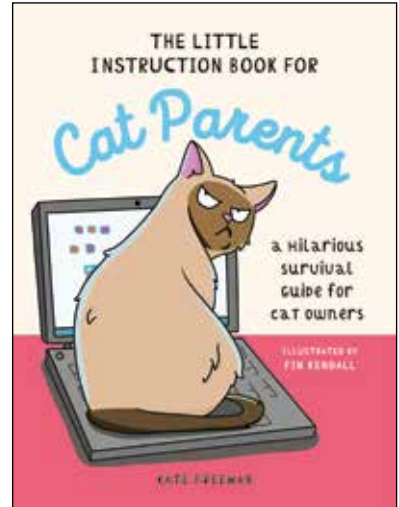
158x120mm

96pp

Hardback

08/08/2024

Rights and Sales Territories: World



This hilarious, no-nonsense survival guide is on hand to help you accept that being a cat parent is not a choice, but a lifestyle. Filled with original illustrations and tongue-in-cheek advice, this sneak peek into the mind of the mundane moggy will make the perfect gift for any cat lover.

Key Selling Points:

- The perfect gift for one of the 8 million cat owners in the UK – 26% of households have at least one cat.
- #catparent is a trending term on social media platforms. For example, on TikTok #catparents has 339.1 million views and #catparent has 308 million views.
- A similarly hilarious illustrated book, *What is Your Cat Really Thinking?* (ISBN: 9781849539487), has sold over 75,000 copies.



The Little Instruction Book for Dog Parents

A Hilarious Survival Guide
for Dog Owners

Kate Freeman

ISBN: 9781837993642

£8.99

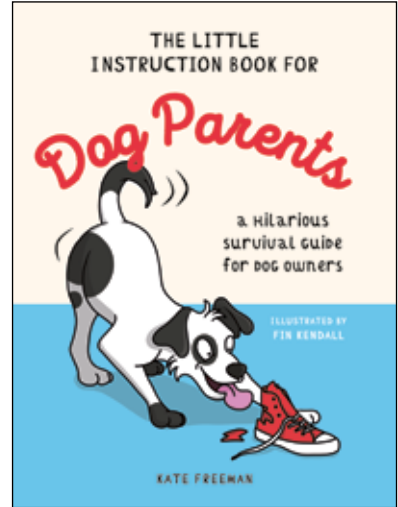
158x120mm

96pp

Hardback

08/08/2024

Rights and Sales Territories: World



This hilarious, no-nonsense survival guide is on hand to help you accept that being a dog parent is not a choice, but a lifestyle. Filled with original illustrations and tongue-in-cheek advice, this sneak peek into the world behind those puppy-dog eyes will make the perfect gift for any dog lover.

Key Selling Points:

- The perfect gift for one of the 9 million dog owners in the UK.
- #dogparent is a trending term on social media platforms. For example, #dogparent has 335.6 million views on TikTok.
- A similarly hilarious illustrated book, *What is Your Dog Really Thinking?* (ISBN: 9781849539166), has sold over 57,000 copies.



Big Ick Energy

A Selection of the World's
Weirdest Turn-Offs

ISBN: 9781837995233

£7.99

136x101mm

160pp

Hardback

08/08/2024

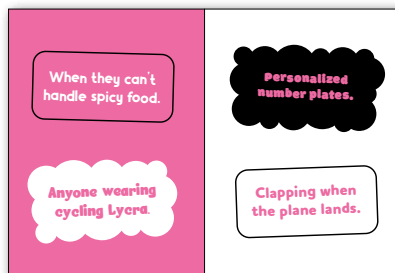
Rights and Sales Territories: World



An “ick” is a turn-off – but not just any turn-off. With *Big Ick Energy*, forget being kind and courteous to your fellow human beings. This book revels in the immoral joy of passing ridiculous, unfounded critiques on the unsuspecting people around you and says: yes, you can judge – and you can feel good about it.

Key Selling Points:

- This book showcases a huge selection of ridiculous “icks”: the seemingly innocuous things that have the power to completely change your opinion on someone and just... give you the ick.
- This light-hearted little book explores hilariously relatable aversions and would make a humorous gift for people of all ages.
- “Icks” have been much discussed on social media in recent months with the term racking up 5.3 billion results on TikTok.



The Astrology Colouring Book

A Cosmic Journey of Colour and Creativity

ISBN: 9781837993550

£8.99

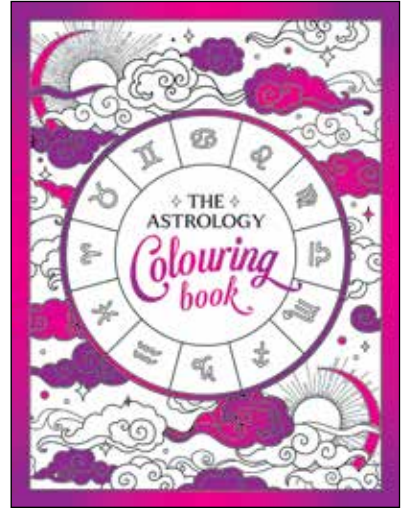
280x215mm

96pp

Paperback

08/08/2024

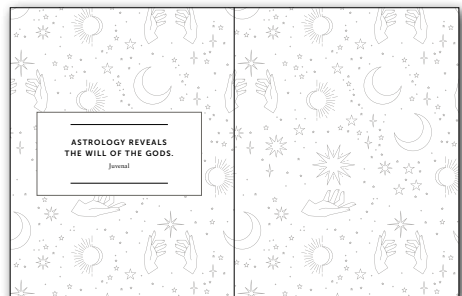
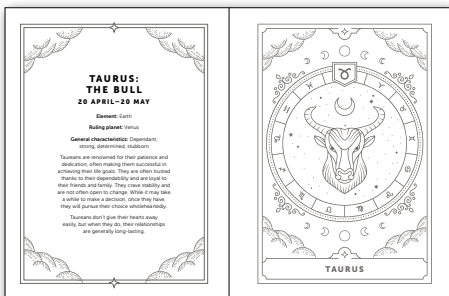
Rights and Sales Territories: World



Reveal the wisdom of the zodiac with this striking voyage through the skies. Spanning the heavens and horoscopes, constellations and Celtic zodiacs, divinatory practices, planets and beyond, this cosmic colouring book will help you to discover your spirituality and spark your creativity.

Key Selling Points:

- This is an accessible introduction to astrology, covering zodiac signs from across the globe.
- It is filled with beautiful illustrations, wallpaper spreads, captivating quotes and entries on all things astrology.
- This colouring book features themes relating to Summersdale's new zodiac series: *The Zodiac Guides*.



Silly Cats

A Ridiculous Collection of the World's Goofiest Cats and Most Relatable Memes

Charlie Ellis

ISBN: 9781837994069

£8.99

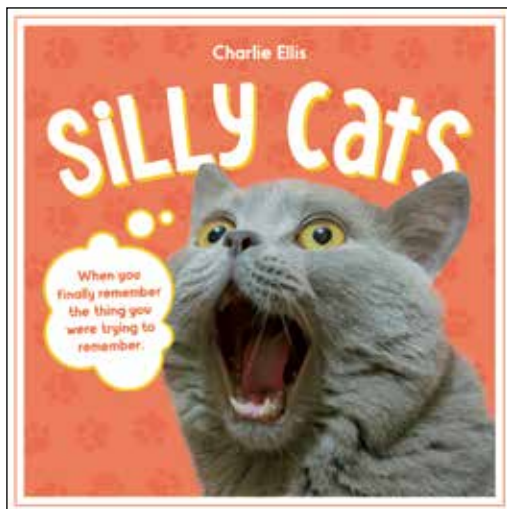
146x146mm

96pp

Hardback

12/09/2024

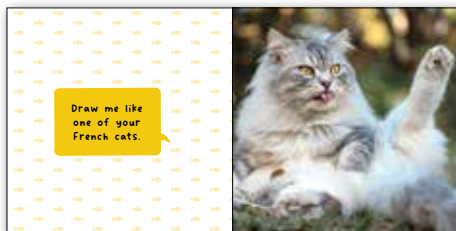
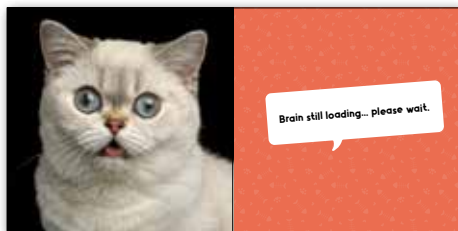
Rights and Sales Territories: World



Cats are packed with purrsonality, and this book celebrates exactly that. From funny faces to bizarre body positions, silly scenarios to ridiculous reactions, this collection of cat photos will entertain feline fanatics and animal whisperers alike.

Key Selling Points:

- People all over the world love to be entertained by these furry pets, with cat memes, silly cat videos and cat puns ever popular across the internet.
- A similar Summersdale title, *The Best Cat Memes Ever* (ISBN: 9781786857842), has sold over 35,000 copies.



Silly Dogs

A Ridiculous Collection of the World's Goofiest Dogs and Most Relatable Memes

Charlie Ellis

ISBN: 9781837994083

£8.99

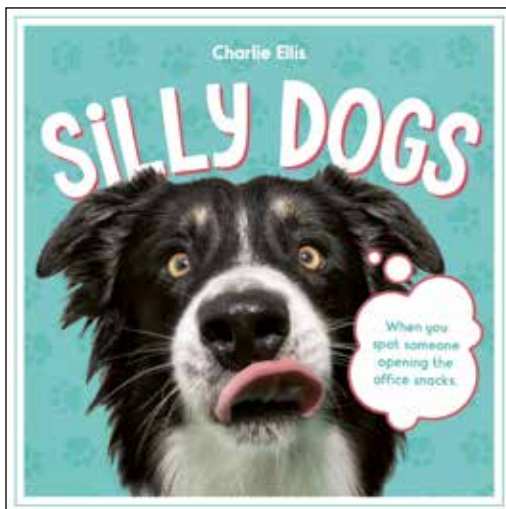
146x146mm

96pp

Hardback

12/09/2024

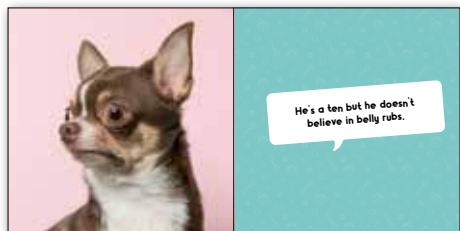
Rights and Sales Territories: World



In honour of man's best friend, this collection of silly dogs, funny captions and relatable memes will brighten your day better than any belly rub. From goofy faces to peculiar body positions, this selection of dog photos will entertain dog parents and canine lovers alike.

Key Selling Points:

- Dogs are not only man's best friend but man's best entertainment, with dog memes, silly dog videos and dog puns ever popular across the internet.
- A similar Summersdale title, *The Best Dog Memes Ever* (ISBN: 9781786857835), has sold over 13,000 copies.



The Little Book of Astrology

A Pocket Guide to the Planets and Their Influence on Your Life

Judith Hurrell

ISBN: 9781837993925

£7.99

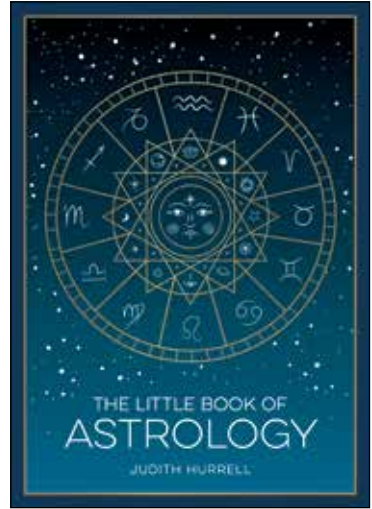
148x105mm

128pp

Paperback

12/09/2024

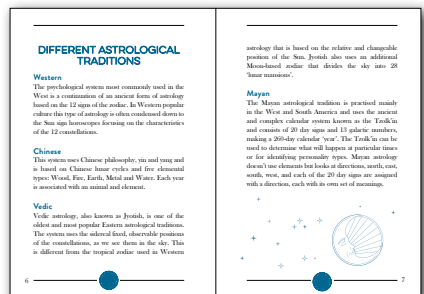
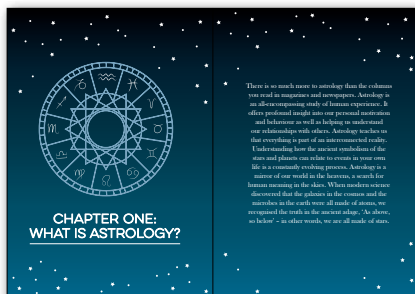
Rights and Sales Territories: World



Embrace the wisdom of the stars and find your place in the cosmos with this spellbinding introduction to astrology. Whether you're curious about your own astrological profile or interested in understanding the cosmic messages in the world around you, learn to use the language of the stars as a guide for your life with this stellar little book.

Key Selling Points:

- Filled with practical guides and celestial wisdom, this is the perfect introduction for anyone curious about astrology and its potential to offer meaningful insights into their lives.
- Another Summersdale title, *The Little Book of the Zodiac* (ISBN: 9781786855466), has sold over 40,000 copies.



The Little Book of Auras

The Pocket Guide to the Energy of the Universe

Lydia Levine

ISBN: 9781837993949

£7.99

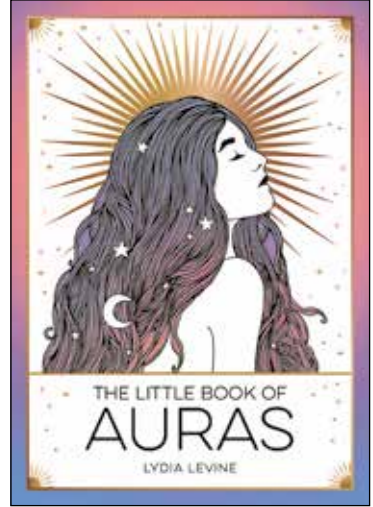
148x105mm

128pp

Paperback

12/09/2024

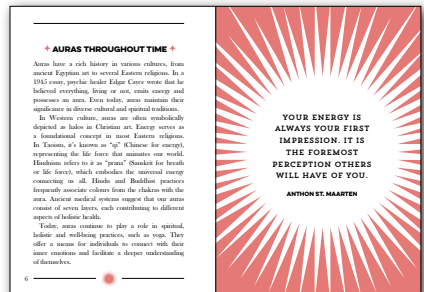
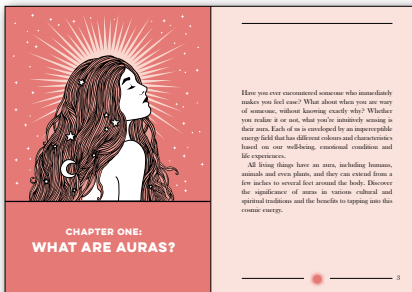
Rights and Sales Territories: World



Everyone emits an ethereal energy called an aura, a radiant force that reflects their emotional, mental and spiritual self. By harnessing this colourful energy, you can gain invaluable insights about the cosmos. Delve into the mystical world of auras and discover their role in the interconnected web of the universe with this captivating guide.

Key Selling Points:

- Perfect for anyone interested in spiritual healing and cosmic energy, this book will guide readers on how to interpret the colours and patterns of auras, leading to a deeper understanding of the people and the world around them.
- Another title in the series, *The Little Book of Spells* (ISBN: 9781786857996), has sold over 50,000 copies.



52 Things to Do While You Poo

The Dad Edition

Hugh Jassburn

ISBN: 9781837994748

£7.99

146x146mm

112pp

Hardback

12/09/2024

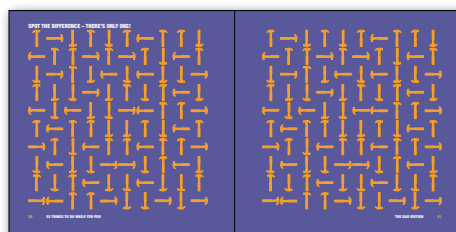
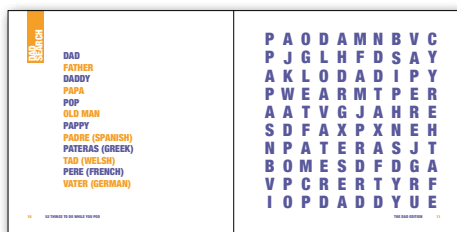
Rights and Sales Territories: World
excluding Welsh



From the bestselling author of *52 Things to Do While You Poo*, this light-hearted mix of trivia and puzzles is a joyful celebration of the greatest job in the world: fatherhood. Get the screwdriver through the maze, match hit dad songs to their artists, learn incredible new dad jokes, spot the difference in a sea of barbecues, and much, much more!

Key Selling Points:

- Wittily designed and illustrated with original graphic artwork.
- From the author of the hugely successful *52 Things to Do While You Poo* (ISBN: 9781849534970), which has sold over 869,900 copies and reached number 28 in all books on Amazon's bestseller list.



The Little Book of Cock

A Hilarious Activity Book for
Adults Featuring Jokes,
Puzzles, Trivia and More

ISBN: 9781837994533

£8.99

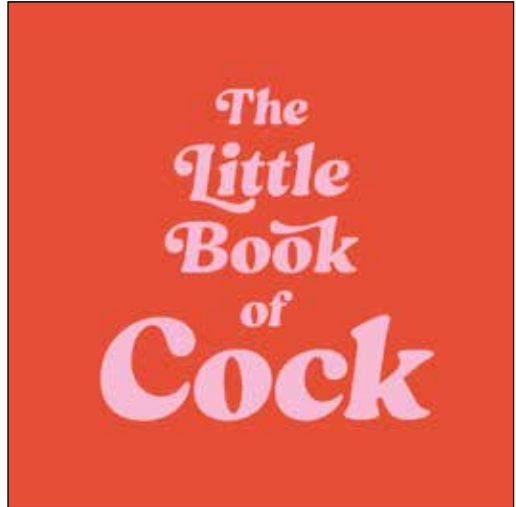
146x146mm

96pp

Hardback

12/09/2024

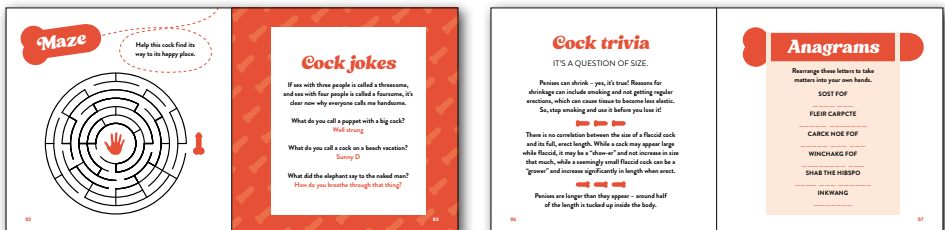
Rights and Sales Territories: World



Plunge head-first into this humorous adult activity book which celebrates life's most up-standing appendage. Bone up on your cock trivia, tickle your fancy with a raft of dick-tacular jokes, test your head with penis puzzles and more. What are you waiting for? Come and see if you can pull it off! Cock has surely never been so much fun.

Key Selling Points:

- This humorous adult activity book contains jokes, trivia, colouring pages and a raft of cock-themed puzzles, from word searches to anagrams to crosswords.
- Whether it's for a hen or stag party, a partner, given as a stocking-filler or just because, this book makes a hilarious small gift.
- A similar Summersdale title, *Spot the Cock* (ISBN: 9781787835900), has sold over 35,000 copies.



The Little Book of Spiritual Healing

A Beginner's Guide to Natural Healing Practices

Lydia Levine

ISBN: 9781837993666

£7.99

148x105mm

128pp

Paperback

12/09/2024

Rights and Sales Territories: World



Restore and rejuvenate your mind, body and soul with this modern introduction to the ancient wisdom of energy therapies. From ayurveda and acupuncture to crystals and chakra healing, this treasury of information holds everything you need to know about holistic healing methods in order to embark on your own personal journey to health and harmony.

Key Selling Points:

- A new addition to the accessible *The Little Book of...* series, this is the perfect introduction to understanding natural energy therapies.
- A refreshed edition of *The Secrets of Spiritual Healing* (ISBN: 9781787836839), which has sold over 7,000 copies.



The Zodiac Kama Sutra

A Guide to the Sexology of Astrology

Lydia Levine

ISBN: 9781837993826

£7.99

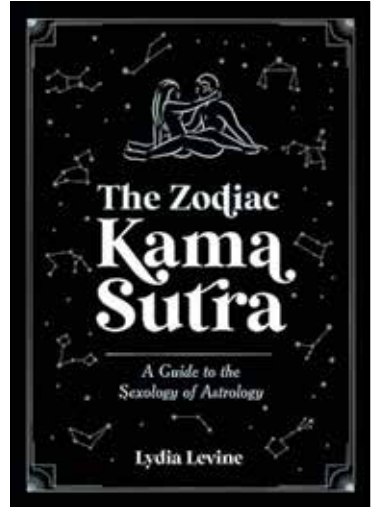
148x105mm

128pp

Paperback

12/09/2024

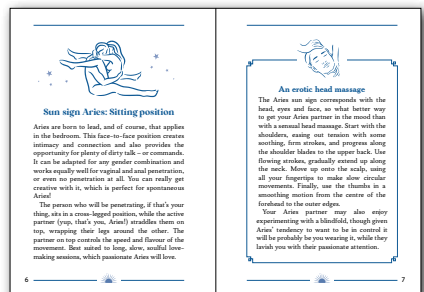
Rights and Sales Territories: World



What if the secret to out-of-this-world sex was written in the stars? Uncover your perfect positions, playmates and pleasures with this celestial guide to sexuality. Inspired by the ancient Indian text itself, *The Zodiac Kama Sutra* is a pocket-sized guide to having the best sex according to your astrological sign.

Key Selling Points:

- This book would make the perfect Valentine's Day gift.
- A fun, pocket-sized guide to having the best sex according to your star sign, filled with tantalizing tips, advice and positions.
- A similar Summersdale title, *The Little Book of Astrology* (ISBN: 9781849539746), has sold over 34,000 copies. *The Little Book of Kama Sutra* (ISBN: 9781849537780) has sold over 74,000 copies.



The True Crime Puzzle Book

Fiendish Activities, from
Crosswords to Quizzes

Jamie King

ISBN: 9781837993680

£8.99

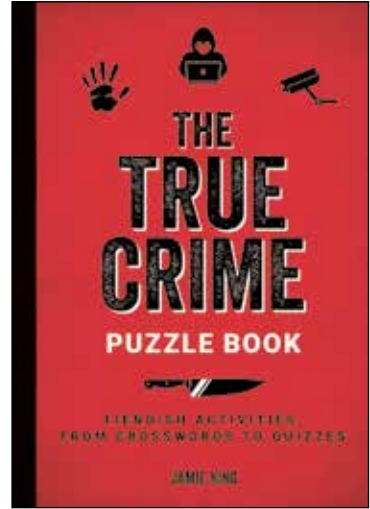
210x148mm

160pp

Paperback

12/09/2024

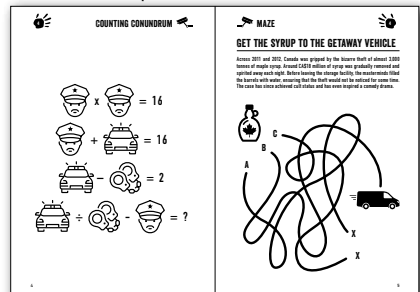
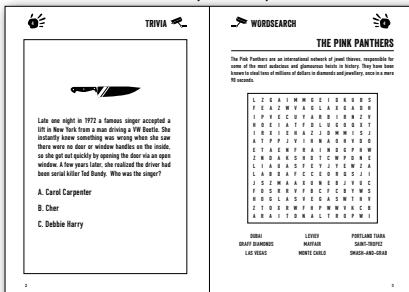
Rights and Sales Territories: World



Put your knowledge of real-life kidnapers, killers, con artists and thieves to the test with this gripping compendium of puzzles. From crosswords and counting conundrums to spot the differences and sudoku, whether you're a true crime junkie or just morbidly curious, there's plenty in these pages to sharpen your mind and shred your nerves.

Key Selling Points:

- The appetite for true crime has increased exponentially over the last few years with numerous podcasts, TV channels and series with record-breaking viewing figures now dedicated to the genre.
- Filled with number, word, logic and image puzzles of varying difficulties, all relating to serial killers, white-collar criminals and thieves, this book will send chills down your spine while keeping your mind sharp.



Quotable Churchill

Inspiring Quotes from a British Hero

Max Morris

ISBN: 9781837994151

£6.99

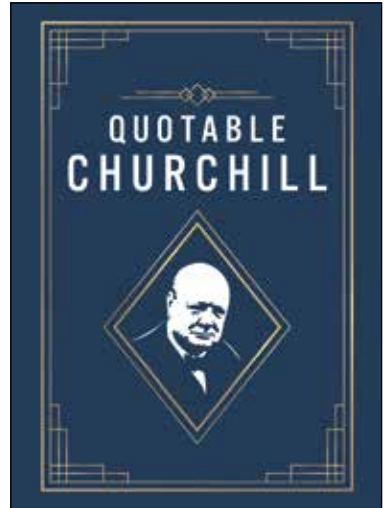
136x101mm

160pp

Hardback

12/09/2024

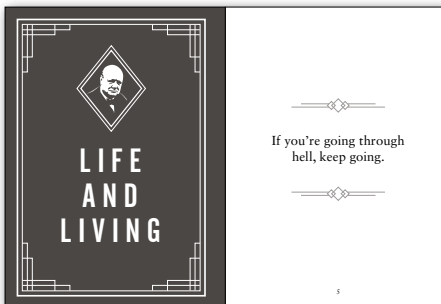
Rights and Sales Territories: World



Celebrate the wit and wisdom of Winston Churchill with this collection of inspiring quotes. This compilation features over 140 of Winston Churchill's wittiest remarks and sagest sayings. With quotes on life, education, philosophy and more, this book is a celebration of the former prime minister's famous oratorical skills.

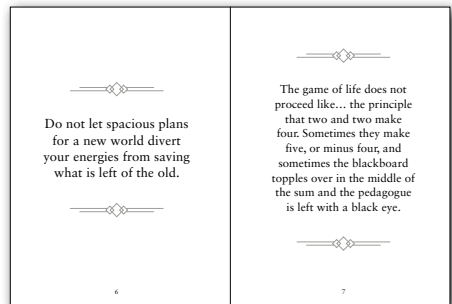
Key Selling Points:

- Sir Winston Churchill's speeches are famous, making him one of the most quotable people in the world.
- Churchill's quotes continue to inspire, motivate and galvanize many today.



If you're going through
hell, keep going.

5



Do not let spacious plans
for a new world divert
your energies from saving
what is left of the old.

6

The game of life does not
proceed like... the principle
that two and two make
four. Sometimes they make
five, or minus four, and
sometimes the blackboard
topples over in the middle of
the sum and the pedagogue
is left with a black eye.

7

The Little Book of One-Pot Meals

Easy Recipes for Satisfying,
Fuss-Free Cooking

Rufus Cavendish

ISBN: 9781837994588

£7.99

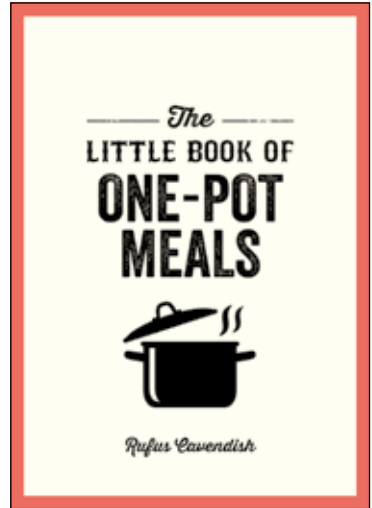
148x105mm

128pp

Paperback

12/09/2024

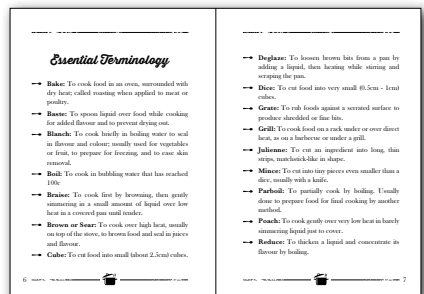
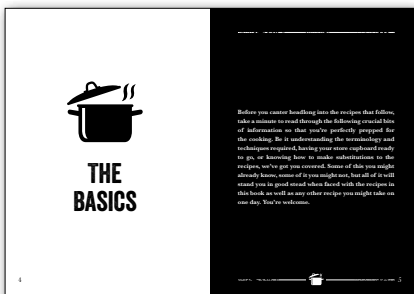
Rights and Sales Territories: World



This collection of simple, satisfying recipes is the ultimate guide to one-pot cooking. Including recipes for air-fryers, slow cookers, hobs and ovens, and meals for every occasion – from quick weeknight favourites to delicious date-night treats – this book will show you how to cook fuss-free food with maximum taste and minimal hassle.

Key Selling Points:

- Air-fryers and slow-cookers have recently boomed in popularity due to being convenient, budget-friendly appliances.
- Life is more fast-paced than ever before; this book of simple, convenient recipes will appeal to anyone who is short on time and looking for delicious, fuss-free cooking.



The Little Book of Gin

A Pocket Guide to the World of Gin
History, Culture, Cocktails and More

Nick Moyle

ISBN: 9781837993970

£7.99

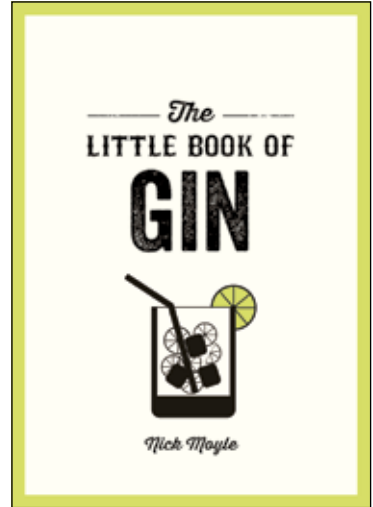
148x105mm

128pp

Paperback

10/10/2024

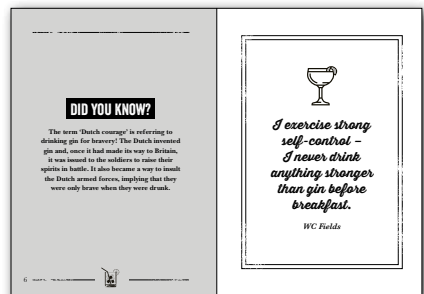
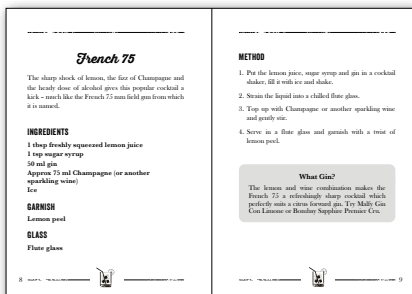
Rights and Sales Territories: World



From juniper berries to coriander, and citrus peel to exotic spices, the endless variety of gin flavours makes it one of the most versatile and beloved drinks today. Go on a spirited journey into the history, production and culture of gin, learn how your favourite gins are created and be gin-spired with cocktail recipes in this intoxicating guide.

Key Selling Points:

- This handy guide is a must-read for anyone with an interest in spirits, cocktails or the cultural and historical significance of gin.
- Gin is the UK's most popular spirit, beating whisky and vodka, with UK gin sales being worth £950 million in 2022.



Fred Basset Yearbook 2025

Witty Comic Strips from
the *Daily Mail*

Alex Graham

ISBN: 9781837995417

£9.99

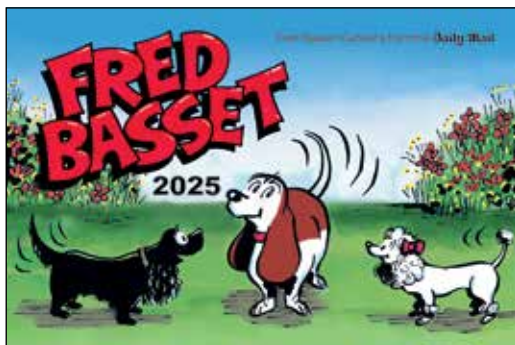
140x210mm

112pp

Paperback

10/10/2024

Rights and Sales Territories: World



Just when you thought he'd retired, Fred Basset makes his triumphant comeback in this exciting new collection of witty cartoon strips from the *Daily Mail*. Packed with humorous episodes from the lives of this much-loved hound and his mischievous mates, this charming yearbook is guaranteed to bring a smile to the face of anyone who reads it.

Key Selling Points:

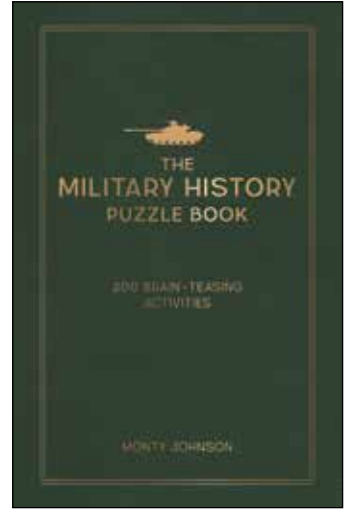
- For over 60 years, the Fred Basset comic strip has been featured in the *Daily Mail* and, later, *The Mail on Sunday*.
- Back by popular demand, Fred Basset and his friends feature in this all new yearbook of good-natured fun and witty cartoons.



The Military History Puzzle Book

200 Brain-Teasing Activities

Monty Johnson



ISBN: 9781837993703

£12.99

204x135mm

240pp

Hardback

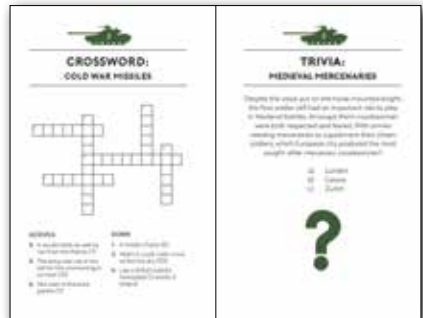
10/10/2024

Rights and Sales Territories: World

Charge into this battle of wits and emerge victorious by putting your knowledge of military history to the test. Whether you choose to while away the hours or simply try a quick-fire quiz, there is plenty within these pages to hone your mental agility. What are you waiting for? Arm yourself with a pencil and answer the call of duty!

Key Selling Points:

- Packed with military-themed puzzles such as acrostics, sudoku, crosswords, anagrams, word searches, mazes and more!
- There is an increasing interest in history, with the Bookscan Total Consumer Market summary reporting that History & Military has hit a lifetime high in value at £62m.



The Little Instruction Book for Seniors

Hilarious Advice for Growing
Old Disgracefully

Kate Freeman

ISBN: 9781837993710

£8.99

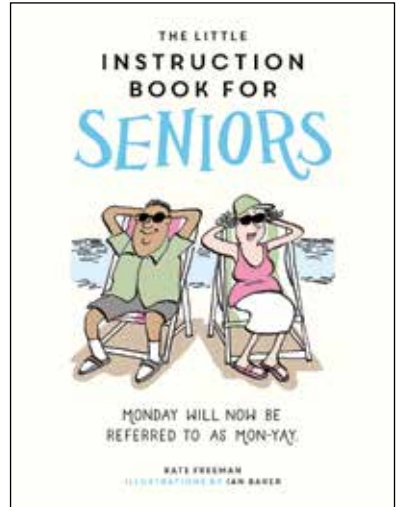
158x120mm

96pp

Hardback

10/10/2024

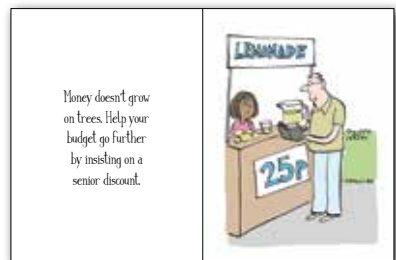
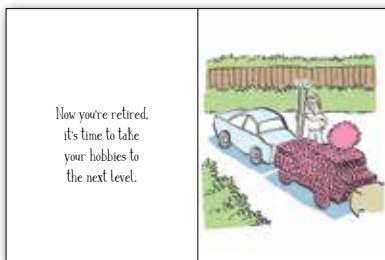
Rights and Sales Territories: World



Full of original illustrations and tongue-in-cheek advice on how to keep the cobwebs at bay, this hilarious survival guide is on hand to show you that it really is the life in your years that counts. Encouraging you to laugh, embrace life and enjoy the ride, the pearls of wisdom in this no-nonsense handbook will make the perfect gift for retirees.

Key Selling Points:

- This tongue-in-cheek illustrated guide to retirement celebrates the lighter side of ageing and would make the perfect retirement or milestone birthday gift.
- A similar Summersdale title, *The Little Instruction Book for Retirement* (ISBN: 9781787835726), has sold over 32,000 copies.
- The UK census of 2021 showed that over 11 million people were aged over 65. This number is expected to rise to 15.5 million by 2030.



The Little Book of Shit

A Celebration of Everybody's
Favourite Expletive

ISBN: 9781837992317

£6.99

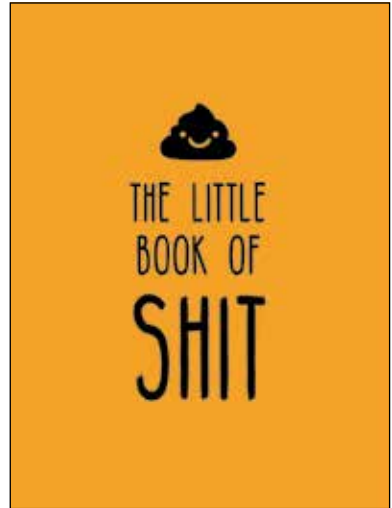
136x101mm

160pp

Hardback

10/10/2024

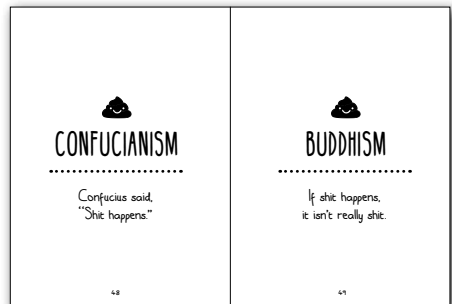
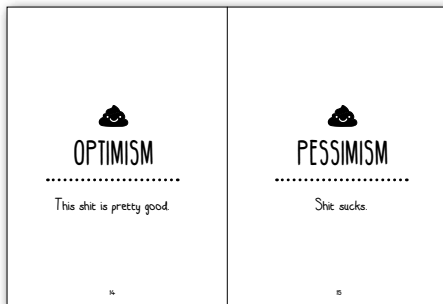
Rights and Sales Territories: World



This little book presents some of the best uses of our favourite expletive. From doctors (“Take two shits and call me in the morning”) to waiters (“You want fries with that shit?”), and whether you’re a Darwinist (“It’s survival of the shittest”) or a Jedi (“May the shit be with you”), there’s enough shit for everyone!

Key Selling Point:

- *The Little Book of Shit* will appeal to those who enjoyed *52 Things to Do While You Poo* (ISBN: 9781849534970), which has sold over 848,000 copies.



The Modern Mystic's Guide to Tarot

A Beginner's Guide to Reading and Understanding the Cards of the Tarot

Mara Parra

ISBN: 9781837994199

£12.99

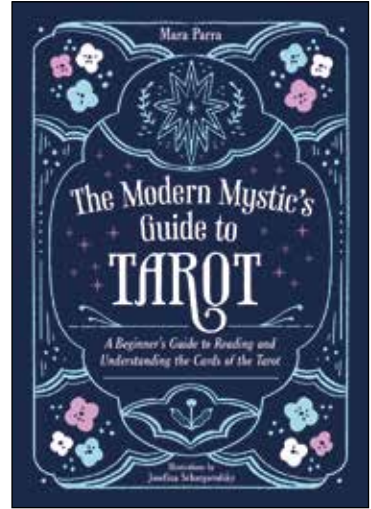
210x148mm

160pp

Paperback

10/10/2024

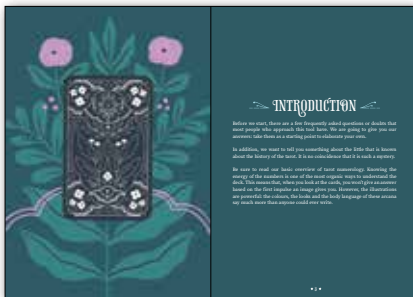
Rights and Sales Territories: World excluding Spanish, German and Italian



Are you ready to transform your life? Whether you want spiritual guidance, answers to life's biggest questions, or a deeper connection to your unconscious self, this book will help you tap into the power of the tarot deck to gain insight into your mind, your soul and the world around you.

Key Selling Points:

- Features bespoke illustrations by Josefina Schargorodsky, which celebrate feminine energy and intuitive power.
- This book is a companion to the tarot deck *Enchantress Tarot* (ISBN: 9781837994205), which is an empowering oracle deck for modern mystics.



How to Romanticize Your Life

Joyful Tips and Advice to Elevate Every Day

Sophie Golding

ISBN: 9781837994663

£8.99

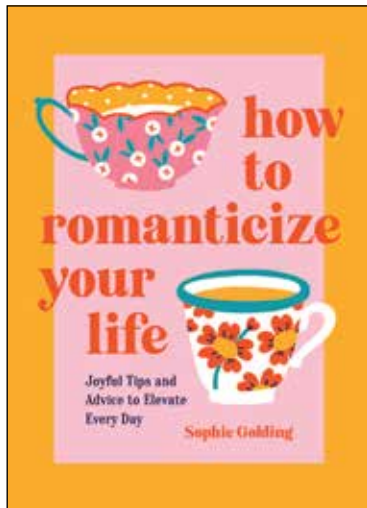
154x111mm

128pp

Hardback

10/10/2024

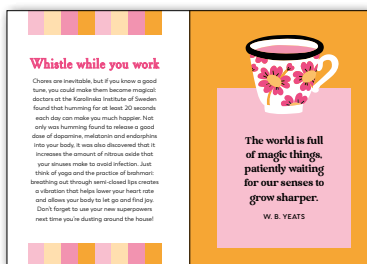
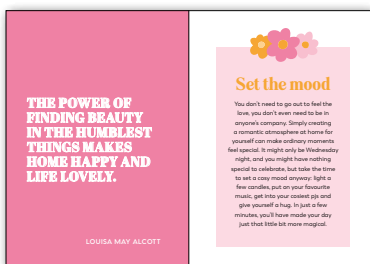
Rights and Sales Territories: World



Learn how to elevate your everyday with this stunning guide to finding joy in everything you do. Filled with fun and easy ideas to add sparkle to your routine, this book will help you make even the most ordinary day feel extraordinary, setting you on the path to a life bursting with gratitude, self-kindness, and simple, magical moments.

Key Selling Points:

- “Romanticizing your life”, meaning to appreciate life’s simple pleasures and spice up your daily routine, has become a huge online trend. Videos with #romanticizeyourlife have been viewed more than 525 million times on TikTok.
- This book is filled with simple tips and ideas to help the reader enhance their daily life and boost their gratitude.
- A similar Summersdale title, *Self-Care* (ISBN: 9781786857750), has sold over 28,000 copies.



The Little Book for Yoga Lovers

Tips and Tricks to Elevate
Your Yoga Practice

Jo Peters

ISBN: 9781837994106

£8.99

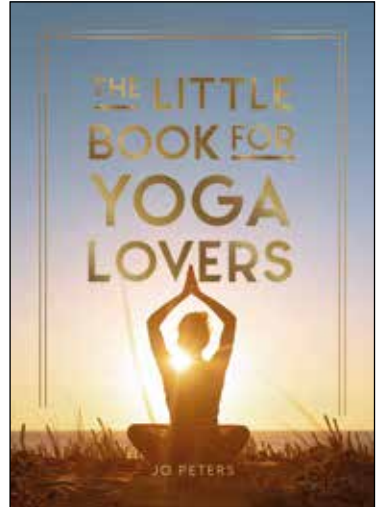
154x111mm

144pp

Hardback

10/10/2024

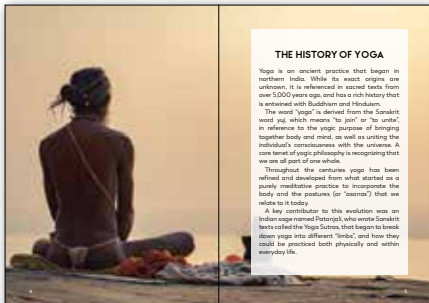
Rights and Sales Territories: World



Take some time out from hectic modern life, reconnect with your body and embrace the calming power of yoga. Whether you're an advanced yogi or you're getting ready to learn your first asanas, this beautiful book is brimming with all the tips and inspiration you need to enlighten your mind and inspire your practice.

Key Selling Points:

- Yoga continues to be a popular wellness practice and is practised by 300 million people across the globe.
- *The Little Book of Yoga* (ISBN: 9781786852809) has sold over 29,500 copies.



365 Days of Buddha Wisdom

Quotes from Buddhist Thinkers to
Bring You Daily Inspiration

ISBN: 9781837993895

£7.99

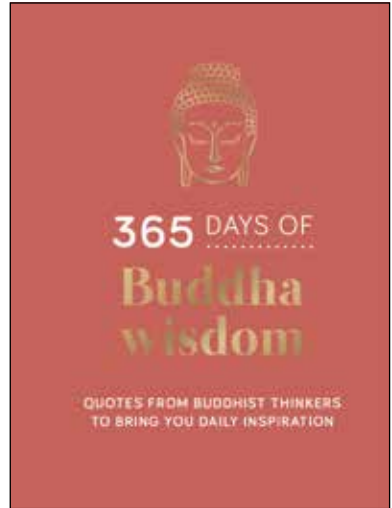
136x101mm

160pp

Hardback

14/11/2024

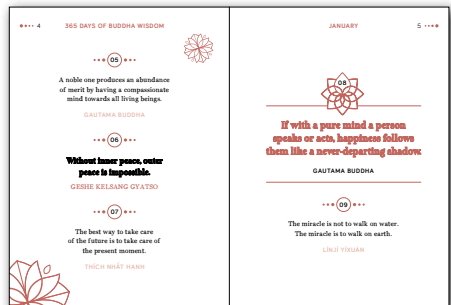
Rights and Sales Territories: World



Discover daily peace and wisdom with this pocket-sized collection of quotes from Buddhist teachers, writers and philosophers. Inside you will find 365 quotes from some of the greatest Buddhist thinkers of all time, including Thích Nhất Hạnh, Pema Chödrön, Alan Watts and, of course, the Buddha himself. Dive in and begin your own spiritual journey.

Key Selling Points:

- Buddhism is the world's fourth-largest religion and continues to inspire many people across the world (whether religious or not) to live more mindful, peaceful lives.
- A similar title, *365 Days of Yoga* (ISBN: 9781787836419), has sold over 22,000 copies.



I Love You Mum

A Beautiful Gift to Give to Your Mum

ISBN: 9781837993987

£7.99

136x101mm

160pp

Hardback

14/11/2024

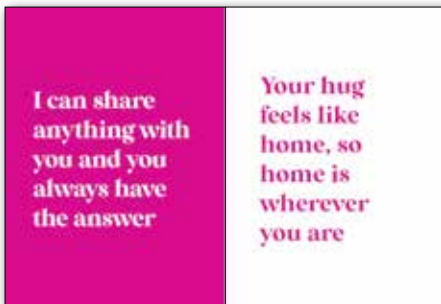
Rights and Sales Territories: World



Show your amazing mum just how much she means to you with this beautiful keepsake. Brimming with heartfelt affirmations, as well as delightful quotes from great thinkers and modern superstars alike, this little book will make the perfect gift to brighten her day and remind her that there is no one else quite like her.

Key Selling Points:

- The perfect Mother's Day present or year-round gift to show your mum just how much you care.
- A similar Summersdale title, *Mum in a Million* (ISBN: 9781786857545), has sold over 15,000 copies.



I Love You So Mush

Punderful Ways to Say "I Love You"

ISBN: 9781837994472

£6.99

136x101mm

160pp

Hardback

14/11/2024

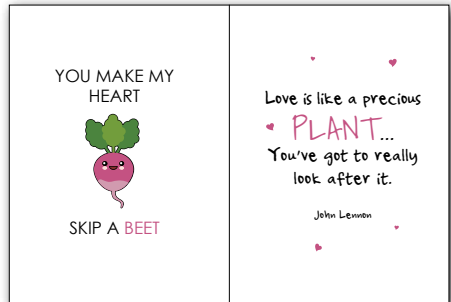
Rights and Sales Territories: World



Bursting with adorable illustrations and punderful phrases, this illustrated keepsake will make the perfect gift for that special someone to let them know how much you care. Whether you want your message to be loving, moving or just plain funny, these pages offer a charming collection of the most unique ways to say those three little words.

Key Selling Points:

- The perfect Valentine's Day present or year-round gift for the one you love.
- The current mushroom trend, or "shroom boom", is attracting huge interest on social media, with #mushrooms gaining 3.7 billion views on TikTok.
- A newly updated version of *Olive You* (ISBN: 9781786855480), which has sold over 16,000 copies.



GIFT & HUMOUR

Top Titles 2024



978 1 84953 497 0

978 1 83799 101 3

978 1 78783 701 0

978 1 78685 980 8

978 1 78783 687 7

TITLE	AUTHOR	ISBN	PRICE	FORMAT	QTY
100 Things to Pick You Up When You're Feeling Down: Uplifting Quotes and Delightful Ideas to Make You Feel Good	Julia Laffin	9781786855220	£6.99	Hb	
365 Days of Buddha Wisdom: Quotes from Buddhist Thinkers to Bring You Daily Inspiration		9781837993895	£7.99	Hb	
365 Days of Dad Jokes: Awfully Good Gags... All Year Round	Jim Chumley	9781800076938	£6.99	Hb	
365 Days of Inspiration: Daily Guidance for a More Motivated You	Robyn Martin	9781800074446	£7.99	Hb	
365 Days of Kindness: Daily Guidance for Happiness and Gratitude	Vicki Vrint	9781800071001	£7.99	Hb	
365 Days of Mindful Meditations: Daily Guidance for a Calmer, Happier You	Karen Edwards	9781800071018	£7.99	Hb	
365 Days of Positivity: Daily Guidance for a Happier You	Debbi Marco	9781800071025	£7.99	Hb	
365 Days of Yoga: Daily Guidance for a Healthier, Happier You		9781787836419	£7.99	Hb	
365 Ways to Go Wild: Embrace Your Inner Adventurer Every Day of the Year	Sam Lacey	9781787836785	£6.99	Hb	
52 Things to Do While You Poo: Hunt the Dump	Hugh Jassburn	9781800071049	£7.99	Hb	
52 Things to Do While You Poo: Not the Bog-Standard Edition	Hugh Jassburn	9781787835757	£7.99	Hb	
52 Things to Do While You Poo: Puzzles, Activities and Trivia to Keep You Occupied	Hugh Jassburn	9781849534970	£6.99	Hb	
52 Things to Do While You Poo: The 1960s Edition	Hugh Jassburn	9781800074316	£7.99	Hb	
52 Things to Do While You Poo: The 1970s Edition	Hugh Jassburn	9781800074323	£7.99	Hb	
52 Things to Do While You Poo: The 1980s Edition	Hugh Jassburn	9781800074330	£7.99	Hb	
52 Things to Do While You Poo: The Dad Edition	Hugh Jassburn	9781837994748	£7.99	Hb	
52 Things to Do While You Poo: The Fart Edition	Hugh Jassburn	9781786859969	£7.99	Hb	
52 Things to Do While You Poo: The Football Puzzle Book	Hugh Jassburn	9781787835542	£7.99	Hb	
52 Things to Do While You Poo: The Rugby Puzzle Book	Hugh Jassburn	9781787835559	£7.99	Hb	
52 Things to Do While You Poo: The Sports Edition	Hugh Jassburn	9781786852687	£6.99	Hb	
52 Things to Do While You Poo: The Sudoku Puzzle Book	Hugh Jassburn	9781837992966	£7.99	Hb	
52 Things to Do While You Poo: The Turd Edition	Hugh Jassburn	9781787832688	£7.99	Hb	
52 Things to Do While You Screw: Naughty Activities to Make Sex Even More Fun	Hugh Jassburn	9781786854902	£7.99	Hb	
52 Things to Learn on the Loo: Things to Teach Yourself While You Poo	Hugh Jassburn	9781849537841	£6.99	Hb	
Affirmations for Every Day: Mantras for Calm, Inspiration and Empowerment	Gilly Pickup	9781786859938	£9.99	Hb	
All You Need is Less: Minimalist Living for Maximum Happiness	Vicki Vrint	9781786857668	£7.99	Hb	
Always Look on the Bright Side of Life		9781849535274	£5.99	Hb	
Always Look on the Bright Side: Charming Quotes from Sunny Souls to Brighten Your Day and Cheer You Up	Sophie Golding	9781786850232	£5.99	Hb	
Amaze-Balls: Sweet and Savoury Recipes for Energy Balls and Healthy Bite-Sized Snacks	Karen Dale	9781787830257	£8.99	Hb	
The Art of Being Single: Live a Life You Love	Candi Williams	9781786859624	£8.99	Hb	
The Art of Tattoo	Lola Mars	9781849539227	£9.99	Hb	
The A-Z of Mindfulness: How to Be More Present Every Day	Anna Barnes	9781787832732	£8.99	Hb	
The Baby Witch's Journal: A Spell Book for New Witches	Astrid Carvel	9781800077140	£10.99*	Pb	
The Banana Cookbook: 50 Simple and Delicious Recipes	Sam Brooks	9781786859839	£8.99	Hb	
Be Brave: The Little Book of Courage		9781787832329	£6.99	Hb	
Be Bright, Be Bold, Be You: Uplifting Quotes and Statements to Empower You	Lucy Lane	9781787832435	£6.99	Hb	
Be Kind: Uplifting Stories of Selfless Acts from Around the World	Sophie Golding	9781787838178	£6.99	Hb	

Be Strong: Positive Quotes and Uplifting Statements to Boost Your Mood		9781787838437	£6.99	Hb
Be Your Best Self: Your Pocket Cheerleader to Help You Thrive	Sophie Golding	9781800071612	£7.99	Hb
Believe and Achieve: Inspirational Quotes and Affirmations for Success and Self-Confidence		9781800073920	£6.99	Hb
Believe and Achieve: Motivational Words from Remarkable People of Colour	Edgar Chekera	9781787839700	£6.99	Hb
Believe in Yourself: Positive Quotes and Affirmations for a More Confident You		9781786859600	£6.99	Hb
The Best Cat Memes Ever: The Funniest Relatable Memes as Told by Cats	Charlie Ellis	9781786857842	£7.99	Hb
Best Dad Ever: The Perfect Thank You Gift for Your Incredible Dad		9781837992720	£6.99	Hb
The Best Dog Memes Ever: The Funniest Relatable Memes as Told by Dogs	Charlie Ellis	9781786857835	£7.99	Hb
Best Mum Ever: The Perfect Gift for Your Incredible Mum		9781800070226	£6.99	Hb
Bestie: The Perfect Gift to Celebrate Your BFF		9781837993994	£6.99	Hb
BFF: The Perfect Gift For the Best Friend Ever		9781787832220	£6.99	Hb
Big Cocks: Hilarious Snaps of Prominent Poultry	Charlie Ellis	9781800070080	£7.99	Hb
Big Lck Energy: A Selection of the World's Weirdest Turn-Offs		9781837995233	£7.99	Hb
The Book for Badass Women: (Because the Patriarchy Won't Smash Itself): An Empowering Guide to Life for Strong Women	Harriet Dyer	9781800071933	£9.99	Hb
Bored As F*ck Puzzle Book: Seriously Fun Games and Trivia for Grown-Ups		9781837993116	£7.99	Pb
Bring the Wild into Your Garden: Simple Tips for Creating a Wildlife Haven	Annie Burdick	9781787836679	£12.99	Hb
Calm AF: Laid-Back Advice for Getting the Better of Anxiety, Coping with Stress and Staying Chilled Every Day	Sam Baxter	9781787835429	£8.99	Hb
Calm: Thoughts and Quotations for Every Day		9781786852427	£6.99	Hb
Carpe Diem: Inspirational Quotes and Awesome Affirmations for Seizing the Day		9781800071865	£6.99	Hb
The Cat Lover's Puzzle Book: Brain-Teasing Puzzles, Games and Trivia	Kate May	9781800079328	£12.99	Hb
The Cat Owner's Survival Guide: Hilarious Advice for a Pawsitive Life with Your Furry Four-Legged Best Friend	Sophie Johnson	9781800074019	£7.99	Hb
Cat Yoga: Purrfect Poses for Flexible Felines	Sam Hart	9781787832466	£7.99	Hb
The Cat Zodiac: Astrology for Your Cat	Maggy Greymalkin	9781787832336	£7.99	Hb
Cock-a-Doodle: A Rude Activity Book for Adults	Jason Murphy	9781800079816	£8.99	Hb
Collect Moments, Not Things: Ideas and Inspiration for Creating a Life to Remember, With Pages to Record Your Experiences	Tamsin King	9781787832404	£9.99*	Pb
Congratulations on Your Graduation: Encouraging Quotes to Empower and Inspire		9781787835252	£6.99	Hb
The Conspiracy Theorist's Puzzle and Activity Book: Puzzling Mysteries and Brain-Teasing Activities	Jamie King	9781800079977	£8.99	Pb
Cosmic Cocktails: A Guide to the Mixology of Astrology	Lydia Levine	9781800075528	£7.99	Pb
The Couch Potato's Guide to Staying Fit: Simple Exercises to Get in Shape	Jamie Easton	9781786857323	£8.99	Pb
Creatures with Cocks: Hilarious Adults-Only Cartoons for Lovers of the Natural World and Dick Jokes	Monty Savage, Oscar Tritt	9781849539333	£6.99	Hb
The Cricket Puzzle Book: Brain-Teasing Puzzles, Games and Trivia for Cricket Fans		9781800079236	£6.99	Pb
The Crystal Healing Journal: Track Your Personal Journey Towards Healing with Crystals	Astrid Carvel	9781800076778	£10.99*	Pb
The Cycling Puzzle Book: 200 Brain-Teasing Activities, from Crosswords to Quizzes	Neil Somerville	9781800070042	£12.99	Hb
The Dad Annual: The Ultimate Compendium of Hilarious Games, Bad Jokes, Mind-Boggling Trivia and Much, Much More!	Michael Spicer	9781787832985	£9.99	Hb
Dad in a Million: The Perfect Gift to Give to Your Dad		9781786857637	£6.99	Hb
Dad Jokes: The Ultimate Collection for the Family Comedian	Jim Chumley	9781786852281	£6.99	Hb
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The Dog Lover's Puzzle Book: Brain-Teasing Puzzles, Games and Trivia	Kate May	9781800079335	£12.99	Hb
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The Dog Owner's Survival Guide: Hilarious Advice for Understanding the Pups and Downs of Life with Your Furry Four-Legged Friend	Sophie Johnson	9781800074002	£7.99	Hb
Doggie Language: A Dog Lover's Guide to Understanding Your Best Friend	Lili Chin	9781787837010	£8.99	Hb
Don't Be a D*ck: A Self-Help Guide to Being F*cking Awesome	Joseph Dewey	9781787832862	£8.99	Hb
Don't Quit Your Daydream: Inspiration for Daydream Believers		9781786857972	£6.99	Hb
The Dream Journal: Track Your Dreams and Work Out What They Mean	Anna Barnes	9781800074392	£10.99	Pb
Dream, Believe, Achieve: Inspiring Quotes and Empowering Affirmations for Success, Growth and Happiness		9781787836891	£6.99	Hb
Dream. Explore. Discover: Inspiring Quotes to Spark Your Wanderlust		9781787830226	£6.99	Hb

Drinking Games and How to Handle the Hangover: Fun Ideas for a Great Night and Clever Cures for the Morning After	Riley King	9781787832527	£6.99	Pb
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Find Your Why: How to Discover Your True Purpose and Live Life to the Full	Joanne Mallon	9781787839984	£10.99	Pb
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For the Best Dad Ever: The Perfect Gift to Give to Your Dad		9781787832350	£6.99	Hb
For the Best Dad Ever: The Perfect Thank You for Being an Incredible Father		9781800078376	£6.99	Hb
For the Best Friend Ever: The Perfect Gift to Give to Your BFF		9781786859914	£6.99	Hb
For the Best Grandparent Ever: The Perfect Gift From Your Grandchildren		9781787830059	£6.99	Hb
For the Best Sister Ever: The Perfect Gift to Give to Your Favourite Sibling		9781786859921	£6.99	Hb
For the Love of Radio 4 - The Unofficial Puzzle Book: 200 Brain-Teasing Activities, from Crosswords to Quizzes	Neil Somerville	9781787835665	£9.99	Hb
For the Love of The Archers: An Unofficial Companion: Revised and Updated	Beth Miller	9781800076334	£12.99	Hb
For the World's Best Dad: The Perfect Gift to Give to Your Father		9781787836563	£6.99	Hb
For the World's Best Mum: The Perfect Gift to Give to Your Mum		9781787836396	£6.99	Hb
For the World's Greatest Mum: The Perfect Gift for Your Mum		9781800074422	£6.99	Hb
Fred Basset Yearbook 2020: Witty Comic Strips from Britain's Best-Loved Basset Hound	Alex Graham	9781786859860	£8.99	Pb
Fred Basset Yearbook 2021: Witty Comic Strips from Britain's Best-Loved Basset Hound	Alex Graham	9781787835535	£8.99	Pb
Fred Basset Yearbook 2022: Witty Comic Strips from the Daily Mail	Alex Graham	9781800070035	£8.99	Pb
Fred Basset Yearbook 2023: Witty Comic Strips from the Daily Mail	Alex Graham	9781800074132	£9.99	Pb
Fred Basset Yearbook 2024: Celebrating 60 Years of Fred Basset: Witty Cartoon Strips from the Daily Mail	Alex Graham	9781800079809	£9.99	Pb
<i>Fred Basset Yearbook 2025: Witty Comic Strips from the Daily Mail</i>	Alex Graham	9781837995417	£9.99	Pb
Funny Cats: A Hilarious Collection of the World's Funniest Felines and Most Relatable Memes	Charlie Ellis	9781800074361	£7.99	Hb
Funny Dogs: A Hilarious Collection of the World's Silliest Dogs and Most Relatable Memes	Charlie Ellis	9781800075511	£7.99	Hb
The Gardening Puzzle Book: 200 Brain-Teasing Activities, from Crosswords to Quizzes	Felicity Hart	9781800071728	£12.99	Hb
Girls Support Girls: Empowering Quotes for Awesome Women		9781800073982	£6.99	Hb
Go Camping: Discover New Adventures in the Great Outdoors	Katherine Latham	9781800071780	£14.99	Hb
Go, Girl: Inspiration and Motivation for Dreamers, Believers and Achievers		9781786852793	£6.99	Hb
The Golf Puzzle Book: Brain-Teasing Puzzles, Games and Trivia for Golf Fans		9781800079205	£6.99	Pb
Good Vibes Only: Quotes and Affirmations to Supercharge Your Self-Confidence		9781800071773	£7.99	Hb
Grammar: Know Your Shit or Know You're Shit	Joanne Adams	9781849537575	£8.99	Hb
Growing Old Doesn't Mean Growing Up: Hilarious Life Advice for the Young at Heart	Haskins & Whichelow	9781800074033	£7.99	Hb
The Grumpy Old Git's Puzzle Book: Activities and Games to Keep a Cantankerous Old Mind Active		9781800071056	£9.99	Pb
Happiness: Thoughts and Quotations for Every Day		9781786852434	£6.99	Hb
Happy Cats: Photos of Felines Feeling Fab	Charlie Ellis	9781786852779	£7.99	Hb
Happy Dogs: Photos of the Happiest Pups and Doggos in the World	Charlie Ellis	9781787836952	£7.99	Hb
Help! The Grandchildren are Coming: Activities, Games, Jokes, Puzzles, Magic Tricks and More!	Haskins & Whichelow	9781786857927	£9.99	Hb
Herbal Magic: A Beginner's Guide to the Magical Power of Plants	Lydia Levine	9781837991297	£9.99	Hb
Here Comes the Sun: Radiant Quotes to Warm Your Heart and Brighten Your Day		9781800070479	£6.99	Hb
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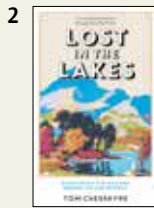
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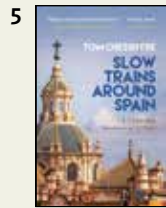
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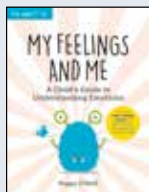
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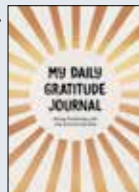
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