



Gift,
Humour
and
Well-Being

Summersdale



Gift, Humour and Well-Being

Hello,

A very warm welcome to our new gift, humour and well-being catalogue. Summersdale is one of the leading gift and humour publishers in the UK. We pride ourselves on creating stylish, fun books for just about anyone and any occasion. Browse these pages for fresh approaches to popular themes as well as some highly original ideas. You'll find some unique gift books for your customers that will help you to enhance your ranges.

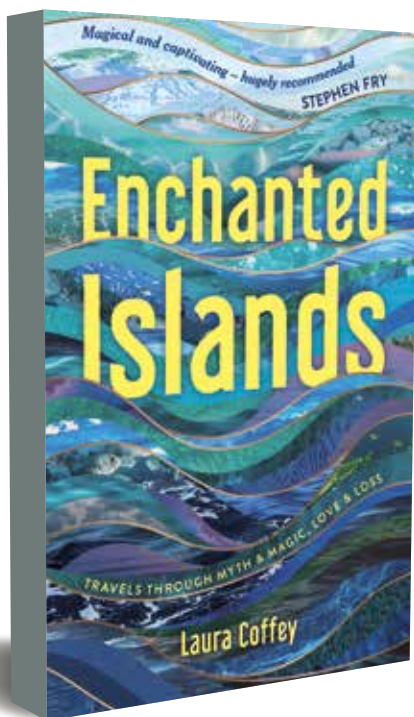
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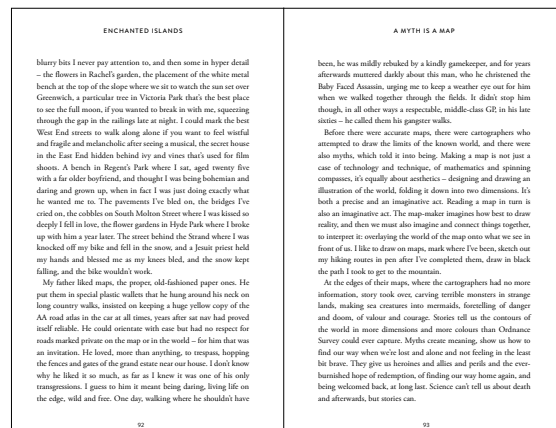
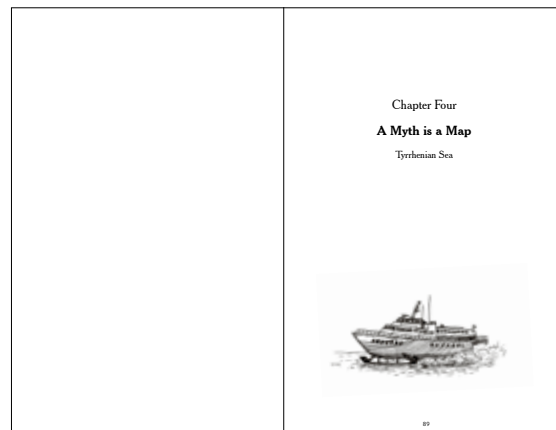
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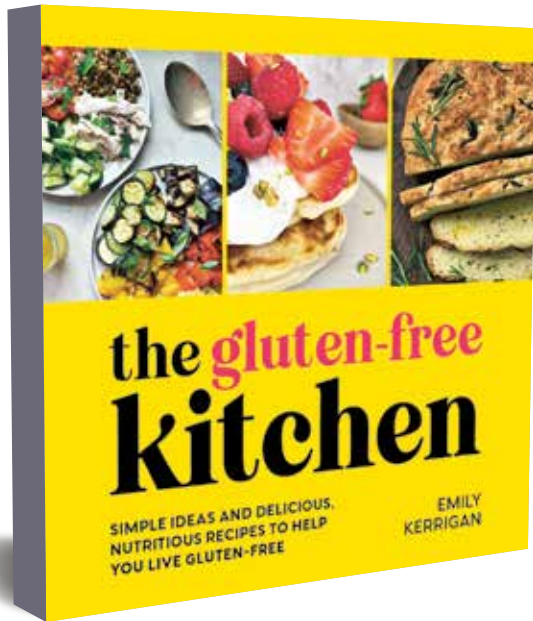


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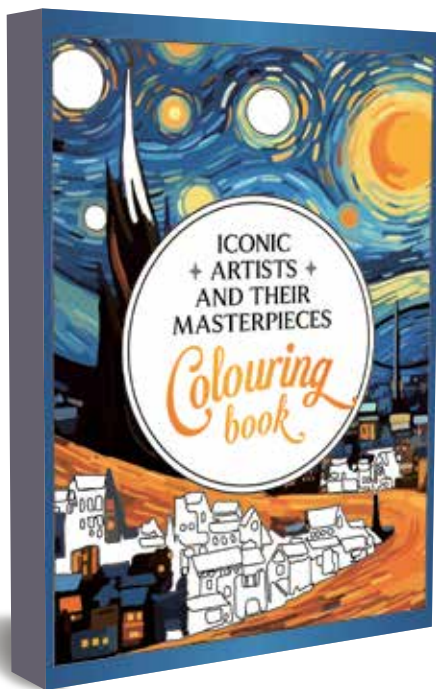
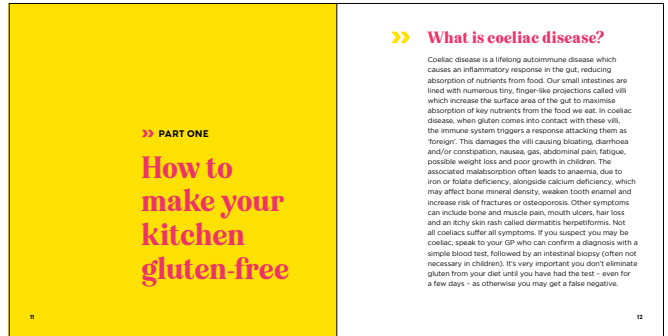


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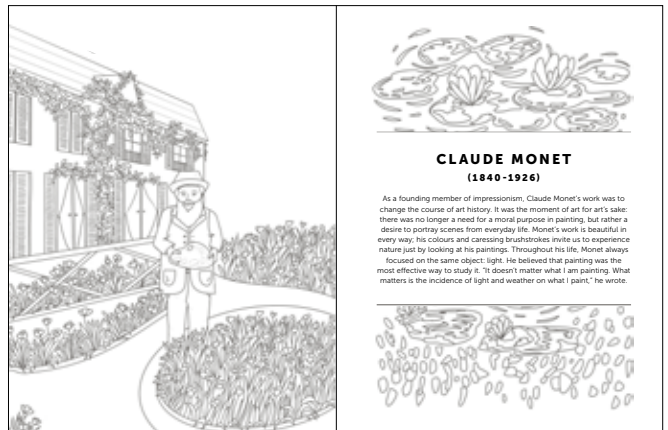


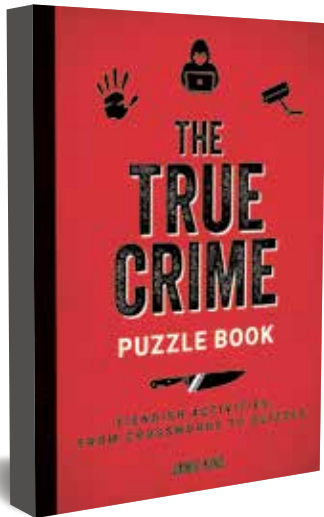


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MAZE

GET THE SYRUP TO THE GETAWAY VEHICLE

Across 2011 and 2012, Canada was gripped by the bizarre theft of almost 3,000 tonnes of maple syrup. Around 20 million of syrup was gradually removed and spirited away each night. Before leaving the storage facility, the masterminds filled the barrels with water, ensuring that the theft would not be noticed for some time. The case has since achieved cult status and has even inspired a comedy drama.

MOVIES AND TV

CLASSIC AMERICAN TV SITCOMS

Can you remember all these prime time laugh-a-thons?

ACROSS

- Boston bar where everybody knows your name (6)
- This "show about nothing" is named after its comedian star (8)
- Show about a large, blended family (3, 5, 5)

DOWN

- Everyone Loves Lucy but what was her real name? (7, 4)
- Dark comedy set during the Korean War (4)
- Henry Winkler's character's nickname in *Happy Days* (6)

HISTORY AND POLITICS

BRR, IT'S A COLD WAR OUT THERE!

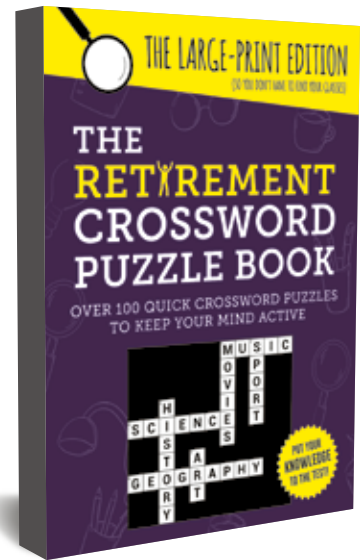
You've still got the key to your nuclear bunker, right?

ACROSS

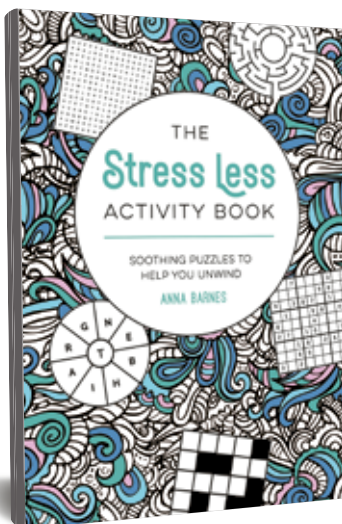
- 13-day confrontation between the U.S. and Soviet Union over missile installations (5, 7, 6)
- Soviet policy of open discussion of political and social issues, initiated by Gorbachev in the 1980s (8)

DOWN

- It fell on 9 November 1989 (6, 4)
- Competition for supremacy in nuclear warfare between the U.S. and Soviet Union (4, 4)
- Anti-communist hysteria in the U.S. during the early years of the Cold War (11)
- Metaphorical divider between the East and West during the Cold War (4, 7)



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WORD WHEEL

See how many words of four or more letters you can make, using each letter only once. Each word must use the central letter. Can you find a word that uses all of the letters?

WORD LADDER

Change SWEET into TREAT by altering one letter at a time to make a new word on each step of the ladder.

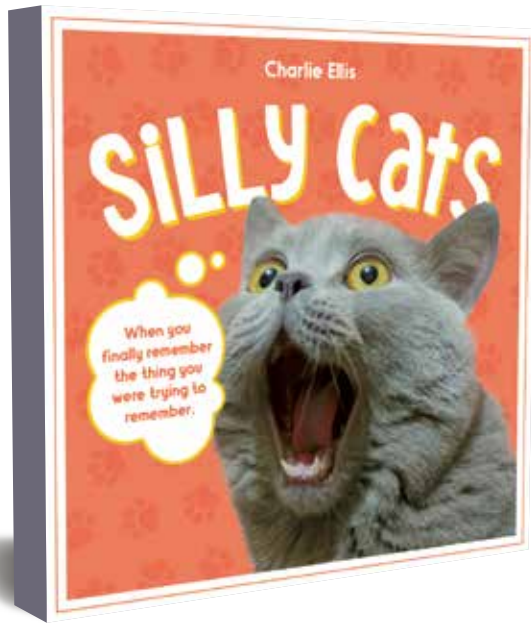
SWEET

TREAT

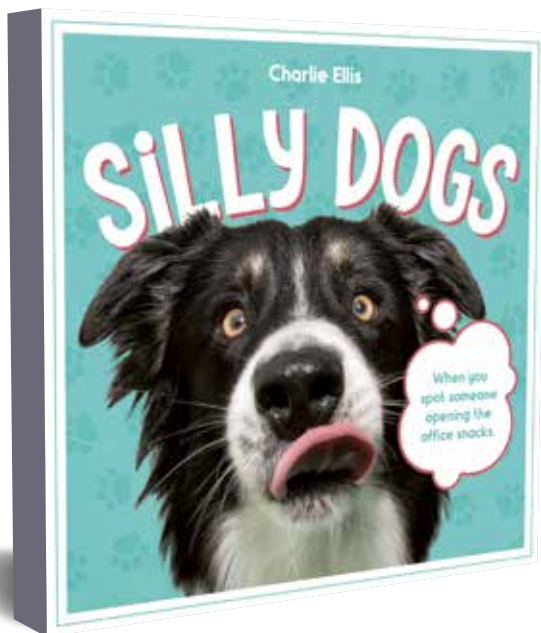
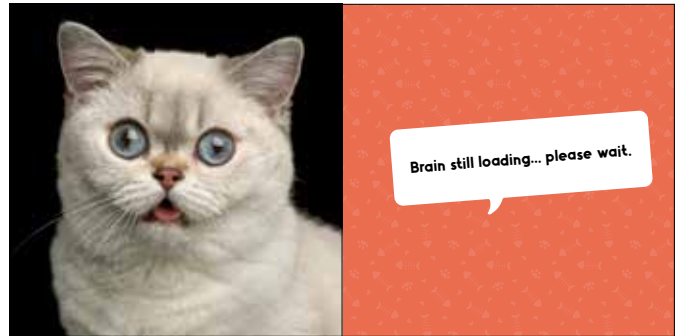
SPOT THE DIFFERENCE

Can you find the ten differences between these two pictures?

KEY TITLES

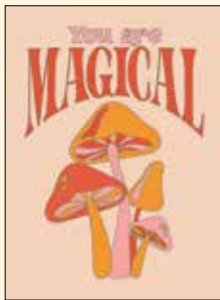


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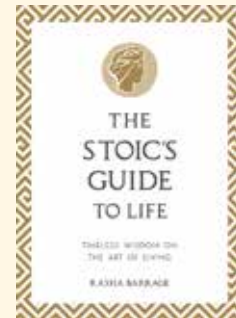




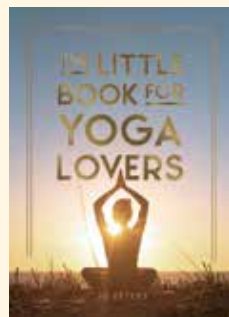
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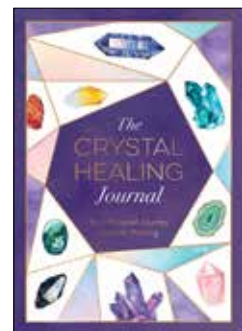
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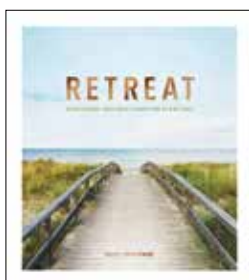
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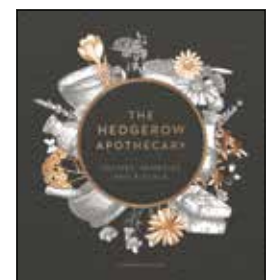
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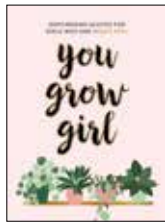


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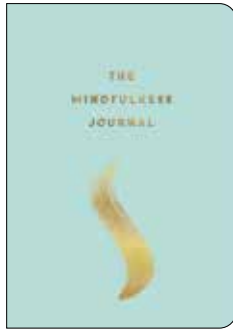
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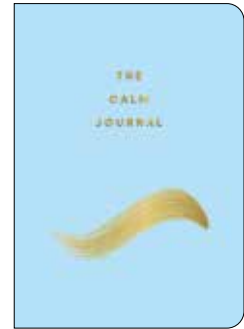
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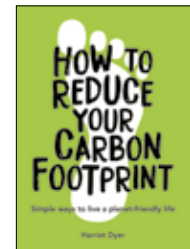
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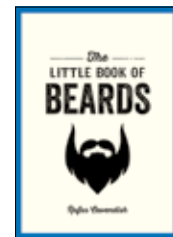
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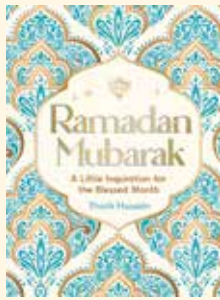
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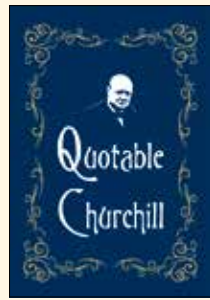
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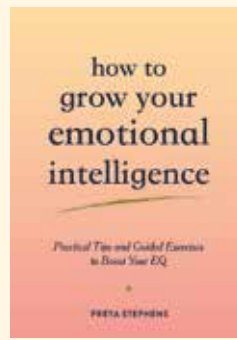
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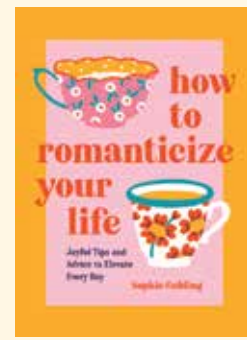
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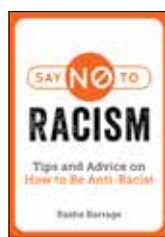
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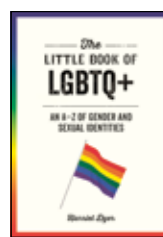
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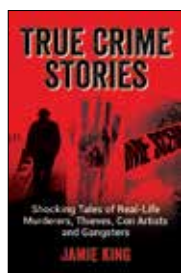
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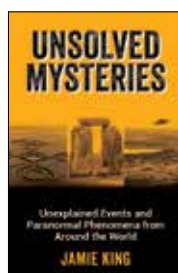
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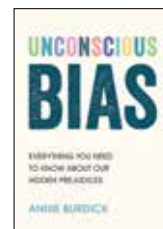
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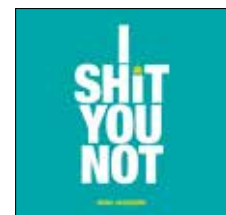
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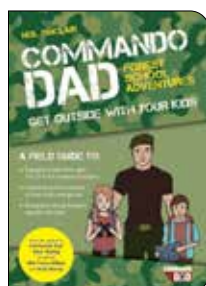
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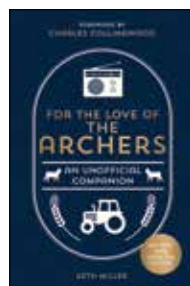
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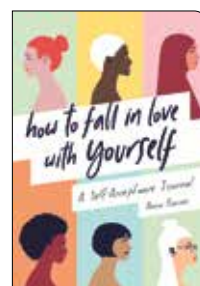
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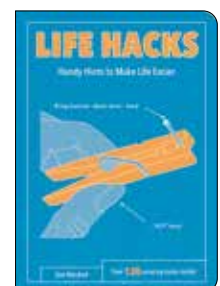
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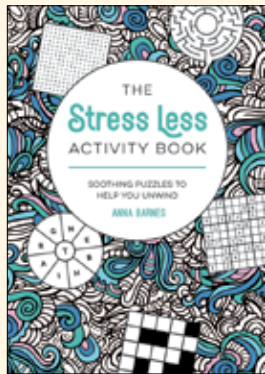
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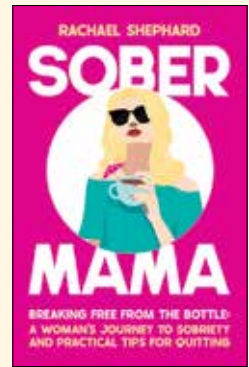
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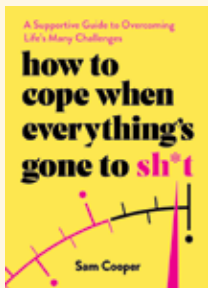
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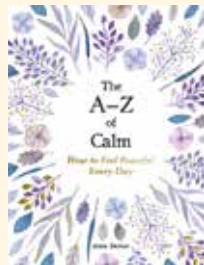
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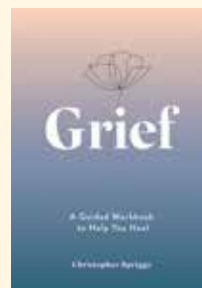
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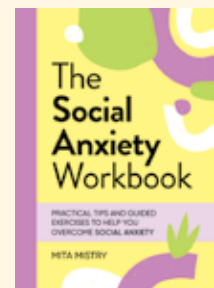
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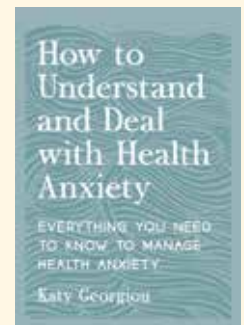
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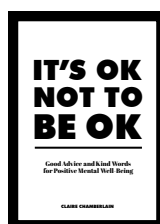
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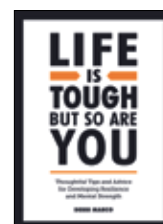
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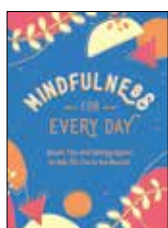
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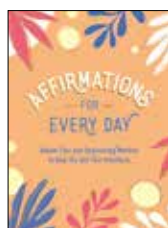
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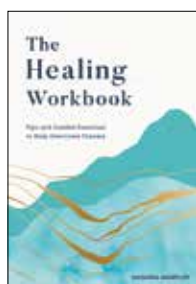
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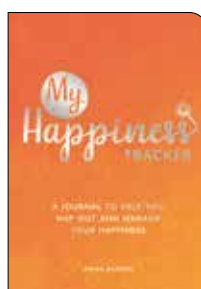
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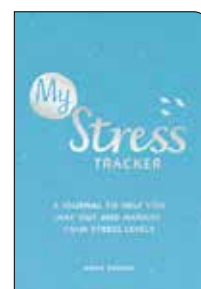
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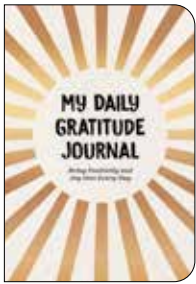


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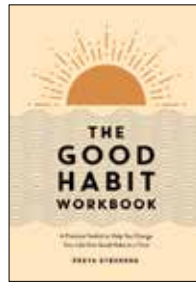
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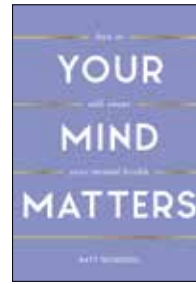
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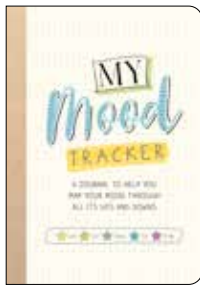
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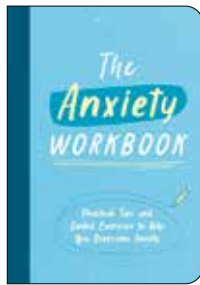
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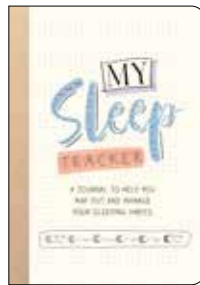
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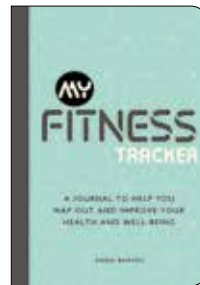
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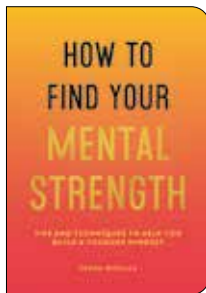
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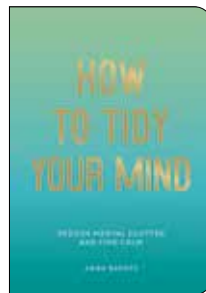
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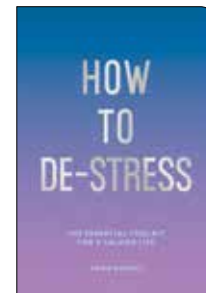
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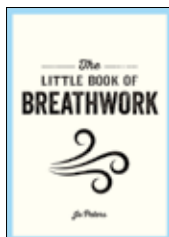
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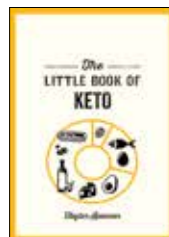
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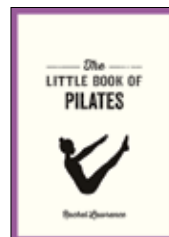
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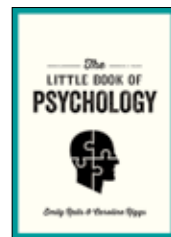
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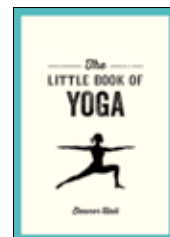
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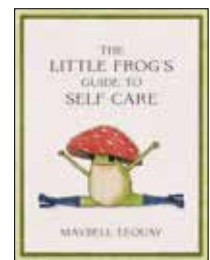
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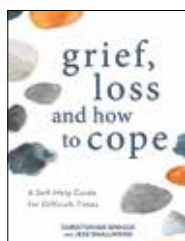
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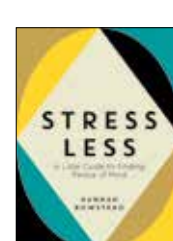
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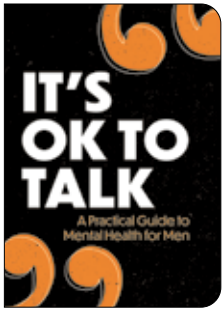
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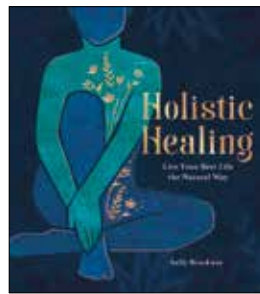
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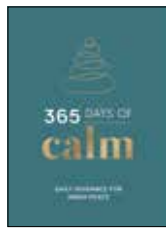
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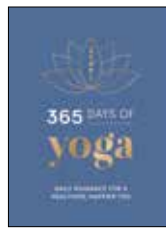
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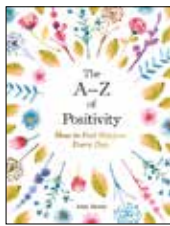
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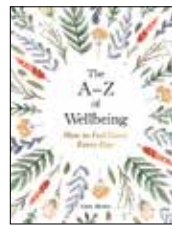
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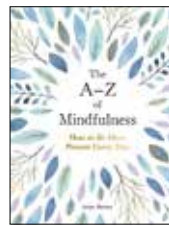
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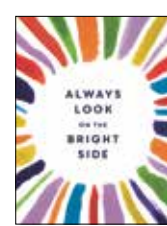
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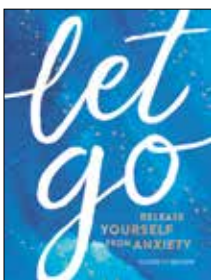
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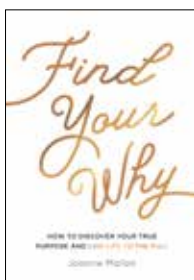
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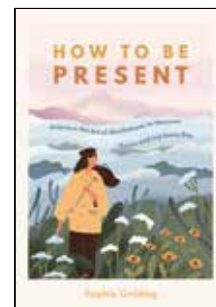
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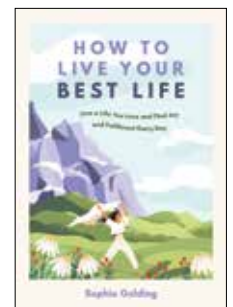
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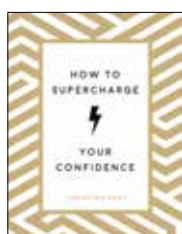
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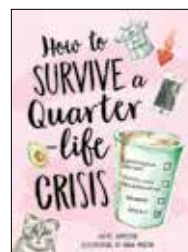
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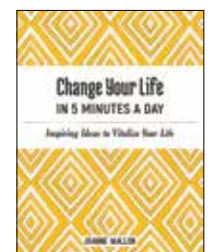
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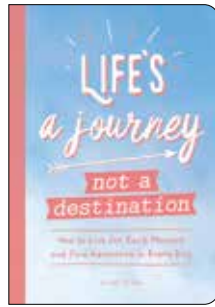
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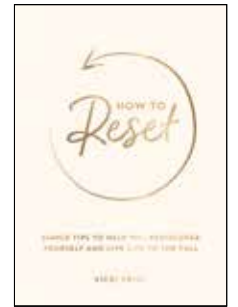
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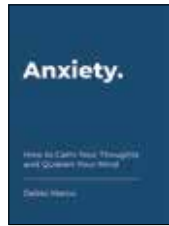
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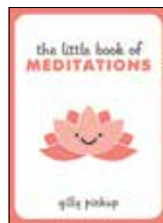
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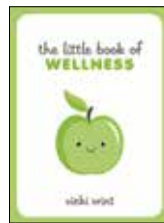
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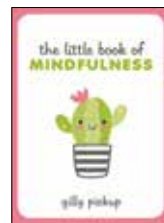
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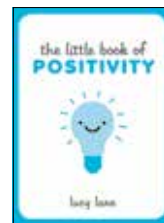
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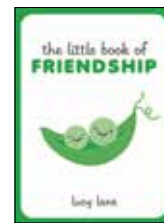
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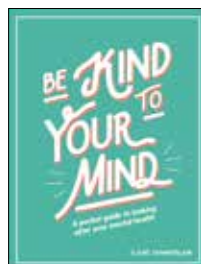
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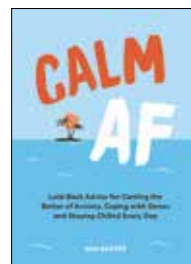
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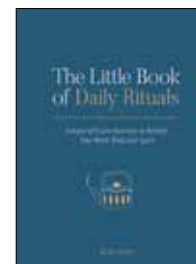
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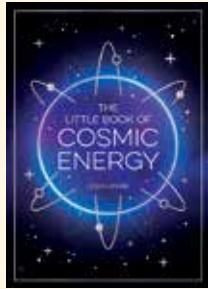


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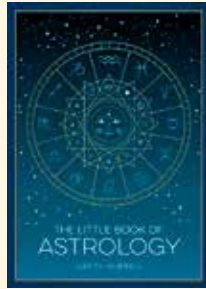
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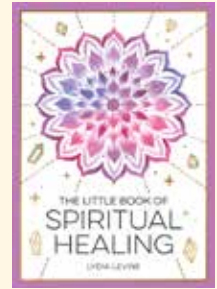
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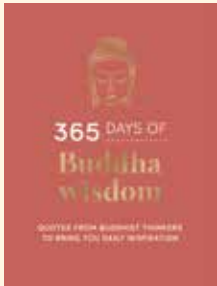
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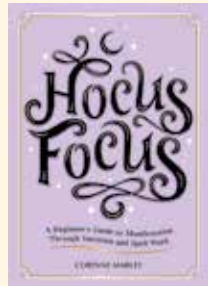
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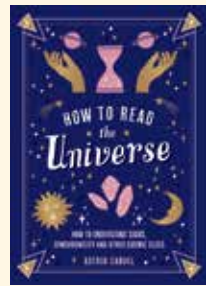
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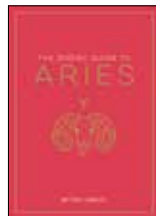
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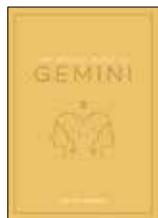
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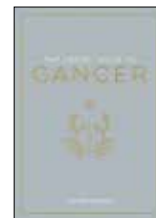
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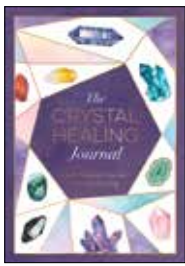


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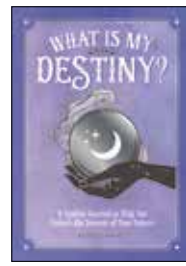
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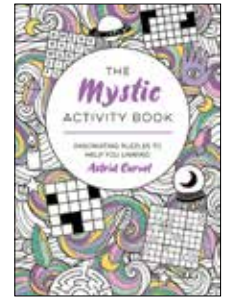
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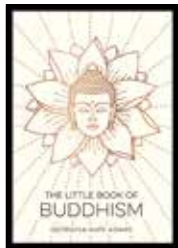
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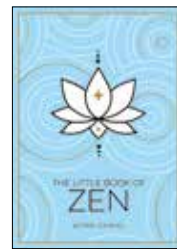
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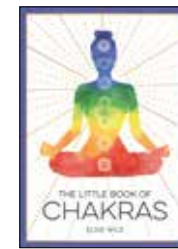
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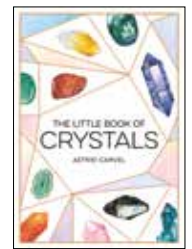
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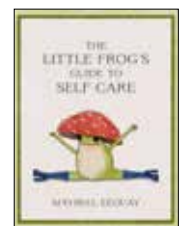
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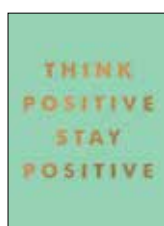
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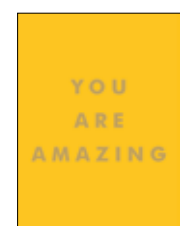
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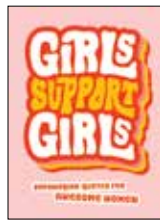
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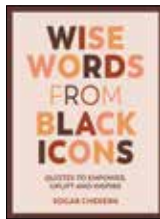
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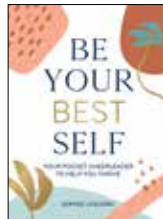
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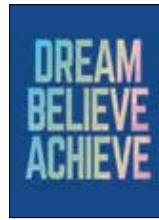
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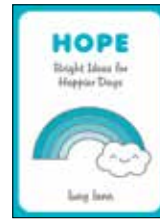
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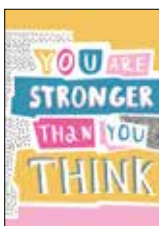
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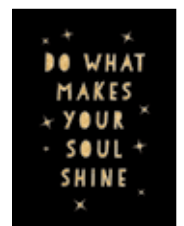
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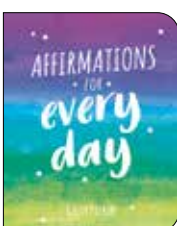
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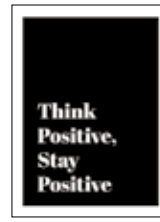
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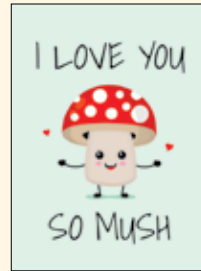
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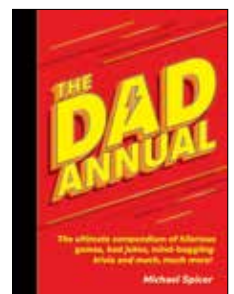
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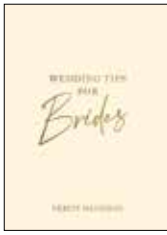


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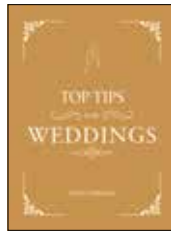
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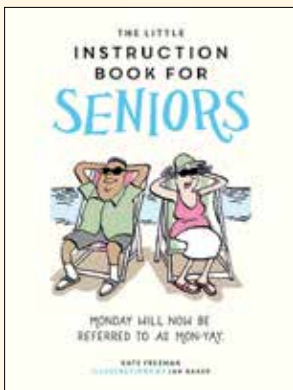


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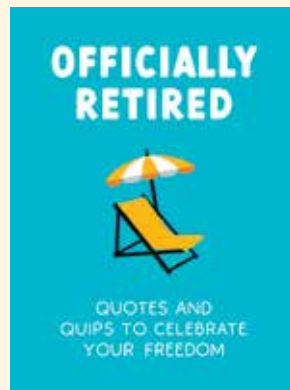


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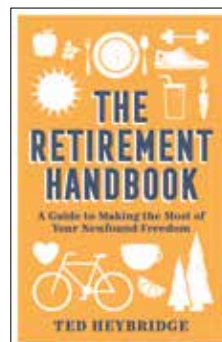
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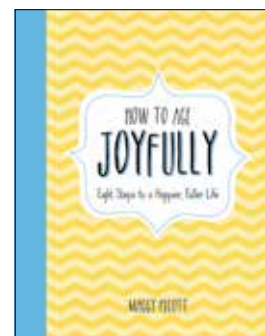
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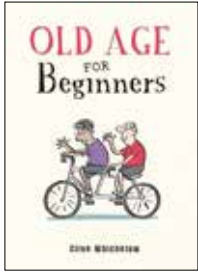


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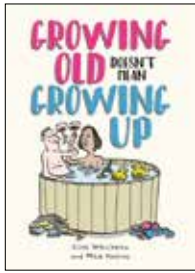


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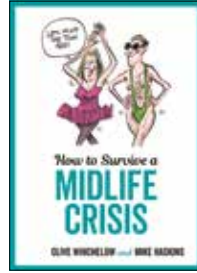
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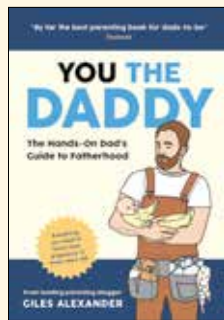
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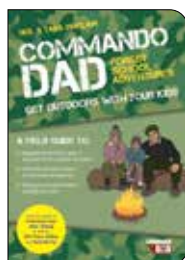
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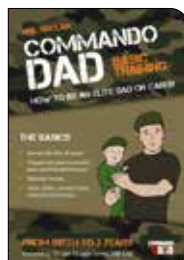
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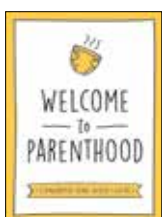
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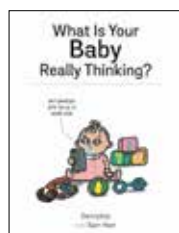
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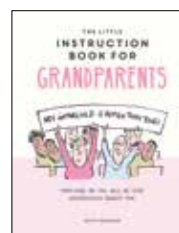
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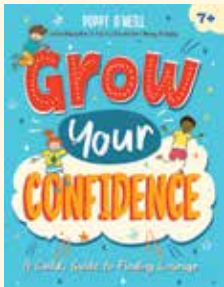
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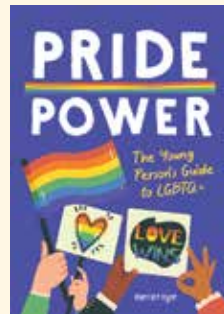
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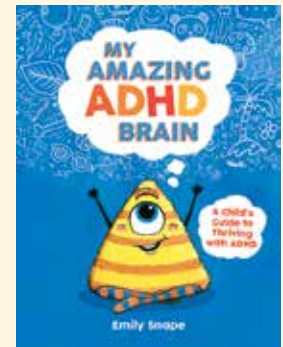
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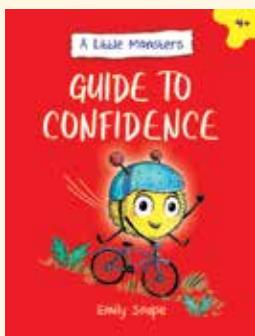
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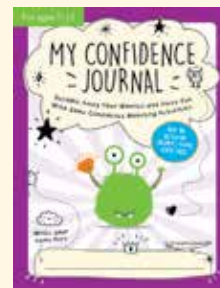
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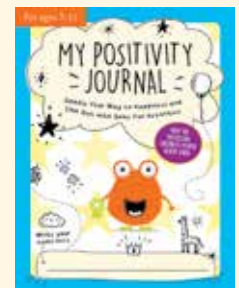
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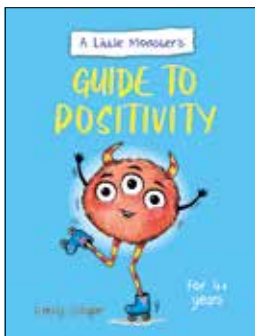
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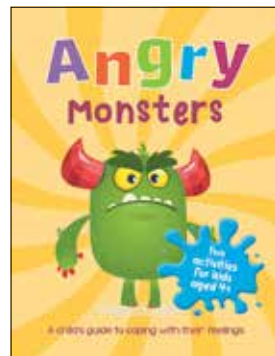
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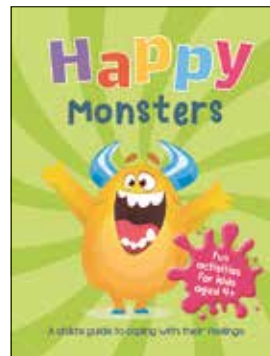
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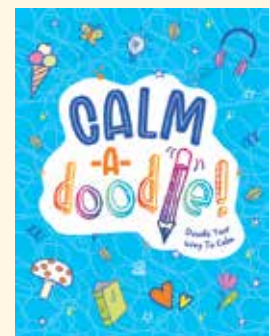
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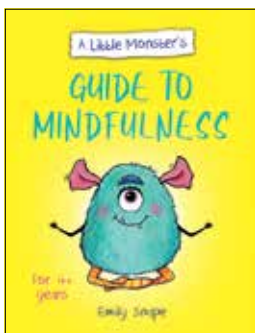
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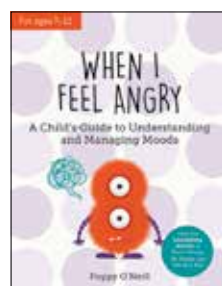
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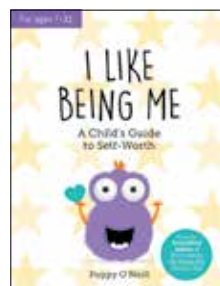
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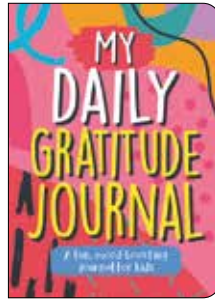
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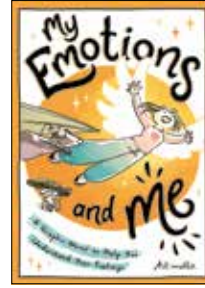
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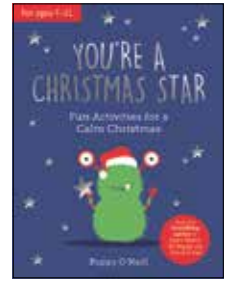
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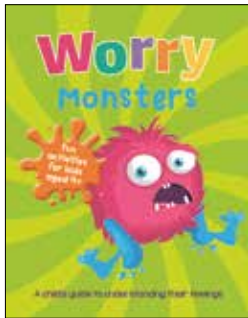
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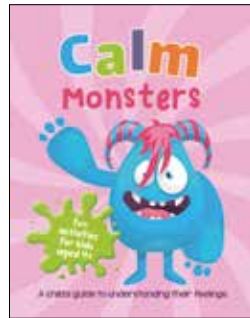
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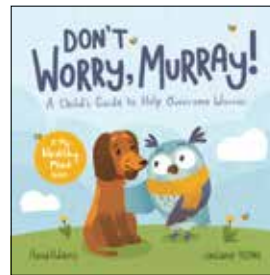
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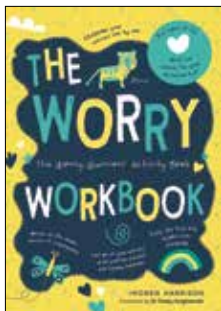
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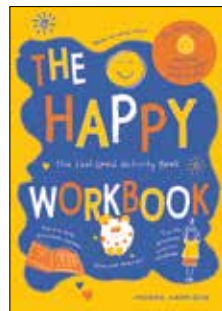
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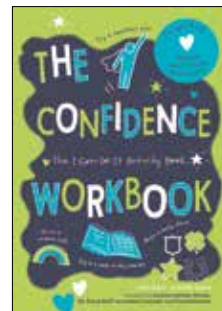
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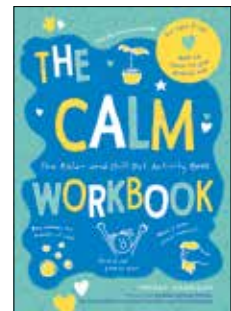
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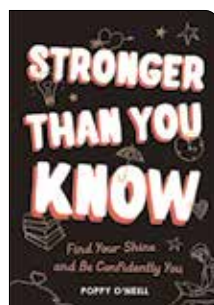
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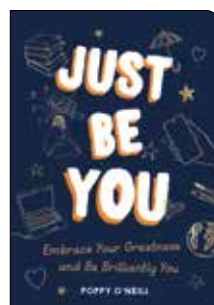
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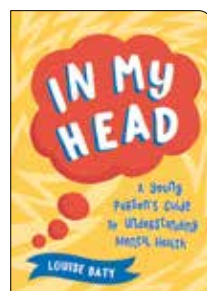
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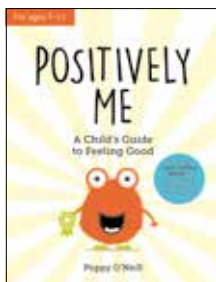


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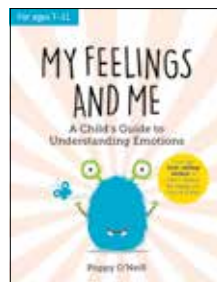
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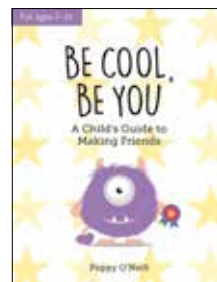
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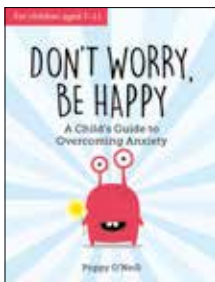
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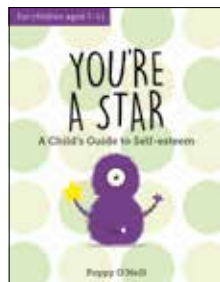
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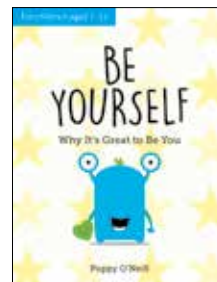
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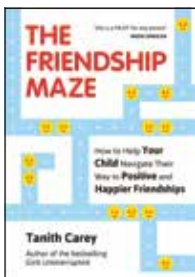
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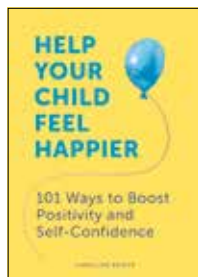
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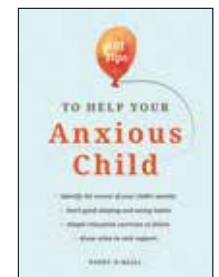
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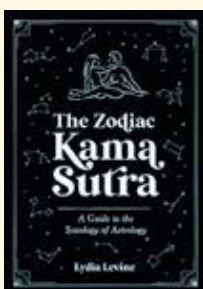


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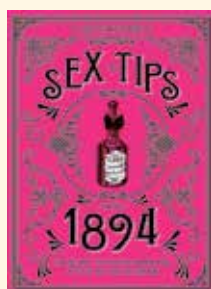
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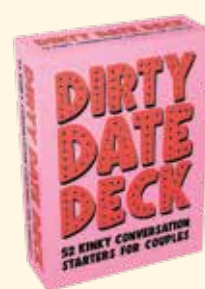
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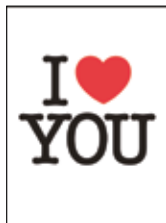
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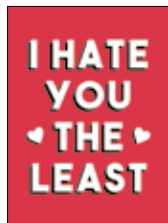
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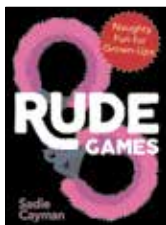
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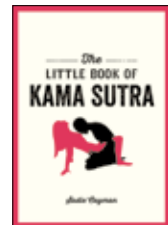
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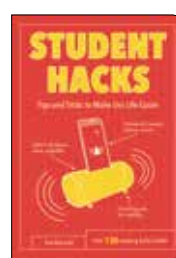
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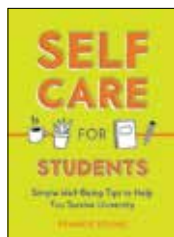
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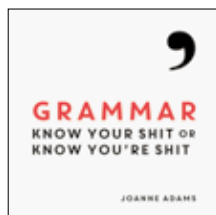
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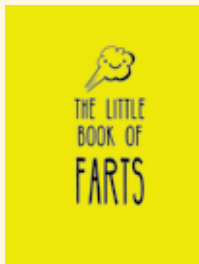


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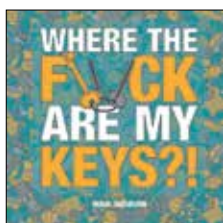
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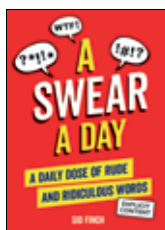
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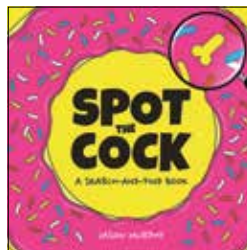
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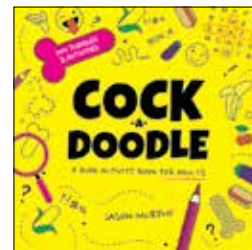
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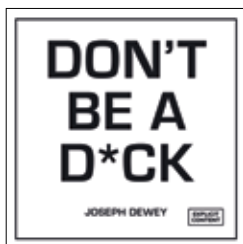
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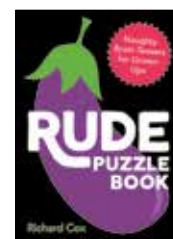
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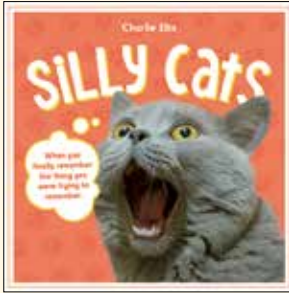
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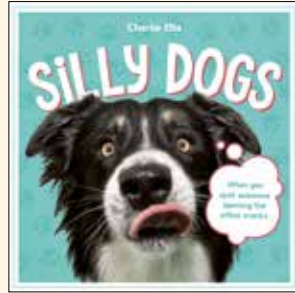
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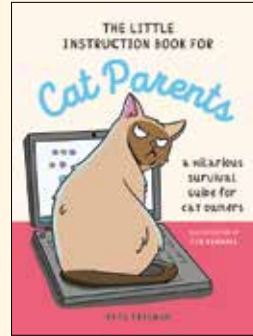
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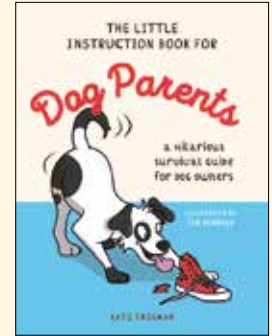
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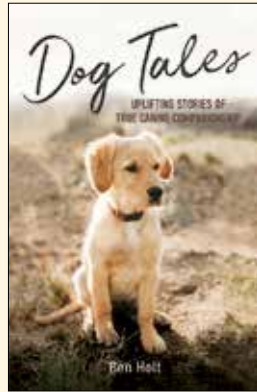
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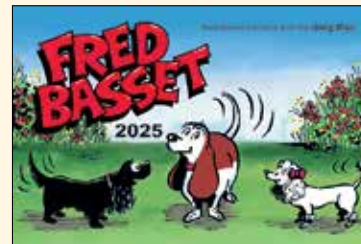
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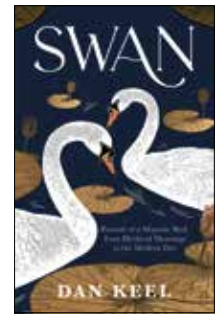
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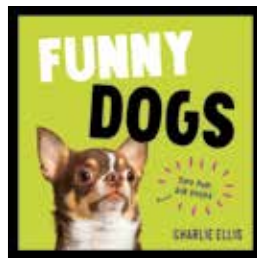
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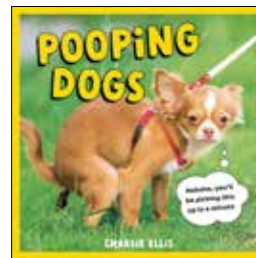
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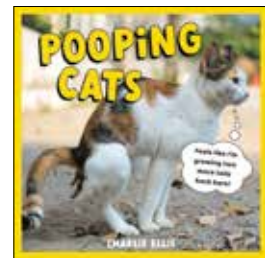
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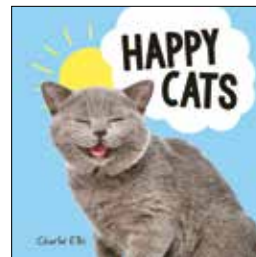
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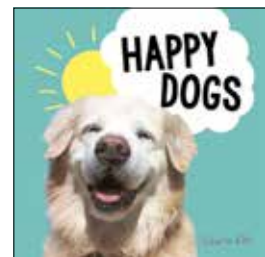
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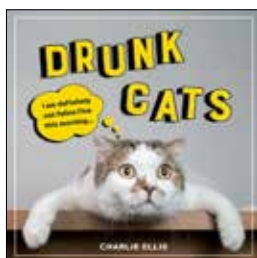
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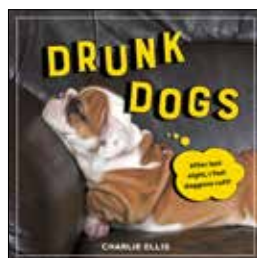
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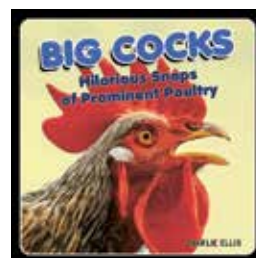
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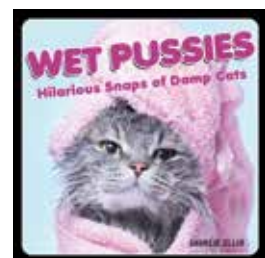
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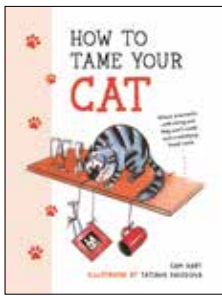
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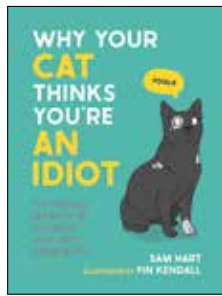
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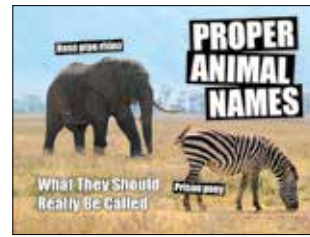
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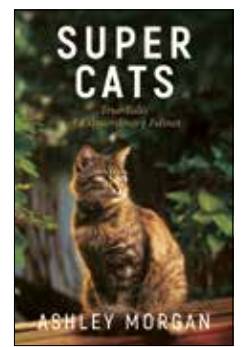
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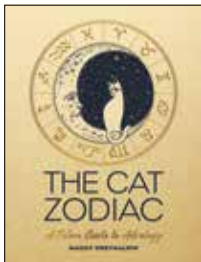
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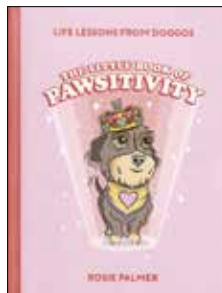
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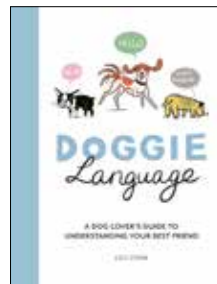
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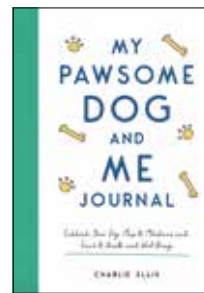
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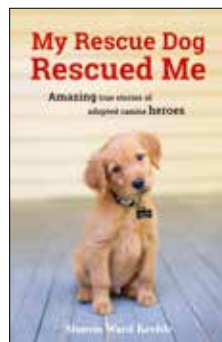
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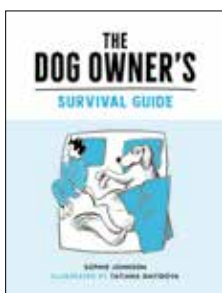
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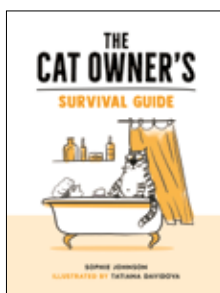
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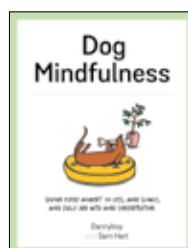
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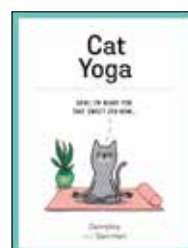
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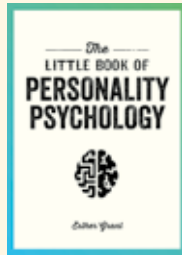
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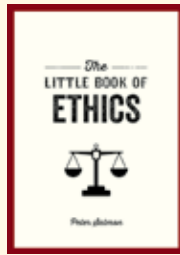
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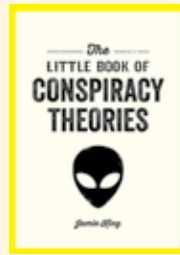
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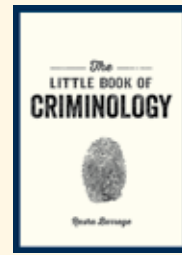
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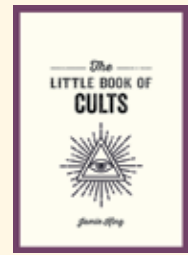
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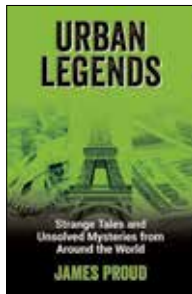
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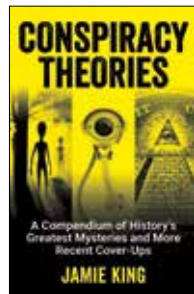
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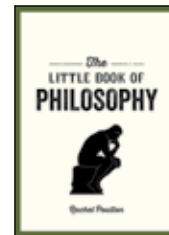
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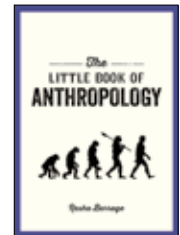
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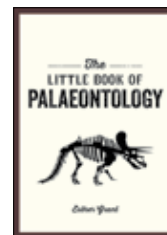
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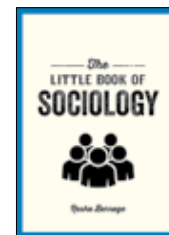
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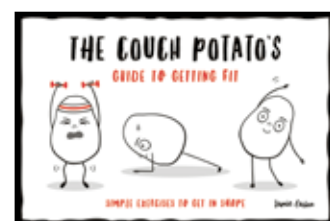
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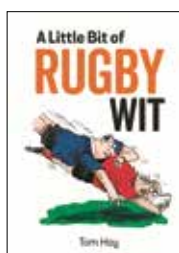
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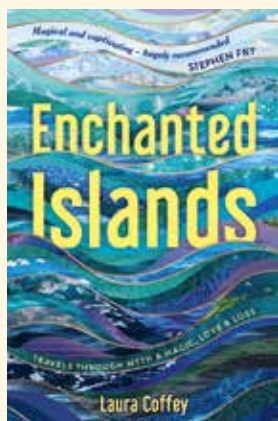
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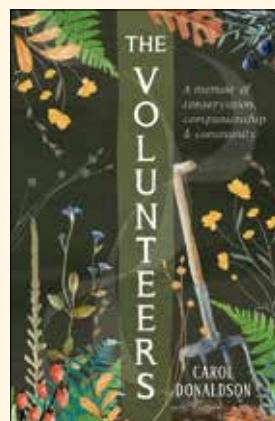
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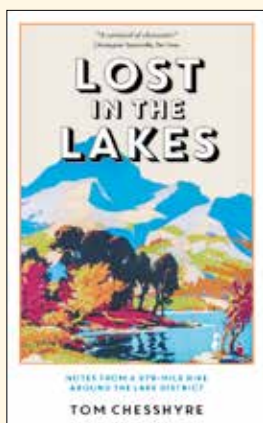
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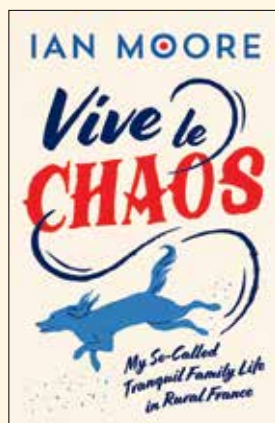
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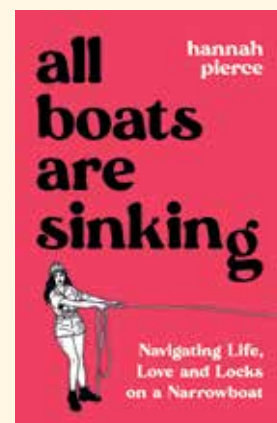
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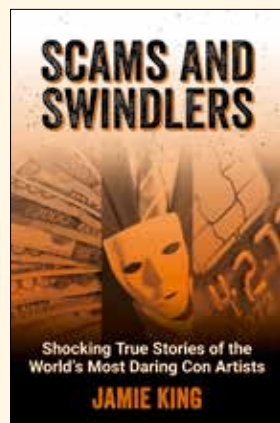
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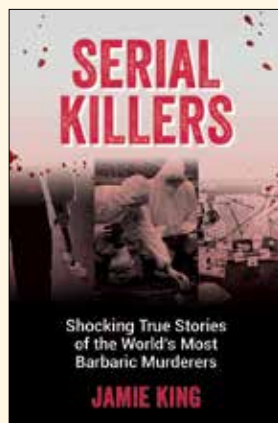
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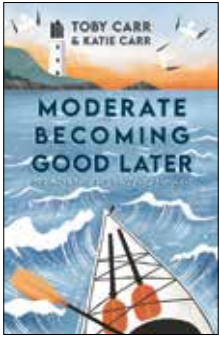
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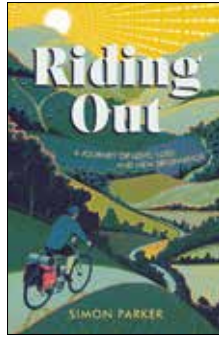
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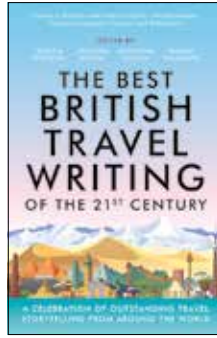
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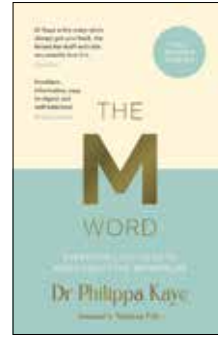
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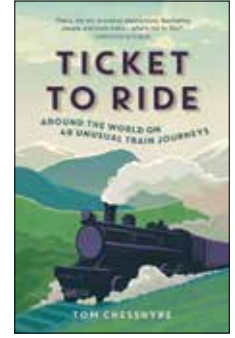
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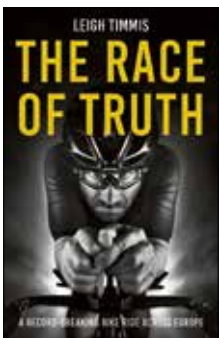
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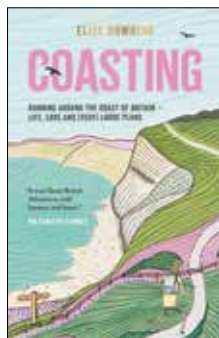
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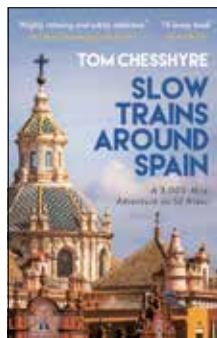
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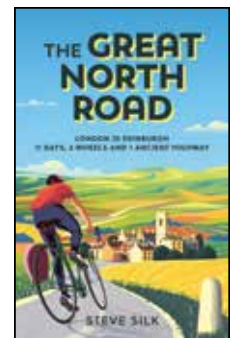
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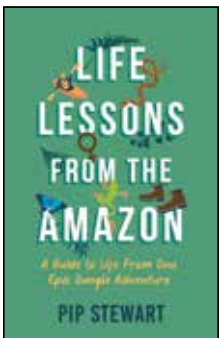
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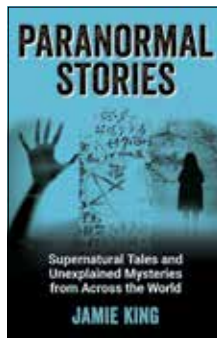
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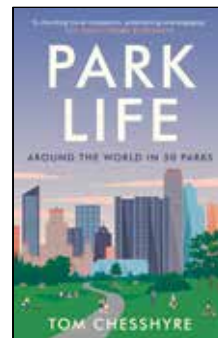
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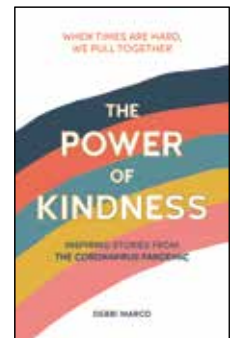
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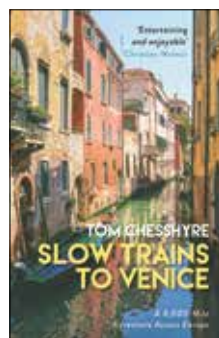
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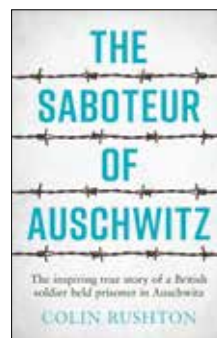
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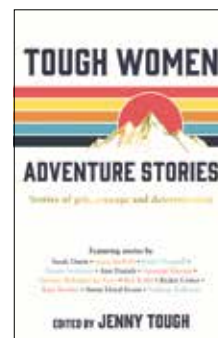
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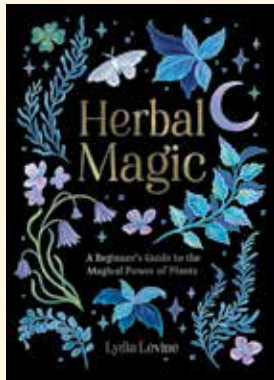
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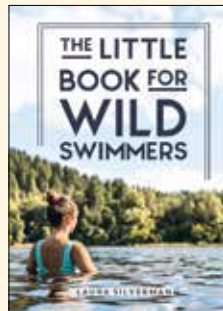
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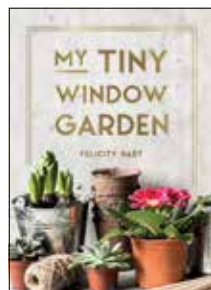
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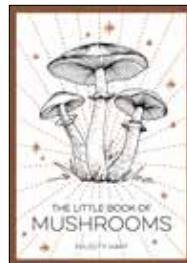
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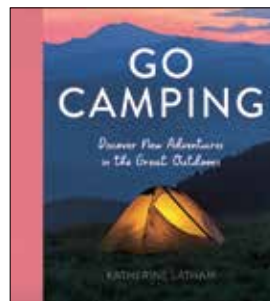
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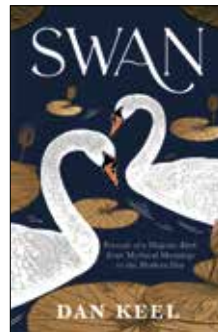
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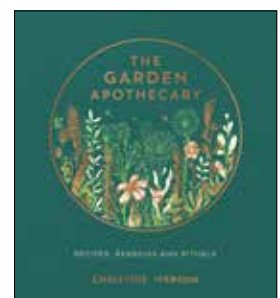
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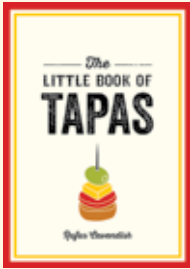


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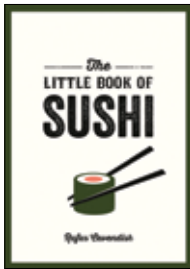
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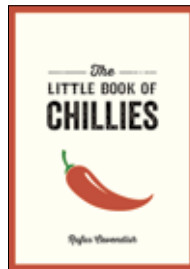
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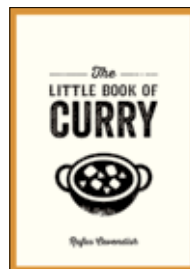
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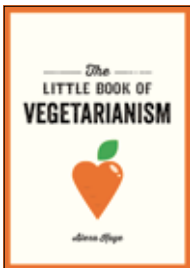
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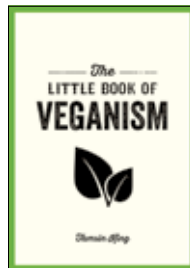
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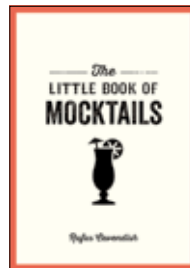
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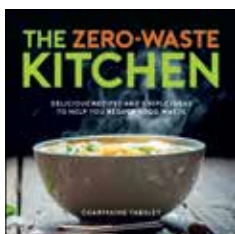
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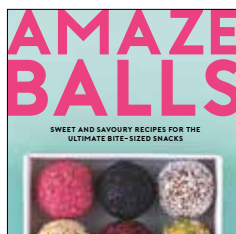
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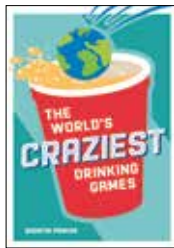
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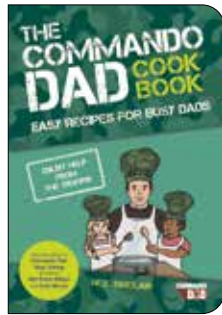
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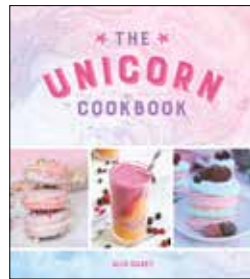
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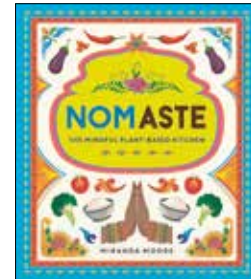
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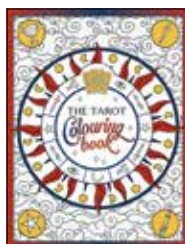
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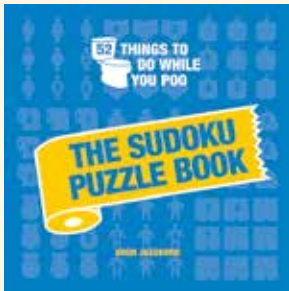


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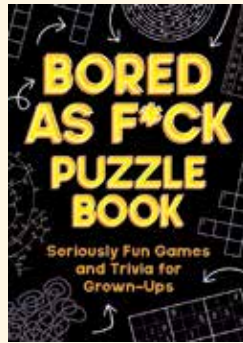
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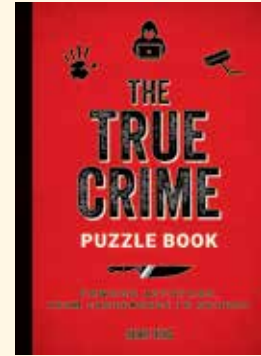
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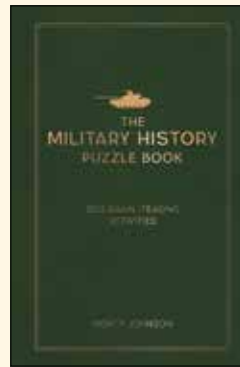
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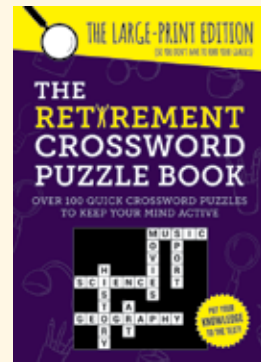
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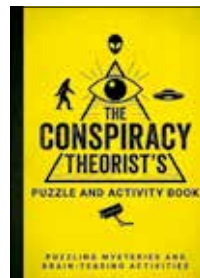
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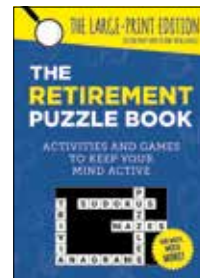
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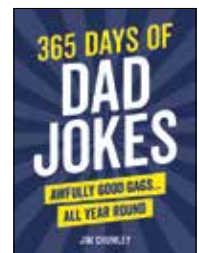
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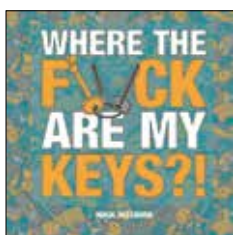
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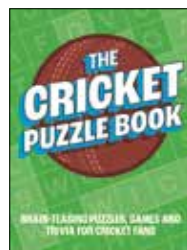
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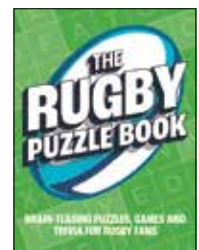
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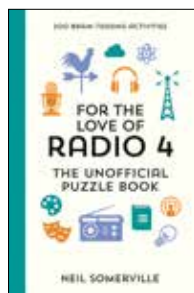
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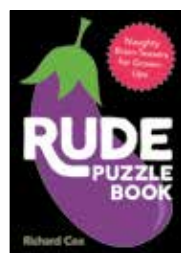
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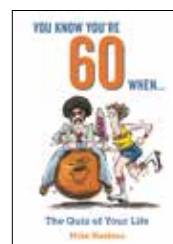
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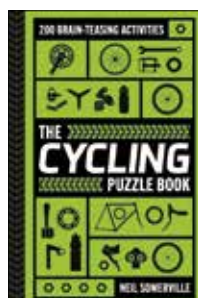
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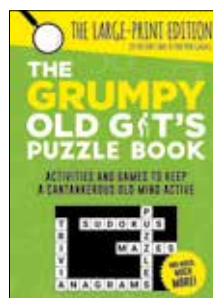
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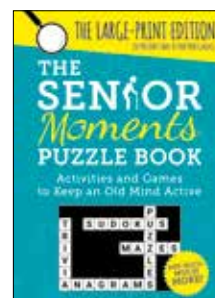
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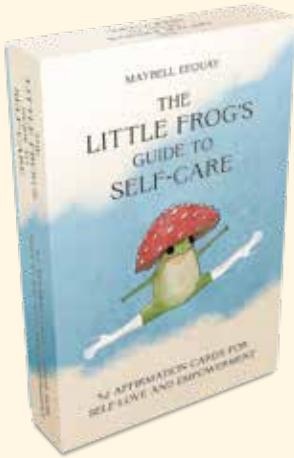
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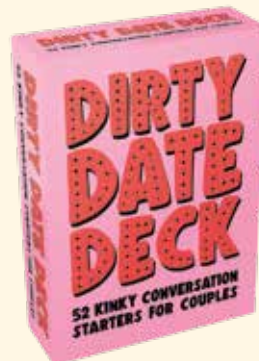
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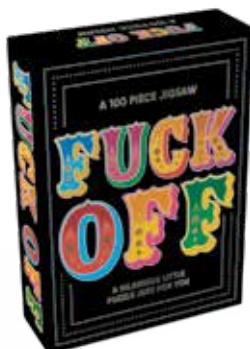
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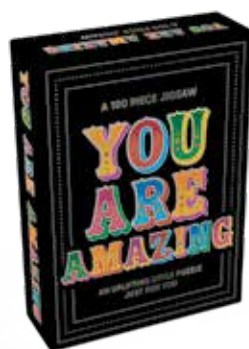
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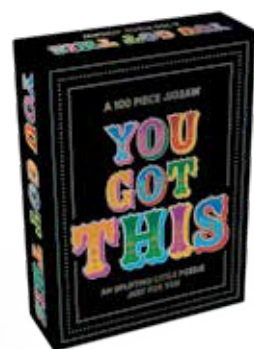
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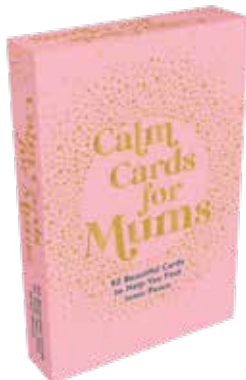
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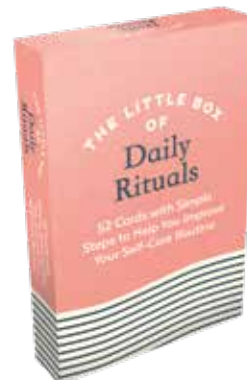
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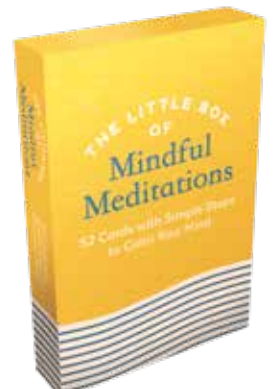
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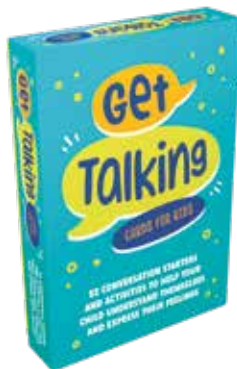
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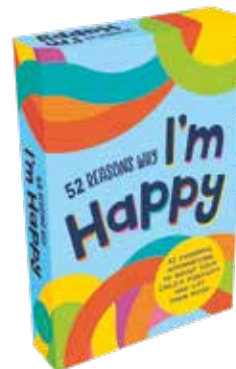
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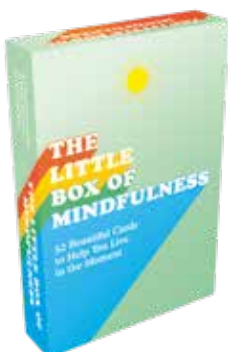
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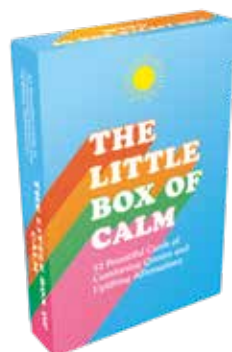
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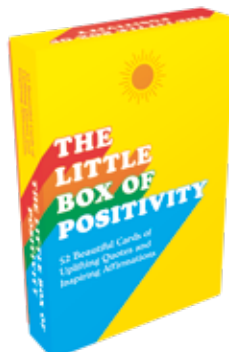
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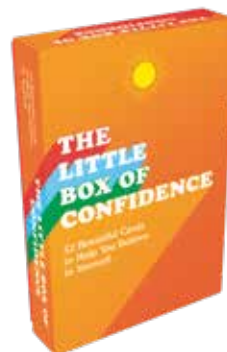
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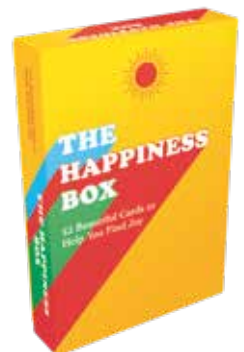
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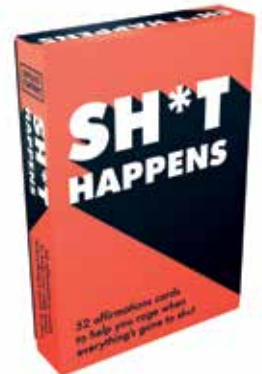
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21		Grow Your Confidence	9781837991716	Pb	£10.99	Mar
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31		Herbal Magic	9781837991297	Hb	£9.99	Apr
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		Holistic Healing	9781787836488	Hb	£12.99	
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10		How to Cope When Everything's Gone to Sh*t	9781837992881	Hb	£8.99	Mar
		How to De-Stress	9781786857798	Pb	£10.99	
10		How to Ease Your Anxiety	9781837993796	Pb	£12.99	Sept
		How to Feel Less Anxious	9781787835450	Pb	£9.99	
		How to Find Calm	9781786859945	Hb	£12.99	
		How to Find Calm in Five Minutes a Day	9781837990108	Hb	£8.99	
10		How to Find Confidence in Five Minutes a Day	9781837993758	Hb	£8.99	Aug
		How to Find Joy in Five Minutes a Day	9781800071568	Hb	£8.99	
		How to Find Your Mental Strength	9781800071872	Pb	£10.99	
9		How to Grow Your Emotional Intelligence	9781837993963	Pb	£9.99	Nov
		How to Live Your Best Life	9781800079366	Pb	£10.99	
		How to Quieten Your Mind	9781786855268	Pb	£9.99	
15		How to Read the Universe	9781837991914	Pb	£10.99	Jan
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		How to Relax	9781786855381	Pb	£9.99	
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		How to Supercharge Your Confidence	9781786859907	Hb	£12.99	

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		I Love You (2020)	9781787835801	Hb	£6.99				Meditations for Every Day	9781800076761	Hb	£7.99	
		I Love You (2023)	9781837990351	Hb	£6.99				Mindfulness for Every Day	9781800074378	Hb	£7.99	
18		I Love You Mum	9781837993987	Hb	£7.99	Nov			Mindfulness in Your Pocket (2021)	9781787836617	Pb	£7.99	
18		I Love You So Mush	9781837994472	Hb	£6.99	Nov			Moderate Becoming Good Later	9781800076105	Pb	£10.99	
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		Keep Calm You're Only 50	9781787833074	Hb	£6.99		19		Officially Retired	9781837992126	Hb	£6.99	Feb
		Keep Calm You're Only 50 (2011)	9781849532235	Hb	£5.99				Oh F*ck - Not Another Birthday	9781787832664	Hb	£6.99	
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9		Quotable Churchill	9781837994151	Hb	£6.99	Sept	10		The Anxiety Fix	9781837991600	Pb	£10.99	Apr
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29		Serial Killers	9781837991228	Pb	£9.99	Feb			The Dad Annual	9781787832985	Hb	£9.99	
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26		Silly Dogs	9781837994083	Hb	£8.99	Sept			The Grumpy Old Git's Puzzle Book	9781800071056	Pb	£9.99	
		Slow	9781786855398	Hb	£12.99				The Happy Gut Guide	9781786852458	Pb	£8.99	
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