



CICO  
BOOKS

RYLAND PETERS & SMALL

books to inspire and delight

SPRING 2025 NEW TITLES  
(JANUARY–JUNE)

•  
BACKLIST CATALOGUE

FOOD & DRINK • HOME & LIFESTYLE • HEALTH, MIND, BODY & SPIRIT • CRAFT • GIFT & HUMOUR



**David Peters**  
1957–2024

Ryland Peters & Small (RPS) is very sad to announce the death of David Peters, owner and Managing Director of RPS, after a year-long battle with cancer.

His loss leaves a large hole in the lives of all those who knew him, especially his colleagues in the UK and US. With RPS, he has created a great legacy. David founded RPS and produced its first list in 1996 with an instant bestseller in *Pure Style*, the first of many successful books including *The Hummingbird Bakery Cookbook*. More recently, RPS was the first UK Publisher to enter the air-fryer market with the *Air-Fryer Cookbook*.

David enjoyed a long and illustrious career in publishing. He started his career at just 17, working for Hodder & Stoughton as a trainee sales representative in London before rising to become the face of Reed International Books and the managing director of Osprey.

RPS was started in 1995 by David Peters, Anne Ryland and Jacqui Small and in 2006 it acquired CICO Books to become the market-leading lifestyle publishing house it is today. David's leadership at the helm of RPS for nearly 30 years is a record that few, if any, can match within the publishing industry.

Losing David is devastating for everyone at RPS. Throughout his long career, he cultivated long-standing relationships all around the world and will be sorely missed by many. His legacy will be carried on by his loyal staff and partners and through our future publishing list.

## Contents

Food & Drink	4
Home & Garden	49
Health, Mind, Body & Spirit	71
Craft	98
Babies & Kids	118
Gift & Humour	124
Journals & Organisers	138
Stationery	140
Sales & Marketing	141

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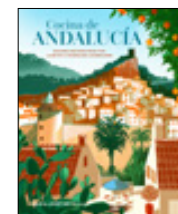


# La Cocina Vasca



**ISBN: 978-1-78879-677-4**  
 192 pages (FSC paper) | 100 colour photographs  
 75 recipes | 254 x 200 mm | £22.00 (hardback)  
 Carton quantity: 10  
**Publication: April 2025**

**MARÍA JOSÉ SEVILLA** is an expert in Hispanic gastronomy and viticulture. She has written a number of books including *Cocina de Andalucía* for RPS and is a member of the British Guild of Food Writers and the Grand Order of Wine Knights (the highest recognition of experts in the field). She holds the Diploma of the Wine and Spirit Education Trust and is a previous winner of the prestigious Glenfiddich award for food writing. Her time is split between London and Spain.



also available:  
**Cocina de Andalucía**  
**ISBN: 978-1-78879-587-6**  
 £22.00

*La Cocina Vasca* explores the cooking and traditions of Spain's most exciting food destination – home to a wealth of celebrated chefs and restaurants. Few cuisines have captured more imaginations than that of Spain, but ask a Spaniard where to find the best food in the country and the reply will most certainly be 'in the Basque Country'. The culinary traditions of the region are among the most fascinating in the world and in *La Cocina Vasca* **María José Sevilla** takes readers on an illuminating tour. Along the way she introduces iconic ingredients, unique cooking techniques and traditional dishes that have inspired some of today's modern cooks. The book offers an introduction to Basque cooking through 75 recipes, ranging from the delicious bite-size tapas known as *pintxos* to more substantial fish and meat plates, as well as delicious desserts, including the legendary Basque Cheesecake. Illuminating essays that shine a light on the most interesting aspects of historical food traditions, as well as the modern scene, are set against a backdrop of stunning images of the people and surrounding landscape.

- San Sebastián is the culinary capital of the Basque Country with nine restaurants holding a total of 16 Michelin stars between them.
- 'It's impossible to think of San Sebastian without thinking of eating – this small seaside city in the Basque region packs a huge culinary punch. Considered the food capital of Spain thanks to its exceptionally fresh seafood, glittering Michelin-starred restaurants, legendary pintxo and dreamy cheesecake, foodies from across the world pilgrimage here....' Reader's Choice Awards, Condé Nast Traveller 2023



# The Little Book of Kitchen Hacks



**ISBN: 978-1-912983-85-8**  
 128 pages (FSC paper)  
 50 colour artworks | 186 x 123 mm  
 £9.99 (hardback)  
 Carton quantity: 40  
**Publication: June 2025**

**ANNE SHEASBY** is a freelance cookery and food copy editor, proofreader and writer with over 34 years of experience. She is the author of over 24 cookbooks, covering a wide variety of subjects including bread, sauces, pasta, Italian cookery, slow cooking, desserts and healthy eating. She is a member of the prestigious Guild of Food Writers in the UK. She lives in Oxfordshire with her husband.

Discover a wealth of hacks, tricks and tips that'll make life in the kitchen a breeze in *The Little Book of Kitchen Hacks*. This indispensable guide reveals hundreds of foolproof techniques to elevate your culinary skills, from mastering precise chopping methods to creating rich, flavourful stocks. Designed for easy browsing, this essential kitchen companion is perfect for complete beginners as well as experienced food enthusiasts, offering practical advice on every aspect of cooking, as well as a handy glossary defining some of the most common cookery jargon. Whether you need to rescue a sauce that's splitting, find the fastest way to peel a tomato, keep ingredients fresher for longer or maximise your kitchen storage, you'll find the answers – and so much more – within these pages.

- An ideal gift for any aspiring home cook, university student or newlyweds.
- There are many unconfident cooks in the UK: more than one in four adults have never boiled an egg and don't know how to, fewer than a fifth (18%) have made a salad dressing and only 45% of those surveyed have baked a Victoria sponge cake (John Lewis, Jul 2023).
- A study by Mintel found that 72% of cooks are interested in improving their skills (2022).



also available:  
**Tea with Jane Austen**  
**ISBN: 978-1-78249-342-6**  
 £9.99

# Pulse

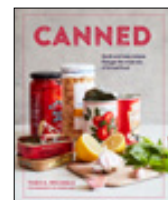


**ISBN: 978-1-78879-675-0**  
 176 pages (wood-free FSC paper)  
 75 colour photographs | 75 recipes  
 235 x 190 mm | £20.00 (hardback)  
 Carton quantity: 20  
**Publication: March 2025**

**ELEANOR MAIDMENT** is a graduate of Leith's School of Food and Wine and a freelance food editor, recipe writer and consultant. She has been writing, developing and editing recipes for 15 years and has contributed to numerous websites, books and magazines. The former Food Editor of the multi-award-winning *Waitrose Food Magazine*, she is now Food Editor of *You Magazine (Mail on Sunday)* writing a hugely popular weekly column about cooking on a budget. Eleanor lives in London.

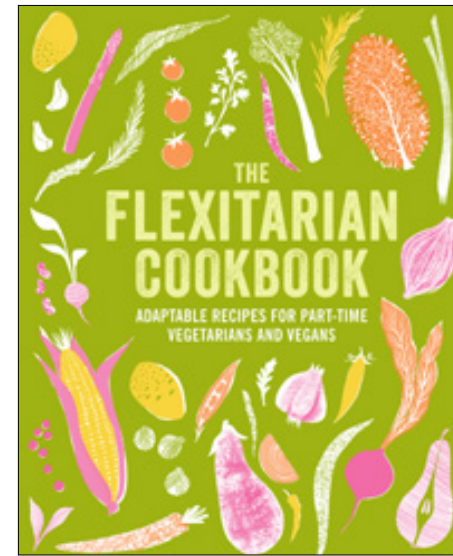
*Pulse* is a book celebrating beans, lentils and peas in all their glory. It brings a modern spin on cooking with pulses and shows how wonderful they can be in everyday meals. Affordable, sustainable, good for gut and overall health, good for the environment, a solution to eating less meat, packed with protein and fibre – pulses are the future of home cooking. Health practitioners advise us to eat more fibre, environmentalists tell us to eat less meat, and in Mediterranean Europe – a region that is widely considered to have the holy grail of healthy cuisines – eating pulses is a daily way of life. Covering dried, canned and jarred pulses, and including meat, poultry and fish, this book demonstrates how easy it is to cook with pulses through 75 delicious recipes as well as highlighting their nutritional benefits. Pulses can be deeply comforting, light and delicate, crisp and crunchy, or soft and luxurious. Knowing how to cook with them is key. Every recipe in this book will transform a humble bean or lentil into something aspirational and appealing.

- There is a massive trend towards eating more legumes in the UK. Brands like Bold Bean Co. and Hodmedods are making pulses fashionable, with a number of good-quality options now available.
- **Eleanor Maidment** writes the Waitrose recipe cards each month that are designed to be uncomplicated and completely accessible to the home cook.
- The author's first cookbook *California Living + Eating: Recipes Inspired by The Golden State* (2019), sold over 15,000 copies and reached the number 4 position in all books on Amazon.



also available:  
**Canned**  
**ISBN: 978-1-78879-362-9**  
 £18.99

# The Flexitarian Cookbook



**ISBN: 978-1-78879-671-2**  
 144 pages (wood-free FSC paper)  
 70 colour photographs | 60 recipes  
 210 x 170 mm | £14.99 (hardback)  
 Carton quantity: 24  
 Rights sold: PL  
**Publication: January 2025**

Do you want to adopt a more flexible approach to your diet? Looking for less of a rigid regime, and more of an organic way to eat a mainly vegetarian diet? Delve into this collection of delicious recipes, with simple options for switching in meat or fish as the mood takes you. Many of us are looking to eat less meat and/or fish, as the host of environmental, ethical and health-related reasons for doing so stacks up. There is a whole middle-ground of home-cooks, placed somewhere between carnivore and vegan, who are doing their best to reduce meat consumption, but enjoying it on occasion when the urge strikes – the flexitarians. Recipes include a warm curried lentil salad with crispy paneer, but the paneer can be swapped for crispy shrimp if you are looking to add some more protein. A winter vegetable stew with herbed dumplings is substantial enough on its own, but this cookbook gives the option to add slow-cooked beef cheeks, if you like. A best-ever recipe for vegetable and lentil moussaka offers the option to swap the lentils for regular ground meat if preferred.

- 'To limit climate change, water scarcity and pollution, we all need to embrace "flexitarian" diets, say scientists. This means eating mainly plant-based foods, and is one of three key steps towards a sustainable future for all in 2050.' (BBC News website, Oct 2018).
- The popular Meat Free Monday hashtag encourages people to skip meat for one day a week to improve their health and help the planet.
- 16% of British consumers describe themselves as 'flexitarians' (AHDB.org.uk).



also available:  
**First-time Vegan**  
**ISBN: 978-1-78879-062-8**  
 £9.99

# Napoli on the Road



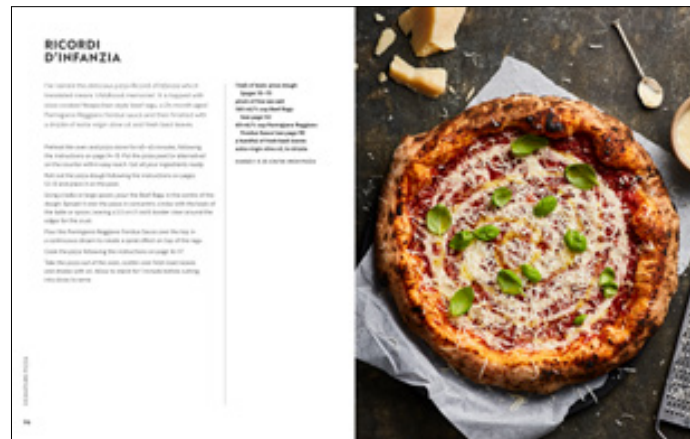
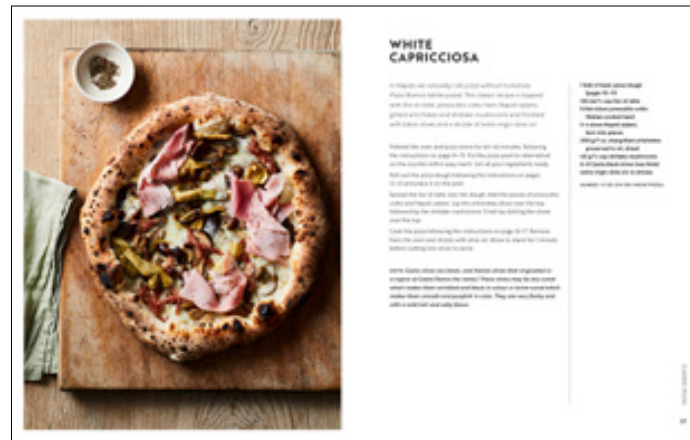
**ISBN: 978-1-78879-644-6**  
 176 pages (FSC paper) | 80 colour photographs  
 65 recipes | 254 x 200 mm | £20.00 (hardback)  
 Carton quantity: 10  
**Publication: March 2025**

**MICHELE PASCARELLA** was born in Maddaloni, near Naples, Italy, and moved to the UK when he was 19 years old. He started his business 8 years ago by driving around with his 'Napoli on the Road' three-wheel Ape Piaggio truck complete with wood-fired oven. He is now the owner of two hugely popular pizza restaurants in London.

**BREAKING NEWS!** 'Forget Naples. The world's best pizza is made in Chiswick.' – *The Times*

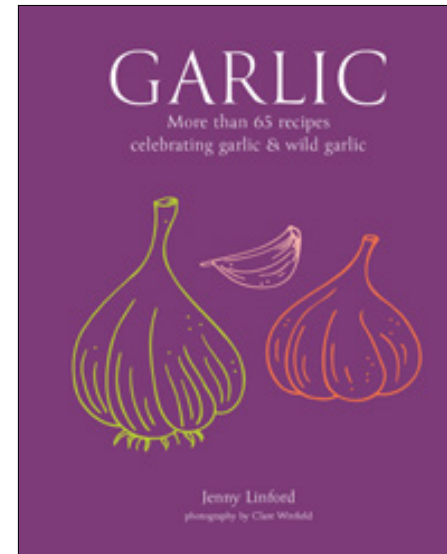
**Michele Pascarella**, the founder of London's 'Napoli on the Road', was named the best pizza maker on the planet at the Ferrarelle World 50 Top Pizza Europa Awards 2023. Michele is a 'pioneer of contemporary pizza making' and his win is a testament to how he pushes the boundaries of flavour and innovation within the art of pizza making. Originally from Naples, Michele started his business driving around in a three-wheel Ape Piaggio truck complete with a wood-fired oven, making pizzas at markets across London. Now, 8 years later, at his two hugely popular restaurants Michele changes his menu almost entirely every three months, to make use of seasonal ingredients and work with local suppliers. This, Michele's first book, offers 65 delicious recipes for pizza as well as antipasti, desserts and drinks, and he shares stories of his early life growing up in Southern Italy – the people, landscapes and experiences that shaped his creative genius and made him into the stand-out pizzaiola he is today.

- Michele has appeared live as a studio guest on ITV's *This Morning*, a show which attracts 90,000 viewers daily.
- His reputation as the world's leading pizzaiola has earned him 29K+ followers on his own Instagram plus 23K+ for Napoli on the Road.
- Michele's pizza skills are in high demand around the globe and has been invited to cook in many locations, from Goa to Las Vegas!



also available:  
**Fire & Slice**  
**ISBN: 978-1-78879-448-0**  
 £12.99

# Garlic



**ISBN: 978-1-78879-674-3**  
 160 pages (wood-free FSC paper)  
 80 colour photographs | 65+ recipes  
 210 x 170 mm | £14.99 (hardback)  
**Carton quantity: 24**  
**Rights sold: ES, DE, IT, CZ**  
**Publication: February 2025**

**JENNY LINFORD** is a member of the Guild of Food Writers and author of *The Tomato Basket*, *Mushrooms and Potatoes* (for RPS), *The Chef's Library* (for Abrams), *The Missing Ingredient* (for Particular Books) and bestseller *The Kew Gardens Cookbook* (Kew Publishing). She is a writer and broadcaster whose recipes and food commentary appear in *The Times*, *The Guardian* and many more publications. She created and presents the podcast *A Slice of Cheese* for Food FM and has appeared on Radio 4 and the BBC World Service. Follow her at @jennylinford and www.jennylinford.co.uk. Jenny lives in Hertfordshire.



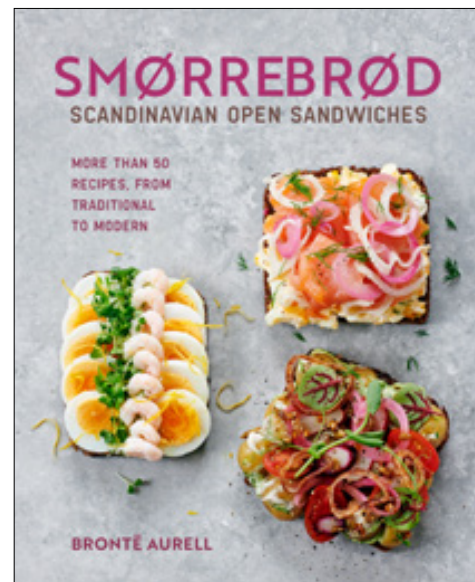
also available:  
**Mediterranean Summer Table**  
**ISBN: 978-1-78879-509-8**  
 £20.00

A celebration of garlic from festivals to folklore from a celebrated food journalist and broadcaster **Jenny Linford**. A stunning collection of more than 65 delicious recipes that take their inspiration from around the world, including ideas for snacks, meat, poultry and fish plus pasta and breads. Although garlic is neither an herb nor a spice it has been used to enhance food as far back as when the pyramids at Giza were built. This unassuming bulb packs a powerful punch and is an essential element to recipes from around the world. Chefs and home cooks use it to enhance and intensify other ingredients or even as the signature element of a dish. Master much-loved classics such as Aioli, Ajo Blanco (almond gazpacho), Spaghetti al Vongole, Garlic and Anchovy Roast Lamb and Boeuf Bourguignon, then try some new recipes such as Garlic and Pistachio Muffins, Korean Beef Bulgogi, Stir-fried Miso Pork with Wild Garlic and a Taiwanese Braised Pork Bao (steamed buns). In addition to the recipes, essay features give an insight into various aspects of garlic, from Health and Traditional Medicine to Folklore and from Growing Garlic at Home to Garlic Festivals.

- Cooking with wild garlic is reaching new heights of popularity, so use the wild garlic recipes in this book to make the most of your foraged bunch.
- Garlic has been recognized throughout history for its health benefits – rich in amino acids, potassium, iron, calcium and Vitamin C to name just a few.
- This collection of recipes also features spreads on types of garlic available, garlic festivals, folklore, medicinal benefits of garlic plus practical advice on storing and growing garlic.



# Smørrebrød: Scandinavian Open Sandwiches

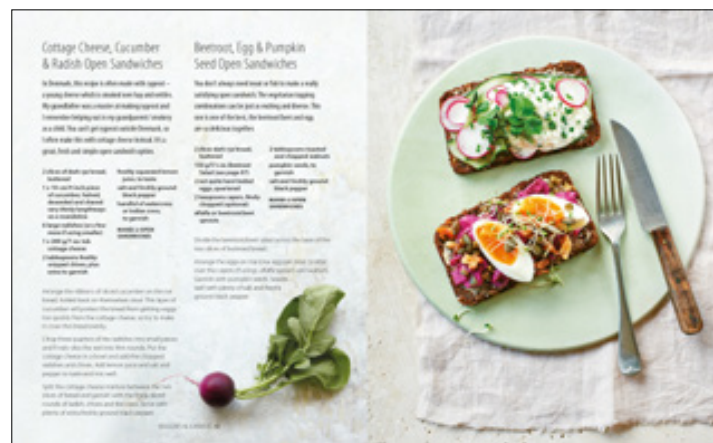


**ISBN: 978-1-78879-645-3**  
 144 pages (wood-free FSC paper)  
 70 colour photographs | 50+ recipes  
 235 x 190 mm | £16.99 (hardback)  
 Carton quantity: 24  
**Publication: April 2025**

**BRONTË AURELL** is a Scandinavian author, entrepreneur and restaurateur. Owner of ScandiKitchen Café & Deli in Central London for 16 years (making open sandwiches for the people of London), and owner of ScandiKitchen food imports (supplying food businesses across the UK), Brontë has been published widely in national magazines and newspapers, including *The Guardian*, *The Times* and *Olive*. Brontë and her food have also featured on BBC Radio, Channel 4 and Danish TV.

A brand new book from popular Scandinavian food writer and owner of ScandiKitchen Café & Deli in London, **Brontë Aurell** – an expert guide to making and eating real Scandinavian-style open sandwiches. Discover the goodness of Nordic food with this delicious collection of recipes. Uncover the secret to making the most delicious open sandwiches and easily whip up a light and healthy lunch or snack at home. This indispensable small guide will provide everything you need to know to create the best open sandwiches and inspire you to find new and delicious combinations to try at home. Chapters are divided into Fish, Cold Cuts, Veggie, Sweet & Cheese and Breads, Sides & Toppings, featuring the likes of Herring, Skagenrora, Danish Meatballs, Roast Pork, Beet & Egg, Mushroom Paté and Blue Cheese with Ginger, to name just a few. Also includes a brief history of Scandinavian open sandwiches and invaluable hints and tips for successfully making them yourself.

- Written with the view of the whole of Scandinavia in mind, rather than just Denmark.
- Made with UK/US available ingredients only (i.e. no speciality foods needed if no access).
- #smorrebrod has 144k posts on Instagram and 2.2m views on TikTok.



also available:  
**The ScandiKitchen Cookbook**  
**ISBN: 978-1-78879-599-9**  
 £20.00

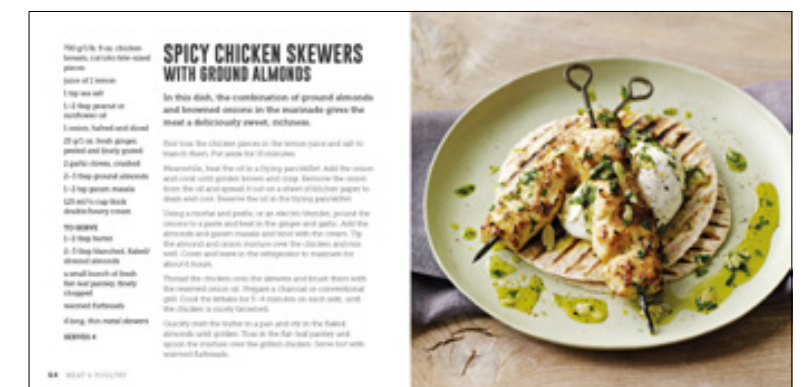
# Mezze



**ISBN: 978-1-78879-684-2**  
 128 pages (FSC paper) | 50 colour photographs | 50+ recipes  
 150 x 150 mm | £9.99 (hardback)  
 Carton quantity: 48  
**Publication: June 2025**

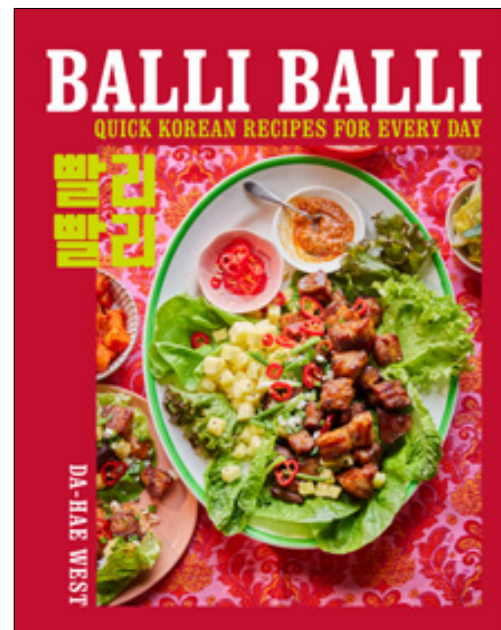
Master the art of putting together the perfect mezze with this tempting collection of over 50 recipes. A selection of mezze dishes will sing of sunny days, sitting outside in the shade, looking out over the sparkling sea. Even if you haven't got a sea, or even if the sun isn't shining, **Mezze** will bring these fabulous dishes to your own kitchen. A style of dining in the Mediterranean and Middle East, mezze consists of delicious appetizers or small plates served with a mélange of drinks. It can't be traced back to any one country in particular but the word is believed to originate from the Turkish word meaning snack or appetizer. Middle Eastern food inherently attracts people looking for healthier options – this means plenty of salad, as well as main dishes that are grilled rather than fried. This fantastic collection of fresh recipes include Dips & Salads, Cheese & Savoury Pastries, Beans & Vegetables, Fish & Seafood and Meat & Poultry. Recipes can range from simple little plates of marinated olives, stuffed vine leaves or a tahini dip and flatbreads, to more substantial dishes, such as lamb skewers, giant beans baked with garlic and tomatoes or a delicious plate of salt and pepper squid.

- The trend towards small plates and shareable dishes in dining has led to a sustained popularity for this communal way of eating.
- A survey by OpenTable found that over 70% of diners enjoy sharing plates when dining with friends.
- #meze has 1.2m posts on Instagram.



also available:  
**The Modern Tagine Cookbook**  
**ISBN: 978-1-78879-143-4**  
 £12.99

# Balli Balli: Quick Korean Recipes for Every Day



**ISBN: 978-1-78879-678-1**  
 176 pages (FSC paper) | 100 colour photographs  
 70 recipes | 254 x 200 mm | £22.00 (hardback)  
 Carton quantity: 10  
**Publication: May 2025**

**DA-HAE WEST** is a Korean cookery teacher, recipe writer and author of *Eat Korean*. She has a wealth of experience promoting Korean food, closely working with the Korean Cultural Centre and Korean Tourism Organisation, as well as using her expertise on TV productions, including Gizzi Erskine's Seoul Food and John Torode's Korean Food Tour. She is a member of the Guild of Food Writers and her recipes have been featured in *BBC Good Food*, *Olive*, as well as *MOB Comfort* and *The Kew Gardens Cookbook*.

Exciting Korean recipes for people with busy lives who want delicious meals in a hurry. Recreate your favourite Korean takeaway with this collection of super speedy recipes to whip up in your kitchen. Korea is often described as having a *balli, balli* culture (*balli* translates as 'quickly' in Korean) as it is a nation of people always in a hurry to get things done. Known for its bold flavours, Korean food has a balance of sweet, spicy, sour and umami notes. All of this combines to create this collection of incredibly tasty Korean dishes using all the classic Korean ingredients like gochujang, kimchi and sesame. These recipes are achievable and simple to make after a long day's work, but can also be combined to make an impressive spread for when guests come to visit too. Start with Lunchbox & Street Food such as *Tteokbokki* (spicy rice cakes) or Kimchi Grilled Cheese, then move on to Meat & Fish dishes like *Dak Gotchi* (Soy Glazed Chicken Skewers). Quick and easy Soups & Stews and Rice & Noodles recipes feature *Kongnamul Gum* (Beansprout Soup) and Kimchi and Bacon Fried Rice, and not forgetting the popular Kimchi, Pickles & Sides. Finish your induction to super easy Korean food with Sweet Treats such as *Bingsu* (Strawberry Shaved Ice).

- With a rise in the popularity of Korean culture, supermarkets and restaurants, Korean food is the new favourite among foodies.
- A survey by The Bucket List Company shows Korean as the world's most popular cuisine. The company looks at engagement across social media platforms and rankings are based on the number of tags for each cuisine.
- #koreanfood has 10.6m posts on Instagram and 779k posts on TikTok; #koreancorndog has had over 70 million views on TikTok since late 2023.



also available:  
 Recipes from My Vietnamese Kitchen  
**ISBN: 978-1-78879-550-0**  
 £18.99

# The Italian Kitchen



**ISBN: 978-1-78879-672-9**  
 192 pages (FSC paper) | 150 colour photographs  
 85+ recipes | 254 x 200 mm | £22.00 (hardback)  
 Carton quantity: 10  
**Publication: February 2025**

**MAXINE CLARK** has taught in well-known cooking schools, such as Leith's in London, and Alistair Little's Tasting Places in Sicily and Tuscany. While in Italy, she has collected recipes that best display its strong and sunny flavours, and teaches them to students from all over the world. Her writing work regularly appears in magazines and newspapers such as *BBC Good Food* and *Food and Travel*.



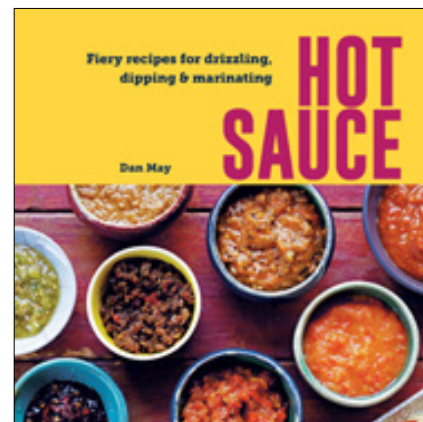
also available:  
 Craft Pizza  
**ISBN: 978-1-78879-194-6**  
 £9.99

Over 85 recipes for the best-loved dishes and a masterclass in Italian cooking from a hugely experienced teacher. Expert step-by-step instructions to achieve perfect results every time you cook. With good ingredients, a little basic cooking knowledge and a big warm cook's heart, you will be ready to cook the best Italian food. Italian cooking techniques are simple, because good natural ingredients need nothing much done to them to create great food. Beginning with the basic principles and moving on to more sophisticated recipes, the masterclasses included cover everyday foods as well as more ambitious dishes. In addition, mini step-by-steps offer professional tips on preparing key Italian ingredients. Choose from Antipasti such as Fresh Tuna Carpaccio and Traditional Peasant Tomato and Garlic Bruschetta, or Soups like La Ribollita or Chestnut and Pancetta Soup, through to meaty offerings such as Meatballs with Porcini Mushrooms and Pecorino and Grilled sausages with Tomato and Sage Bean Stew. Italian Chocolate Truffles and Zabaglione, to name just a few, finish off this wonderful collection of authentic Italian recipes.

- There are many reasons why Italian cuisine is so eternally popular – the quality of ingredients, simplicity of dishes, potential health benefits and suitability to a variety of tastes.
- The Italian 'La Nonna' trend, which celebrates older Italian woman who pass down their expert cooking skills has reactivated an interest with a younger generation and inspired new restaurants openings in recent years.
- Italian food is the most popular cuisine worldwide with pizza and pasta taking the top spot in a survey of 24 countries (yougov.co.uk).



# Hot Sauce



ISBN: 978-1-78879-685-9

128 pages (FSC paper) | 60 colour photographs | 60 recipes  
150 x 150 mm | £9.99 (hardback)  
Carton quantity: 48  
Rights sold: DE, IT  
Publication: May 2025

**DAN MAY** is a photographer who started growing chillies in 2005. Before he knew it, he had the world's most northerly chilli farm. He was also founder of Trees Can't Dance, a chilli sauce supplier in the UK, Europe and the Middle East, founded in 2005. He lives in Haltwhistle, Northumberland.

60 recipes for fiery sauces, marinades and rubs, showcasing the world's most flavoursome chillies. Arranged by geographical region, from Africa and the Mediterranean, to India and Southeast Asia, this book is jam-packed with thrilling flavours. There is something for everyone, with offerings from all around the globe spanning from mild to super spicy. Each recipe is easy to make, versatile and always comes with a serving suggestion. For example, the African Chermoula is delicious with sardines and mackerel served with roasted veg; The Ultimate Peri-Peri Marinade pairs excellently with chicken and shrimp; and the eye-wateringly hot Ethiopian Berbere Paste adds depth and pizzazz to casseroles as well as making an unusual and memorable dip. There are plenty of short, simple recipes for sauces and marinades, plus dips and rubs. Find the perfect Guacamole recipe, a Super-Speedy Patatas Bravas Sauce, or a Crab, Lime and Scotch Bonnet Sauce. This book is perfect for anyone wanting to inject some spice into their kitchen.

- The hot sauce industry has exploded, with many retailers seeing a huge growth in sales. Waitrose has reported a 55% rise in hot sauce sales year on year.
- Retail analysts Mintel said that '53% of consumers are willing to pay more for products with new and innovative flavours.'
- Increase in popularity can be linked to the hit YouTube show, Hot Ones, showing celebrities trying a series of chicken wings that get progressively spicier!
- Author's previous book *The Red Hot Chilli Cookbook* has sold over 15,000 copies.



also available:  
**Let's Get Dipping!**  
ISBN: 978-1-78879-604-0  
£14.99

# Fries



ISBN: 978-1-78879-673-6

128 pages (FSC paper) | 70 colour photographs | 70 recipes  
150 x 150 mm | £9.99 (hardback)  
Carton quantity: 48  
Publication: February 2025

Discover the best collection of 70 recipes that pimp up the humble potato into the ultimate comfort food. Fries have well and truly evolved from a sometimes soggy side dish to the star of the show. Feel-good food has never felt so good. And it's not just potatoes that have had a makeover. Parsnip, celeriac and aubergine have all got in on the action too, and sometimes you can't beat a bit of beetroot. From large or small, fat or thin, skin-on or skin-off, and with delicious dips to match, you'll discover your new favourite fries and dip combination. This book will take you on a journey from the classic Skinny Fries and Chunky Steak Fries that bring back childhood memories, through to the deliciously smoky Paprika-dusted Potato Wedges and Sensational Sweet Potato Fries, before taking you to the artisan heights of Pumpkin and Seasoned Parmesan Fries with Panko Breadcrumbs and Kimchi Fries with Pickles. If you like your fries fully loaded or downright dirty, then why not delve into the Fully Loaded chapter, where you'll find Melting Mozzarella, Poutine and Nacho Fries with Refried Beans, Guacamole and Sour Cream.

- On average Brits eat chips or fries three times a week (joe.co.uk).
- According to new research, a remarkable 62% of people in Britain prefer French fries to the chunky chip (joe.co.uk).
- Fries are consumed on 13.5% of all restaurant visits in the UK (NPD Group/CREST).
- #fries has 8.4m posts on Instagram and 397k on TikTok. #loadedfries has 421k posts on Instagram and 37k on TikTok.



also available:  
**Tacos**  
ISBN: 978-1-78879-589-0  
£9.99



# Picnic



**ISBN: 978-1-78879-681-1**  
 144 pages (wood-free FSC paper)  
 75 colour photographs | 60+ recipes  
 210 x 170 mm | £14.99 (hardback)  
 Carton quantity: 24  
**Publication: May 2025**

A bright and breezy collection of temptingly transportable recipes for al fresco eating. There's nothing like eating outdoors in warm weather. The feeling of freedom from your usual dining routines and a sense of relaxation just cannot be beaten. So spread out a blanket on the grass or sand and unpack delicious homemade foods to enjoy with family or friends. Summer is the ultimate season for picnicking – whether it's a way to gather friends together, a night-time open air concert or a lunch for a family day out. Picnic foods should of course always be colourful and tempting, but just as importantly, practical to transport, require minimum fuss when it's time to unpack and need as little as possible in the way of flatware to be able enjoy them. The ideas in the book feature recipes for sharing boards, pasta, rice and grain salads that just require a fork, quiches and bite-size filled pastries, chilled soups and even a few fruit punches and lemonades to pour into insulated bottles to enjoy in the sunshine. Whether you are packing a cool box for the car ahead of a journey, hopping on your bicycle with a basket for the park or hitting the beach with a hamper full of treats, you'll find all the recipe inspiration you need in this beautiful collection of recipes.

- National Picnic Week takes place on the third week of June each year in the UK.
- Picnic Season is a big thing for supermarkets with seasonal products, in-store promotions and shelf space all aimed to attract the impulse-buy sector.
- Social conversations about picnics have increased by over 50% during the past year. On Pinterest alone, searches for 'picnic date ideas' have grown by 385% since 2022 and #picnic has attracted 11m tags on Instagram and 1m on TikTok.



also available:  
**Lunch To Go**  
**ISBN: 978-1-78879-500-5**  
 £14.99

# Backyard BBQ



**ISBN: 978-1-912983-84-1**  
 160 pages (wood-free FSC paper)  
 100 colour photographs | 75+ recipes  
 210 x 170 mm | £14.99 (hardback)  
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**Publication: April 2025**

**MARCUS BAWDON** shares his passion for fire cooking via his CountryWoodSmoke website, Facebook group and YouTube channel; does demos at food and BBQ festivals and is editor of UK BBQ Mag. He was crowned king of Meatopia in London, judges at BBQ events such as Grillstock, and makes media appearances to talk about outdoor cooking. Marcus lives in Devon where he runs his UK BBQ School.



also available:  
**Summer Feasting from the Fire**  
**ISBN: 978-1-78879-586-9**  
 £25.00

When it comes to BBQ there is no better teacher than **Marcus Bawdon**. Learn how to cook amazing food over charcoal and flame in your own backyard from the very best. Catering for meat-eaters, vegetarians and vegans alike this will be your go-to cookbook all summer long. The art of barbecue has taken off around the globe, and Marcus has travelled widely to experience many unusual and exciting methods first-hand – from South America to Japan, Italy to India. Here he takes inspiration from a wealth of culinary influences to demonstrate how far cooking with fire has come and just how flavoursome it can be. Now the doors of Marcus' celebrated BBQ School have been thrown wide open so you can see in his own stunning photographs what is possible, to encourage you to take giant leaps forward. Included are recipes for meat and seafood, as well as vegetarian and vegan recipes. Also shared is advice on buying (or building) barbecues, tips on cooking technique and honing your skills.

- BBQ is an enduringly popular seasonal cookbook category with a proven sales record added to which interest in the ancient art of fire cooking is at an all-time high, a movement spearheaded by Michelin-starred Swedish chef Niklas Ekstedt.
- According to The Grocer, in 2023 more Brits than ever are investing in premium BBQ equipment and already to get more adventurous in their cooking.
- Truly a book for everyone, from carnivores to meat-avoiders, so that everyone can enjoy the best of those charred, smoky flavours.
- The author's first book, *Food & Fire*, sold more than 22,000 copies, and his second book *Skewered* won the World Gourmand Award for Best BBQ Book 2021.



# Dolci Italiani



**ISBN: 978-1-78879-682-8**  
 176 pages (FSC paper) | 75 colour photographs  
 75 recipes | 254 x 200 mm | £22.00 (hardback)  
 Carton quantity: 10  
**Publication: June 2025**

**URSULA FERRIGNO** is an acclaimed food writer and chef. She trained at the Auguste Escoffier School of the Culinary Arts and has taught at leading cookery schools in both the UK and Italy, including the celebrated Leith's School of Food and Wine. She toured the US, running classes in all Sur la Table stores, is consultant chef to Caffè Nero and has made many appearances on BBC TV. The author of more than 25 cookery books, Ursula has also written for *Olive*, *BBC Good Food*, *The Observer* and *Taste Italia*.



also available:  
**Cucina di Amalfi**  
**ISBN: 978-1-78879-508-1**  
 £20.00

Over 70 irresistible recipes for Italian desserts, cakes, tarts, pastries, gelato and more! Bestselling author **Ursula Ferrigno** imparts her knowledge of the sweet side of Italian cuisine through her passion for Italian food. From creamy and indulgent to light and refreshing, the authentic Italian recipes in this book cater to all tastes. Picture the scene – you're sitting in a delightful trattoria on the Amalfi coast on a warm summer's evening after a day by the sea, enjoying a slice of melt-in-the-mouth *torta*. You walk back through the cobbled streets back to your hotel and spot a *gelateria* and can't walk past without enjoying a scoop of the most delicious pistachio gelato you've ever experienced. *Dolci Italiani* holds the secret to bringing that feeling into your own kitchen with this unmissable collection of the best Italian desserts. Recipes range from classics such as Lemon & Pistachio Torta, Cannoli (small filled pastry shells) and Sweet Ricotta Bread, to the more adventurous Bomboloni (small doughnuts), Pizza Dolce and Zabaglione Ice Cream. From ending the meal at a large family gathering, to a special bake for a festival or celebration or making some small treats to take when visiting friends, there's a dessert for every occasion.

- Italian and Sicilian desserts are trending right now and it's easy to see why! From tiramisu and panna cotta to cannoli and semifreddo, they are among the world's most delicious and popular sweet treats.
- Florence hosts a Gelato Festival where gelato makers from around Europe compete to claim the top spot. Tourists can purchase a Gelato Card and sample competing flavours and cast their votes.
- *Cucina Siciliana* by the same author has sold over 10,000 copies.



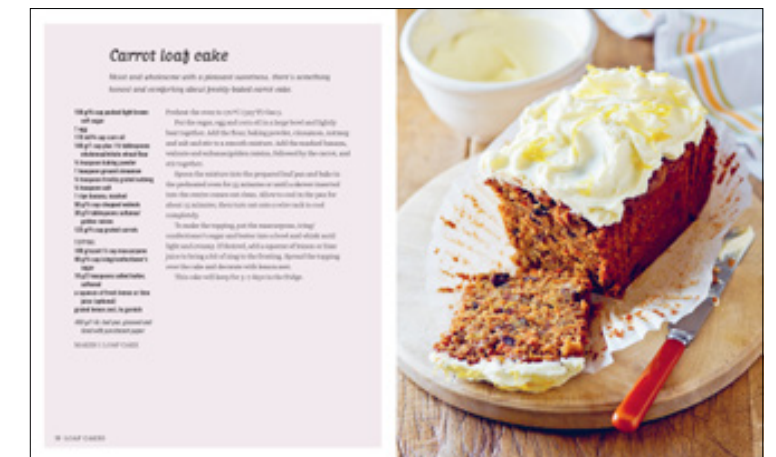
# Banana Breads, Loaf Cakes & other Quick Bakes



**ISBN: 978-1-78879-689-7**  
 144 pages (wood-free FSC paper)  
 100 colour photographs | 60 recipes  
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**Publication: June 2025**

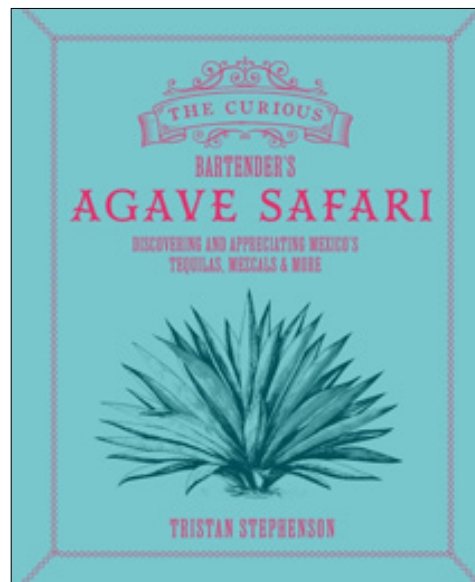
60 recipes for banana breads, easy loaf cakes and other one-bowl bakes, perfect for everyday home baking. In 2020, banana bread had a moment. When the first lockdown arrived, anxious shoppers quickly stocked up on food, but then found themselves with cupboards full of flour and fruit bowls overflowing with rapidly ageing bananas. The answer was simple and the resulting baking craze was intense! But why stop at banana bread? There are plenty of other loaf cakes and easy bakes that you can rustle up in no time to enjoy with your mid-morning coffee or afternoon tea. A loaf cake is, by definition, made in a bread loaf pan (as its name implies) and is sometimes also known as a quick bread for that reason. These fuss-free recipes can incorporate a wide variety of ingredients, from fresh and dried fruit to nuts and seeds, and include delicious flavourings including chocolate, vanilla and warm spices. Popular recipes included here are Chocolate Chip Banana Bread, Marmalade & Almond Bread, Lemon Polenta Loaf, Vanilla Pound Cake, Honey Cake and so much more!

- Baking banana bread became a craze during lockdown in March 2020 and as internet searches for recipes for it in April soared by 535%, pictures of successful bakes were posted on Instagram more than 45,000 times.
- The popularity continues, with banana bread being searched for online around 90,500 times a month (Mason Cash).
- Banana Bread Day takes place on 23rd February every year.



also available:  
**The Art of Afternoon Tea**  
**ISBN: 978-1-78879-617-0**  
 £12.99

# The Curious Bartender's Agave Safari



**ISBN: 978-1-78879-679-8**  
 256 pages (wood-free FSC paper)  
 100 colour photographs | 20 recipes  
 235 x 190 mm | £25.00 (hardback)  
 Carton quantity: 10  
**Publication: April 2025**

**TRISTAN STEPHENSON** has a 20-year career as an award-winning bartender, barista, chef, bar operator and writer which has taken him to 90 countries and over 400 distilleries, culminating in over 300,000 books sold. He has co-founded eight award-winning bars and restaurants in London, Bristol and Cornwall, and delivered seminars and tastings at every major drinks festival around the world. He is the author of the bestselling *Curious Bartender* series of books for Ryland Peters & Small.

Learn all about the proud heritage of agave-based spirits from master mixologist, entrepreneur, award-winning bar owner and bestselling author of the *Curious Bartender* series of books **Tristan Stephenson**. This book is an account of Tristan's remarkable journey through six Mexican states and into the heartlands of agave spirits production to discover the spirit of Mexico in every sense. It is a physical, geographical journey, but also a historical, cultural and spiritual one. Along the way Tristan explores different producers, tell their stories and shares their philosophies, as well as the story of Mexican spirit: its food, cocktails, music, geography and politics. By the end, he has provided the reader with a strong taste of what makes this country so special and what makes agave spirits one of the most exciting of all the world's spirit categories today. Also included are perfected recipes for Tristan's pick of the finest agave spirit drinks there are, including the legendary Margarita, Paloma and Batida as well as modern classics Tommy's Margarita and Tinglet.

- 'His practical experience blends perfectly with his academic knowledge in this informative and entertaining guide...' Review for *The Curious Bartender Volume I*, *The Daily Mail*.
- Tequila sales have grown hugely, with 1.7 million litres of tequila being shipped to the UK in 2020.
- Tristan's first book *The Curious Bartender Volume 1: The Artistry and Alchemy of Creating the Perfect Cocktail* (2013) has sold over 110,000 copies to date.



also available:  
 The Curious Bartender's  
 Whiskey Road Trip  
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 £16.99

# Tokyo Bar



**ISBN: 978-1-78879-676-7**  
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 75 colour photographs  
 65 recipes | 186 x 123 mm  
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**Publication: March 2025**

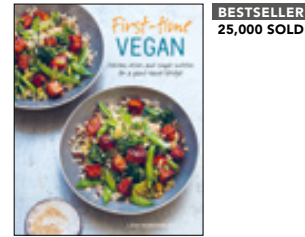
This book takes inspiration from the Japanese style of bartending to bring you a range of cocktail recipes featuring fresh fruity flavours as well as more savoury tastes like matcha, sansho, miso and sesame, along with ideas for bar snacks. In Japanese culture, bartending is regarded as an art form and much pride is taken in perfecting the craft. Drinks are mixed with precision, and the focus is on clean, well-balanced flavours. As the drinks rely on well-considered combinations of ingredients rather than simply upping the alcohol content, they are perfect for anyone who prefers 'quality over quantity' when it comes to their beverage. Infused with real fruits, teas and even some savoury Japanese flavours to give just a hint of umami, these easy-to-sip quaffs are a breath of fresh air on the cocktail scene. Try a simply sublime Nikka Coffey Mizuwari, a zesty Yuzu Collins or a richly fruity Plum Wine Sour. A delicate Melon Shandy is the perfect relaxing tippie or make a pitcher of Mandarin Iced Green Tea on a hot day. A Sparkling Sake Sgroppino made with black sesame ice cream is a special way to indulge in this fast-emerging trend.

- The iconic *mizuwari* (meaning mixed with water) is a popular way of drinking in Japan and it has also inspired many of the recipes in these pages. Along with the 'Spritz', this style of long drink is in demand in bars around the world, as it offers a tempting alternative to high-strength cocktails.
- Waitrose reported searches for sake on its website have increased 241% year on year, while searches for plum sake were also up 100% on 2023. Wagamama – one of the first restaurants to offer the drink nationwide – has just added a sparkling sake to its list.
- Deluxe premixed cocktail brand Nio have just launched a *Postcards from Japan* cocktail selection box.



also available:  
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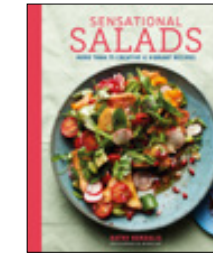
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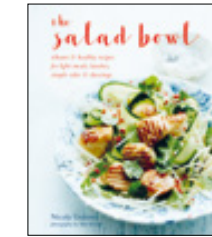
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The Vegan Baker



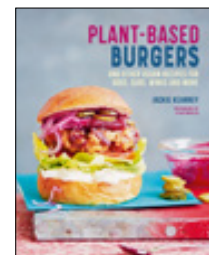
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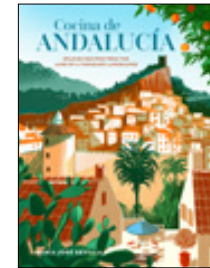
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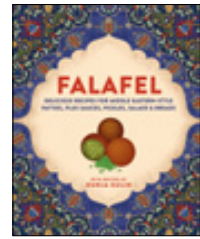
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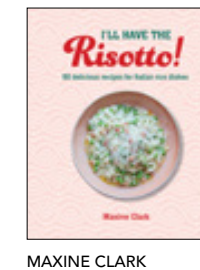
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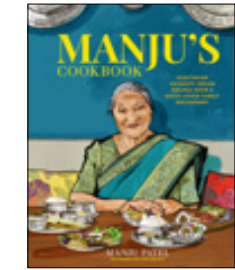
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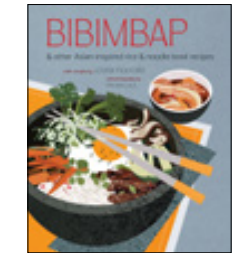
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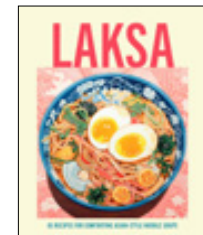
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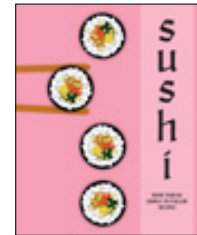
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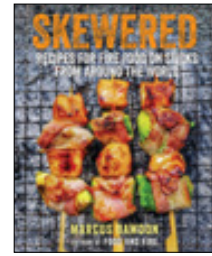
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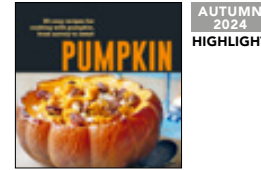
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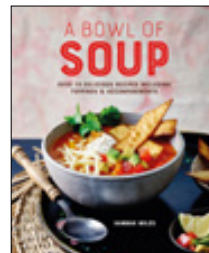
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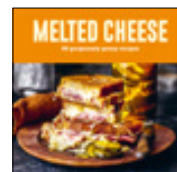
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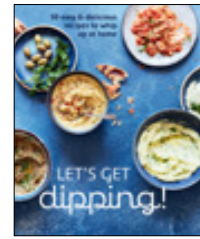
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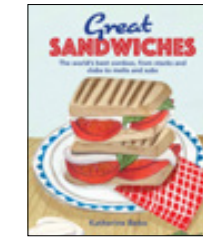
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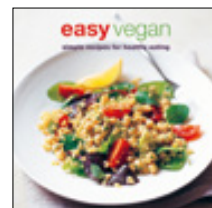
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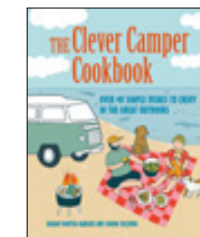
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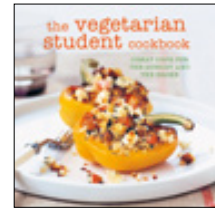
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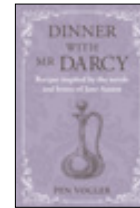
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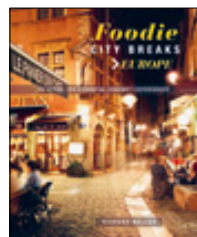
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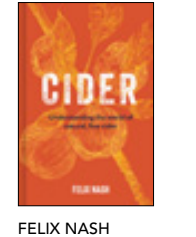
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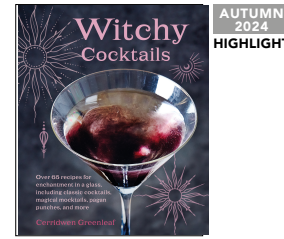
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Glamorous Cocktails



**WILLIAM YEOWARD**  
**ISBN: 978-1-78249-646-5**  
 160 pages | 250 colour photographs  
 210 x 170 mm | £14.99 (hardback)  
 Carton quantity: 24

Gatsby Cocktails



**BEN REED**  
**ISBN: 978-1-78879-123-6**  
 64 pages | 40 colour photographs  
 186 x 123 mm | £8.99 (hardback)  
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Hooray for Hollywood Cocktails!



**KATHERINE BEBO**  
**ISBN: 978-1-912983-82-7**  
 64 pages (FSC paper) | 30 colour photographs | 40 recipes  
 186 x 123 mm | £8.99 (hardback)  
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AUTUMN 2024 HIGHLIGHT

Bond Cocktails



**KATHERINE BEBO**  
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Queer Cocktails



**LEWIS LANEY**  
**ISBN: 978-1-912983-27-8**  
 64 pages | 50 colour photographs  
 186 x 123 mm | £7.99 (hardback)  
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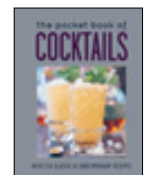
Disco Cocktails



**DAVID T. SMITH & KELI RIVERS**  
**ISBN: 978-1-78879-640-8**  
 64 pages (FSC paper) | 40 colour photographs | 40 recipes  
 186 x 123 mm | £8.99 (hardback)  
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AUTUMN 2024 HIGHLIGHT

The Pocket Book of Cocktails



**BESTSELLER**  
**56,000 SOLD**

**ISBN: 978-1-78879-205-9**  
 176 pages (wood-free paper)  
 80+ colour photographs  
 152 x 115 mm | £7.99 (hardback)  
 Carton quantity: 48  
 Rights sold: DK, SE

Perfect English Small and Beautiful



**ISBN: 978-1-78879-669-9**  
 192 pages (FSC paper) | 200 colour photographs  
 292 x 244 mm | £40.00 (hardback)  
 Carton quantity: 10  
**Publication: March 2025**

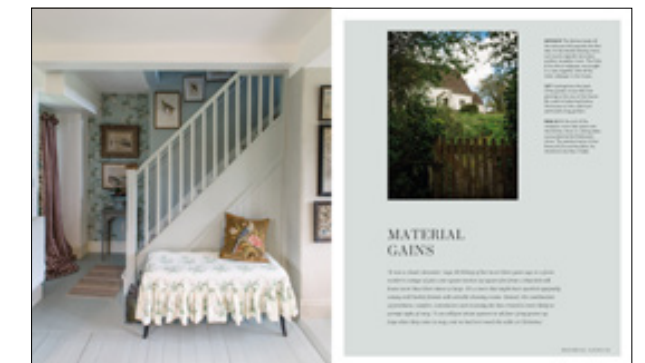
**ROS BYAM SHAW** became a freelance author and journalist after ten years as Features Editor at *The World of Interiors* magazine, writing on design and interiors for magazines and newspapers including *The World of Interiors*, *House & Garden* and *Cabana*. She is the author of 15 books, including *Perfect English*, *Perfect English Townhouse* and *Perfect English Style*. Since 2020 Ros has been running online antiques shop Perfect English Stuff with her daughter Elizabeth Kemp, both having inherited the dealing gene from Ros's mother, also an antiques dealer. Ros has 40k Instagram followers while @perfectenglishstuff has 10.5k followers. Ros lives in Devon with her husband and dog.



also available:  
**Romantic English Homes**  
**ISBN: 978-1-78249-412-6**  
 £30.00

Classic English style is comfortable, timeless and informal. But it can also be seen as rather grand – most appropriate for rambling rectories, manor houses and country house hotels. This book sets out to show that Perfect English style can be scaled down to work in a home of any age, size or shape. **Ros Byam Shaw** visits 12 pint-sized homes that are perfect examples of this ever-popular look, including a terraced townhouse in Ludlow, a gardener's cottage in Kent, a tiny London flat and a perfect Cotswolds country cottage. At a time when sustainability and environmental concerns are at the top of the agenda, Perfect English style prioritises reuse, recycling and upcycling, and happily accommodates objects that are worn, faded and mended. As the inviting, characterful and compact homes that fill these pages demonstrate, *Perfect English Small and Beautiful* reveals how to downscale with Perfect English panache.

- The English style is certainly enduring, but it also happens to be in vogue at present, with trends such as #cottagecore and #hipstorchome both incorporating elements of the English look.
- Houzz.com Home Design Trends of 2024 noted that people are looking for 'style that will last through whatever the world stirs up', and 'traditional details and materials that create a timeless style', both of which are perfectly aligned with the reassuring comfort and good looks of the Perfect English style.
- 'Ros Byam Shaw does a very good line in...exploring how exactly people live in their particular type of house and advising the rest of us how to achieve a similar decorative look in our own homes.' *House & Garden*.



## Colourful Homes for the Soul



ISBN: 978-1-78879-652-1

208 pages (FSC paper) | 250 colour photographs  
254 x 216 mm | £25.00 (hardback)

Carton quantity: 10

Publication: March 2025

### SARA BIRD

is a stylist, art director, writer and speaker, producing photo shoots, features and workshops for the interiors industry. She was previously Decorating Editor for *Ideal Home* and is Contributing Editor for *Country Homes & Interiors*.

### DAN DUCHARS

is an experienced interiors and lifestyle photographer who brings a fresh eye to every project. Together, Sara and Dan are the team behind content creators The CONTENTed Nest, producing inspiring images and stories for a number of prestigious clients. Their previous books are *Home for the Soul*, *Gardens for the Soul* and *Retreats for the Soul*, all published by Ryland Peters & Small.



also available:  
*Home for the Soul*  
ISBN: 978-1-78879-241-7  
£25.00

Colour is a universal language and a channel for creativity and imagination. It taps into our minds, evokes emotions and gets under our skin. In this book, **Sara Bird** and **Dan Duchars** explore how to be inventive with colour while making soulful and sustainable decorative choices. In the first section, Colour Chemistry, they begin with the colour wheel and explore tonal and complementary schemes as well as different finishes, from matt to glossy. They also explore the psychology of colour and consider ways to highlight stand-out features. In part two, Colour for the Soul, the authors visit 12 real homes with palettes that nod to individuality and where naturally pigmented materials bring charisma through chroma. Arranged in four chapters (Natural, Minimalist, Maximalist and Accents), these case studies show how to add heart and soul with sustainable choices and eco-friendly ideas. Be inspired to bring new ideas to your home and create a positive place that enhances your life.

- *Architectural Digest* reports that bold, daring hues are a key trend for 2024. 'Bring the volume up and go into more vivid colours,' says architect and designer Lorena Vieyra. 'It's a good time to go for it.'
- 'We are all paying more attention to sustainability in our interiors, choosing eco-friendly paints and colour with a conscience,' writes colour consultant Fiona de Lys in *House & Garden* magazine.
- When 1stDibs asked interior designers which materials and finishes will become popular in 2024, the highest percentage (24%) chose limewash, a traditional eco-friendly natural paint.
- Sara and Dan's previous books *Home for the Soul* and *Gardens for the Soul* have sold 23,000 copies and 13,000 copies respectively.



## Relaxed Coastal Style



ISBN: 978-1-78879-668-2

176 pages (FSC paper) | 200 colour photographs  
254 x 216 mm | £25.00 (hardback)

Carton quantity: 14

Publication: February 2025

### SALLY DENNING

is a UK-based freelance interiors stylist, creative director and author. She has more than 25 years' experience in the industry, including 12 years working on leading magazines in London. Sally then embarked on a freelance career and her work now appears regularly in titles such as *Homes & Gardens*, *Homes & Antiques*, *House Beautiful* and *Country Homes & Interiors*. She also has a wealth of commercial clients who draw on her styling skills and creative flair. Sally's Instagram is @blackshorestyle, where her 33k followers include a roster of interiors insiders. Her first book *Calm* was also published by Ryland Peters & Small. Sally lives in the Cotswolds with her husband, two teenage boys and Buster the dog.



also available:  
*Coastal Blues*  
ISBN: 978-1-78879-147-2  
£23.00

In *Relaxed Coastal Style*, **Sally Denning** offers decorating inspiration for anyone lucky enough to live by the ocean, as well as those who only dream of it. The first part of the book offers up Sally's unique take on coastal style, celebrating the colours and textures of the seaside: bare wooden boards, uncurtained windows and furnishings covered in robust linen or cotton that will endure sunlight and salt water. Sally also looks at lighting, furniture and coastal decorative accents such as maps, charts and nautical-themed accessories. She draws inspiration from beachcombing, displaying shells and driftwood to feel close to nature and the sound of the waves. The second part of the book visits 12 enchanting coastal houses, from Norfolk to New England. Wherever you live, *Relaxed Coastal Style* will inspire you to adopt the relaxed, informal simplicity of life by the sea.

- Sally Denning is the bestselling author of *Calm*, which has sold 26,300 copies. She has a loyal audience of 33.8k followers on Instagram (@blackshorestyle).
- With 30% of the population of England and Wales residing within 10km of the coast and 2.9 million people living in seaside towns, interiors inspired by the sea are perennially popular.
- *Homes & Gardens* reports that shell accents are the key ingredient for spring and summer interiors. 'Shell and coastal decor evoke a sense of tranquillity and serenity, bringing the essence of the sea into our interiors,' interior designer Jennifer Stephan explains.
- Paint brand Lick says modern coastal decor is 'all about recreating that weathered and faded look' using 'white-washed walls, distressed wooden accents and calming coastal palettes of whites and blues'.



## Annie Sloan Colourful Living



**ISBN: 978-1-80065-415-0**

160 pages (FSC paper) | 300 colour photographs  
276 x 208 mm | £16.99 (paperback with flaps)  
Carton quantity: 20

**Publication: April 2025**

### ANNIE SLOAN

is one of the world's most respected experts in decorative painting. After training as a fine artist, she embarked on a career as a decorative painter, often using her own home-made paint to create the effects she desired. In 1990, Annie launched her revolutionary water-based Chalk Paint™, which has become a global phenomenon. Annie has written more than 20 books, including the best-selling *Annie Sloan Paints Everything*, *Quick and Easy Paint Transformations* and *Colour Recipes for Painted Furniture and More*, all for CICO Books. In 2023 Annie was appointed Commander of the Order of the British Empire (CBE) for services to interior design. She lives in Oxford with her husband David.



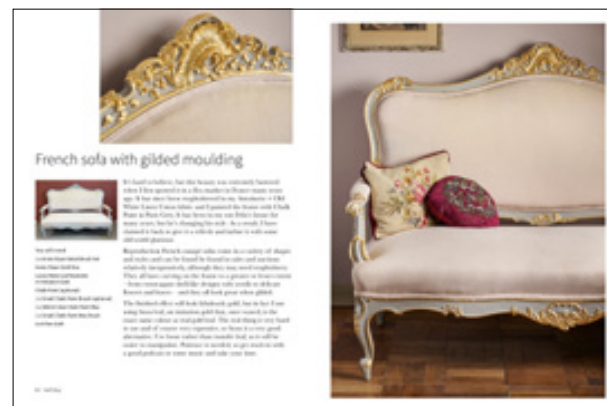
also available:  
**Annie Sloan Paints Everything**  
**ISBN: 978-1-78879-356-3**  
£16.99

**Annie Sloan** is a celebrated decorative painter and the inventor of Chalk Paint™, with over a million followers on social media. In her new book, Annie introduces 30 brand-new sustainable upcycling projects to give old furniture a second life. The projects range from decorative items such as a bed coronet and a decoupaged bureau to large-scale undertakings including revamping a tall French armoire with a blend of Chalk Paint hues and using paint effects for a faux malachite desk. They are grouped by simplicity and the length of time required to complete each one, from an afternoon to a weekend. The techniques used range from painting to gilding, dyeing fabric, stamping, printing and stencilling and each one is clearly explained in easy-to-follow step-by-step photography. As well as her love for colour, Annie has a passion for sustainability and reuse, and the first chapter explains the concept of upcycling and why it is so important to her. Every project transforms an unloved second-hand item into something beautiful and unique, and Annie provides expert advice on sourcing the original pieces at flea markets and online.

- Annie's Chalk Paint™ range is available from more than 1,300 stockists in over 60 countries. It is water-based and contains minimal levels of VOCs (volatile organic compounds).

- Annie has over 1 million social media followers, including 299K on Instagram for @anniesloanhome and 118K for @chalkpaint.

- *House & Garden* says decorative paint effects are on trend for 2025: 'Slowly but surely, paint effects have been creeping back, in tandem with the growing appreciation of craft and all things handmade.' And *Ideal Home* declares 'Paint effects are back – the perfect weekend craft project.'



## French Flair



**ISBN: 978-1-80065-417-4**

192 pages (FSC paper) | 220 colour photographs  
254 x 216 mm | £25.00 (hardback)

Carton quantity: 10

**Publication: May 2025**

### FIFI O'NEILL

is an editor, writer and stylist who has produced many features for magazines including *Coastal Living* and *Country Living (USA)*. Her first book *Romantic Prairie Style* was a Wall Street Journal bestseller. Her other books are *The Soulful Cottage*, *The Romantic Home*, *Small Spaces, Big Appeal*, *Shades of White*, *Surfside Style*, *Global Bohemian* and *Romantic Prairie Cookbook*, all for CICO Books. Fifi has a loyal and growing audience of 4,000 followers on Instagram (@missfifi2610). She lives in Florida, USA.



also available:  
**Shades of White**  
**ISBN: 978-1-80065-060-2**  
£25.00

Best-selling author **Fifi O'Neill** visits 12 glorious homes that bring French style to new surroundings. French-inspired interiors conjure up an effortless way of life defined by sophistication and simplicity. It is an aesthetically fresh mix that feels at once current and familiar. In the first half of this book, Fifi explores the quintessential elements of French Flair, including colours, fabrics, furniture, materials and more. In the second half of the book, she visits 12 homes that celebrate all things French, from the heart of New Orleans to the idyllic countryside of California. A creative couple has built a Provençal farmhouse in Montecito, an interior designer has brought rustic charm to a cottage in Texas and a French-born antiques dealer has made a light-filled home in Los Angeles. These homeowners have looked beyond the trends of today to create interiors with longevity where classic and contemporary pieces hold equal sway. The effect is ornate yet simple, layered yet uncluttered, airy yet filled with personal details. With photography by **Mark Lohman**, this book will inspire you to bring the timeless *French Flair* look into your home.

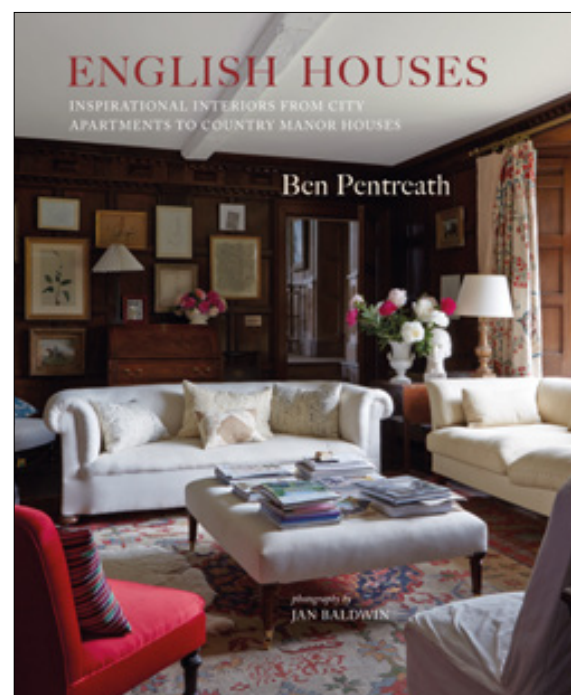
- 'There's a magic to French interior design that feels so chic, without trying too hard. It's an effortlessness – a *je ne sais quoi* – that homes around the world aim to capture.' – *Livingetc*

- 'Exposed stone walls and soft lime render, distressed wallpapered walls, reclaimed terracotta floor tiles, painted wooden furnishings and a mismatch of pattern all go a long way to creating a perfect French Provincial design vibe.' – *Homes & Gardens*

- France is one of the most popular countries for Britons travelling abroad, with 9.2 million visits in 2023, making up 11% of all foreign trips from the UK.



## English Houses



ISBN: 978-1-78879-615-6

224 pages (FSC paper) | 200 colour photographs  
292 x 244 mm | £40.00 (hardback)

Carton quantity: 10

Publication: April 2025

### BEN PENTREATH

is a leading figure in the London design world and beyond, with 197k followers on Instagram. One of the foremost designers of new traditional buildings and country houses in the UK, he combines a busy architectural practice with an interior design studio, a popular blog ([pentreath-hall.com/inspiration](http://pentreath-hall.com/inspiration)) and an interiors shop, Pentreath & Hall. Ben is also the author of the best-selling *English Decoration* (also Ryland Peters & Small). He lives with his husband, gardener Charlie McCormick, in Dorset and London.



also available:  
Perfect English Style  
ISBN: 978-1-78879-242-4  
£45.00

'Architect Ben Pentreath is Britain's Man of the Moment', according to *AD*. His Instagram account, with its 197k followers, 'offers swoon-worthy glimpses into his...gardens, homes, travels and more.' In *English Houses*, now reissued complete with a new introduction, **Ben Pentreath** presents his insightful overview of the classic English style. Visiting 12 homes, Ben appraises the unique spirit of the English House – restrained and simple yet overflowing with a generosity of touch and a richness of colour and texture. The book is divided into three sections: London, Country and Country House. Ben's own homes, an apartment in London and a parsonage in West Dorset, are also included. These homes may vary in architecture, size, shape and age, but they all have in common a peculiarly English style – richly-layered rooms that deftly intertwine colour and pattern and a mix of old and new furniture to create timeless and comfortable places to live.

- Renowned architectural and interior designer Ben Pentreath 'champions English interiors – lived in, eclectic and sometimes eccentric spaces which reflect the interests of their owners.' *House & Garden* magazine.
- Ben's modern English look is both traditional and modern, layered with art and antiques. According to Pinterest, searches for mixing modern and antique furniture are up 530%, leading them to coin the phrase 'hipstoric home' and conclude that 'antiques have never looked so chic'.
- Ben has worked on the Prince and Princess of Wales' homes, helping with the renovation of Anmer Hall, William and Kate's Norfolk home and their Kensington Palace flat.



## Hidden Homes of Southern Italy



ISBN: 978-1-78879-670-5

208 pages (FSC paper) | 230 colour photographs  
292 x 244 mm | £40.00 (hardback)

Carton quantity: 10

Publication: June 2025

### MARTA GALLI

is an interiors writer and a frequent contributor to publications such as *AD Italia*, *Vogue Italia* and *Panorama*. After studying communication science, Marta worked in market research and trend analysis, and then for a fashion brand and for *Muse*, an independent magazine. She is now freelance and writes about interiors, fashion and design in Italy and beyond. Marta lives in Rome and Milan, Italy.

**MIKE KARLSSON LUNDGREN** started his career in the world of fashion before picking up his camera to capture interiors, still life, lifestyle and portraits. He lives in Sweden.



also available:  
Hidden Homes of Tuscany & Umbria  
ISBN: 978-1-78879-578-4  
£35.00

From Puglia to Sicily via the Amalfi Coast, southern Italy is one of the most dramatic and fascinating parts of Europe. These southern regions of the Italian Peninsula are known locally as the Mezzogiorno because of the intensity of the midday sun, but it is not only the climate that draws 17 million visitors every year. The dramatic coastal and mountain scenery, the centuries of enthralling history and the vibrant culture make southern Italy one of the most desirable destinations for travellers from all over the world. In this book, interiors writer **Marta Galli**, a frequent contributor to *AD Italia*, ventures off the beaten path in search of remarkable and inspiring homes: rustic farmhouses, ancient palazzos and villas overlooking the Mediterranean. Photography by **Mike Karlsson Lundgren** brings each of these unique homes to life. Marta reveals their untold stories and gleans valuable insights into their design and decoration, which are sure to inspire you to bring a hint of the Mezzogiorno into your own home.

- Sardinia and south-eastern Sicily both feature in *The Daily Telegraph's* list of 'Five overlooked corners of Italy to visit in 2024', which notes that 'In Italy, once you start looking, the overlooked is never far away.'
- After the success of season 2 of HBO's *The White Lotus*, set in Sicily, the Netflix series *Ripley* has put southern Italy on the map again with iconic filming locations in Palermo, Capri and the Amalfi Coast.
- Michelin has bestowed its new Key award for hotels (akin to a Michelin star) on seven *masserias* in Puglia, praising the farmhouses for 'the rustic charms of their centuries-old roots'.



## A Life in Design



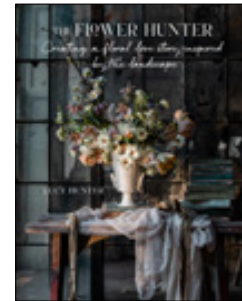
KATHRYN M. IRELAND  
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## The Flower Hunter: Creating a floral love story inspired by the landscape



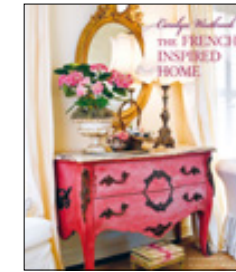
LUCY HUNTER  
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## Vintage French Style



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 160 pages | 160 colour photographs  
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CAROLYN WESTBROOK  
**ISBN: 978-1-78249-743-1**  
 160 pages | 250 colour photographs  
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Rachel Ashwell  
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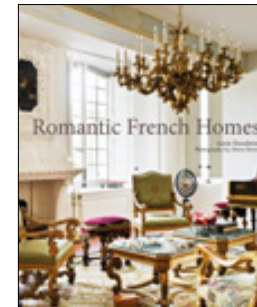
Rachel Ashwell  
My Floral Affair

RACHEL ASHWELL  
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 240 pages (FSC paper) | 250 colour photographs | 280 x 220 mm  
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William Yeoward Blue & White  
and Other Stories

WILLIAM YEOWARD  
**ISBN: 978-1-78249-474-4**  
 192 pages | 250 colour photographs  
 292 x 244 mm | £40.00 (hardback)  
 Carton quantity: 10

## Romantic French Homes



LANIE GOODMAN  
**ISBN: 978-1-80065-162-3**  
 176 pages | 200 colour photographs  
 292 x 244 mm | £35.00 (hardback)  
 Carton quantity: 10  
 Rights sold: DE

## Romantic Irish Homes

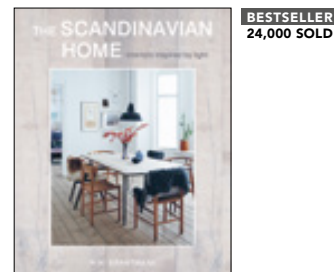


ROBERT O'BYRNE  
**ISBN: 978-1-80065-221-7**  
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The Irish Aesthete:  
Ruins of Ireland

ROBERT O'BYRNE  
**ISBN: 978-1-78249-686-1**  
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**ISBN: 978-1-78249-411-9**  
 176 pages (wood-free paper)  
 250 colour photographs  
 254 x 216 mm | £25.00 (hardback)  
 Carton quantity: 10  
 Rights sold: DE, IT

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CAROLINE CLIFTON-MOGG  
**ISBN: 978-1-78879-520-3**  
 208 pages (FSC paper) | 220 colour photographs | 280 x 220 mm  
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Hidden Homes of  
Tuscany & Umbria

CAROLINE CLIFTON-MOGG  
**ISBN: 978-1-78879-578-4**  
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CHRISTINA STRUTT  
**ISBN: 978-1-78249-815-5**  
 160 pages (wood-free paper)  
 250 colour photographs  
 280 x 220 mm | £30.00 (hardback)  
 Carton quantity: 10

## The Creative Home



GERALDINE JAMES  
**ISBN: 978-1-78249-358-7**  
 256 pages (wood-free paper)  
 250 colour photographs  
 235 x 190 mm | £19.99 (hardback)  
 Carton quantity: 16  
 Rights sold: FI, IT, JP, TW

## Creative Homes



ANNA MALMBERG & MARI STRENGHIELM  
**ISBN: 978-1-78879-593-7**  
 208 pages (FSC paper) | 220 colour photographs | 280 x 220 mm  
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 Carton quantity: 10

## Create



EMILY HENSON  
**ISBN: 978-1-78879-478-7**  
 160 pages | 200 colour photographs  
 254 x 216 mm | £25.00 (hardback)  
 Carton quantity: 16

## Creative Family Home



ASHLYN GIBSON  
**ISBN: 978-1-78879-501-2**  
 160 pages (FSC paper) | 300 colour  
 photographs | 254 x 216 mm  
 £25.00 (hardback)  
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 Rights sold: IT

## Expressive Interiors



AUTUMN  
 2024  
 HIGHLIGHT

JO BERRYMAN  
**ISBN: 978-1-80065-383-2**  
 208 pages (FSC paper) | 220 colour  
 photographs | 280 x 220 mm  
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 Carton quantity: 10

## Faded Glamour



BESTSELLER  
 8,000 SOLD

PEARL LOWE  
**ISBN: 978-1-78249-791-2**  
 208 pages | 200 colour photographs  
 254 x 216 mm | £25.00 (hardback)  
 Carton quantity: 10

## Faded Glamour by the Sea



PEARL LOWE  
**ISBN: 978-1-80065-101-2**  
 208 pages | 250 colour photographs  
 254 x 216 mm | £25.00 (hardback)  
 Carton quantity: 10  
 Rights sold: DE

## Relaxed Rustic



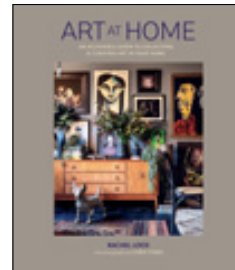
NIKI BRANTMARK  
**ISBN: 978-1-78249-814-8**  
 176 pages | 250 colour photographs  
 254 x 216 mm | £19.99 (hardback)  
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## On Display



GERALDINE JAMES  
**ISBN: 978-1-80065-291-0**  
 192 pages (FSC paper)  
 250 colour photographs  
 235 x 190 mm | £25.00 (hardback)  
 Carton quantity: 18  
 Rights sold: UA

## Art at Home



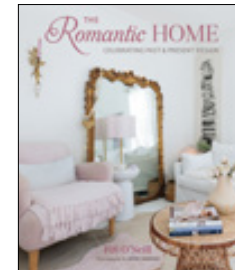
RACHEL LOOS  
**ISBN: 978-1-78879-562-3**  
 160 pages (FSC paper) | 200 colour  
 photographs | 254 x 216 mm  
 £25.00 (hardback)  
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## A Life Less Ordinary



ZOE ELLISON & ALEX LEGENDRE  
**ISBN: 978-1-78249-583-3**  
 192 pages (wood-free paper) plus 10 pages  
 of tracing paper inserts & 2 postcards in  
 envelopes | 200 colour photographs  
 280 x 220 mm | £30.00 (hardback)  
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## The Romantic Home



FIFI O'NEILL  
**ISBN: 978-1-80065-309-2**  
 160 pages (FSC paper) | 220 colour  
 photographs | 254 x 216 mm  
 £25.00 (hardback)  
 Carton quantity: 16

## Beautifully Casual Home



JUDITH WILSON  
**ISBN: 978-1-78879-611-8**  
 160 pages (FSC paper) | 250 colour  
 photographs | 254 x 216 mm  
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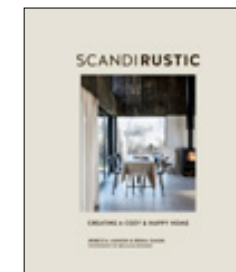
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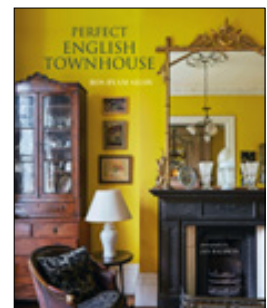
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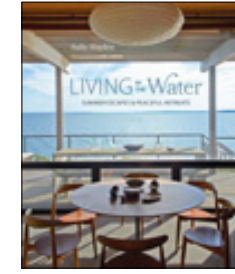
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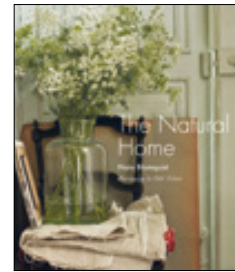
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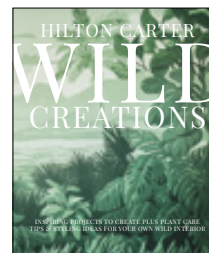
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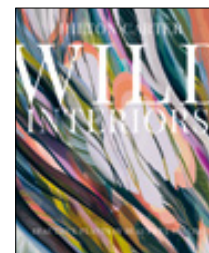
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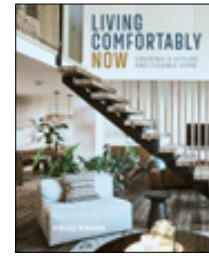
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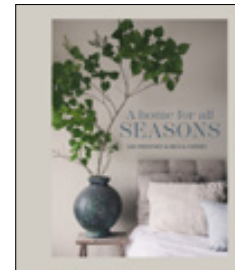
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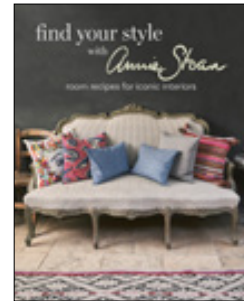
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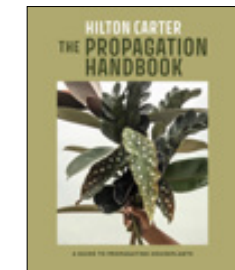
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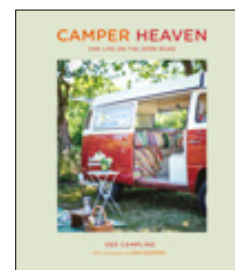
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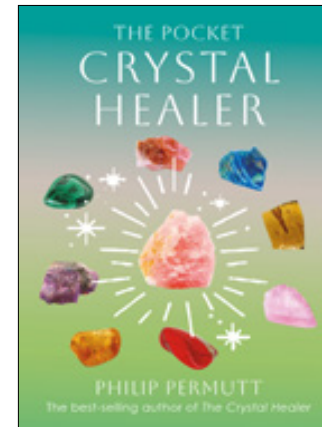
BELLA PRINGLE & NICK IVINS  
**ISBN: 978-1-78879-355-1**  
 224 pages | 260 colour photographs  
 254 x 188 mm | £25.00 (hardback)  
 Carton quantity: 10  
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The Home Farm



NICKI TRENCH  
**ISBN: 978-1-80065-092-3**  
 192 pages (wood-free paper)  
 200 colour photographs  
 235 x 190 mm | £14.99 (paperback with flaps)  
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 Rights sold: FR, DE

# The Pocket Crystal Healer



**ISBN: 978-1-80065-405-1**  
 208 pages (FSC paper) | 275 colour photographs & 35 colour artworks | 152 x 115 mm  
 £9.99 (hardback)  
 Carton quantity: 40  
 Rights sold: FR, PL, TW, ES, JP  
**Publication: March 2025**

PHILIP PERMUTT (www.thecrystalhealer.co.uk) is the author of several books, including *Crystal Connections*, *Crystal Reiki Healing* and best-sellers *The Crystal Healer* vols 1 and 2, all published by CICO Books. Philip has been practising as a crystal healer and teacher for over 25 years. He owns a business importing and selling crystals, and runs courses and workshops on working with crystals. He lives in Hertfordshire.

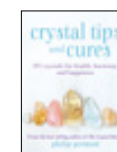
From **Philip Permutt**, 'Britain's leading crystal expert' – *Daily Mail*

A practical and portable guide from bestselling author **Philip Permutt**. Featuring 250 crystals with full-colour photographs, this handy directory will enable you to identify the most common crystals and learn about their various healing properties. Master how to clean, cleanse and prepare your crystals and healing space, allowing you to attune yourself to the energies of different stones, and discover how to get the most out of the crystals you are working with, whether you are simply holding quartz or meditating with topaz. Use the Crystal Finder to find exactly the right crystal to suit your needs. The Crystal Remedies section explores different techniques to use those very crystals to soothe and heal both emotional and physical ailments, from headaches to anxiety and much more. Tapping into ancient holistic practices as well as modern principles of crystal healing, *The Pocket Crystal Healer* will provide you with the tools you need to become an expert in working with these powerhouses.

• Philip Permutt is 'Britain's leading crystal expert' (*Daily Mail*) and 'one of the world's leading authorities' on crystals (*Spirit & Destiny*). His @TheCrystalHealer handle has over 4.7k followers on Facebook and 4.6k on Instagram.

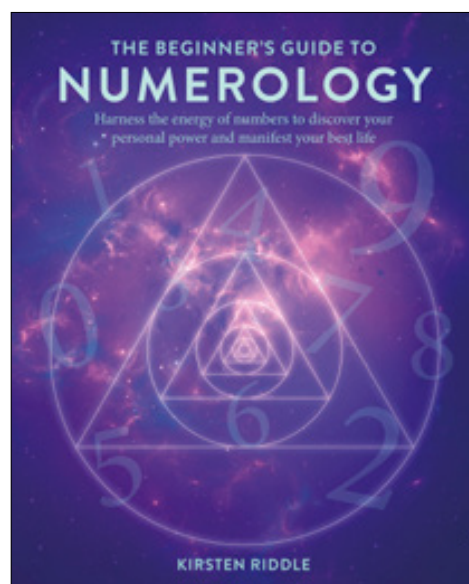
• *The Crystal Healer* (ISBN 978-1-904991-63-2: over 148,500 copies sold) was described as 'the ultimate go-to guide for finding out more about your favourite gems' by *Soul & Spirit* magazine.

• TikTok data shows 19.2 billion views for #crystals and 1.6 billion views for #gemstones, and the same hashtags have also been used over 40M times on posts on Instagram to date.



also available:  
**Crystal Tips and Cures**  
**ISBN: 978-1-80065-081-7**  
 £7.99

# The Beginner's Guide to Numerology



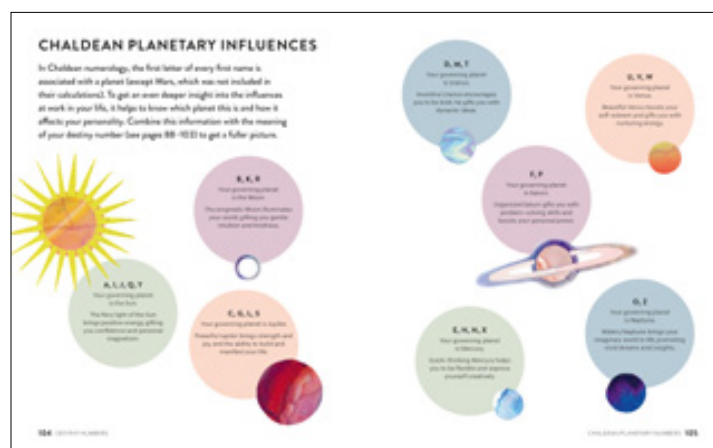
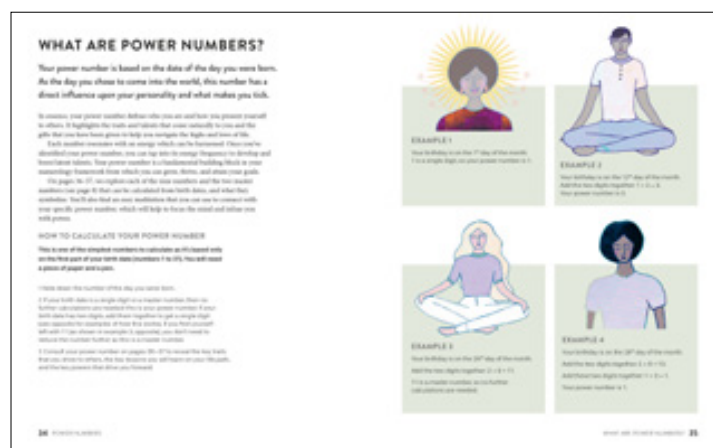
**ISBN: 978-1-80065-404-4**  
 144 pages (wood-free FSC paper)  
 75 colour artworks | 235 x 190 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 30  
**Publication: February 2025**

**KIRSTEN RIDDLE** is an author and storyteller who writes regularly for *Kindred Spirit* magazine. Kirsten's books for CICO include *A Year of Inner Peace*, *Harnessing the Power of Signs & Symbols*, *The Beginner's Guide to Wicca*, *Nature's Blessings* and *Ancestral Magic*. She lives in Nottingham, UK.

Do you have a lucky number? Ever wondered why you're instinctively drawn to some numbers more than others? This fascinating insight into the world of numerology explains why – and how to make those numbers work for you.

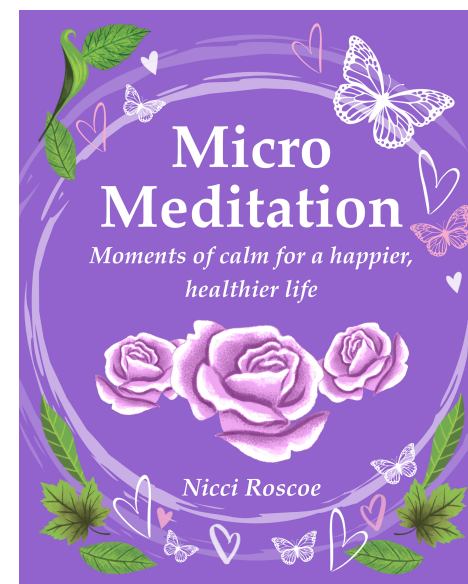
**Kirsten Riddle** explores some of the different systems of numerology – Pythagorean, Chaldean and Vedic – and shows how numbers can help you to attract positive energy and abundance into any area of your life and manifest the best version of yourself, from getting that prized job promotion to seeking out a soul mate. Identify your Power Number to decipher the traits and talents that will help you navigate the highs and lows of life. Together with your Life Path Number and your Destiny Number, this sacred combination provides everything you need to grow, attain your goals and fulfil your destiny. Through practical exercises, meditations, activities, rituals and much more, you can work with your numbers to create, shape and heal your world.

- The craze for numerology in pop culture continues to grow, from Cardi B's tweets about the significance of the number 11 in her life to Jay Z and Beyoncé's fascination with the number 4, while Taylor Swift is known for her love of the number 13.
- The power of numbers is understood in every culture around the world. A 2022 study shows almost a third of superstitious adults believe lucky numbers exist.
- **Kirsten Riddle** is the author of *The Beginner's Guide to Wicca* (ISBN 978-1-78249-165-1), which has sold over 16,000 copies.



also available:  
**Essential Astrology**  
**ISBN: 978-1-80065-235-4**  
 £14.99

# Micro Meditation



**ISBN: 978-1-80065-409-9**  
 144 pages (FSC paper) | 100 colour artworks  
 235 x 190 mm | £14.99 (paperback with flaps)  
 Carton quantity: 30  
**Publication: March 2025**

**NICCI ROSCOE** has over 40 years' experience in helping people enhance their wellbeing, as a life coach and international speaker, a Reiki and crystal master teacher, a meditation teacher and a master practitioner of neuro-linguistic programming. She has made TV and radio appearances on Sky One, the BBC, and ITV, and has written many articles published in international newspapers and magazines including the *Daily Mail* and the *Daily Express*. Nicci is the author of *Manifest Your Everything* and *My Crystal Guide*, written with Philip Permutt (both published by CICO Books). She lives in Hertfordshire.



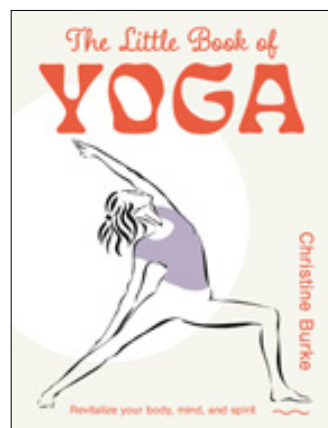
also available:  
**Meditations for a Powerful You**  
**ISBN: 978-1-80065-304-7**  
 £14.99

Discover how to calm yourself, lift your mood and improve your mindset in two minutes or less with micro meditations. Are you regularly stressed in your everyday life? Held up in traffic, juggling chores, caring for others and dealing with difficult customers or co-workers? **Micro Meditation** is for you! Learn how to bring your attention to the present moment and welcome peace and well-being into your life in an instant. The simple practices, from breathing and positive affirmations to visualisation and manifestation, can all be easily and discreetly incorporated into your routine. Easy, effective and powerful, these meditations can be practised anytime and anywhere. **Nicci Roscoe's** helpful and inspirational guide also explores ways to work with healing energies, such as crystals, to accompany you on your well-being journey. Perfect for bringing you a moment of calm when you need it most, as well as improving your physical and mental health in the long term.

- 'Well-known ... to reduce stress and anxiety, research shows that [meditation] may also help enhance your mood, promote healthy sleep patterns and boost cognitive skills.' (Healthline, May 2023).
- A 2020 survey in Britain found that 15% practice meditation (Mindfulness Box, Feb 2024), while 'one of the most common reasons people reported for not being interested in meditation is their perception of not having enough time'. (Clearer Thinking, Feb 2024).
- 'Meditation as short as two minutes a couple of times a day can be beneficial', according to the director of the applied behaviour analysis program at Northeastern University, USA (Today.com, Dec 2023).



# The Little Book of Yoga



Discover effective and easy-to-access yoga practices, breathing techniques and meditations to enliven and enrich your life every day. Tap into the science and magic of yoga that can be practised anywhere, anytime, and derive its countless benefits. In *The Little Book of Yoga*, **Christine Burke** expertly shows how you can improve your quality of life through basic yoga and breathwork practices that can be effective in only a short time. Start out with the essentials with chapters including illustrated key yoga poses, breathing techniques, mudras (also known as 'yoga for the hands') and meditations. Then move on to specific concerns, from daily aches and pains to feeling exhausted, overwhelmed and much more. Discover the poses and practices to alleviate various conditions as you stretch, relax, boost your immunity and embrace the unpredictable to find calm and ease. Practitioners of all levels, from beginner to advanced, occasional to frequent, will love this accessible yoga handbook.

• By the author of *The Yoga Healer*, *Soul and Spirit* magazine's 'Best Yoga Book of the Year 2017'.

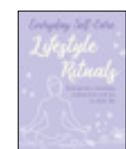
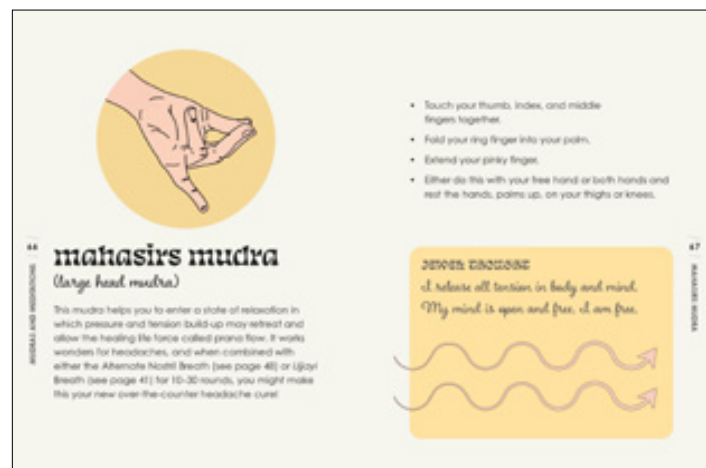
• The UK yoga industry continues to grow, with interest in yoga rising by 73% every year (Finder, Nov 2023) and the hashtag #yoga receiving 1.1 billion views on TikTok (Yoga Journal, Sep 2021).

• Books in the same format have sold well for CICO, including *Be Your Own Astrologer* (ISBN 978-1-78249-655-7: over 30,000 copies sold) and *Be Your Own Moon Astrologer* (ISBN 978-1-78249-701-1: over 22,000 copies sold).

**ISBN: 978-1-80065-400-6**  
144 pages (wood-free FSC paper)  
100 colour artworks  
152 x 115 mm | £9.99 (hardback)  
Carton quantity: 52  
Rights sold: FR, EE, CZ, CN  
**Publication: January 2025**

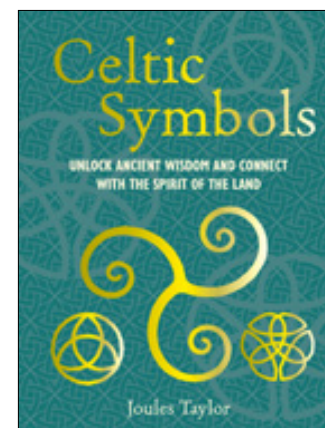
### CHRISTINE BURKE

is a RYT (registered yoga teacher) with Yoga Alliance at the 800-hour-plus level. She opened Liberation Yoga in 2004, which appeared in the 'Top 20 Yoga Studios in the World' by *Travel + Leisure* magazine. Her teaching has been featured in the *LA Times* as well as many online magazines. Connect with her @liberationyoga and at christineburkeyoga.com. She lives in Los Angeles, USA.



also available:  
**Everyday Self-Care: Lifestyle Rituals**  
**ISBN: 978-1-80065-086-2**  
£7.99

# Celtic Symbols



**ISBN: 978-1-80065-410-5**  
160 pages (FSC paper)  
200 colour artworks  
152 x 115 mm | £9.99 (hardback)  
Carton quantity: 52  
Rights sold: FR  
**Publication: February 2025**

### JOULES TAYLOR

has written thirteen books and co-authored another ten. Published in seven languages, her work covers Celtic history and myth, clairvoyance, dream interpretation and unicorns. She enjoys an established reputation for carefully researched and lucid writing, particularly exploring ancient traditions with modern applications. She shares her home in south-west England with her writer-partner Ken, their son and an assortment of pets.



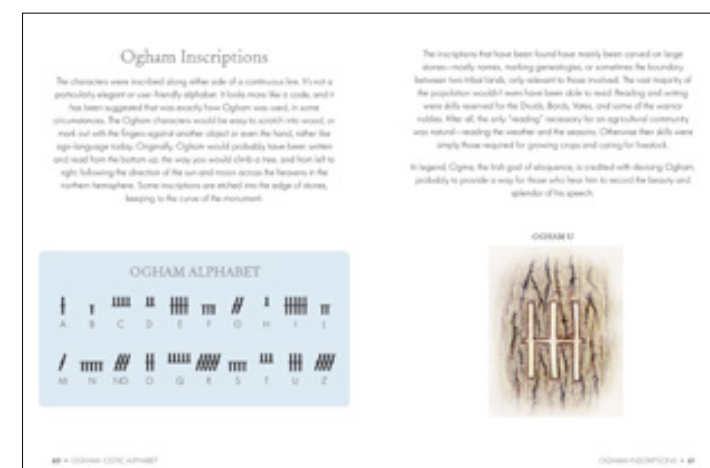
also available:  
**The Nordic Book of Runes**  
**ISBN: 978-1-78249-744-8**  
£7.99

Uncover the mysteries surrounding more than 50 sacred symbols that embody the ethos of the ancient Celts, as well as their associated deities and guides. In *Celtic Symbols*, **Joules Taylor** takes an in-depth look at Celtic society, seasons, festivals, the Ogham alphabet, accessories and the Celtic symbiotic relationship with nature. From celebrating the rites of spring to invoking the mother-goddess Briggida with her symbol, the triskele, this evocative guide unlocks ancient lore and explains how the ancient Celts communicated with the land. *Celtic Symbols* is conveniently pocket-sized and features over 200 illustrations of fascinating artefacts, making it a handy guide to reference time and time again. Whether you're curious about this lesser-known civilization or interested in incorporating ancient druidic symbols and rituals into your life, the knowledge within these pages is sure to inspire and enlighten you.

• Celtic and Norse styles and cultures have been popularised thanks to TV shows *Game of Thrones*, *House of the Dragon* and *The Rings of Power*.

• The Celtic approach to spirituality and the soul's connection to nature is relevant to today's readers. 30% of people in Great Britain believe in a god or gods, while another 23% don't believe in gods but believe in a spiritual power (Statista, Jan 2024).

• Ancient mythology is always a popular topic. *The Nordic Book of Runes* (ISBN 978-1-78249-744-8), also published by CICO Books, has sold over 26,000 copies.



# Spirits in Flowers Oracle Deck



Discover the art of flower divination with this exquisitely illustrated oracle deck and accompanying guidebook. Flowers have much to tell us, if only we know how to listen. Hear their wisdom through these 52 beautiful cards with specially commissioned artworks, each portraying a different flower. With this fully illustrated, 128-page guidebook, **Gillian Kemp** leads you through the art of flower divination, from laying cards for readings to performing flowermancy (sensing information and making a prediction by holding a flowering stem cut from a plant). The card descriptions give meanings for all 52 cards, including deities associated with each flower, the meanings of different colours and simple spells and superstitions. For example, red roses mean true love – for good luck, throw their petals into a fire!

**ISBN: 978-1-80065-378-8**  
 Boxed set with 52 colour cards & 128-page paperback book (160 x 135 mm) with 52 colour artworks  
 Box: 172 x 140 x 38 mm | £20.00  
 Carton quantity: 20  
**Publication: February 2025**

**GILLIAN KEMP** is a bestselling author and clairvoyant, who predicts the future using flowers, astrology, tarot, crystal balls, palmistry, tea leaves and dreams. Gillian's books and book kits are popular in many countries including the UK, USA, Canada, Germany, Austria, Spain, Italy, France and Japan, among many others. She is the author of *Celtic Goddesses and Their Spells*, *The Celtic Goddess Oracle Deck*, *The Tree Magick Oracle Deck* and *The Modern Wiccan Box of Spells*. She lives in Bedfordshire.



also available:  
**The Guardian Angel Oracle Deck**  
**ISBN: 978-1-80065-085-5**  
 £29.99

- Oracle decks continue to be popular and sell well for CICO – *Animal Messages* (ISBN 978-1-904991-84-7) has sold over 51,000 copies and *The Guardian Angel Oracle Deck* (ISBN 978-1-80065-085-5) has sold over 15,000 copies.
- The botanical trend is everywhere, from interiors to nature-themed art books – #bloomcore has more than 2.5m views on TikTok, and searches for 'floral aesthetic' on Pinterest have grown by 108% in the past six months (*The Guardian*, Sept 2023).

• The striking illustrations feature flowers from around the world, so the deck will have universal appeal.



# Seasonal Power Tarot



Create a more authentic life with this beautifully illustrated 78-card tarot deck and 64-page guidebook. Join tarot card reader and teacher **Leah Vanderveldt** and let the magic of nature and its cycles be your guide. Every season is a portal that mirrors what we need. That's where *Seasonal Power Tarot* comes in – an active intuitive tool to align with the energetic shifts throughout the year to discover a deeper understanding of yourself and unlock your self-expression for personal growth. With unique artworks that are packed with meaning, the Major Arcana are connected to the astrological seasons, while the four suits of the Minor Arcana connect to spring, summer, autumn and winter. The accompanying guidebook provides detailed interpretations for all cards: along with upright and reversed meanings, you will find a creative practice, astrological association and modality to embody the energy of each card. There are also explanations for how to use the deck and establish a daily tarot ritual. Spreads include Your Card of the Year and daily, weekly, monthly, Solstice and Equinox check-ins.

**ISBN: 978-1-80065-429-7**  
 Boxed set with 78 colour cards & 64-page paperback book (160 x 135 mm) with 78 colour artworks  
 Box: 172 x 140 x 38 mm | £20.00  
 Carton quantity: 20  
**Publication: June 2025**

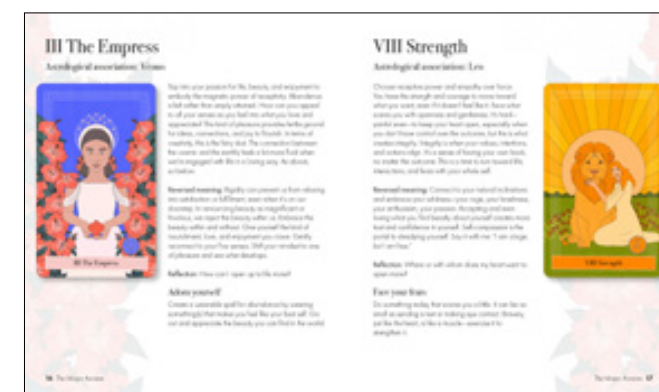
- Tarot is enjoying a renaissance, appearing everywhere from luxury brands such as Giorgio Armani's 2023 "Tale Tarot Cards Deck" to ITV's 2023 Rugby World Cup campaign and TarotTok (14.7 billion views).
- This is a best-selling format for CICO: *The Magic of Tarot* (ISBN 978-1-78249-721-9) has sold over 138,000 copies and *The Golden Tarot* (ISBN 978-1-906094-86-7) has sold over 121,000 copies.

• June publication ties in with the Summer Solstice, a key turning point of the year.

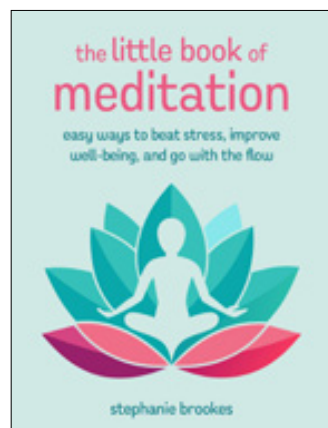
**LEAH VANDERVELDT** is a tarot reader, astrologer and host of the podcast *Cosmic Style*. She aims to connect others to their intuition and magic through self-expression and astrological embodiment. Leah is also the author of the *Magical Self-Care Tarot Deck* and *Magical Self-Care for Everyday Life* (CICO Books). Leah lives in Australia with her husband and two daughters. Find Leah on Instagram @leah.vanderveldt.



also available:  
**The Moon & Stars Tarot**  
**ISBN: 978-1-80065-055-8**  
 £20.00



# The Little Book of Meditation

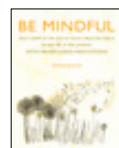
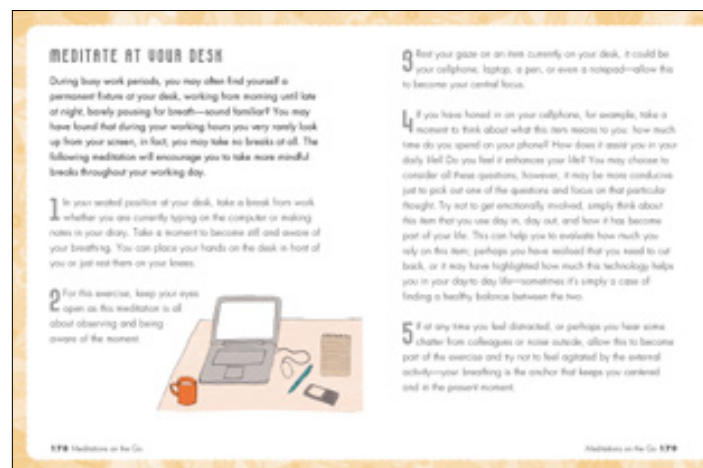


**ISBN: 978-1-80065-428-0**  
 192 pages (wood-free FSC paper) | 100 colour artworks  
 152 x 115 mm | £9.99 (hardback)  
 Carton quantity: 40  
 Rights sold: FR, CZ, DE, NL, ES  
**Publication: May 2025**

**STEPHANIE BROOKES** is an author and TV presenter. She has written for the *Mail Online*, *Evening Standard* and is a regular contributor on BBC Radio London. Stephanie recently launched her lifestyle site, PlateandPlace.com. She is based in London.

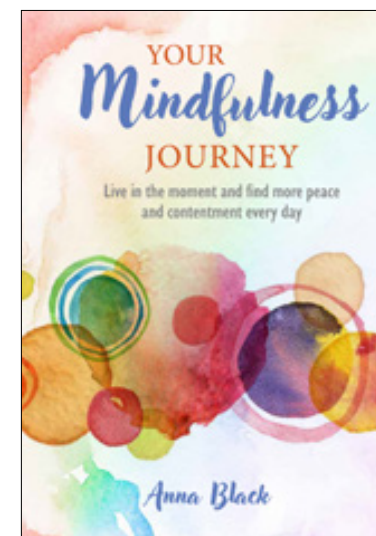
Discover an easy approach to meditation that will help you get started right here, right now, with small, bite-sized sessions that realistically fit into your daily schedule. Meditation keeps us grounded in the present, helping us to cultivate a better understanding of who we are in the here and now. **Stephanie Brookes** shows us how to incorporate simple techniques into our busy, non-stop lives to increase self-awareness, bring objectivity and clarity to your thoughts and actions, improve your relationships, and alleviate stress and anxiety. Including meditations for a wide range of situations, from self-healing to meditating with a partner and meditations on the go, this little guide has all the tools you need find a greater appreciation of your inner self and life in general. Develop bespoke meditations that work for you, from a daily five-minute meditation to simply integrating mindfulness into your life, to instantly feel more comfortable and relaxed.

- Meditation can help you to feel calmer, boost concentration and improve your relationships. "Studies show that mindfulness-based approaches can significantly reduce the symptoms of anxiety and depression" (Mental Health Foundation).
- A 2020 survey found that 15% of British adults meditate (Mindfulness Box) with apps such as Headspace (70 million subscribers) and Calm (4 million subscribers) gaining global popularity.
- Meditation has been a successful topic for CICO – *The Little Pocket Book of Mindfulness* (ISBN 978-1-78249-203-0) has sold over 100,000 copies.



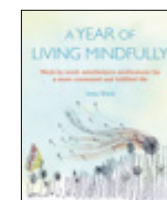
also available:  
**Be Mindful**  
**ISBN: 978-1-78249-852-0**  
 £7.99

# Your Mindfulness Journey



**ISBN: 978-1-80065-401-3**  
 144 pages (wood-free FSC paper)  
 100 colour artworks | 210 x 148 mm  
 £12.99 (hardback)  
 Carton quantity: 28  
 Rights sold: DE, NL  
**Publication: January 2025**

**ANNA BLACK** has a Masters in Mindfulness-based Approaches to Health and has completed the Advanced Teacher Development Intensive run by teachers from the North Wales Centre for Mindfulness in the UK and from the Center for Mindfulness at the University of Massachusetts Hospital, USA. She is the author of *Mindfulness Meditations*, *Mindfulness @ Work*, *The Little Pocket Book of Mindfulness*, *Mindfulness and Sleep* and *A Year of Living Mindfully*, all published by CICO Books. Anna has an established personal practice in mindfulness and meditation ([www.mindfulness-meditation-now.com](http://www.mindfulness-meditation-now.com)) and supervises other mindfulness teachers. She divides her time between London and Scotland.



also available:  
**A Year of Living Mindfully**  
**ISBN: 978-1-78249-684-7**  
 £12.99

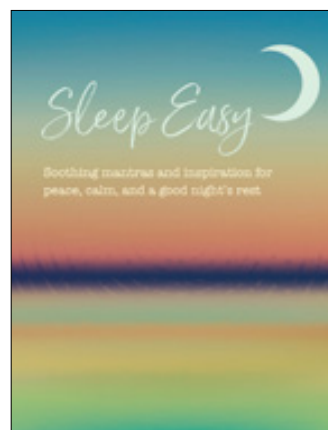
This thoughtful guide is specially designed to help you experience what it is like to live in the moment, notice and cultivate those moments, and weave mindfulness into your daily life. Mindfulness teacher **Anna Black** explains how to connect with your personal values and set intentions for living in a way that aligns with the things that are important to you, for a less stressful and more contented life. She offers easy ways to introduce and integrate mindfulness into your day, from noticing your breath to eating mindfully, and invites you to reflect on your daily experiences with curiosity and without judgement. As well as writing and drawing exercises that will help you to observe, record and reflect on the things that bring you contentment, there are activities that will help you to cultivate helpful and nourishing experiences in your everyday life, from meditation practices and small acts of kindness to a tech detox challenge. As you work through the book, you will begin to develop a mindfulness practice that is personal to you, aligns with your core values and brings a deep sense of fulfilment.

- High-profile celebrities like Oprah Winfrey, Beyoncé and Richard Branson practise mindfulness meditation.
- In the UK, British politicians are trained in mindfulness (*The Guardian*, 2023) while 5,000 teachers have delivered mindfulness training with their pupils in schools (Gov.UK, 2022).
- Anna Black is the author of *The Little Pocket Book of Mindfulness* (ISBN 978-1-78249-203-0), which has sold over 100,000 copies.





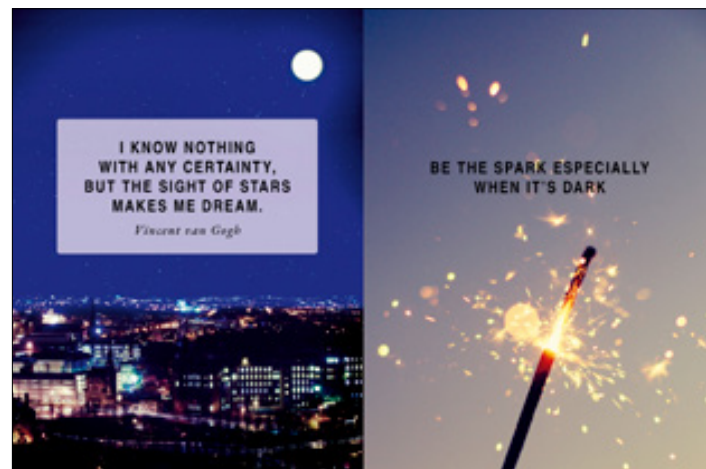
# Sleep Easy



**ISBN: 978-1-80065-413-6**  
 144 pages (wood-free FSC paper)  
 100 colour photographs  
 152 x 115 mm | £9.99 (hardback)  
 Carton quantity: 52  
 Rights sold: FI  
**Publication: April 2025**

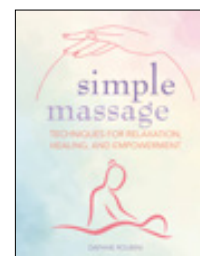
'Take rest: a field that has rested gives a beautiful crop.' – Ovid  
 'All the flowers of all the tomorrows are in the seeds of today.' – Indian proverb  
 Put the cares of the day behind you and prepare for peaceful slumber with over 120 soothing and stylishly illustrated mantras and quotations that will inspire you to reflect, appreciate and dream. End your day well with thoughts of gratitude, delight and being present for a better night's sleep – and a more productive tomorrow. From helpful reminders to take the time to relax and restore, to encouraging prompts to wonder more and worry less, these wise words will ensure that you awake the next morning feeling refreshed and ready to tackle any challenges that lie ahead. Beautifully illustrated throughout, this delightful collection will bring every day to a calm close as part of your night-time routine.

- Half of Britons (49%) think they do not get enough sleep per night, while nine in ten (89%) Britons say their life would be improved if they had more sleep (YouGov, Jun 2022).
- Sleep technology, trackers and apps are more popular than ever before as people search for solutions for a good night's sleep. UK research by PlushBeds explored the sleep habits of 1,000 people and found that 46.7% of respondents reported using some form of sleep technology.
- *Empowering Mantras for Awesome Women* (ISBN 978-1-78249-853-7) has sold over 56,000 copies.



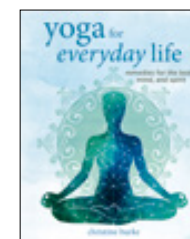
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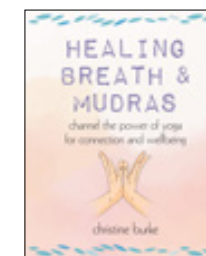
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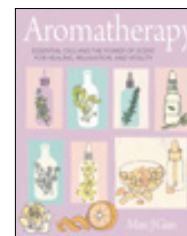
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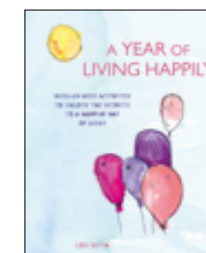
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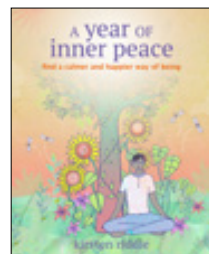
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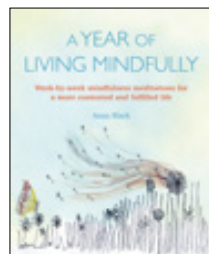
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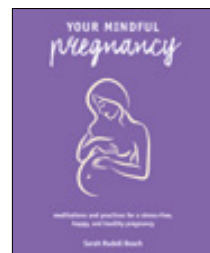
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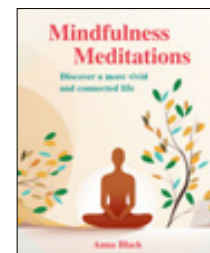
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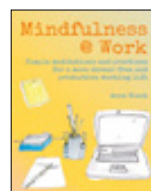
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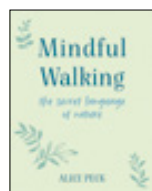
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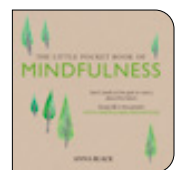
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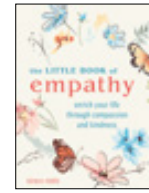
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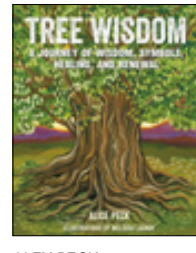
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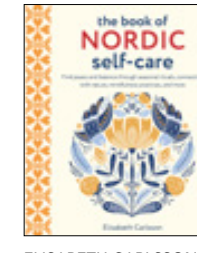
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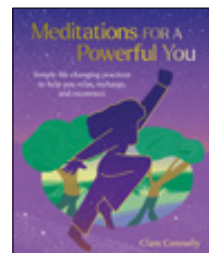
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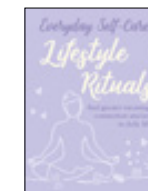
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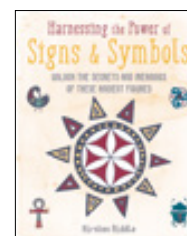
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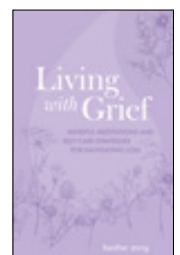
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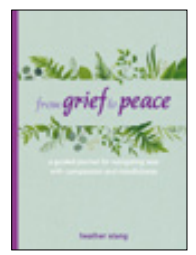
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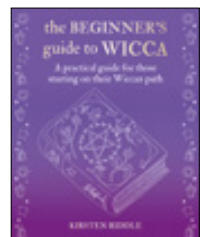
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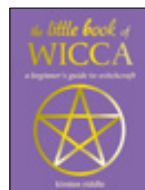
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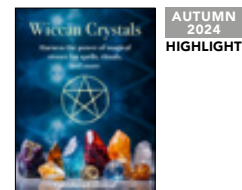
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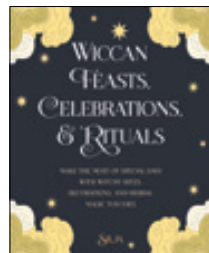
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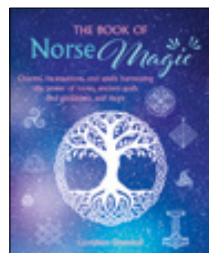
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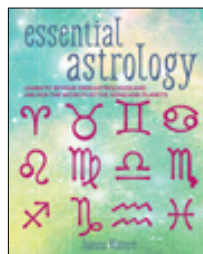
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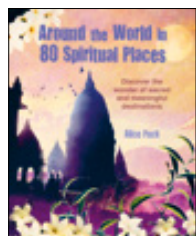
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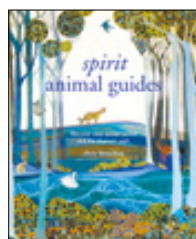
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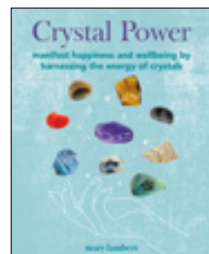
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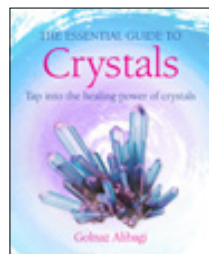
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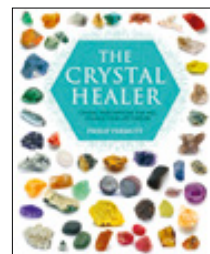
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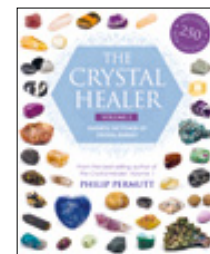
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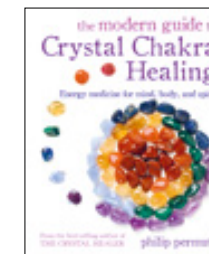
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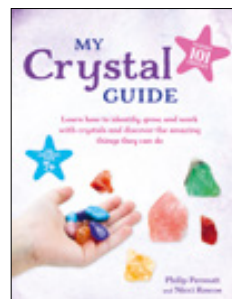
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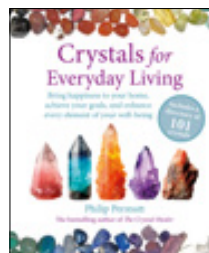
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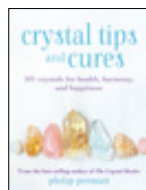
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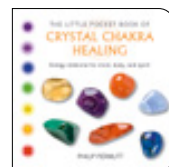
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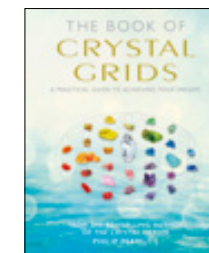
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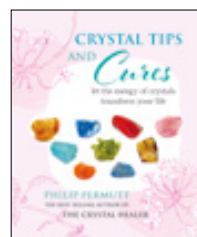
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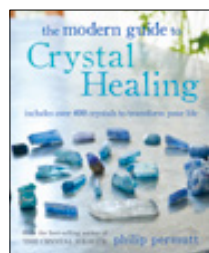
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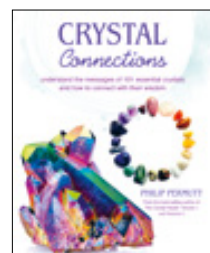
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# Crocheted Bags, Totes and Purses



Discover how to crochet 35 super-colourful and creative designs for shoppers, clutch bags, purses, cases and more. Featuring stunning yarns, the patterns introduce you to techniques including granny squares, 3D flowers and tapestry crochet, which creates blocks of colour. You can also use up yarn from your stash – many designs use only a small amount of each colour. You'll find patterns for totes and holdalls, including a Spring Shopper with neon-bright trim and a Kit Bag in green and khaki – ideal for camping and festivals, or just for when you've got a lot to carry. There are bags and purses for carrying around your essentials, such as a Blue Block Bag made in tapestry crochet, a Foraging Basket and a cute Strawberry Coin Purse. To complete your collection, there are handy cases and covers such as a Zigzag Glasses Case, a Geometric Pencil Case and an E-Reader Cover. With a techniques section covering all the stitches as well as tapestry crochet, plus instructions on how to add linings, you'll be able to make accessories that are both beautiful and useful.

- There are over 188 million crochet-related videos on TikTok, and celebrities such as Taylor Swift, Martha Stewart and Dua Lipa have recently been seen in crocheted outfits.
- These small and achievable projects are perfect for beginners as well as seasoned crocheters who want to try out new techniques.

• **Emma Friedlander-Collins** has over 45,000 followers on Instagram @steelandstitch.

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**EMMA FRIEDLANDER-COLLINS** is a craft author and Instagram influencer (@steelandstitch). She has a successful online business and blog ([steelandstitch.blogspot.co.uk](http://steelandstitch.blogspot.co.uk)) where she shares her crochet patterns and techniques. Emma has written a number of books aimed at helping people to think more sustainably. Her other titles include *Crochet Costume Party* and *Big Hook Crochet* (CICO Books). She lives in Sussex with her husband, children and ever-growing number of cats.



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**LAURA STRUTT** is the author of many craft books including *Tunisian Crochet for Beginners*, *35 Knitted Baby Blankets*, *Modern Crocheted Shawls & Wraps* and *Simple Hand Sewing*, all published by CICO Books. She lives in Suffolk with her husband and two children. Discover more of Laura's designs, technique guides and crafty inspiration on her creative lifestyle website, [www.madepeachy.com](http://www.madepeachy.com).

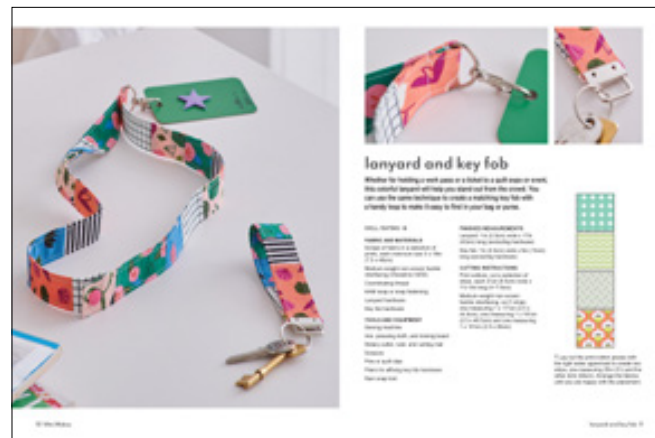


also available:  
**Quilting Know-how**  
**ISBN: 978-1-80065-190-6**  
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Discover the flourishing craft of quilting with these 35 beautiful mini projects that offer an eco-friendly way to use up fabric scraps. Designed by expert crafter **Laura Strutt**, this collection is packed with stunning homewares, bags, wall hangings, gifts for kids and more. As well as being quick and fun to sew, these mini quilting projects are the perfect way to try out different techniques. They're ideal for beginners as well as experienced quilters who are looking for new ideas. Start out with extra-small makes, perfect for sewing swaps, from a beautiful gadget sleeve to a cute bookmark and a pen holder. For your home, sew a lightning bolt wall hanging, a striking lampshade and a plant-pot cover. Learn how to make stylish bags and purses including a box pouch, a mini wallet and an on-the-go sewing bag. There's also a chapter of gifts for kids, such as a baby bib and a dinosaur taggie quilt. The projects introduce you to a wide range of techniques including hand- and machine-piecing. There's also a guide to fabrics and tools, as well as step-by-step instructions for all the skills you'll need.

- Laura Strutt is the author of *Modern Crocheted Shawls & Wraps* (ISBN 978-1-80065-083-1, over 26,000 copies sold) and *35 Knitted Baby Blankets* (ISBN 978-1-78249-889-6, over 15,000 copies sold).
- Using up scraps of fabric to make mini projects is a low-cost and eco-friendly way to craft.

- Taps into trends for quilted fashion and homewares. On TikTok, #quilting has 56.2 million views.



# Simple Embroidery



**ISBN: 978-1-80065-419-8**  
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**Publication: May 2025**

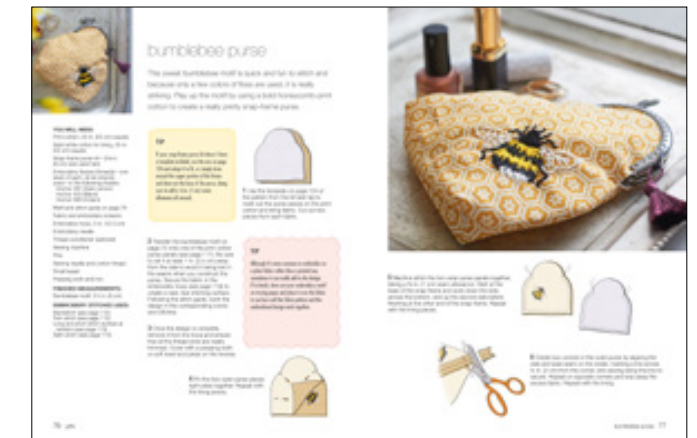
**LAURA STRUTT** is the author of many craft books including *Tunisian Crochet for Beginners*, *35 Knitted Baby Blankets*, *Modern Crocheted Shawls & Wraps* and *Simple Hand Sewing*, all published by CICO Books. She lives in Suffolk with her husband and two children. Discover more of Laura's designs, technique guides and crafty inspiration on her creative lifestyle website, [www.madepeachy.com](http://www.madepeachy.com).



also available:  
**Simple Hand Sewing**  
**ISBN: 978-1-80065-131-9**  
 £14.99

Discover 35 stylish step-by-step embroidery projects from expert crafter **Laura Strutt** for you and your home, including an illustrated guide to essential embroidery stitches. Combine thread and creativity to transform plain fabric into stunning artwork and accessories. In *Simple Embroidery*, Laura Strutt presents 35 chic and contemporary projects that range from whimsical cacti and sparkling crystals to minimalist white designs on coloured cloth, eye-catching denim embellishments and elegant mandala wall art. The projects are thoughtfully designed to suit various skill levels, from beginners to experienced embroiderers ready to explore more advanced techniques, and are accompanied by clear, step-by-step instructions and colour charts. Packed with expert advice on everything from selecting the perfect palette to mastering finishing techniques, this book also features a comprehensive section on essential stitches.

- Embroidery is a very accessible craft as it only requires thread, needles and fabric.
- Laura Strutt is the author of *Modern Crocheted Shawls & Wraps* (ISBN 978-1-80065-083-1, over 26,000 copies sold) and *35 Knitted Baby Blankets* (ISBN 978-1-78249-889-6, over 15,000 copies sold).
- Embroidered fashion is on trend with high-end designers like Gucci and Marc Jacobs, and celebs like Kanye West, all sporting embroidered clothing and apparel.



# The Simple Art of Japanese Origami



ISBN: 978-1-80065-399-3

96 pages (FSC paper) plus 50 sheets of origami paper  
200 colour photographs | 235 x 228 mm | £14.99

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Publication: January 2025

### MARI ONO

is an expert in origami and all forms of papercrafts. She and her artist husband, Takumasa, were based in the UK for many years and worked there to promote Japanese arts and crafts, but have now returned to Japan where she was born. Mari is the author of the best-selling *Japanese Origami*, *Origami Flowers & Birds*, *Mindful Origami*, *Origami Animals in the Wild*, *Origami Pets*, *Mindful Japanese Origami*, *Essential Origami*, *Origami for Children*, *More Origami for Children*, *Origami Sea Animals*, *Origami Dinosaurs*, *Origami Garden* and *Origami Butterflies, Birds & Bees*, all available from CICO Books. Mari also blogs on her Japanese website, mari-ono.com.

Discover true Japanese design with 24 beautiful paper projects, designed by bestselling author **Mari Ono**, with 50 sheets of origami paper included. Ideal for beginners, each project features clear step-by-step images and easy-to-follow instructions. Tokyo-born Mari Ono introduces you to the top Japanese origami techniques, teaching you how to understand and use paper authentically to make beautiful gifts, decorations and more. Plus, the 50 pieces of gorgeous origami paper included mean you can get started right away. The projects range from traditional ideas to more contemporary designs. Give a card embellished with symbols of love and luck for a special occasion, fill a vase with pretty paper irises to decorate your home or bring the paper to life by folding a sweet rabbit or crane. Including professional tips and finishing touches, this is the book that will show you how to create truly authentic Japanese papercrafts using the best paper designs from the modern East.

- No expensive tools are required, only paper, and 50 pieces of specially designed origami paper are included with the book.

- Mari Ono is a bestselling author – *Origami for Children* (ISBN 978-1-906525-80-4) has sold over 334,000 copies.

- Interest in Japanese culture has been steadily increasing with outside nations, with newer generations being particularly interested in its cuisine, décor, fashion and aesthetic (*The Voice of London*, Jul 2022).



also available:

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ISBN: 978-1-906525-80-4

£14.99

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Publication: March 2025

### MARI ONO

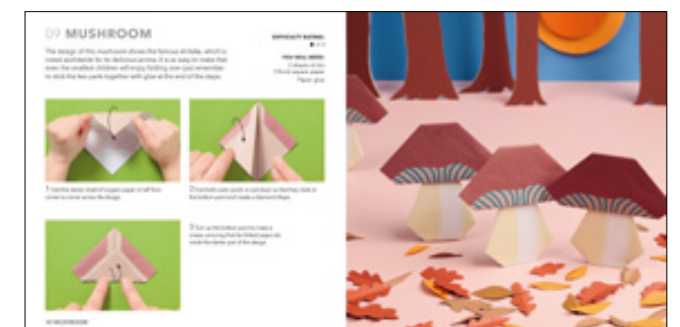
is an expert in origami and all forms of papercrafts. She and her artist husband, Takumasa, were based in the UK for many years and worked there to promote Japanese arts and crafts, but have now returned to Japan where she was born. Mari is the author of the best-selling *Japanese Origami*, *Origami Flowers & Birds*, *Mindful Origami*, *Origami Animals in the Wild*, *Origami Pets*, *Mindful Japanese Origami*, *Essential Origami*, *Origami for Children*, *More Origami for Children*, *Origami Sea Animals*, *Origami Dinosaurs*, *Origami Garden* and *Origami Butterflies, Birds, and Bees*, all available from CICO Books. Mari also blogs on her Japanese website, mari-ono.com.

Fold 15 fun animal origami models with this exciting all-in-one block from bestselling author **Mari Ono**, featuring a 64-page project book and 250 sheets of origami paper. Bestselling origami expert Mari Ono has put together an awesome collection of cute critters and interesting greenery that you might see right outside your window. Kids and adults alike will love to make cheerful squirrels, quirky mushrooms, bouncy frogs, sneaky foxes and bright butterflies. All 15 projects come with simple step-by-step instructions, difficulty ratings and clear photographs with arrows showing you where to fold, plus a basic origami techniques section to get you started, meaning mastering the art of paper folding has never been easier. *Nature Origami* comes with 250 specially designed pieces of origami paper, so you can start making the fun models right away!

- In the same format as *Japanese Origami* (ISBN 978-1-78249-795-0), which has sold over 53,000 copies, and *Origami Flowers & Birds* (ISBN 978-1-78249-862-9), which has sold over 30,000 copies.

- Origami appeals to all ages and demographics, and the widely-recognised and endearingly stylised models are sure to appeal to children and adults alike.

- No expensive tools are required and all of the paper is provided.



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## MARI ONO

is an expert in origami and all forms of papercrafts. She and her artist husband, Takumasa, were based in the UK for many years and worked there to promote Japanese arts and crafts, but have now returned to Japan where she was born. Mari is the author of many books, including *Origami for Children*, *Origami for Mindfulness* and *Origami Garden*, all available from CICO Books. Mari also blogs on her Japanese website, mari-ono.com.



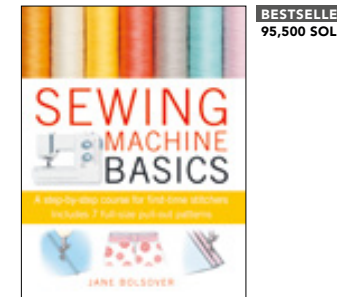
also available:  
**Mindful Japanese Origami**  
ISBN: 978-1-80065-153-1  
£12.99

Fold 35 fun transport-themed origami models with this exciting book from bestselling author **Mari Ono**, featuring 50 custom sheets of origami paper. From cars to planes, each design in *Origami Transport* is a fun and fast way to get from A to B in the world of origami – take a trip through the Japanese countryside on the iconic bullet train, a trek across the Sahara desert on a camel or an exhilarating race down the road on a stylish motorbike. The projects include easy-to-follow, step-by-step instructions, complete with photos and helpful arrows that clearly indicate where to fold the paper. To guide you through your paper-folding journey, every design is assigned a skill rating, so you can begin with a straightforward model and, as your confidence grows, progress to more intricate creations. *Origami Transport* includes 50 custom-designed sheets of origami paper, so you can jump right into crafting – ready, set, fold!

- No expensive tools are required for origami – just paper, which is included with the book – making it very accessible to new crafters.
- Mari Ono is a bestselling author – *Origami for Children* (ISBN 978-1-906525-80-4) has sold over 334,000 copies.
- Origami appeals to all ages and demographics, and the widely-recognised and endearingly stylised models are sure to appeal to children and adults alike.
- Origami has been found to improve concentration and fine motor skills, as well as reduce stress and anxiety. The repetitive motions and focus required during the folding process create a sense of calmness and relaxation (facts.net, May 2024).



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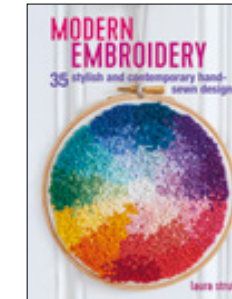
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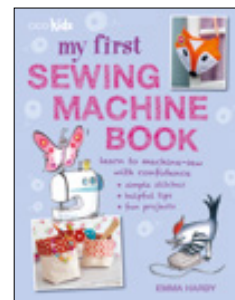
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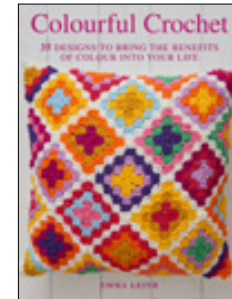
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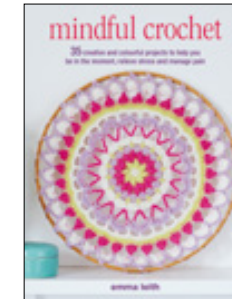
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Tunisian Crochet for Beginners



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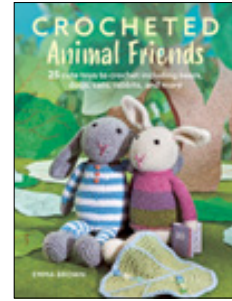
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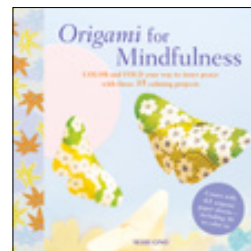
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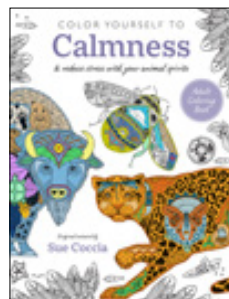
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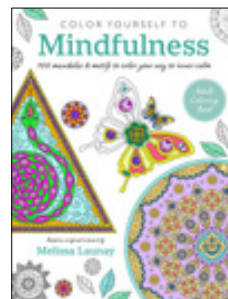
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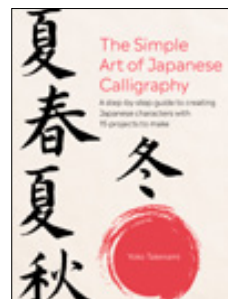
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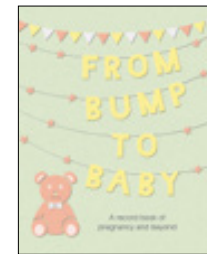
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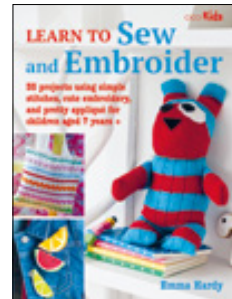
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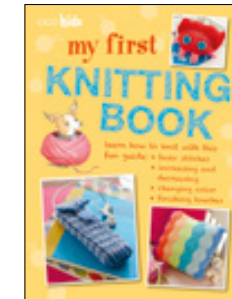
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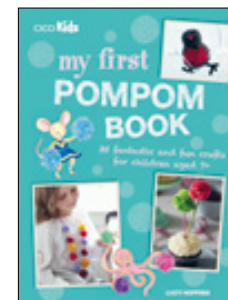
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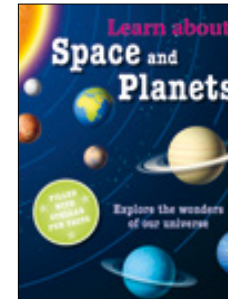
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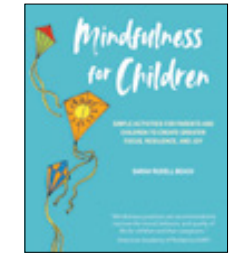
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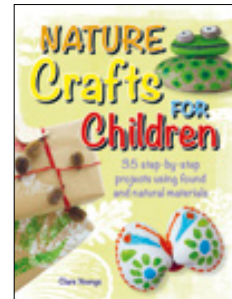
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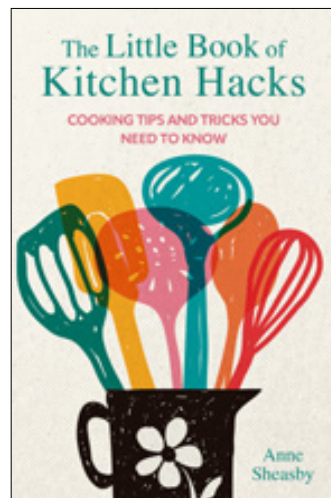
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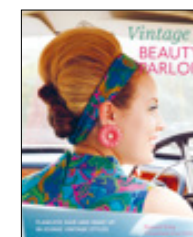
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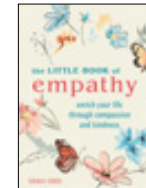
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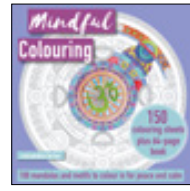
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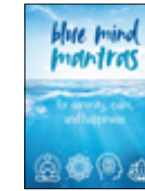
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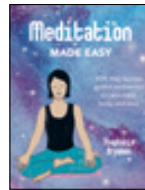
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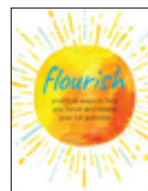
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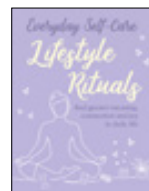
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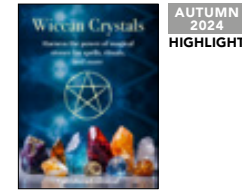
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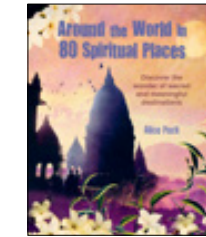
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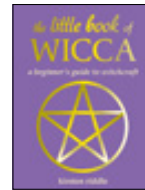
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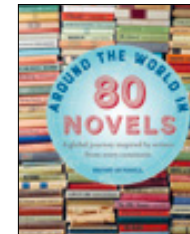
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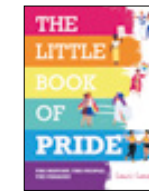
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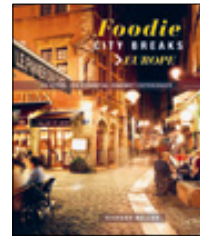
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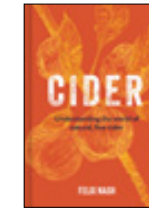
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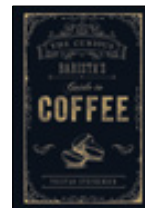
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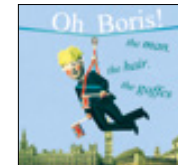
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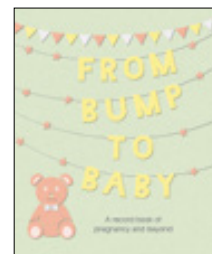
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