Recent Bestsellers

SCANDINAVIAN BAKING
SWEET AND SAVORY CAKES AND BAKES FOR BRIGHT DAYS AND COZY NIGHTS
TRINE HAHNEMANN

LOVE
cool. calm. collected

CONFIDENCE

MINDFULNESS

CRYSTALS
THE MODERN GUIDE TO CRYSTAL HEALING

JUST A FRENCH GUY COOKING
FUSION RECIPES FOR EATING BAKING AND DRINKING
ALEXIS GABRIEL AMOUZ

VEGAN CHRISTMAS
OVER 70 AMAZING RECIPES FOR THE FESTIVE SEASON
BY AVANT-GARDE VEGAN

FOREWORD BY JAMIE OLIVER
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Food & Drink
Wild Mushroom Pierogi

Mushrooms

- Clean and slice the mushrooms into small pieces.
- In a large skillet, heat olive oil over medium heat. Add the onions and sauté until soft.
- Add the mushrooms and cook until they release their moisture.

Butter

- Melt 2 tablespoons of butter in another skillet. Add the sliced onions and mushrooms and cook until the onions are transparent.
- Add the cooked mushrooms and onions to the sliced pierogi and mix well.

Pierogi

- Cook the pierogi according to package instructions. Cook until they float to the top.
- Drain and place on a plate.

Serve the pierogi with a dollop of sour cream and a sprinkle of fresh parsley.

Eating out without freaking out!

The growing demand for vegan options on the menu means that more and more restaurants are switching over, stepping up and serving vegan dishes. But what if you don’t see the little “V” mark? Well, you have a few options.

You can scan the menu for an unusually dark brown, or something alike a vegan that you can attempt to ‘fake’ by requesting substitutions. Be mindful that sometimes dishes will be made with meat or dairy products in advance – or include hidden dairy such as butter – and can’t be changed last minute, but don’t be afraid to ask! Be brave, clear and direct. Get the answer you need to feel comfortable.

You can also ask the server a question for ingredients. This sounds odd, but if you ask the server if he has a dish and an element from another, you could ask the server to combine with the kitchen and see if they are willing to create a vegan hybrid (mixing and replacing ingredients and dishes). Any chef worth his white is up for the challenge.

You might feel like you shouldn’t have to, but you’ll find lots of vegan-friendly restaurants around who are happy to accommodate with a bit of notice. Particularly if you’re clear about your needs. And consider some vegan-friendly restaurants, such as those specializing in Indian, Japanese, Thai, Vietnamese or even Mexican.

Ordering Wine

Not all wine is vegan – most is certified with Irving Cooper like gelee or egg white. If you’re ordering a glass and can’t be too sure, ask about your vegan credentials, for the same special wine – more and more restaurants and bars are serving these. They are wines made without a fining or filtration process, avoiding the animal products involved. And they often come from forward-thinking, small producers, so you’ll be supporting a wine industry to boot.
Be a better vegan with recipes, tips and tricks for eating in, eating out, and living vegan

You're being healthy, considerate to the planet, and compassionate toward animals—so why is it so hard to navigate life as a vegan? From going out for dinner, to staying in with friends, it can be a challenge to cook, eat, and socialize vegan in a world of carnivores. *How to be Vegan and Keep Your Friends* arms you with 50 recipes you can cook for yourself, your friends, and your family (without hearing any complaints!), as well as tips, tricks, and hacks for being a better, more easygoing vegan.

**Annie Nichols** is a food writer and stylist based in England. A trained chef, she has worked in restaurants worldwide and run a successful vegan supperclub. She’s the author of five cookbooks, and contributes to magazines and publishers.

- Modern, fresh publishing aimed at people in their 20s/30s
- There’s been a 600% increase in people identifying as vegan in the U.S in the last three years (*Global Data*)
Drink less or cut out alcohol completely with tips, tricks and mocktail recipes

Turning down a drink isn’t easy. Not only do you have to deal with your own desire for that chilled and glistening glass of white, you also have to tackle the: “Why aren’t you drinking?” “Are you pregnant?” “Go on... just one!” And the worst one of all: “You’re no fun without a drink!”

Well here’s the thing: you are fun! And this book shows you how and why you can still be the life and soul of the party, keep your friends, and be sober. Through a broad range of tips and tricks, you’ll feel empowered to take on those trigger moments (stressful work day; challenging family life; break ups), as well as classic big occasions (the wedding toast; the bachelorette party; the Christmas dinner).

Through the tips, you’ll learn more about yourself (why you’re giving up/cutting back), how to keep your relationships tight (with your partner, colleagues, and friends) and ways to enjoy your new found sobriety, from understanding the benefit to your health to appreciating the improvement in your bank balance.

Flic Everett is a sober journalist. She regularly writes for UK national newspapers and magazines.

- Over a fifth of those aged 25-44 now don’t drink at all, and 42% are drinking less than they did three years ago. The Telegraph
- Tips to ensure that choosing not to drink doesn’t mean not socializing!
- Perfectly timed ahead of “dry January”
'My favorite Chinese cookbook! Kwoklyn makes it easy to cook amazing Chinese food at home.'

—Dan Toombs
The Curry Guy

Chinese Takeout Cookbook
From Wontons to Sweet 'n' Sour, Over 70 Recipes to Re-create Your Favorites
Kwoklyn Wan

Take on the takeaway at home, with Kwoklyn Wan's delicious Chinese dishes

Chinese is one of our favorite takeaway foods—and it's those nostalgic, comfort-food creations that really get people salivating. Now you can make your favorite Chinese restaurant classics at home with Kwoklyn Wan's fabulous Chinese Takeout Cookbook. The book features 70 classic dishes, everything from sweet and sour chicken to char siu, wonton soup to chop suey, egg-fried rice to crispy seaweed—and most of them can be on the table in 20 minutes or less. Cook up a storm at home with Kwoklyn's fabulous take on food from the takeout.

Kwoklyn Wan is a professional chef, restaurateur and Kung Fu instructor. He grew up working in his family's Cantonese restaurant and he knows all the takeaway trade secrets.

- Chinese food is a year-round takeaway favorite
- Includes easy step-by-step instructions and a handy guide to ingredients
- Most recipes can be ready in 20 minutes!
Bite-size treats for teatime and special occasions

This is the perfect gift for Scandi-philes who want to bring a little Nordic charm into their kitchen. With over 60 sweet and savory recipes for all sorts of bite-size snacks, treats, fingerfood, bakes, and pastries, it will provide plenty of inspiration for every occasion throughout the year. Doyenne of Danish baking, Trine Hahnemann, shares all her favorite treats in this charming cookbook so that you can make your own delicious cardamom buns, almond cookies, honey bombs, coconut macaroons, miniature smoked salmon open sandwiches, and asparagus tartlets, among many others.

A chef and food writer, Trine Hahnemann writes for and appears regularly in the media in America and Britain. Trine has written seven cookbooks in English, including Scandinavian Baking, Scandinavian Comfort Food, and Copenhagen Food.

- A perfect little gift book for fans of Trine Hahnemann and Scandinavian baking
- Ideal for the holidays, birthdays and other special occasions throughout the year
- Trine’s previous books have sold over 240k copies worldwide
- The best bite-size recipes from Scandinavian Baking and Scandinavian Comfort Food, brought together in a cute format
The definitive cookbook on all things sour, from kimchi to kefir, citrus to sourdough

Sour foods have never been more popular. But what is it that makes sourness such an enticing, complex element of the eating experience? And what are the best ways to harness sour flavors in your own kitchen?

Mark Diacono sets out to demystify the sour world, and explore why everyone’s so obsessed with kombucha and fermenting for good digestion. By grappling with gooseberries and turning his hand to sourdough, experimenting with ultra-cool shrub cocktails, and making his own yogurt, kefir and pickles, Mark tells the story of what makes things sour, and offers recipes that maximize the transformative power of this amazing taste.

Mark Diacono is a food writer, gardener and photographer. He has published two books to great acclaim and is also the author of three River Cottage Handbooks.

- Sour is the enduring taste trend of the last few years and this is the first comprehensive cookbook on the subject
- Sour and fermented foods have been proven to be beneficial to gut health; this isn’t just for foodies, but for health-conscious consumers
- The book doesn’t just cover ferments and pickles: there are also beautiful recipes to bring sour flavors into your everyday cooking and even cocktails
Leaf
Lettuce, Greens, Herbs, Weeds—120 Recipes that Celebrate Varied, Versatile Leaves
Catherine Phipps
October 2019 | HC | CKB105000
$35.00 | 9781787132405
256pp | 6.8 x 9.7 | 12lb 4oz
Full color photography throughout


120 enticing recipes for herbs, lettuces, greens, and everything in between

Leaves are a riot of color and texture—from the palest shades of white and yellow, through to the deepest, darkest greens, via rich purples, reds, and pinks. Tightly furled torpedoes; spiky, crinkly, curly, delicate, feathery.

From lettuce and herbs, through cabbages and even tea, Catherine Phipps explores the wonderful world of culinary leaves. With 120 recipes taking in soups, salads, brunches, starters, mains, desserts, baking, preserves, and drinks, this is the complete, definitive book of cooking with leaves of all kinds.

Catherine Phipps is a food writer, cookbook author and recipe developer who has frequently featured on TV and radio. She is the author of four books, including Citrus (Quadrille 2017).

· The definitive book for cooking with leaves of all kinds
· A beautiful package with high-end finishes
· Taps into the food waste movement and the shift towards making leaves the focus of a meal

Also available
Citrus
9781849499002
Pretty, cool hydration with 2019’s most Instagrammable drinks trend

We all know we should drink more water—sales of reusable water bottles have soared as we seek to cut down on our plastic and maintain maximum hydration. But it hasn’t been the most inspiring of drinks—until now.

*Infused Waters* offers 50 beautiful, healthy drinks that will help you get through the day’s challenges. With recipes for fruit infusions, herbal waters, and spicier blends to relax, restore and revive, you’ll find ways of adding a little vitamin C to your office bottle, and floral fragrance to the dullest of drinks.

**Georgina Davies** is a London-based chef, food stylist, and recipe writer who is passionate about delicious, healthy food made from fresh and seasonal ingredients. Her extensive knowledge of nutrition informs her recipes.

- Floral infusions in water have been highlighted as a major drinks trend for 2019
- Hot trend on Instagram: #infusedwater has over 380k tags
Nutritious soups that are good for body and soul

With these 60 nourishing soups, there’s something for every season and every appetite. All the soups have an emphasis on well-being, with nutritious ingredients that include healthy whole grains, legumes, and fresh produce, and every one is packed full of wholesome flavor from herbs and spices and creative toppings. There are a number of dairy-free, vegetarian, and vegan options, with yet more that can easily be adapted for these diets. The book begins with soup-making tips, basic broths, and healthy toppings to get you started.

Rebecca Woods is a food stylist, recipe writer and developer who has worked for British press and leading brands.

- A beautiful, modern take on nutritious soups, aimed at the young, wellness-aware market
- Caters for various diets, including vegetarian, vegan, and dairy-free
- In the same fresh series as Nourish Bowls and Nourish Cakes
Fun and creative ways with the world’s favorite vegetable

Wedges, mash, rösti, gnocchi, baked potatoes, hash browns, roast potatoes, French fries, Dauphinoise—no other vegetable is so versatile, comforting and delicious. In this latest addition to the *Posh* series, we celebrate the humble potato in its many forms and offer amazing new ways to cook it. Through Breakfast & Brunch, Lunch, Snacks, Sides, and Mains, you’ll discover a variety of dishes from around the world, and every recipe is accompanied by a tempting photo. Recipes include Poutine, Sweet potato falafel wraps, Latkes, Loaded potato skins, Fondant potatoes, Potato, rosemary and gorgonzola pizza, and Homity pie.

**Rebecca Woods** is a food stylist, recipe writer, and developer whose clients include the *Telegraph, The Sunday Times, BBC Good Food, Olive, Harrods,* and the *Daily Mail.*

- The latest in the *Posh* series (over 220k copies sold worldwide)
- Per person, 116 pounds of potatoes are consumed each year in the US
- Over 70 brilliantly inventive ideas from around the world
The Curry Guy goes veggie with over 100 amazing vegetarian recipes

Vegetarian food at Indian restaurants can often seem unimaginative—yet Indian veggie food is some of the most exciting in the world. Curry Guy Veggie showcases koftas, gnocchi, idli, dosas, stuffed breads and fried breads, as well as the classic vegetable and side dishes that we all know and love. All of the ingredients are accessible and easy to find in supermarkets or Asian stores—and with detailed step-by-step instructions, you’ll be making your own vegetarian curry feasts in no time at all.

Dan Toombs (aka The Curry Guy) has perfected the art of replicating Indian restaurant cooking. Originally from California, he has spent over 20 years traveling and learning kitchen secrets in Indian restaurants. Dan has created recipes that taste amazing but can be made in less time and for less money than eating out.

- The Curry Guy’s first book has sold over 100k copies worldwide
- Vegan alternatives offered throughout
Craft
Also available
Macramé
9781849499408

Macramé 2
Accessories, Homewares & More—How to Take Your Knotting to the Next Level
Fanny Zedenius

September 2019 | PB | CKB055000
$19.99 | 9781787134102
144pp | 7.9 x 10 | 1 lb 5 oz
Full color photography throughout

Everything you need to take your knotting further through 20 striking homewares and accessories

Fanny Zedenius is back and ready to take your macramé to the next level.

Beginning with the basics, Fanny will teach you 30 new knots and how to combine them, and inspiration on displaying your makes and the best way to calculate your rope lengths.

Macramé 2, includes a stunning collection of advanced projects such as beautiful wall hangings, an impressive canopy, backpack, top, and cushion cover. Fanny also provides tips on natural dyeing, weaving, and how to tackle large projects. All the projects are photographed and clearly illustrated.

Fanny Zedenius is the macramé artist and designer behind the Instagram profile @Createaholic (57k followers). She sells her beautiful creations online and hosts workshops. Her work is sought after by interior stylists and has featured in magazines and adverts.

• Macramé 2 takes crafters to the next level with 30 more complex, new knots to master
• Includes a stunning range of projects such as wall hangings, bed canopy, cushion cover, backpack, and a top
• Fully illustrated with beautiful project photography and step-by-step instructions
• Follow up to the bestselling title that has sold over 25k copies in North America alone
Curved purse

So you’ve made yourself a beautiful bag (or maybe six!) but now that means your tatty old purse is really not cutting it any more. This curvy little one will fix that for you. In two sizes, the larger version can double as a small clutch for those times when you really only need your phone and card, or a handy little makeup bag!

Materials
- ¼m outer fabric (I’ve used medium weight canvas or washable paper fabric*)
- ¼m lining fabric
- 15cm metallic zip for large purse or 12cm zip for small purse
- Thread to match your fabric
- Basic sewing kit
- Template provided

*note: To give your paper fabric a crinkly, vintage leather look, simply pop it through the washing machine at 40 degrees and leave to dry!

Cut out

For the large purse:
- outer Template A two pieces
- lining Template A two pieces

For the small purse:
- outer Template B two pieces
- lining Template B two pieces

26 27

Cut two 75cm lengths of webbing for the main straps. Tuck one end of each strap under the strip pinned at the top of your panel, on either side of the loop. Pin in place.

Thread the other end of a strap through the corresponding strap adjuster, then through the d-ring, back up and over the central bar of the adjuster again (see STRAPS on page ? for more detail on how to do this). With about 4cm of webbing sticking out of the strap adjuster fold the end under by 1cm and pin to the strap. Repeat this step for the second strap.

Sew the ends of your straps closed (I also added a few stitches by hand at the sides to stop any frayed ends showing).

Return to the strip holding your loop and the tops of your straps in place. Sew all the way around its edge, about 2-3mm in. Do this a couple of times to make it secure.

Lay the back panel of your backpack (the one you’ve just sewn the straps to) face-up and arrange the straps in the middle so they don’t overlap the edges. Lay your second outer panel face-down on top, pin along the sides and bottom edge, then sew along those edges, too.

Square off the bottom corners of your outer bag (see page ? for detailed instructions and images), with both the tips of the corners.

Repeat steps 10 and 11 with both your lining but don’t turn it right side out.

Sew your lining piece into your outer and line up the seams. Trim the edges of the lining to the same length as your outer bag. Tuck both in to allow room and pin together. Sew all the way around the bag edges about 3mm in.

Additional KAM snaps to your tab about 6cm from the end, making sure the caps are on the front. (I used a small sharp tool to make a small round hole). Fold the tabs to make a small pocket.

Fold the top of your bag over by about 9cm, so that the strip holding the loop and straps is at the top of the bag. Check your tabs are both roughly the same distance from the side edges and that the KAM snaps meet the front of your bag. This will give the correct positioning of your KAM snaps when needed.

Add the other halves of your KAM snaps to the front of your bag, where you’ve marked, making sure the caps are on the inside of your bag (see KAM SNAPS, page ?).
Sew your own beautiful bags with 18 step-by-step projects for all levels

Whether you're a beginner crafter or experienced maker, *Bags* will help you build on your skill level as you create a stunning range of bags from a simple drawstring tote to a stylish fold-over backpack.

As you work your way through the 18 projects, you'll learn how to sew interesting shapes (such as a cubed bag or round bucket bag), work with different fabrics (cotton, canvas, linen, and more), and discover how to work in zips, pockets, straps, and other add-ons.

Step-by-step guidance, plus a wealth of tips and tricks, mean you'll build in confidence as you develop your technique, while modern designs and details will inspire you to get creative with your makes.

Anna Alicia is a designer-maker and craft-writer living in East London. Anna's label A Alicia, founded in 2008, offers an ever-evolving collection of handmade textile and ceramic jewelry, bags, and homeware. Anna writes regularly for craft magazines and has contributed to several craft books.

- A standard sewing pattern for a bag retails at between $10—$17 making this book an absolute bargain
- 18 stylish designs for all occasions—projects cover bag essentials for everyday, travel, and special occasions
- Build on your sewing skills and techniques as you work through the book
Wellbeing
Explore the world of hilarious, crazy Scandi sayings

Scandinavians are cooler, sexier and more stylish than the rest of us. They have a higher standard of living, greater economic opportunity and equality, the world’s best restaurants, and moody TV dramas involving murders and sweaters.

But did you know, amidst the obsession with *hygge*, IKEA and *lagom*, that Scandinavian sayings are absolutely BIZARRE?!

Take the Swedish ‘*Skita i det blåa skåpet*’, which roughly translates as ‘You’ve done a sh*t in the blue locker’ (‘You’ve really messed things up now’). Or, in Norway, ‘*Født bak en brunost*’: ‘He was born behind a brown cheese’ (this chap is a bit slow on the uptake).

In Denmark you might say instead: ‘*Han har roterende fis i kasketten*’ (he’s got rotating crap in his cap!).

This witty, enlightening book will give you 50 phrases you never knew you needed in your life, explaining their origin and literal translations, with fun color illustrations throughout.

- Humor book that capitalizes on the vogue for all things Scandinavian
- Similar title *Lost in Translation* (with sayings from all over the world) sold over 30,000 in the US
- Perfect Christmas gift appeal with cute package and illustrations
Your fate lies in the cards...

From understanding the cards and deciphering their meanings, to finding out what direction your life will take, let Titania guide you through the Lenormand technique of fortune telling.

Though faithful to the symbolism of the original cards, this set offers a contemporary twist on ancient spiritual teachings to reflect our modern lives. Thirty-six striking cards combined with a book on layout and interpretation mean taking a glimpse at your past, present, and future has never been so easy.

Whether you’ve a history of magic or are new to the world of divination, *Titania’s Fortune Cards* pave the way for a fresh look at the spiritual world and your place within it.

**Titania Hardie** is a third generation White Witch. Her family originates from Cornwall, England, and through her mother’s guidance she nurtured her own psychic abilities. She is the successful author of a range of distinctive books on folklore, magic, and divination.

- The original edition sold 300k copies worldwide
- The perfect gift for someone curious about fortune telling or looking to expand their knowledge
- Caters for the current fascination with all things ‘magic’
- New age has been rebranded as self-help for the social media age
- Book and card set, featuring 36 cards
Superstition
Black Cats and White Rabbits—
The History of Common Folk Beliefs
Sally Coulthard

October 2019 | HC | SOC011000
$19.99 | 9781787133631
144pp | 5.3 x 7.3 | 1lb 4oz
Full color illustrations throughout

A fascinating guide to superstitions and their history

Superstitions have captured our imaginations for centuries but we are often unaware of where they came from and why.

In her new book Superstition, Sally Coulthard explores the history and origins of 50 of these fascinating cultural behaviours: how they affect our every day lives and why many of these beliefs still permeate modern life. From opening umbrellas indoors to not putting new shoes on the table, Sally gets under the skin of these peculiar pastimes and reveals how they started and what made them so popular.

Best-selling author Sally Coulthard has spent her life designing, building and writing about craft, homes, and outdoor living.

- Examining 50 of the most common superstitions and folk beliefs from around the world
- We’re still fascinated with folk rituals and ancient beliefs—25% of people in the US consider themselves superstitious
- Perfectly timed ahead of Halloween
- #superstition has over 139k tags on Instagram
Soothe the soul with 150 mindful tips and tricks

More and more of us are suffering from the daily stresses and strains of modern life. A follow up to the best-selling *Little Book of Mindfulness*, this book explores the ways in which we can achieve mindfulness in our daily lives and regain focus, whether through home and family, in nature, at work, in your relationships, or simply general wellbeing.

- The follow up to the bestselling *The Little Book of Mindfulness*—which has now sold over 1 million copies worldwide
- 150 new quotes, exercises, and tips to equip you with the tools to live a more mindful life
- The perfect, pocket-sized book for slowing down and embracing a new approach to life
- High-end finishes with cloth cover and ribbon marker
Appreciate your nearest and dearest

The ties that bind us don’t have to be physical. Every time we meet someone, we forge a bond, a spiritual cord that ties us together. *The Little Book of Us* is a collection of inspiring quotes and practical exercises that capture the spirit of togetherness. Whether celebrating friends, family, or ‘the one’, let this book guide you through the many forms of love.

- A celebration of ‘us’ through 150 quotes and exercises
- The perfect Valentine’s Day gift: Americans spent $19.6 billion on Valentine’s Day 2018
- High-end finishes with cloth cover and ribbon marker
The Little Book of Sex
Passion | Romance | Desire
Joanna Gray
August 2019 | HC | HEA042000
$9.99 | 9781787134096
192pp | 4.1 x 5 | 6 oz
Text black throughout

Make your sex life sizzle with cheeky quotes and tips
Succumb to your primal desires with The Little Book of Sex. From the first signs of attraction to the post-coital glow, explore the wonderful world of sex through raunchy quotes, tales of history’s most insatiable lovers, and sensual tips to get you in the mood for lurve.

- 150 quotes, exercises and tips to spice up your love life
- The perfect pocket-sized gift for Valentine’s Day, anniversaries, or bachelorette parties
- High-end finishes with cloth cover and ribbon marker

Also available
The Little Book of Mindfulness
9781849494205
The Little Book of Happiness
9781787131125
The Little Book of Mindful Travel
9781849497695
The Little Book of Quiet
9781849495165
The Little Book of Love
9781849495615
The Little Book of Tidiness
9781787131132
The Little Book of Friendship
9781849495356
The Little Book of Confidence
9781849495158
Chapter 01: Fart Chemistry

WELLBEING

The basics: what is a fart?

Everybody farts. It's a completely natural, healthy part of your digestion, with a typical person farting around 10–15 times a day, producing an average of 1.5 litres/2½ pints of gas. We fart less at night but more as we start to eat a meal because of reflex actions from the stomach that kick-start the colon. Women fart less than men by volume but tend to produce smellier gas, and both volume and smell are closely related to the food you eat. Bigger, smellier farts are no more or less healthy than smaller, smell-free farts.

Around 25% of your fart gas is simply swallowed air that has gone all the way through your body, but the other 75% is made by various digestive processes, mainly the breakdown of dietary fibre by your gut bacteria. The best farts come in the form of complex carbohydrates, especially molecules called oligosaccharides or oligo-saccharides (polysaccharides with 3–15 sugar units) mainly found in beans, root vegetables, onions, beetroots such as cabbages and endive/morocco, fruit and dairy products. The process is known as fermentation, anaerobic, eating or digestion, and it's anaerobic, meaning that it happens without oxygen (most of the 100 trillion microbes in your gut won't survive in oxygen-rich environments).

'Just to be clear, you're carrying around 100 trillion little alien creatures in your colon that are not human.'

Digestion Stage 1: Chewing – mechanical breakdown

Your mouth is a vastly diverse place, with up to 120 kg of your food. As you bite down on your food, and you're forgiven for thinking that this might be a rather abrupt, crunchy experience, the most important part of the digestive process, but you'll be wrong. All you're really doing is increasing the surface area of the food so that the next stage of digestion can happen. That said, the most dramatic and obvious part of eating is the sensory experience in your mouth, and the act of getting nutrients out of it. As we chew our food we enjoy the smell and taste of the food molecules as they interact with our chemoreceptors, and we enjoy the texture as the food activates our mechanoreceptors. We'll also sense the heat via our chemoreceptors and the warmth of our food (especially the fat content) as it interacts with our oral receptors (heat perception is actually a hyperesthesia too). But none of these features of food has nutritional value other than to encourage us to enjoy foods with less of their energy. Interestingly, the process of eating a meal primes your nervous system to send messages to your large intestine that encourage you to go to the toilet, which is why as the food you're eating is still hours away from being anywhere near your colon, at least it knows that more is coming.

Digestion Stage 2: Saliva – enzymatic breakdown

You produce about 2 litres/3½ pints of saliva a day, containing 94–99.5% alongside an enzyme called amylase, which breaks down your food into its component parts. Saliva also contains small amounts of calcium, fluoride, magnesium, sodium, salt acid, presence, pepsinase and histamine.

Try this easy demo:

Mix up some instant custard and split it into two glasses. Split into one glass 4–5 times (I usually get several people to split it in, which they find surprisingly revolting) and stir it in with a teaspoon, then pour both custards down into a chopping board held at an angle. The split custard will be very watery while the control custard will still be thickly viscous. The saliva has broken down complex sugars in the custard, making it very watery, and the reaction happens very quickly.

Digestion Stage 3: Swallow food via the oesophagus

Around 50 pairs of muscles are involved in the complex process of preparing and swallowing your food. As the food is pushed towards the back of your mouth a swallowing response is triggered.
Everything you ever wanted to know about farting but were afraid to ask

What is a fart? What would happen to you if you didn’t fart? Why do farts smell? Why do we find them so embarrassing... and so darned funny?!

Obsessive fartologist Stefan Gates tackles these pressing issues in Fartology, the first book to take a scientific look at the body’s methane-making abilities. Stefan looks at the journey from food to fart, the weird science behind intestinal gas, the sounds, smells, and all things in between. With farty recipes, musings on the greatest farters in history, farts in literature, and fart euphemisms, Fartology offers mind-blowing fun for all the family.

**Stefan Gates** is a food and science writer and British TV presenter. He is a leading science communicator, creating live shows (including Fartology on stage) at high-profile science fairs.

- The ideal gift for the big kid in your life!
- Brilliantly combines humor and popular science
- Eternally popular “toilet” book—literally, in this case
**Sleep, eat, wag, repeat! Let dogs show you how to find ultimate happiness**

Embrace your inner canine and *Be More Dog*! From finding your wag to barking loudly and making friends, this book will show you how to say 'woof' to life.

Whether it’s a mad dash around the local park or sneaking an errant sausage off the BBQ, the world is a wagtastically wonderful place full of fun and treats if you’re willing to open your heart. From Great Danes to Miniature Dachshunds, Poodles to Chihuahuas, there’s no such thing as an underdog—every pup has something to offer!

This book reveals the different doggie traits that you can adopt to *Be More Dog* and live a happier, healthier, more ‘courageous canine’ existence. Packed with practical tips and exercises, interspersed with folklore and fun facts about our loyal, loving companions, there’s something for everyone. So, throw yourself a bone, use the power of the paw, and learn the art of being more dog.

**Alison Davies** runs workshops at universities showing academics, students and early years practitioners how stories can be used as tools for teaching and learning and writes for a wide range of magazines.

- The perfect gift for the dog-lover in your life, full of heart-warming tips for happiness
- Following on from the best-selling *Be More Cat* (over 10k copies sold in North America alone)
- There are 89.7 million pet dog in the US
A practical guide to put the song back into your heart

It’s official: singing is good for you. Singing delivers a host of physical and emotional benefits including lower heart pressure, increased aerobic exercise, improved breathing, posture, mindset, confidence, and self-esteem. Whether you do it alone or in a choir, Sing will put a spring back into your step.

Drawing on singing teacher Rosie Dow’s extensive work and experience in vocal exercises, this book offers expert guidance and practical tips to cultivate emotional and physical wellbeing.

Crucially, anyone can do it—you just need to find your voice.

Rosie Dow, an experienced singer, choir leader and community musician, also works with people affected by ill-health and women in the military community, using singing as a way to offer support, fulfilment, and friendship. She has worked with universities to publish research on the social, biological, and mental health benefits of singing.

- Singing can boost your confidence, happiness and wellbeing
- Covering all the fundamentals of singing from the science, to taking control of your voice and discovering your creativity
- Includes practical vocal exercises from an expert author
JELLYFISH

We make a big deal about Jellyfish being so darned watery. And it’s undeniable: they are on the watery side – between 95% and 99% in truth. But then adult Humans average around 55-60% water and infants can be as much as 78%, which, if you think about it, is kind of hilarious. Small children are basically puddles (page 79) with a sort of aquaplay face attached – so wonder they easily make scenes. Anyway, back with the Jellyfish, or Chelaeetes (Greek for ‘sea nettle’) to give them their proper name. We should really be leading their desire to keep things uncomplicated. They’re no fans of systems, for example: they don’t bother with a central nervous system, a respiratory system or a circulatory system. A brain is also deemed surplus to requirements, which is a bold step for any animal. However, with 9000-odd species drifting about the oceans and one of the longest family trees on Earth – some of their fossilised ancestors are nearly 500 million years old – one can hardly maintain that it’s a formula that hasn’t worked for them. Sure, some Jellyfish like to mix things up by having eyes, or by being really big (some are larger than Humans), and those varieties that sting possess cells that literally explode on contact with prey or an unwary swimmer’s leg, but most recognize that they’re just simple plankton, floating about being Zen. It’s as well they don’t have much of an awareness of time, really, since most of them shuffle off their mortal gastrovascular cavity within a year and particularly tiny ones may only hang around for a few days. Which does rather put everything into perspective.

NATURE’S LESSON
Stay hydrated.

SLUG
‘Homeless Snail’, ‘tube of slime’, ‘wormslam made flesh’ – if ever there were a creature in need of a top-flight PR agency it is the Slug. And yet these purplish critters are more like Humans than we might care to imagine: not only do they have a hang and kidneys but, like most Humans, a heart too. Despite this, for many centuries, these semi-humanoids were swallowed whole as a remedy for a wide range of ailments such as toothaches, warts and tuberculosis. Nowadays the Slug’s fans, all too often, is a more prosaic rubbing out at the hands of some unfeeling gardener. If they’re lucky, this entails being split in twain by a well-aimed spade or pinned into some hapless victim in an Agatha Christie novel. But more terrible by far is death by slite – the palpitations of the Slug world – for this process dries out all the moisture from within the poor beast, literally dessicating it alive. No one wants that.

NATURE’S LESSON
Slugs, like us, years to be the object of a little Human love and sympathy. Unlike Slugs, you have a chance of this dream coming true. Also, beer will not kill you. Not immediately, anyway.
Curiously uplifting messages, inspired by the underdogs of the natural world—from bacteria to woodlice

Dixe Wills likes to champion the underdog. In this new book, he celebrates 70 things from the world of nature that are maligned by humans and yet manage to beat the odds in some inspiring way. From bacteria and bluebottles, to puddles and wasps, there’s so much we can learn from the natural world around us. Take the slug: "Slugs, like us, yearn to be the object of a little human love and sympathy. Unlike slugs, you have a chance of this dream coming true. Also, beer will not kill you. Not immediately, anyway."

Dixe Wills is an author, travel journalist and radio performer. He writes for the media in the UK and regularly features on BBC radio. He is the author of several bestselling books.

- Will appeal to all nature lovers
- Dixe charts new ground by mining the fertile—and often funny—subject of the natural world in his much-loved style
Stationery
**FIX YOUR EYES ON THE PREY AND SLOWLY MOVE TOWARDS IT!**

Apply the cat’s hunting ethos to other aspects of your life and make a list of three goals to achieve over the next year.

With each one write three things you can do to help you move towards this goal.

---

**‘CAT DO’ ATTITUDE**

Remove the words ‘I can’t’ from your vocabulary and replace it with ‘I can’ or if you prefer ‘I cat’.

Whenever you hear your inner voice speaking, say ‘stop’ in your head and replace it with something positive. This will help you develop an open-minded flexible approach and a ‘cat do’ attitude in all aspects of your life.
Also available
Be More Cat
9781849499521
Sticker Power

Add some personality to your journal with this new sticker-led series. 300 specially illustrated, themed stickers are gummed into the front of the journal for easy removal once used. The journal then has 128 internal pages featuring a combination of lined, dot matrix, and blank 2 color designs.

Girl Power

October 2019 | HC
$16.99 | 9781787134461
128pp | 5.3 x 7.3 | 16oz
Full color stickers throughout

ISBN 978-1-78713-446-1

Spread the word of female empowerment by adorning your journal with stickers promoting all things girl power. The future is female, so stick with it.

Cosmic Power

October 2019 | HC
$16.99 | 9781787134454
128pp | 5.3 x 7.3 | 16oz
Full color stickers throughout


Bringing mysticism into the modern day, these cosmic stickers will add a bit of magic to your journal. Stick with the celestial and live in the now age.
Feeling cantankerous, grouchy, irritable or just down-right bad-tempered? An antidote to the plethora of saccharine journals exhorting us to be relentlessly happy, One Rant a Day provides the much-needed space to record your daily diatribes in private. No judgement, no audience, and no repercussions. And you never know, you may even feel better afterwards.
I Like Birds

I Like Birds is an award-winning Scottish brand producing bird-themed designs with universal appeal. Distilling the natural world into something simple and beautiful, I Like Birds blends a passion for aerial wildlife with fresh design to create products that are fawned over by nature lovers and the design cognoscenti alike. All the stationery products are printed on environmentally friendly FSC paper.

I Like Birds: River, Estuary & Shore
Boxed Set of 3 Bird-Themed Journals

August 2019 | Box set of PB
$14.99 | 9781787133716
96pp each | 4.1 x 5.8 | 11oz
Full color illustrations


A beautiful slip-cased set of 96-page paperback journals, one lined, one plain, one graph, featuring three different bird designs.
I Like Birds: A Puffinry of Postcards

A Collection of 20 Bird-Themed Postcards

August 2019 | Postcards
$14.99 | ISBN 9781787133709
20pp | 4.1 x 5.8 | 5oz
Full color illustrations

20 stunning postcards with 10 different bird-themed designs.

Also available

I Like Birds: A Parliament of Owls
Family Planner
9781787132399

I Like Birds: Swallows On a Line
Hardback Notebook
9781787131514

I Like Birds: Nesting Set of 2
Paperback Notebooks
9781787132375

I Like Birds: Oyster Catcher
Boxed Notecards
9781787131507

I Like Birds: An Alphabet of Birds
Address Book
9781787131491

I Like Birds: Flying Puffins
Spot & Jot
9781787131484

I Like Birds: Flying Puffins Guest Book
9781787132382

I Like Birds: Swallows On a Line
Hardback Notebook
9781787131514
Backlist
DALE PINNOCK is the preeminent voice in eating for good health. He has degrees in Human Nutrition and Herbal Medicine and a Masters in Nutritional Medicine, so he knows what foods really do your body good, and why. Vitally, he has also worked as a chef and knows the importance of using affordable, accessible ingredients in his mouthwatering recipes, to make it easy for us to unlock the full potential of the nutrients in our food to maintain health and fight disease.

In the modern world, anxiety and depression are epidemic and growing at an alarming rate. In this book, Dale Pinnock AKA The Medicinal Chef explains why—and how changing your diet can alleviate your symptoms. He unpicks the physiology and anatomy of anxiety and depression to show how diet can affect the hormones that alter mood, then shows how to cook fabulous food to include those powerful nutrients in every meal.

Put a smile back on your face and help relieve your symptoms by eating powerful nutrient-dense ingredients which will lift your mood and change your life for the better.


52499
Nourish Bowls
KIMBERLY PARSONS
9781849497985 | $22.99
CKB039000 | HC | 160pp
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Nourish Cakes
MARIANNE STEWART
9781787131163 | $22.99
CKB004000 | HC | 144pp
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Superfoods
JULIE MONTAGU
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HEA017000 | HC | 176pp
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Vegan 100
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CKB086000 | HC | 192pp
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The Yoga Kitchen Plan
KIMBERLEY PARSONS
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**Backlist**

**Food & Drink**

- **Aperitif**
  - Author: Kate Hawkings
  - ISBN: 9781787131262
  - Price: $22.99
  - Format: HC, 160pp
  - Dimensions: 6 x 9.2 x 0.8in | 1lb 4oz

- **Baked With Love**
  - Author: Peggy Porschen
  - ISBN: 9781787130463
  - Price: $9.99
  - Format: HC, 64pp
  - Dimensions: 5.5 x 5.5 x 0.4in | 7oz

- **Batched & Bottled**
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  - ISBN: 9781787131552
  - Price: $24.99
  - Format: HC, 192pp
  - Dimensions: 6.5 x 9.2 x 0.9in | 1lb 9oz

- **Brew**
  - Author: James Morton
  - ISBN: 9781849497275
  - Price: $24.99
  - Format: FB, 160pp
  - Dimensions: 6.3 x 8.3in | tbc

- **Bread & Butter**
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  - ISBN: 9781787131736
  - Price: $29.99
  - Format: HC, 320pp
  - Dimensions: 6.75 x 9.75 x 1.25in | 2lb 4oz

- **Big Salads**
  - Author: Kat Mead
  - ISBN: 9781787132108
  - Price: $24.99
  - Format: FC, 176pp
  - Dimensions: 7.9 x 10 x 0.75in | 1lb 3oz

- **The Burger Book**
  - Author: DJ BBQ (Christian Stevenson)
  - ISBN: 9781787133648
  - Price: $19.99
  - Format: FB, 160pp
  - Dimensions: 6.3 x 8.3in | tbc

- **The Art of the Pantry**
  - Author: Claire Thomson
  - ISBN: 9781787130470
  - Price: $29.99
  - Format: HC, 320pp
  - Dimensions: 6.75 x 9.75 x 1.25in | 2lb 4oz

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    - Format: HC, 320pp
    - Dimensions: 6.75 x 9.75 x 1.25in | 2lb 4oz
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SUSANNA FORBES
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SUE QUINN
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CATHERINE PHIPPS
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<td>192pp</td>
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