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BOOKS

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books to inspire and delight

**SPRING 2024 NEW TITLES**  
(JANUARY–JUNE)

•  
**BACKLIST CATALOGUE**

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

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### KEY TO FOREIGN LANGUAGE RIGHTS

AA – Afrikaans; AE – Arabic; AU – Australian; BE – Belgian;  
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All our forthcoming **paperstyle** stationery and most of our backlist is printed on FSC paper. The FSC (Forest Stewardship Council) label ensures that the forest products used in our items come from responsibly harvested and verified sources.



# Cocina de Andalucía



ISBN: 978-1-78879-587-6

192 pages (FSC paper) | 150 colour photographs  
 254 x 200 mm | £22.00 (hardback)

Carton quantity: 10

Publication: April 2024



### MARÍA JOSE SEVILLA

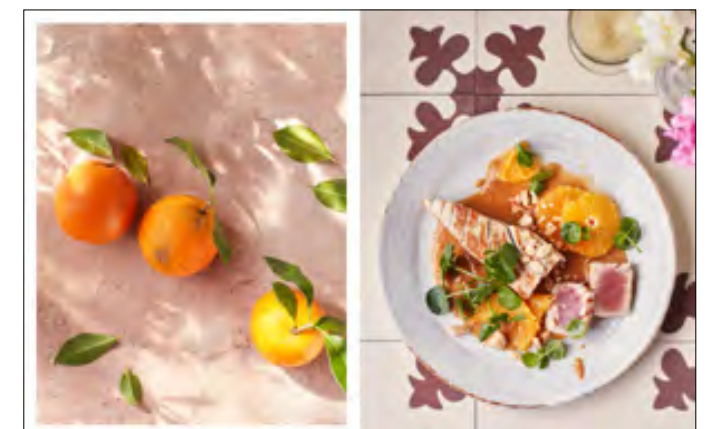
is a Spanish cook and writer who is expert in Hispanic gastronomy and viticulture. She has written a number of books and is a member of the British Guild of Food Writers, and a member of the Grand Order of Wine Knights (the highest recognition of experts in the field). She holds the Diploma of The Wine and Spirit Education Trust and won the Glenfiddich award in 1992.



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

Andalucia is the largest region of Spain and has a food tradition that is rich in shades from the past: Moorish, Christian and Jewish influences prevail, but there is so much more to discover. Following decades, if not centuries, in which the local food accepted prejudice from outsiders, any change was inhibited; but now a revival is taking place. This is supported by the array of amazing ingredients from land and sea, by memories and aromas from the past and by current innovation by Spanish chefs. *La Cocina Andaluca* has become even more attractive, improved without losing any of its character and taste. This selection of truly authentic recipes has been developed by **María Jose Sevilla** during time spent in her house near Seville. Each recipe will be accompanied by short histories relating to the character of a chosen locality, a particular dish or equally important, the people that grow and prepare the food. It would not be a book about the food loved by the Andalucians without including some local ingredients and regional specialities such as Iberico hams from Huelva, olive oils from Cordoba or Jaen, olives from Seville or sherry vinegar, sea salt and tiger prawns in Cadiz.

- Beautiful photography, fascinating essays, authentic Spanish food – a celebration of Andalusian Spain.
- Also included are notes on Sherry, Montilla and Malaga wines, which are not only drunk but also an important ingredient in many dishes.
- The author is a leading authority on Spanish cuisine who has presented in the US, Australia, Canada and Japan.



# The ScandiKitchen Cookbook



ISBN: 978-1-78879-599-9

160 pages (wood-free FSC paper)  
75 colour photographs | 235 x 190 mm  
£20.00 (hardback)  
Carton quantity: 22  
Rights sold: DE, RU  
Publication: May 2024



### BRONTË AURELL

is a Danish entrepreneur, restaurateur and cook. Together with her Swedish husband Jonas, she runs the acclaimed ScandiKitchen Cafe and shop in central London. A keen cook herself, Brontë has been published widely in national magazines and newspapers, including *The Guardian*, *The Times*, *Olive* and the *Evening Standard's ES Magazine*. Brontë and her food have also featured on BBC Radio, Channel 4 and Danish TV. She lives in London with Jonas and their two daughters.



also available:  
ScandiKitchen Midsommar  
ISBN: 978-1-78879-357-5  
£18.99

There's so much more to Nordic food than pickled herring and meatballs. Stretching from the midnight sun of northern Norway to the flat, fertile fields of Denmark, Scandinavian food culture is a lot more varied than you might think. Dishes and ingredients link all the regions together, bringing a uniquely Nordic food experience to life that was created by thousands of years of heritage and shared culture. Scandinavian food is simple. Natives call it 'husmanskost' (farmer's fare). It's natural and honest. When you work with the very best produce, there's no need to overcomplicate it. Its appeal lies in the fact that it is healthy, wholesome, flavoursome, simple to make and beautiful to look at. This book features recipes for all occasions and times of the day, ranging from morning buns, lunchtime savouries, hearty dinners and indulgent desserts, to bakes and other foods for special celebrations. Enjoy fresh and simple open sandwiches, healthy Nordic salads, delicious traditional hot dishes and indulgent cakes. Discover new flavours and textures from mustard pickled herring and gravlax to sticky Kladdkaka cake.

- #nordicfood has over 11 million views on TikTok and 78,000 posts on Instagram.
- Brontë Aurell's fun and inclusive style has gained ScandiKitchen over 31.3K followers on Instagram.
- Previous RPS book *ScandiKitchen* has sold over 22,000 copies.



# Cypriana



ISBN: 978-1-78879-601-9

208 pages (FSC paper) | 100 colour photographs  
254 x 200 mm | £22.00 (hardback)  
Carton quantity: 10  
Publication: May 2024



### THEO A. MICHAELS

was born in London to a large Greek Cypriot family. After competing in BBC TV's MasterChef in 2014, Theo left the corporate world to earn a living in food. He gained an appreciative 23K+ Instagram following when he and his children took to YouTube with live cookery demos during lockdown. He is now a resident chef on Channel 4's BAFTA-nominated daytime TV show *Steph's Packed Lunch* and the founder of *FiveDinners.com*. He lives in Hertfordshire with his wife and three kids.



also available:  
Theo's Family Kitchen  
ISBN: 978-1-78879-558-6  
£20.00

Theo's delicious recipes evoke a sense of connection to nature, seasonality and sociable eating. Fresh ingredients sing from the plate, from juicy watermelon and glossy kalamata olives, to fragrant oregano-roasted lamb and vine-leaf-baked sea bass. Meze features mouth-watering small plates for sharing from creamy whipped dips to meatballs. The sea is woven into Greek culture and seafood is a staple; enjoy the freshest fish and shellfish cooked simply and served with a squeeze of lemon juice. Meat is a huge part of the Greek diet – rabbit, goat, chicken and lamb are the mainstay. Cooking over charcoal is part of daily life. The Cypriots use a large rotisserie famous for its souvla (long skewer), while mainland Greece make souvlaki. Greek yogurt, along with artisan cheeses (feta, halloumi etc.) can be eaten hot (*saganaki*) or shaved into vibrant salads and the traditions of 'horta' means there are plenty of vegetable dishes to enjoy. Finally, Greek desserts are a sweet note to savour with a bitter black coffee or come sundown you may prefer a Greek-inspired cocktail such as an Ouzo Sour.

- There is rising interest in food from the Eastern Mediterranean and Aegean countries because of its emphasis on simple produce. Fresh, natural foods cooked simply and enjoyed as part of a balanced diet is not a faddy eating trend – it's the everyday norm!
- Popular hashtag #Greekfood has 789 million views on TikTok and 2.2 million posts on Instagram.
- Theo has an impressive 23K following on Instagram and regularly appears on daytime TV show *Steph's Packed Lunch*.



# Recipes From My Indian Kitchen



**ISBN: 978-1-78879-516-6**  
 160 pages (wood-free FSC paper)  
 100 colour photographs | 235 x 190 mm  
 £20.00 (hardback)  
 Carton quantity: 18  
 Rights sold: EE, CZ  
**Publication: February 2024**



**NITISHA PATEL** is an award-winning chef and food consultant and has numerous achievements under her belt including being recognized as the Black Country's Master of Food, being awarded as the Midlands' Rising Star in food, drink & hospitality 2017, and developing convenience meals for some of the UK's largest supermarket brands. Nitisha, now the company director of Nitisha Patel Foods Ltd, runs and manages her own food consultancy business. She lives in Wolverhampton, UK.



also available:  
**Manju's Cookbook**  
**ISBN: 978-1-78879-559-3**  
 £20.00

Magical spice powders, sizzling dried whole spices, noisy popping saucepans, aromatic smells, colourful foods... this is what sums up great home-cooked Indian food. In this book, Nitisha walks you through a myriad of spices to understand how each one adds flavour, as well as how they complement each other for different dishes. The excitement, freshness and snack-friendly appeal of street food leads to an explosive mixture of flavours in recipes for Fish Pakoras, Deep-fried Spiced Potato, Samosa Chaat and Dhokla Muffins. The beauty is that nothing defines what makes a good curry – recipes vary meaning that the possibilities are endless. Nitisha's recipes include Keralan King Prawn Curry, Paneer Kadhai and Gosht Aloo Saag Masala. Celebratory dishes are also here, with Masala Grilled Lobster and Tandoori Spatchcock Poussin. While vegetarian dishes are great as sides and main meals: try a variety of dhals, Channa Masala and Pili Pili Chips. And if all that wasn't fast enough, finish up with some sweet treats, such as Mango and Mint Kulfi.

- There has been a steady rise in popularity of speciality Indian cuisine in restaurants that serve more than just curry. Dishoom serves breakfast, lunch and dinner to a no-reservation crowd of foodies.
- Every week, 2.5 million customers eat in one of almost 10,000 UK restaurants, making the industry worth an estimated £3.6 billion (*Spice Business Magazine*).
- **Nitisha Patel** is the face of Indian cuisine in Tesco stores nationwide and develops the recipes for their range of pre-packaged Indian meals.



# Recipes from my Vietnamese Kitchen



**ISBN: 978-1-78879-550-0**  
 144 pages (wood-free FSC paper)  
 140 colour photographs | 235 x 190 mm  
 £18.99 (hardback)  
 Carton quantity: 20  
 Rights sold: SL, FR  
**Publication: March 2024**



**UYEN LUU** hosts Vietnamese supper clubs in her East London studio where she cooks dishes she learned from her mother. She passes on this knowledge of home cooking through her Vietnamese cooking classes. Uyen is a food writer, contributing for various UK publications including *The Observer Food Monthly*. She lives and works in London as a food photographer. Visit [www.uyenluu.com](http://www.uyenluu.com) for more information on supper clubs, cooking classes and photography. Follow her @loveleluu on instagram.



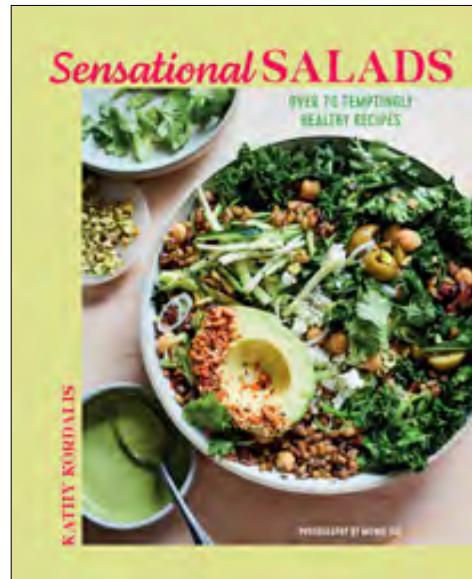
also available:  
**The Asian Kitchen**  
**ISBN: 978-1-78879-436-7**  
 £9.99

Uyen was born in Saigon and spent her childhood there before leaving Vietnam in the aftermath of the war. She regularly travels back there to visit family and pick up more classic and modern recipes for dishes found in the homes and on the streets of Vietnam. The recipes in the book tell a story – about Uyen's family and the culture of food in Vietnam. In essence, the food of her country aims to strike the perfect balance between sweet, sour, salty, bitter, hot and umami, and to cater to any occasion and time of day, every mood and ailment. Uyen describes some of the most commonly used produce and guides you through chapters such as Breakfast, Soups, Snacks, Noodles, Lunch & Dinner and Desserts, weaving in tales of etiquette, personal history and tradition, providing evocative photos of her travels throughout. Popular recipes include pho soup, banh mi baguettes and summer rolls.

- Includes a foreword by highly respected, Michelin-starred French chef, Raymond Blanc.
- **Uyen Luu's** food has won her high praise on social media by leading food personalities Yotam Ottolenghi and Jamie Oliver.
- Vietnamese food is quickly gaining in popularity and Vietnamese restaurants have opened in London (Cây Tre, Song Que), New York (Sao Mai, Nightingale 9) and Los Angeles (Pho Café and Golden Deli).



## Sensational Salads



**ISBN: 978-1-78879-594-4**  
 160 pages (FSC paper) | 100 colour photographs | 235 x 190 mm  
 £20.00 (hardback)  
 Carton quantity: 20  
**Publication: April 2024**



**KATHY KORDALIS** was raised by Greek parents in Australia, so her food style draws inspiration from her Australian and Mediterranean heritage. A graduate of Leith's School of Food and Wine, Kathy works as a freelance food stylist and writer, and her clients have included chef Bill Granger of Granger & Co. Kathy has also completed a Masters degree in the Anthropology of Food at SOAS and leads Gastronomic Tours in London for Context Travel.



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

There's so much more to salad than just a few salad leaves, tomato and cucumber on a plate. They are so easy to elevate and take to the next level by experimenting with different flavours and additional ingredients. Taking inspiration from around the world from Mediterranean olive rich recipes to Asian-inspired noodle salads, this collection of wholesome recipes will encourage even the most prolific salad avoider. Salads can be light and fresh, such as the classic Tuna Niçoise or hearty and filling such as Grilled Chicken Topped Tabbouleh. Filling out salads with grains and pulses will ensure your nutrition levels are topped up and you avoid the afternoon stomach rumbles. They are also the ultimate lunch-on-the-go being easy to pack into containers for a portable lunch or picnic. With more people aspiring to eat healthier diets, and with such a large variety of fresh and interesting ingredients now readily available, there has never been a better time to experiment and discover new salad favourites.

- In 2022, over 1.1 billion British pounds was spent on chilled prepared leafy salads and vegetables, more than twice the spending in 2008 (statista.com).
- Over 70 simple and versatile recipes that make the most of fresh ingredients.
- Features advice on sprouting seeds and growing micro greens at home.



## Summer Feasting From the Fire



**ISBN: 978-1-78879-586-9**  
 208 pages (wood-free FSC paper)  
 50 colour photographs | 254 x 200 mm  
 £25.00 (hardback)  
 Carton quantity: 10  
 Rights sold: DE  
**Publication: March 2024**



**VALERIE AIKMAN-SMITH** is a Los Angeles-based food stylist and writer. She worked in top restaurants, such as the legendary Alice Waters Berkeley eatery, Chez Panisse, before going on to style food for films such as Titanic and Ocean's Eleven and for Food Network TV. Her editorial work includes international assignments for *Bon Appetit* and many cookbooks, commercials, print and advertising campaigns. She is the author of *Salt & Pepper*, *Smoke & Spice* and *Pickled & Packed* for Ryland Peters & Small.



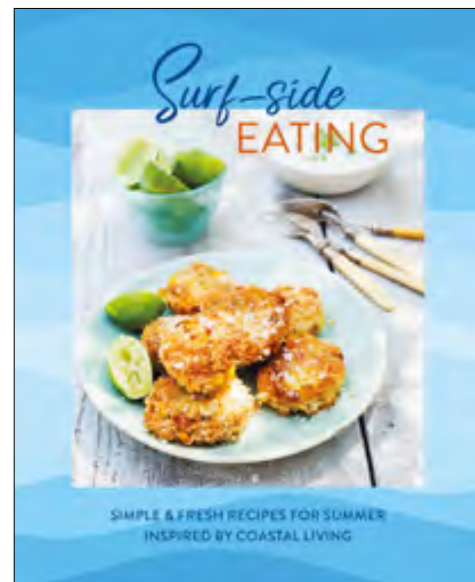
also available:  
**BBQ For All**  
**ISBN: 978-1-912983-71-1**  
 £20.00

Summer is the time of year when people are most likely to spend time together outdoors, and there's no better way to do it than with a great BBQ. The summertime entertaining vibe is all about relaxed food. Nothing beats the smell of char-grilled meat and vegetables, or the taste of sweet corn on the cob as you dig into the juicy kernels. Combining fresh flavours with exciting grilling techniques including cooking on a fire pit grill, salt block cooking and cedar-plank smoking, **Valerie Aikman-Smith** presents her recipes for perfect summer food. From delicious seafood including Baja Fish Tacos with Blistered Jalapeños and Mezcal Lime Shrimp on Salt Block, to feasts for meat-lovers such as Jerk Pork with Mango Chutney and an All-American Burger. Valerie includes fabulous vegetable dishes from Grilled Courgette Flowers with Shiso Lemon Salt to Roasted Cauliflower with Walnut Romesco. Desserts designed to round off an alfresco feast include Matcha Ice Cream with Black Sesame Praline or a classic Grilled Banana Split. Finally, if all the heat has made you thirsty, try a Basil Aperol Spritz with Flowering Herbs or a Watermelon Margarita.

- With stunning, beautifully atmospheric photographs taken on location in Lompoc, California by **Erin Kunkel**.
- Valerie is a hugely experienced food writer and food stylist and has worked on the Emmy award winning Food Network shows *Every Day Italian* and *Giada at Home* – check out: [www.valerieaikman-smith.com](http://www.valerieaikman-smith.com).
- *Smoke & Spice* by the same author, has sold over 11,000 copies.



# Surf-side Eating



**ISBN: 978-1-78879-603-3**  
 176 pages (wood-free FSC paper)  
 100 colour photographs | 235 x 190 mm  
 £20.00 (hardback)  
 Carton quantity: 20  
**Publication: June 2024**



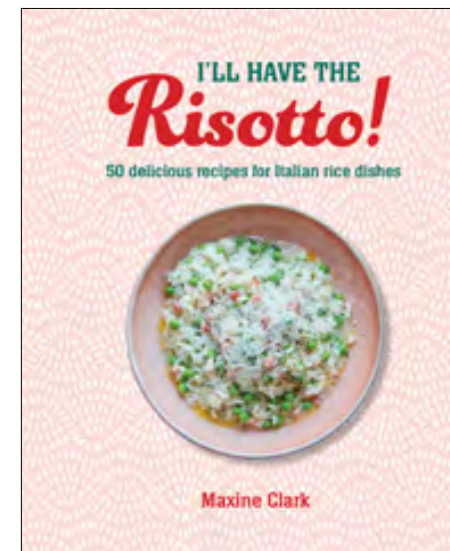
Whether you're chasing a wave, reaching for an endless summer or simply answering the call of the ocean, this book of bright and fresh recipes perfectly captures the spirit of the surf and soothing effect of time spent by the water. Sun-soaked breakfast recipes are presented in the Rise & Shine chapter, such as smoothie bowls and Corn Fritters with Smashed Avocado. For something vibrant, yet light at lunch, head to Veggies, Salads & Sides and take a beach-side break with bowls of Ouzo Watermelon Salad or Sweet Potato, Smoked Mackerel & Grapefruit. When the day calls for re-fuelling, All-Day Dining includes Fish Tacos with Chipotle-lime Cream and Grilled Halloumi with a zingy Jalapeño, Lime & Tequila Relish. Gather round the grill to cook delicious food to share from Beachside BBQ, such as Grilled Lobster or create Sunset Suppers of Thai-steamed Snapper or Sunshine Laksa. As you drift into the dusk, savour desserts such as Lychee Sorbet or Yogurt Panna Cotta. Fresh, luscious and creative, these flavourful recipes are inspired by cuisines from the best beaches and surf spots around the globe including Australia, California, Hawaii, Thailand, Indonesia and beyond. So, grab your board, or lazy lounge, and graze on these delicious dishes from sunrise to sundown.

- Evocative photography of windswept shores, long stretches of sand and crashing waves captures the spirit of the surf.
- #beachfood has over 114,000 posts on Instagram; 25 million views on TikTok.
- A study found that our brains actually connect taste with memory, which is why just one bite of a fish taco can transport you right back to your sunny vacation to Mexico.



also available:  
**The Clever Camper Cookbook**  
**ISBN: 978-1-80065-217-0**  
 £14.99

# I'll Have the Risotto!



**ISBN: 978-1-78879-596-8**  
 144 pages (wood-free FSC paper)  
 100 colour photographs  
 210 x 170 mm | £14.99 (hardback)  
 Carton quantity: 24  
**Publication: February 2024**



**MAXINE CLARK** is a leading food writer and a gifted cooking teacher. She has taught in well-known cooking schools, such as Leith's in London, and has taught at 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 work regularly appears in magazines and newspapers such as *BBC Good Food* and *Food and Travel*.



also available:  
**La Paella**  
**ISBN: 978-1-78879-236-3**  
 £9.99

Different regions of Italy have their own classic rice dishes, from the soupy Rice and Peas of the Veneto to the Hunter's-style Rabbit Risotto of Umbria and Tuscany, but what they all have in common is the careful cooking of the rice to perfection. For a simple but comforting dinner, there are plenty of dishes packed full of warming cheese and butter, such as Saffron Risotto, Wild Mushroom Risotto or Artichoke and Pecorino Risotto. Lighter fish and shellfish dishes include the dramatic Black Risotto, flavoured with squid ink, Seafood Risotto or Crab and Chilli Risotto. There are also many tempting meaty options, from hearty family meals to dinner party dishes. Children and adults alike will enjoy Ham and Leek Risotto, while you can impress guests with Pheasant and Red Wine Risotto. There are also a few ideas for using up leftover risotto (or for when you simply want to ring the changes), such as Arancini or Rice Croquettes with Tomato Sauce, as well as some surprising sweet delights such as Cherry and Almond Risotto Puddings or Risotto Ice Cream. With useful recipes for various stocks, easy-to-follow instructions for making a basic risotto and a guide to the different kinds of rice available, this is a complete guide to risotto for all lovers of the classic Italian dish.

- Bring a taste of ever-popular Italy to your table with this delightful book.
- Includes easy-to-follow techniques for making the perfect risotto at home.
- Rice eaten per person per week has grown 530% since the 1970s, with a staggering 88% of UK households buying rice (riceassociation.org.uk).



# Burgers



ISBN: 978-1-78879-600-2

128 pages (FSC paper) | 50 colour photographs | 150 x 150 mm  
£9.99 (hardback)

Carton quantity: 42

Publication: May 2024



Whether you are after the biggest, meatiest tower or a light and delicious vegan number made with fresh nutritious sauces, find your perfect patty right here in these pages. Serve the simpler recipes for weeknight family dinners, slinky sliders are perfect for entertaining friends and you could even use the best gourmet recipe to woo someone special. There is a burger here to suit every occasion, taste, craving and dietary requirement. Break away from the standard cheese and bacon topping and seek out all manner of new flavours and toppings. Mouth-watering recipes to try in this book include Classic Burgers with Bacon, Cheese and Pickles; Mexican Burgers with Homemade Guacamole and Fresh Tomato Salsa; Lamb and Feta Burgers with Homemade Tzatziki; Root Veggie Burgers with Fresh Guacamole; Pork and Caramelized Apple Sliders; and Beef Sliders with Mozzarella Pearl Centres in Mini Ciabatta.

- According to a Channel 5 documentary [*Secrets of the Fast Food Giants*] the UK consumes an incredible 2.5 billion beef burgers a year.
- A study of 2,000 adults also found 83% of those who eat meat and fish couldn't 'live' without burgers.
- 23 August is National Burger Day in the UK.
- Previous RPS book *Burgers and Sliders* has sold over 15,000 copies.



also available:  
Chicken Shack

ISBN: 978-1-78879-442-8

£14.99

# Tacos



ISBN: 978-1-78879-589-0

128 pages (FSC paper) | 70 colour photographs | 150 x 150 mm  
£9.99 (hardback)

Carton quantity: 42

Rights sold: DE, NL, ES, SE, CZ

Publication: April 2024



**FELIPE FUENTES CRUZ** was born in Puebla, Mexico and has worked in the US, Spain and London. While working in a Mexican restaurant, he met Ben Fordham, who had fallen in love with real Mexican food when he lived in Texas. They had the same dream of bringing great Mexican food to London at their chain of restaurants Benito's Hat. Felipe lives in Mexico.



also available:  
Real Mexican Food

ISBN: 978-1-78879-438-1

£9.99

From simple supermarket kits to high-end restaurant revamps, a whole spectrum of taco offerings now exists for your pleasure. These small but mighty Mexican staples are finally getting the credit they deserve on the worldwide culinary stage. Tacos are much more than ground beef and grated cheese in a crispy shell; they are good food that is good for you. Tacos hail from Mexico and traditional recipes generally involve long-simmered meat or poultry, topped with crispy vegetables, wrapped or sealed in a soft flour or corn tortilla, and served with a dollop of spicy salsa. This book offers a collection of recipes for taco fillings, with some traditional recipes along with a good selection of contemporary twists to get you hooked on the taco-making craze. Recipes include Lamb Shank Birria Tacos, Chicken Taquitos, Roasted Pumpkin Tacos, Deep-fried Fresh Tuna Tacos and Poblano Chilli Strip Tacos. There is also a chapter on versatile sides and salsas as a taco is often only as good as the extras you add to it – check out Pico de Gallo, Guacamole, Chargrilled Salsa and Chipotle Slaw.

- Tacos are simplicity itself to prepare; no specialist skills or equipment are required.
- Tacos are one of the biggest food trends currently, with taco-dedicated restaurants opening in cities globally.
- 'Taco Tuesday' has become a thing with many restaurants offering a special offer price for Tacos on a Tuesday night.



# Vegan Snacks



**ISBN: 978-1-78879-579-1**  
 128 pages (FSC paper) | 60 colour photographs | 150 x 150 mm  
 £9.99 (hardback)  
 Carton quantity: 42  
**Publication: January 2024**



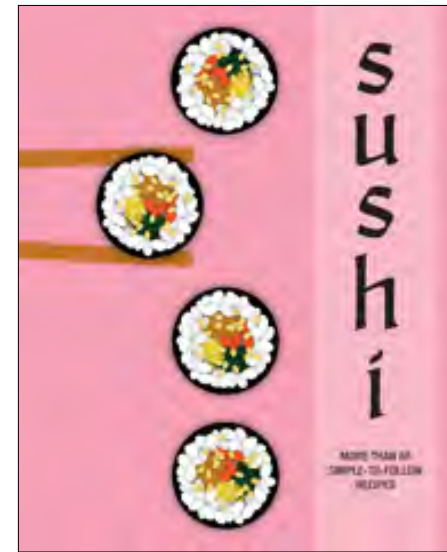
It's time to quit processed convenience snacks full of salt, sugar and dairy and choose a healthier way to graze. Start your day off the right way with some vegan-friendly breakfast options, such as The Ultimate Breakfast Sandwich or a Savoury Granola Bar. The On-the-go chapter features convenient and portable recipes perfect for an active lifestyle. Try packing super-healthy Himalayan Energy Bars in your bag before a hike. Sample savoury recipes from the Grazing chapter such as the ridiculously moreish Thai Green Curry Popcorn or Spicy Tomato Kale Chips that use plenty of herbs and spices to bring out the delicious flavours of the natural produce. Get busy with the selection of easy recipes for Bar Bites, perfect for enjoying with a drink, from Gourd and Cashew Koftas to Jalapeño Onion Rings. Finally, Sweet Treats that will pep up your next box-set binge include Cocoa-almond Freezer Fudge Pops, proving once and for all that plant-based snacking can be every bit as delicious as it is good for you! More than 60 recipes for vegan snacks guaranteed to satisfy your cravings as well give your body both instant fuel and long-term health-enhancing nutrition.

- Veguary 2023 broke records with over 700,000 people worldwide officially signing up for the vegan challenge. Little more than 3,000 took part in its inaugural outing in 2014.
- Global brands have spotted the potential; Pret a Manger launched its vegan range recently and Britain's biggest supermarket, Tesco launched its range of 100% plant-based meals to be sold in 600 stores across the UK.
- Delicious and innovative recipes to give your vegan nibbles a much-needed makeover.



also available:  
**Healthy Vegan Street Food**  
**ISBN: 978-1-78879-470-1**  
 £20.00

# Sushi

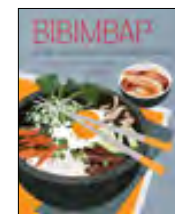


**ISBN: 978-1-78879-582-1**  
 160 pages (FSC paper) | 65 colour photographs | 210 x 170 mm  
 £14.99 (hardback)  
 Carton quantity: 24  
**Publication: February 2024**



The term 'sushi' is used for dishes based on 'sumeshi', meaning vinegared rice, the most vital part of sushi-making. This book begins by explaining how to cook the rice perfectly and then introduces simple rolled sushi using classic ingredients such as cucumber, tuna or salmon. Once you've mastered these easy ones you can explore more adventurous variations. The recipes use easy-to-source ingredients, including everything from spinach, asparagus and carrots to prawns, crab and smoked salmon. There are also recipes for related raw bar dishes such as sashimi and poke, as well as others for making great accompaniments, like fabulous pickles and three ways with wasabi. You can have parties where you provide the ingredients and guests make up their own hand rolls from their favourite ingredients, or you can do it for them – it takes no time at all! This is really easy party food, healthy snack food – and great fun for kids too, to make and to eat.

- Sushi is delicious as a portable healthy snack or working lunch, and making it yourself is a far less expensive option than picking it up at your local sushi bar or supermarket.
- Everyone loves sushi and sushi burgers, burritos and bombs are a massive Instagram trend.
- According to Tesco, sushi has become the UK's fastest growing lunchtime snack.
- Previous RPS sushi title has sold over 70,000 copies.



also available:  
**Bibimbap**  
**ISBN: 978-1-78879-555-5**  
 £20.00



# Let's Get Dipping!



**ISBN: 978-1-78879-604-0**  
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 Rights sold: CZ  
**Publication: June 2024**



With such a variety of dips now available to buy, it's no wonder that the 'chip and dip' is the go-to snack for any occasion. Whether you're spreading them on bread or crackers, dunking in vegetable crudité's, breadsticks or hot chips, the vast array of choice in the world of dips is truly outstanding. Featuring more than 50 recipes for easy homemade dips these recipes are designed to cater for all tastes. Choose from cream cheese and mayo-based varieties, fresh and zingy salsas or fiery sriracha and sweet chilli options. Whether you want sociable and relaxed party food for sharing, crave indulgent and comforting TV night grazing snacks, or simply prefer a healthy alternative to high-fat salty snacks, check out this enticing collection and you'll find it here.

- A OnePoll survey found that 35% of people surveyed would happily replace a typical lunch meal with their favourite spread or dip.
- Salsa and guacamole regularly top the charts of most popular dips, while Ranch Dressing was voted the Number 1 Most Popular Super Bowl Dip in 2022.
- A survey of 2,000 adults revealed that 6 in 10 adults are not ashamed to eat spoonfuls of dip right out of the container.
- #diprecipes has 68.7 million views and #hummus has over 960 million views on TikTok.
- Previous RPS book *Delicious Dips* has sold over 15,000 copies.



also available:  
 Party-Perfect Bites  
**ISBN: 978-1-78879-157-1**  
 £9.99

# Fermented Foods for Everyday Eating



**ISBN: 978-1-78879-580-7**  
 160 pages (wood-free FSC paper)  
 70 colour photographs | 235 x 190 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 20  
 Rights sold: FR, IT, CZ, EE  
**Publication: January 2024**



Increasing the number of fermented foods in your diet is now widely considered to be the key to a healthier and happier gut and immune system. The link between our mental health and mood and what we put in our bodies has never been stronger and there is a firm belief now that basing your daily nutrition around gut-friendly foods will boost your overall health and leave you energized and alert. It couldn't be easier to include fermented foods in your diet and this collection of recipes will give you a fail-safe plan to boost your nutrition and create a happy gut. Add some kimchi to your avocado on toast to start your day off the best way, include feta and halloumi in your lunchtime salad and enjoy an afternoon probiotic smoothie to optimize your digestive system. Using fermented foods in recipes is simpler than you think using these tantalizing suggestions, such as Banana and Blueberry Kefir, Probiotic Gazpacho, and Spring Rolls with Fermented Onion.

- Publications and websites such as *Daily Mail*, *Metro*, *Science News Magazine*, *MindBodyGreen.com* and *refinery29.com* have all reported on the new scientific studies confirming the connection between gut health and mental health.
- Probiotic-filled fermented foods such as kefir, kombucha, kimchi, miso paste, sauerkraut and sourdough bread are all extremely popular.
- Stanford Medicine researchers discover that a 10-week diet high in fermented foods boosts microbiome diversity and improves immune response (Cell.com 2021).



also available:  
 Cheese Boards to Share  
**ISBN: 978-1-78879-148-9**  
 £18.99

# Perfect Start to Your Day



**ISBN: 978-1-78879-602-6**  
 160 pages (wood-free FSC paper)  
 80 colour photographs | 235 x 190 mm  
 £20.00 (hardback)  
 Carton quantity: 22  
**Publication: May 2024**



**TONIA GEORGE** graduated with a Diploma from Leith's School of Food & Wine, then went on to edit the food pages of *Essentials* magazine, winning IPC's Young Journalist of the Year Award at the age of 23. She then enjoyed a long career as a London-based food stylist and writer (briefly cooking for the Kings of Leon on their UK tour) and eventually re-entered the magazine world as Food Editor at *Waitrose Food Illustrated Magazine*. She now works as a freelance consultant on various projects.

This book is packed with fresh, tasty ideas for all sorts of treats – whether you're grabbing a quick bite or entertaining friends with a weekend brunch feast. Drinks such as a Cashew Nut & Mango Smoothie will prepare you for the day ahead. For slow-release energy, try Fruit, Grains & Oats like Pink Grapefruit with Vanilla Sugar or Deep Coconut & Sour Cherry Oaty Bars. Nothing says brunch quite like Eggs. Omelette with Chives & Gruyère is perfect for eating in bed on a day off. For those with a sweet tooth, Pastries & Bakes are sure to satisfy. Exploding Berry Crumble Muffins are ideal for mid-morning guests, while Pancakes & Waffles, like popular Blueberry Pancakes will please both adults and kids. Those with big appetites will welcome Mains, such as Corn Cakes with Bacon & Avocado, or Steak & Fried Egg Rolls with Mustard Butter from the Sandwiches, Salads & Sides chapter. Use up seasonal fruit by making Preserves: homemade Passionfruit Curd will turn your morning toast into something divine.

- More than 100 delicious recipes for family and friends to enjoy.
- Gorgeous, inspirational photography by **Jonathan Gregson**.
- Previous RPS book *Breakfast & Brunch* has sold over 15,000 copies.
- #breakfast has 36.7 billion views on TikTok and 114 million posts on Instagram.



also available:  
**Bottomless Brunch**  
**ISBN: 978-1-78879-575-3**  
 £16.99

# Salt



**ISBN: 978-1-78879-605-7**  
 144 pages (FSC paper) | 75 colour photographs | 210 x 170 mm  
 £14.99 (hardback)  
 Carton quantity: 24  
**Publication: June 2024**



also available:  
**Mortar & Pestle**  
**ISBN: 978-1-78879-349-0**  
 £9.99

This beautiful book introduces you to all kinds of salts, from French *fleur de sel* to smoked salt and the myriad of dishes they can create. The book opens with an overview of the different types and flavours of salt available and what they are best used for. Appetizers include Spicy Popcorn with Chipotle Salt and Gazpacho with Smoked Salted Croutons. In Main Courses, you'll find the classic salt-crust method with new twists, such as Indian-spiced Lamb in a Salt Crust, or how about Salt-crusted Citrus Shrimp with Spicy Dipping Sauce? In Sides and Breads, you'll discover tempting flatbreads and pretzel bites, while Drinks and Sweets include Bloody Mary with Celery Salt and Chocolate Chip Cookies with Sea Salt? Be amazed as the flavours mingle in your mouth. Finally, a chapter of Rubs, Butters and Brines offers you dozens of versatile ways to jazz up grilled meat or fish, vegetable crudités or crisps. Once you've tried this collection of stunning recipes you will never look at salt in the same way again.

- Interest in ever-more-sophisticated flavours and adventurous new seasonings from around the world continues to grow as UK brands produce more flavoured salts, such as Halen Môn, harvested in Anglesey, and Cornish Sea Salt.
- #saltrecipes has 95,000 views on TikTok.
- Previous RPS book *Salt & Pepper* has sold over 18,000 copies.



# Smoke & Spice Deck



**ISBN: 978-1-78879-590-6**  
 Boxed set with 50 colour recipe cards & 64-page paperback book (160 x 135 mm) with 100 colour photographs  
 Box: 171 x 146 x 36 mm | £19.99  
 Carton quantity: 20  
**Publication: April 2024**

**VALERIE AIKMAN-SMITH** is a Los Angeles-based food stylist and writer. She worked in top restaurants before going on to style food for films such as *Titanic* and *Ocean's Eleven*, and for Food Network TV. Her work is featured in many magazines and books, and she is the author of *Salt & Pepper*, *Smoke & Spice*, *Pickled & Packed* and *Feast from the Fire* for Ryland Peters & Small.



also available:  
**Food and Fire**  
**ISBN: 978-1-911026-88-4**  
 £16.99

Incredible flavours, inspiring ingredients and the epitome of laid-back entertaining – grilling is the best way to cook in the summertime. Whether you like your food fiercely hot or prefer gentler aromatic flavours, **Valerie Aikman-Smith** has created an enticing array of marinades, brines, butters, rubs and glazes to add flavour to your cooking, either outside on the grill or in your kitchen. Creative matching of seasonings helps create exciting new taste sensations as well as tried and tested favourites from around the world. Nothing brings out the flavour in meat like a marinade, and it also tenderizes it and can keep it moist whilst cooking, too. Inspiration for pork includes Sticky Smoky Baby Back Ribs and Blackberry and Sage Glazed Ham. Beef can be made even more mouth-watering when prepared with an African Smoke Rub or a Matahambre Marinade. Options for lamb include a Pomegranate and Harissa seasoning or a Lavender Salt Rub, while, and for poultry, choose from Cherry-glazed Duck Skewers or Jamaican Jerk Chicken. For those who love the enticing aroma of grilled fish, try Spiced Red Snapper with Chermoula or Grilled Lobsters with melting butters. Vegetarian options include Caramelized Beetroot Tatin with Marinated Goat's Cheese.

- 50 recipe cards for fish, meat and vegetable dishes to cook outdoors plus short, versatile recipes for rubs, brines, glazes, and butters to experiment with in an accompanying 64-page mini book.
- Valerie is a hugely experienced food writer – check out: [www.valerieaikman-smith.com](http://www.valerieaikman-smith.com).
- According to *The Grocer*, in 2022 more Brits than ever are investing in premium BBQ equipment and already to get more adventurous in their cooking. BBQ ready food items rose 488% in summer 2021.



# The Art of Afternoon Tea



**ISBN: 978-1-78879-617-0**  
 192 pages (FSC paper)  
 150 colour photographs & illustrations | 186 x 123 mm  
 £12.99 (hardback)  
 Carton quantity: 28  
**Publication: June 2024**



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

The art of afternoon tea is a delightful and refined tradition that has been cherished for centuries and invites us to savour simple pleasures in a world that often rushes by too quickly. It is an elegant affair where delicate China cups are filled with aromatic teas, accompanied by dainty finger sandwiches, bite-size savouries, scones and delectable pâtisserie. The setting is meticulously arranged with pristine linen tablecloths, vases of fresh flowers and fine porcelain teapots and as you sip a soothing cup of tea, time seems to slow down, allowing for intimate conversation and a moment of tranquillity... Here you will find the ultimate guide to enjoying this experience to the full at home, from insights into the history, traditions and etiquette of afternoon tea to achievable recipes for all the elements necessary to create a three-tiered cake stand brimming with delicious treats that will be the envy of any tea salon in the finest hotels.

- A new book on a bestselling subject – both *Afternoon Tea at Home* by Will Torrent and *Tea with Jane Austen* have each sold over 20,000 copies.
- #afternoontea has been used in over 6.9 million posts on Instagram: #teatime has had over 110 million views on Tik Tok.
- Afternoon Tea Week will take place in the second week of August 2024 and is designed to raise awareness of this much-loved tradition, with special events and celebrations planned nationwide.



## Vegan Baking



**ISBN: 978-1-78879-597-5**  
 144 pages (FSC paper) | 100 colour photographs | 235 x 190 mm  
 £16.99 (hardback)  
 Carton quantity: 20  
 Rights sold: IT  
**Publication: January 2024**



**DUNJA GULIN** trained at the Natural Cooking School in her native Croatia. For seven years she has been a cooking teacher and chef in Zagreb, has contributed to a number of healthy cookbooks in Croatia and is the author of a popular book on vegan breakfasts. She is also the author of *Raw Food Kitchen*, *Gut Health Cookbook*, and *Falafel* for Ryland Peters & Small. She has hosted cooking workshops and demonstrations in Minneapolis, USA and Kent, UK.

Baking without eggs, butter and milk is not only possible, but also easy and just as delicious as what you are used to baking. There are now so many alternative ingredients available from supermarkets and healthfood stores and with **Dunja Gulin's** recipes, you'll have all the inspiration you need to start baking. Dunja's background and expertise in natural nutrition provides invaluable insight in this collection of nourishing vegan bakes. Simple Cakes and Muffins to try include Muffins with Summer Berries; Fancy Cakes like the stunning Chocolate Layer Cake are sure to impress; for a mid-morning snack, try Slices & Bars like Bean Brownies and Fruity Oat Bars; choose from Cookies and Biscuits such as Hazelnut Bites and Coffee-Toffee Cookies; vegan Pies, Tarts & Strudels can be just as good as real pastry, so try a Pear Strudel; bake vegan Herb Focaccia and you will never buy regular Bread again; and finally, Special Baked Treats like Jam Parcels and Baked Plum Dumplings make mouth-watering desserts.

- Vegan bakeries are cropping up increasingly to satisfy the demand for vegan treats.
- The number of vegans has grown exponentially over recent years with 700,000 people taking part in Veganuary 2023 (up from just 3000 in the inaugural event in 2013).
- Previous RPS book *Easy Vegan* has sold over 60,000 copies.



also available:  
**Vegan One-Pan**  
**ISBN: 978-1-78879-560-9**  
 £20.00

## Deliciously Chocolatey Cakes & Bakes



**ISBN: 978-1-78879-583-8**  
 160 pages (FSC paper) | 100 colour photographs | 235 x 190 mm  
 £20.00 (hardback)  
 Carton quantity: 22  
 Rights sold: PT  
**Publication: February 2024**



**VICTORIA GLASS** is a London-based food writer and recipe developer. She has made cakes for, among others, The Prince's Trust and The Royal British Legion, and was the Roald Dahl Museum's first ever Gastronomic Writer in Residence. She has written six cookbooks, including *Deliciously Vintage Baking & Desserts*, *Baking Mash-up* and *Boozy Shakes* for Ryland Peters & Small.

*Deliciously Chocolatey Cakes & Bakes* features ideas that cater for all chocolate cake lovers, with child-friendly recipes that use exciting ingredients like popping candy and homemade marshmallows, sweet offerings for afternoon tea, cakes to impress a love interest and recipes for the ultimate birthday cake. Clear step-by-step instructions make even the most complicated recipes feel achievable at home and there are guides on how to present your chocolate cakes and bakes as the ultimate eye candy. From biscuits, cookies and small bakes to larger cakes, pastries, desserts and puddings, **Victoria Glass** charts the delicious range of some of our much-loved classics with a chocolatey twist. Smaller bakes such as Orange and Choc Chip Madeleines and Chocolate and Mint Teacakes feature alongside indisputable classics such as Chocolate Mud Cake, Torta Caprese and Caramelized White Chocolate Cheesecake. Also included are recipes for delicate and decadent petit fours, such as Chocolate and Whiskey Truffles, Chocolate Marshmallows and White Chocolate and Champagne Nougat. Whatever the occasion, chocolate cakes never go out of fashion!

- Over 100 recipes for baking with chocolate in traditional and inventive ways, accompanied by mouth-watering colour photography.
- Whether eaten to boost our mood or given as the perfect gift, chocolate continues to play an important role in all our lives and chocolate cake even has its own national day!
- As of 2023, the global chocolate industry is worth \$127.9 billion USD.



also available:  
**Pâtisserie at Home**  
**ISBN: 978-1-78879-204-2**  
 £16.99

# Cooking with Weed



**ISBN: 978-1-912983-80-3**  
 64 pages (FSC paper) | 75 colour illustrations | 186 x 123 mm  
 £9.99 (hardback)  
 Carton quantity: 60  
**Publication: March 2024**



**MARGIE STONE**  
 spent her youth as a carefree, flower-haired hippie. She lives in Boulder, Colorado and is relishing her golden years, cooking, laughing till her sides hurt and hiking with her dog, Weedstock, in the mountains.

They say that your wedding day or the day your children are born are the best ones of your life. And, sure, they were great days... but if I'm going to be really honest, there were three days in the August of '69 that go down in history as the best days of my life. Between the 15th and 18th August, 1969, I lost myself and found myself on a dairy farm in Bethel, New York. Woodstock – the festival that rocked the world and defined my generation – was pure, unadulterated fun, love, harmony... and marijuana. I'm not going to lie – I was high pretty much the whole time. As I imagine most of the other half million people there were, too. We smoked, we danced, we laughed, we hugged... we *lived*. Over the years, I slowly transformed from that young, carefree hippie with flowers in her hair to a respectable teacher, to a PTA mum, to an empty nester, to who I am today: a silver-haired senior who has recently rediscovered her penchant for pot. So, in the spirit of sharing, caring and being daring, I have had a blast putting together this book, filled with my favourite cannabis-laced recipes from Hendrix Hash Brownies to a Muddy Milkshake that I hope will get you nicely buzzed. I've been reminiscing as I stir, chop, bake and simmer, reliving my far-out, groovy, wonderful Woodstock days. I even tie-dyed my apron. Peace.

- Taps into the recent revival of interest in all things 70s, spearheaded by the bestselling novel and hit Amazon series *Daisy Jones and the Six*.
- The perfect gift book for everyone from teenagers to festival freaks and old rockers – cool, contemporary and fun.
- A fun, tongue-in-cheek gift book for those who love to get high – without the smoke.



also available:  
**Cooking with Beer**  
**ISBN: 978-1-912983-46-9**  
 £16.99

# Bubble Tea



**ISBN: 978-1-78879-585-2**  
 96 pages (wood-free FSC paper)  
 100 colour photographs  
 210 x 170 mm | £14.99 (hardback)  
 Carton quantity: 24  
**Publication: June 2024**



also available:  
**Kombucha**  
**ISBN: 978-1-78879-476-3**  
 £14.99

Bubble tea, also known as boba milk tea, is a Taiwanese drink that has become popular around the globe. The first bubble tea shop opened in Taichung, Taiwan, in 1988 and sold milk teas with chewy boba. Since then, bubble tea fever has spread all over Asia, Australia and beyond. In 2009 bubble tea shops began opening in North America and Europe and in the past few years the trend is growing at an exponential rate. Bubble tea is a drink made from tea and milk, and includes other ingredients such as tapioca balls, popping boba, fruit jelly or 'nata de coco' (coconut gel). It is often also finished with a whipped 'crown' topping made from cream cheese. The name bubble tea comes from the balls or boba that are added to the drink and float in the transparent cup when the drink is shaken. These are sucked up from the drinks through special oversized straws. There are two main types of bubble tea base: the traditional black, green and oolong tea-based ones and fruit-flavoured drinks such as mango and strawberry, but you can make bubble tea from almost anything you fancy and it can also form the base of a whole range of virgin and alcoholic bubble tea cocktails too! If you haven't tried a bubble tea yet where have you been?

- The bubble tea trend is growing at an exponential rate – there are currently more than 10,000 outlets worldwide in 42 countries.
- A recent study has shown that 94% of 20–29 year olds have bought boba tea in the last three months (CLSA survey).
- On 29 January 2020, bubble tea was given its own emoji, so to celebrate this event in January 2023 Google shared their bubble tea interactive doodle that let users play and create their own tea!



# Margaritas



**ISBN: 978-1-78879-588-3**  
 64 pages (FSC paper) | 40 colour photographs | 186 x 123 mm  
 £8.99 (hardback)  
 Carton quantity: 60  
**Publication: April 2024**



**DAVID T. SMITH** is a drinks writer and consultant who has contributed to numerous publications, including the best-selling *Gin Tonica* and *Negroni* for Ryland Peters & Small. He is a senior judge for international spirits competitions, a member of The Gin Guild and, in 2021, was the 7th person to be inducted into the Gin Hall of Fame.

**KELI RIVERS'** career has taken her from a ginnoisseur at San Francisco's Whitechapel to Sipsmith US Brand Ambassador. She has 30 years under her belt working in the hospitality industry all over the world and lives in Brooklyn, New York.



also available:  
**Martini**  
**ISBN: 978-1-78879-512-8**  
 £8.99

People everywhere are drinking tequila – from the best-known brands to the rarer tequilas and mescals revered by connoisseurs. The Margarita has survived numerous nips and tucks to retain its fierce identity. All you actually need to create a delicious Margarita is good-quality tequila, lime juice and orange-flavoured liqueur. Yet within the boundaries of these vital ingredients, you can make your drink taste quite different. Try the recipes in the Classics chapter to discover how the type of tequila, the choice of sour, brand of sweetener and the ratio of all three influence the final fantastic flavour, from a Tommy's Margarita to a Gin Daisy (the original Margarita). Once you've mastered the classics, take your taste buds on a magical exploration of Contemporary Margaritas – from Strawberry to Chilli-chocolate. Or try an Experimental idea – well-known cocktails with a tequila twist such as the Negroni-rita. And a Margarita is not just for summer drinking – the Seasonal chapter brings you the One Minute to Midnight Margarita for New Year, as well as the Candy Cane for guaranteed festive fun. Perfect to get any party going any time of year, or just for your own private enjoyment, the Margarita always captures the spirit of the fiesta.

- The Margarita is the most ordered cocktail in the world.
- Tequila sales have grown hugely in the UK recently, with 1.7 million litres of tequila being shipped to the UK in 2022.
- Tequila has a generally stylish, fun reputation that is only growing – Kendall Jenner, George Clooney, Justin Timberlake, Adam Levine and Dwayne 'The Rock' Johnson all have their own brands of tequila.



# Spritz Cocktails



**ISBN: 978-1-78879-606-4**  
 64 pages (FSC paper) | 50 colour photographs | 186 x 123 mm  
 £8.99 (hardback)  
 Carton quantity: 60  
**Publication: June 2024**



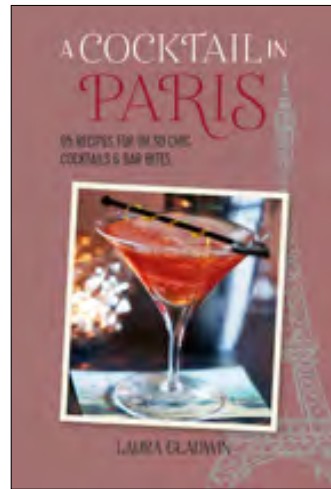
Spritz cocktails have become a popular choice for anyone seeking a refreshing and vibrant drinking experience. Originating from Northern Italy, these fizzy concoctions typically combine sparkling wine such as Prosecco with a bitter Italian 'amaro' such as Aperol, Campari or Cynar, finished off with splash of soda water and served long over ice. The result is a drink that effortlessly combines effervescence, bitterness and zestiness in each delicious sip. While the original recipe for the Aperol spritz remains beloved, mixologists have now put their own spin on this style of cocktail, experimenting with different variations from tangy citrus-based spritzes to fruity and floral combinations, creating an endless array of options to suit every taste preference. Making a spritz cocktail or mocktail at home is easier than you may think. Here you will find recipes to inspire and delight, from Italian classics such as the Sbagliato, to modern twists like the Porch Drinking Negroni and more experimental creations, including a White Soy & Watermelon Spritz.

- #spritz has 279 million views on TikTok and 1.9 million posts on Instagram.
- Previous RPS cocktail book *Gin Tonica* has sold over 100,000 copies.
- According to Campari, nearly 300,000 Aperol Spritz drinks are consumed in a single day in the Veneto region of Italy alone. Multiply that across the world, and you can see how popular a drink it has become.



also available:  
**Prosecco Cocktails**  
**ISBN: 978-1-84975-895-6**  
 £8.99

## A Cocktail in Paris



**ISBN: 978-1-78879-581-4**  
 128 pages (FSC paper)  
 80 colour photographs  
 186 x 123 mm | £9.99 (hardback)  
 Carton quantity: 60  
**Publication: February 2024**



**LAURA GLADWIN**  
 trained at Leith's School of Food and Wine and worked at one of London's biggest party design companies, creating menus and devising cocktail lists for events. She now works as a writer and editor and lives in London.

Is there any better city to drink in than Paris? Whether you're sipping a Mimosa over brunch on a terrace on the Boulevard Montparnasse, enjoying an Américano before dinner at Les Deux Magots or indulging in a late-night cognac digestif at Harry's Bar, the drinking holes of the City of Light have been working their magic for decades. *A Cocktail in Paris* features 50 recipes divided into chapters covering all-day cocktails; aperitifs; gin and vodka-based cocktails; rum, Cognac and whisky-based cocktails; and digestifs and late-night classics; along with 15 recipes for the most *soignée* small bites to serve alongside them. You'll find Belle Epoque classics from the heyday of the Moulin Rouge, like the original Champagne Cocktail, alongside the drinks beloved by Ernest Hemingway during *les années folles* of the 1920s. During the Prohibition era in the US, many bartenders left New York to set up bars in Europe, resulting in the now-legendary cocktail creations of Harry McElhone at Harry's New York Bar in Paris, such as the Bloody Mary and the Sidecar. Discover, too, the resurgence in popularity of cocktails in the modern-day bar scene of the Marais district. *A Cocktail in Paris* is also packed with tips on how to improve your cocktail-making prowess and fascinating stories from the days of decadence, helping you to capture the sophisticated spirit of golden-age Paris, that most inspiring city of cocktails.

- All things Parisian and drinks including the Kir Royale and French 75 have recently enjoyed a revival with younger drinkers, following the success of *Emily in Paris*, the hugely popular Netflix series due to the ongoing 'Champère' storyline – Season 4 is currently in production.
- Elegant photography and delicate illustrations make *A Cocktail in Paris* the perfect gift.
- Includes recipes for French-style bar bites to enjoy alongside the drinks.



also available:  
 Gin Tonic  
**ISBN: 978-1-84975-853-6**  
 £7.99

## The Pikes Cocktail Book



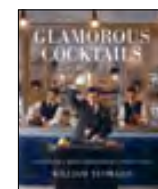
**ISBN: 978-1-78879-598-2**  
 208 pages (FSC paper)  
 100 colour photographs  
 186 x 123 mm | £12.99 (hardback)  
 Carton quantity: 28  
**Publication: May 2024**



**DAWN HINDLE**  
 is Creative Director at Pikes Ibiza and for the Ibiza Rocks Group. She has been at the cutting edge of ibizan cultural life for over 20 years, previously as one of the co-founders of Manumission, the biggest and most famous nightclub in the world, that launched in 1993. She is also the founder of the Pikes Podcast series that launched in 2019, available on Apple Music or Spotify.

George Michael, Freddie Mercury, Grace Jones, Fatboy Slim, Irvine Welsh, Boy George, Kate Moss, Kylie, LCD SoundSystem and countless other celebrities and rock royalty, have all sipped the cocktails served at the legendary Pikes Ibiza while sitting around its iconic pool and dancing in the in-house nightclub that used to be Freddie Mercury's suite. *The Pikes Cocktail Book* tells the story of this incredible place, with drinks recipes inspired by mischief and misbehaviour at this epicentre of Balearic excess. The 65 recipes are divided into chapters such as Poolside Sunset, After Midnight and The Morning After where you can sample Captain of the Night, Sunny's Gay G&T, Golden Bird and many more. 'Among Ibiza's growing raft of luxury hotels, Pikes remains a characterful standout. The venue has carved a niche as a hedonistic creative hub, providing the setting for Freddie Mercury's 41st birthday party, Wham's Club Tropicana video and cutting-edge art and music pop-ups.' – *The FT: How to Spend It*

- Pikes is described by *Vice* as 'the home of full-on hedonism' and by *The Sunday Times* as one of the best hotels in the world.
- Each year countless A-list guests turn up to experience the hotel's legendary atmosphere, including Mark Ronson, Idris Elba, Jarvis Cocker, Kate Moss and countless superstar DJs.
- Original bestselling RPS cocktail book *The Curious Bartender* has sold over 140,000 copies.
- @pikesibiza has 108K followers on Instagram.



also available:  
 Glamorous Cocktails  
**ISBN: 978-1-78249-646-5**  
 £14.99

# Wild Cocktails Deck



**ISBN: 978-1-78879-591-3**  
 Boxed set with 50 colour recipe cards & 64-page paperback book (160 x 135 mm) with 100 color photographs  
 Box: 171 x 146 x 36 mm | £19.99  
 Carton quantity: 20  
**Publication: April 2024**

**LOTTIE MUIR** is a gardener by day, and a botanical-cocktail mixologist by night. Her work has featured in *Vogue* magazine, and the first edition of *Wild Cocktails from the Midnight Apothecary* won the accolade of Best Debut Drink Book at the 2016 Fortnum & Mason Food & Drink Awards. Lottie is also the author of *Wild Mocktails*, and she lives in south-east London.



also available:  
 Cocktails at Home Deck  
**ISBN: 978-1-78879-557-9**  
 £19.99

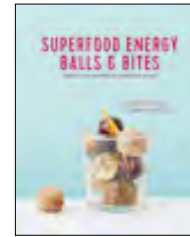
**Lottie Muir** is the creator of the Midnight Apothecary pop-up cocktail bar, set in a roof garden in the heart of London, where she also grows many of the ingredients for her mixes. Moving from flowerbed to bar, she rustles up seasonal plant-powered cocktails, made with the harvest from her garden and from foraging trips. The book features The Cocktail Cabinet, where Lottie explains both gardening and cocktail-making basics. She tells you what botanicals you will need year-round, including edible flowers. She also introduces you to basic equipment and techniques for making infusions and syrups as well as cocktails, and suggests garnishes. Then, using the card deck, make a wide range of recipes for Garden Cocktails, Foraged Cocktails, Mocktails and

Restorative Cocktails. With delicious drinks such as the gorgeous Gorse Collins and a Lavender Bee's Knees, you will appreciate the flavours of the garden and the wild, with the kick of a cocktail.

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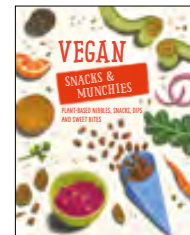
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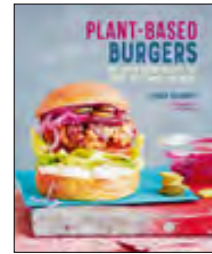
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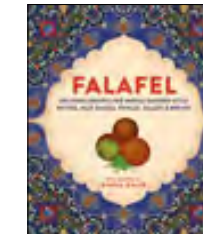
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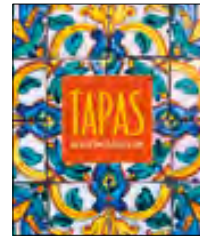
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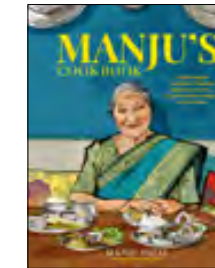
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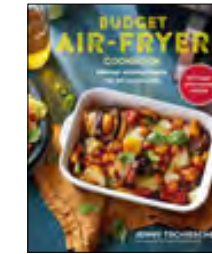
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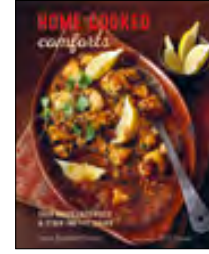
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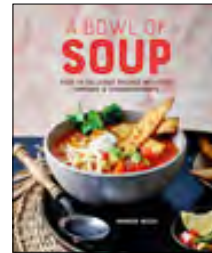
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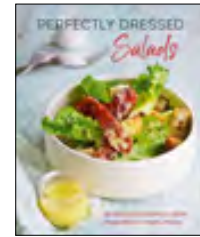
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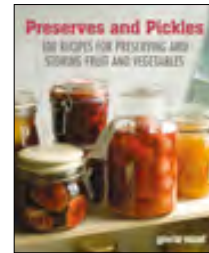
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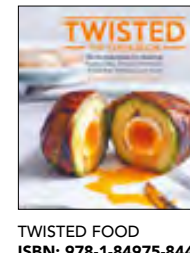
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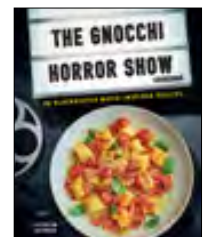
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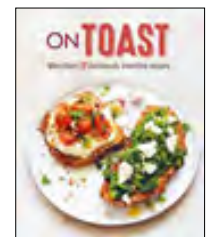
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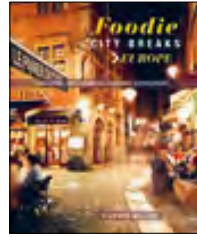
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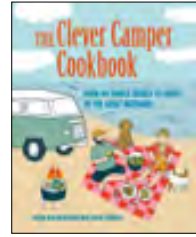
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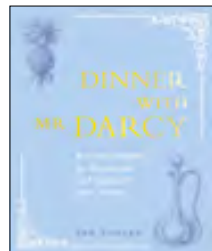
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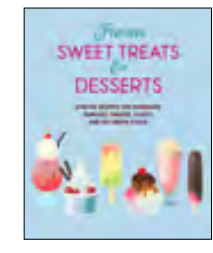
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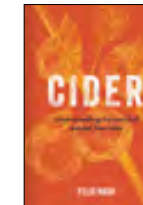
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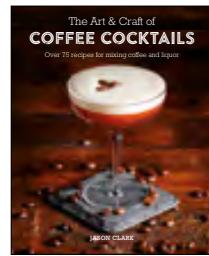
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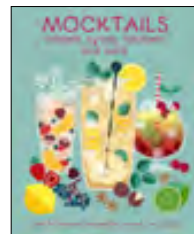
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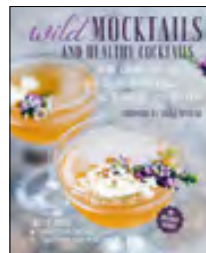
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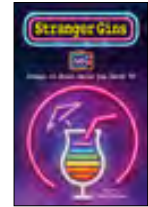
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It's No Fun Without Rum!



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The Pocket Book of Cocktails



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## A Home for All Seasons



**ISBN: 978-1-78879-612-5**

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**Publication: June 2024**



### KAY PRESTNEY

(@kinship\_creative) is an interior designer and stylist whose work has appeared in *Country Living*, *House Beautiful*, *Country Living Modern Rustic* and *Apartment Therapy*. She runs creative workshops, art directs for small brands and makers and offers commercial and residential design services with a focus on sustainable, biophilic design. She lives in East Anglia.

### BECCA CHERRY

(@\_beccacherry) is a photographer, designer and maker. Her interest in calligraphy led her to designing logos, prints, and illustrations for ethical small businesses. She also loves to experiment with natural dyes and screen printing. Becca lives in East Anglia.



also available:

**Home for the Soul**

**ISBN: 978-1-78879-241-7**

£25.00

Discover how to create a comfortable, sustainable home that is in tune with the seasons and celebrates the beauty of the natural world. In *A Home for All Seasons*, **Kay Prestney** and **Becca Cherry** present beautiful interiors alongside seasonal styling inspiration. Each chapter of the book is dedicated to one of the four seasons. In the spring, celebrate new beginnings: bring in blossom and plant bulbs in antique china. Summer is the time to embrace outdoor living, while autumn brings the harvest as the nights draw in: embrace it with earthy tones, dried flowers and cosy furnishings. And in winter, candles, evergreen foliage and soft sheepskins bring light and warmth to the darkest time of year. Seasonal colour palettes, natural materials and biophilic elements are key to this style of decorating, which uses the changing hues of the natural world to create an intentional, comforting home.

- 'Your mood changes though the seasons – from wanting to feel fresh and light, to wanting to feel cosy,' interior designer Mary Graham of Salvesen Graham has told *House & Garden*. 'So, if you are able to switch stuff up, I think it can help you be happy at home.'
- Seasonal decorating is closely linked to biophilic design, which 'has become one of the most popular global interior design trends in recent years,' according to *Architectural Digest*.
- 'The Nature Luxe trend brings the great outdoors inside. Combining green and blue with soft brown and gold furnishings creates a luxury feel in your home,' says Valspar paint expert Sarah Lloyd.
- Similar titles *Calm* by Sally Denning and *Inspired by Nature* by Hans Blomquist sold 25,000 copies each.



## Creative Homes



**ISBN: 978-1-78879-593-7**

208 pages (FSC paper) | 220 colour photographs  
280 x 220 mm | £35.00 (hardback)

Carton quantity: 10

**Publication: March 2024**



### ANNA MALMBERG

was born and raised in the north of Sweden. She inherited her aesthetic eye from her artist parents and discovered her love for photography at an early age. Anna lives in Southern France with her family but travels all over the world photographing beautiful interiors. Follow her on Instagram @annamalmbergphoto.

### MARI STRENGHIELM

has always been a creator and her interior styling work is her passion. Mari has her own unique style – simple and minimal, yet warm and soulful. She lives in Sweden with her family and can be found on Instagram @mari.strenghielm.



also available:

**Wild Interiors**

**ISBN: 978-1-78249-875-9**

£20.00

A fascinating glimpse into the evocative, eclectic, and carefully curated homes of artists, designers and other creatives. In *Creative Homes*, photographer **Anna Malmberg** and stylist **Mari Strenghielm** visit 12 unique and creative homes belonging to artists, designers, sculptors, photographers, musicians and more, many of them never before photographed. In each home, the interior reflects the creative endeavours and preoccupations of its inhabitants and gives an insight into their processes, inspirations, and way of life. The homeowners range from a couple of designers living in a small London flat who conceived and built all their own furniture, lighting and decorative details to a textile artist and ceramicist living in rustic seclusion on a Mallorcan farm surrounded by their own artworks. There is also the characterful, eclectic studio/apartment of a Parisian sculptor and the soft minimalist interiors of a Spanish interior designer. With glorious photographs, *Creative Homes* is sure to inspire readers to both live and decorate creatively in their own homes.

- These unique homes are not only full of ideas and imagination, but also provide intriguing insights into the style and inspirations of the creatives who live in them.
- According to the WGSN trend report on home lifestyles in 2025, 'Creativity will remain a major focus in the home, combining the impulse to be more thrifty because of financial pressures, and the impulse to be more resourceful to mitigate damage to the planet.'
- Anna has 25k Instagram followers, while Mari has 33k.



## Rachel Ashwell Shabby Chic Interiors



ISBN: 978-1-80065-301-6

192 pages (FSC paper)

250 colour photographs

292 x 244 mm | £35.00 (hardback)

Carton quantity: 10 | Rights sold: NL, TW, JP

Publication: April 2024



NEW EDITION

### RACHEL ASHWELL

founded her iconic Shabby Chic brand in 1989. Her online store offers furniture, bedding, her fabric designs and decorative pieces as well as one-off flea-market finds. In 2011, Rachel opened The Prairie by Rachel Ashwell, her B&B in Texas. Her previous titles include *Rachel Ashwell: Shabby Chic Inspirations and Beautiful Spaces*, *Rachel Ashwell: Couture Prairie* and *Rachel Ashwell's Painted Stories* (all CICO Books). Rachel divides her time between Los Angeles and rural Somerset.



also available:  
Lived-in Style

ISBN: 978-1-80065-214-9

£25.00

**Rachel Ashwell** is the creator of Shabby Chic: a peaceful yet practical way of living that respects the things we hold dear and puts them at the heart of our homes. Romantic florals against pure white linen, ruffled muslin skirting a sofa and brushing bleached floorboards, the deep comfort of a nest of fluffy towels: this is Rachel Ashwell's signature style. *Shabby Chic Interiors*, an eclectic book of quirky inspiration, is divided into chapters according to location, beginning with Rachel's Los Angeles home. We visit a photographer's minimalist mountain-top residence in the Hollywood Hills before heading to the coast and a Malibu beach cottage. A bohemian hideout in southern California is next, followed by a peep at fashion designer Betsey Johnson's one-time New York apartment and a house that once belonged to Marilyn Monroe. With rooms combining flea-market finds and objects of pure functionality – an elegant French mirror reflecting a vintage oil painting, a bejewelled candle holder beside a cluster of Willow pattern china, and a velvet cushion under a twinkling crystal chandelier – this book celebrates all that is Shabby Chic.

• Shabby Chic has become a classic design style of our time. 'The Shabby Chic aesthetic can be summed up pretty simply – "beauty, comfort, function" – which is probably why it's become so easily recognizable,' says *House Beautiful*.

• Rachel has over 106k loyal and engaged Instagram followers and 67k followers on Facebook, while the hashtag #shabbychic has 9.2m posts on Instagram and 139.1m views on TikTok. Her website is [www.shabbychic.com](http://www.shabbychic.com).



## Find Your Style with Annie Sloan



ISBN: 978-1-80065-299-6

192 pages (wood-free FSC paper) | 300 colour photographs | 280 x 220 mm | £35.00 (hardback)

Carton quantity: 10 | Rights sold: NL, DE

Publication: January 2024



### ANNIE SLOAN CBE

is one of the world's most respected experts in the field of decorative painting. She invented her unique Chalk Paint™ in 1990 and revolutionized the world of decorative painting. She also runs highly successful events such as the annual Big Paint Weekend, her US-based festival of decorative painting, and has collaborated with the Royal Horticultural Society on a range of decoupage papers and paint kits. Annie has written more than 20 books, including *Annie Sloan Paints Everything* (also published by CICO Books). She is based between Oxford and France.



also available:  
Annie Sloan Paints Everything

ISBN: 978-1-78249-356-3

£16.99

Find the right interiors recipe to personalize your home with colour expert and best-selling author Annie Sloan CBE, the creator of Chalk Paint™. In *Find Your Style with Annie Sloan*, the renowned paint effects guru and colour expert considers what makes a successful interior. Style and colour lie at the heart of the matter, but both can be hard to get right for the amateur decorator. Annie reveals how to achieve your chosen style by creating moodboards and understanding key factors, such as scale, display and layout, before examining nine timeless decorating styles: French Elegance, Neoclassical, Traditional Swedish, Vintage Floral, Modern Retro, Boho Chic, Coastal Style, Rustic Country and Warehouse Style. She also addresses the techniques you'll need to recreate these styles in your own home: colour theory, using storytelling with pictures and collected treasures, style fusion (combining your favourite styles) and, of course, paint techniques. With a wealth of practical advice, this book will inspire you to identify and decorate using your own particular style.

• Annie has 275k followers on Instagram @anniesloanshome.

• Upcycling with Annie's Chalk Paint™ is a popular pastime on social media. The hashtag #anniesloanchalkpaint has 7.8m views on TikTok, while #chalkpaint has 1.7m posts on Instagram.

• '2023 is bringing bright, statement-making individualism,' says *Architectural Digest*. Trend forecaster Lindsey Smecker of ESP Trendlab explains: 'There is empowerment in finding and owning your personal style, especially in interiors.'



## Retro Revival



ISBN: 978-1-78879-577-7

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

Carton quantity: 16

Rights sold: NL, FI

Publication: January 2024



### ANDREW WEAVING

is the former owner of online gallery Centuryd.com, which specialized in mid-century modern design. He now undertakes mid-century modern interior design projects and restorations. Andrew is co-author of the bestselling *Modern Retro* (also published by Ryland Peters & Small). He lives in London and has fabulously retro vacation homes in Florida and France.

The vibrant colours and bold shapes of mid-century design are more popular than ever, and *Retro Revival* offers a privileged glimpse into fabulous retro-inspired homes around the world. From the cerebral elegance of mid-century modern and the spare simplicity of Scandinavian retro design to the flamboyant opulence of the 1970s, retro interiors still exert enormous appeal. In this glorious book, **Andrew Weaving** visits 17 inspiring and varied homes around the globe that showcase the Retro Revival style. Furniture by Charles and Ray Eames, Arne Jacobsen and Le Corbusier mingles with textiles by Lucienne Day, lighting by Isamu Noguchi and ceramics by Russel Wright and Constance Spry. Take a tour of a minimalist loft in London and enjoy the colourful, playful chic of Palm Beach in the 1960s as you explore the many facets of a look that ranges from sophisticated glamour to pared-down elegance.

- 'Mid-century, but make it modern' is at the top of *GQ*'s list of interior design trends for 2023.

- Iconic pieces featured in this book such as the Eames lounge continue to inspire today's interior designers. The 1stDibs 2023 Designer Trends Survey found that '20th-century furniture and lighting endures at the top of designers' lists from year to year.'

- 'Retro Revival' is a key post-pandemic decorating trend, explains *Homes & Gardens*. 'The bright allure of post-war optimism is being drawn back into homes.'

- 'Mid-century modern' is a popular topic on Pinterest, with more than 400,000 pins.



also available:  
Scandi Rustic  
ISBN: 978-1-78879-246-2  
£25.00

## The Romantic Home



ISBN: 978-1-80065-309-2

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

Carton quantity: 16

Publication: March 2024



### 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 *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 almost 3,000 followers on Instagram (@missfifi2610). She lives in Florida, USA.



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

Who doesn't long for a little more romance in their home? The kind that makes your heart feel at ease when you walk inside and close the door on our fast-paced world. Romantic rooms are filled with treasures that honour the past and defined by graceful furnishings, subtle hues and evocative items. It's a style that easily mixes with other design eras, from traditional rustic and French country to modern luxe. In *The Romantic Home*, **Fifi O'Neill** presents twelve homes guaranteed to set the heart a-flutter. In the first chapter, 'Reclaimed Romance', she visits an artist's cottage and a restored 1902 loft in Minnesota. 'Modern Crush' features an apartment in Los Angeles and a sensitively updated Rhode Island home. In 'Love Stories', Fifi reveals a writer's hideaway in Florida and a classically elegant abode on the West Coast. And in the final chapter, 'Classic Vibes', she travels from a vintage-inspired ranch-style home in California to a farmhouse in the South of France. Past meets present in each of these homes, which combine calm and collected interiors with abundant personal charm.

- The biggest interiors trend for this year is 'all things pretty, frilly and floral', says *Homes & Gardens*, as we move on from minimalism to embrace flowers and femininity.

- 'Old school patterns are showing up in new ways, as younger generations of "grandmillennials" and cottagecore-loving Gen Z shoppers seek to create cosy, eclectic and nostalgic interiors,' according to Etsy's latest trend report.

- #romantichome has 1.2m views on TikTok, while #romanticizeyourlife has 1.5b views.



## Nordic Homes in Colour



ISBN: 978-1-78879-592-0

160 pages (FSC paper) | 230 colour photographs

254 x 216 mm | £25.00 (hardback)

Carton quantity: 16

Rights sold: CN

Publication: March 2024



**ANTONIA AF PETERSENS** is a Swedish journalist who grew up in Stockholm and has lived in Barcelona and London. After graduating from Stockholm University, she worked for the Swedish newspaper *Dagens Nyheter* and *Plaza Interiör* magazine as well as contributing to several lifestyle titles. Antonia was also an editor for the digital publication *Houzz* and a contributor to the anthology *Becoming a Journalist*. Antonia expresses her fondness for her hometown Stockholm in lifestyle guides where she offers insider tips on the best ways to experience modern Nordic culture, food and design.



also available:  
Be Bold with Colour & Pattern  
ISBN: 978-1-78879-446-6  
£25.00

The Nordic colour palette has seen a dramatic shift in recent years – plain white walls and monochrome tones have been replaced with rich, complex and vibrant hues. As well as discussing the theories behind this shift and analysing the most popular colour schemes, in *Nordic Homes in Colour* Antonia af Petersens offers expert advice on choosing colour for your home. She visits 10 Nordic homes divided into three different styles. 'Dark Eclectic' schemes feature deep, intense hues: dusk blue, storm grey, forest green and indigo, all inspired by the more dramatic tones of the Nordic landscape. 'Bold Accents' focuses on the details that add character – deep red berry bushes or the russet tones of the northern birch forests in autumn. Finally, in 'Majestic Pastels' Antonia provides a glimpse into interiors decorated in strong but subtle pastels for a remarkably modern effect.

- *Livingetc* reports that IKEA has 'waved goodbye to the oatmeal tinted Scandi aesthetic' for its 80th birthday in 2023. The new Nyttilverkad collection, featuring classic designs in bright new hues, is 'loud, colourful and fun,' explains IKEA designer Karin Gustavsson.
- 'The latest interior design trends all point to the same thing – we are increasingly moving towards more colour in our interiors,' according to Scandi design store Nordic Nest.
- 'The colourful and exuberant side of Swedish modern design is having a moment,' says *Architectural Digest*, as today's creatives draw inspiration from the work of Josef Frank.
- *Vogue Scandinavia* is advising readers on 'how to bring a touch of darkness into your interiors', explaining that 'darker, bolder tones can help fashion a seriously snug and welcoming ambience'.



## Hidden Homes of Tuscany & Umbria



ISBN: 978-1-78879-578-4

192 pages (FSC paper) | 250 colour photographs

292 x 244 mm | £35.00 (hardback)

Carton quantity: 10

Publication: February 2024



**CAROLINE CLIFTON-MOGG** is an acclaimed journalist and author who writes about interiors and gardens, among other subjects, for magazines such as *House & Garden*. Her books include *Summers in France*, *A Space of My Own*, *All In The Detail*, *Provençal Escapes*, *Italian Country Living* and *French Country Living*, all published by Ryland Peters & Small. Caroline lives in London.



also available:  
Summers in France  
ISBN: 978-1-78879-520-3  
£35.00

Featuring an array of beautiful homes, *Hidden Homes of Tuscany & Umbria* is a spectacular celebration of one of the best-loved and most alluring parts of Italy. Steeped in history, the rich cultural legacy of the region is reflected in the local interior style, which borrows from other eras and places, resulting in a look that is chic, original and easy to live with. This glorious book is divided into four parts. Natural Charm features rustic houses characterized by an earthy decorative palette, whose interior design is rooted in ancient rural traditions. Stylish Simplicity looks at bold modern interpretations of the style, while Classic Elegance focuses on country houses restored according to a grand decorative design, yet still warm and welcoming. Last but not least, Idyllic Artistry is devoted to an eclectic, colourful approach. Lavishly illustrated, *Hidden Homes of Tuscany & Umbria* is not only a glorious picture book, but also offers myriad ideas for interior design that can easily be transferred to any home.

- Tourism in Tuscany has made a full recovery after the pandemic as 'revenge travellers' make up for lost time. The Centro Studi Turistici in Florence has reported that the number of foreign visitors to the region increased by 91% between 2021 and 2022.
- Paint expert Annie Sloan has told *Country Living* that she expects 'colours you recognise from architecture in Mediterranean countries' to trend in 2023.
- Season two of *The White Lotus* has led to viewers 'fantasizing about an Italian riviera escape,' says *Elle Decor*. 'Expect demand for the sun-kissed Mediterranean to carry over to interiors too.'





## Living by the Water



ISBN: 978-1-78879-610-1

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

Carton quantity: 16

Publication: May 2024



### SALLY HAYDEN

is an interiors and lifestyle stylist with a background in interior design. Formerly lifestyle director at *Eve* magazine, she has worked on magazines including *Vogue Living*, *Vogue Entertaining* and *Travel* and *Livingetc*. Her first book was the best-selling *Coastal Style* (also published by Ryland Peters & Small). Sally grew up by the coast and lives in Australia with her husband and three children.



also available:  
*Surfside Style*

ISBN: 978-1-78249-880-3

£19.99

**Sally Hayden**, best-selling author of *Coastal Style*, visits 12 beautiful homes across the globe that celebrate the timeless allure of living by the water. There is something special about being close to wide expanses of sea and sky, living with open doors, broad horizons and soft colours – all these things instantly bring a sense of calm. This book is packed with evocative images of beautiful places and spaces that will inspire you to leave real life behind and enjoy rest and relaxation close to nature. The first section, Inspiration, focuses on the key elements of easy waterside style, including colour palettes, fabrics, furniture, accessories and display. In the second section, Homes, Sally explores stunning real-life coastal homes that capture the spirit of living by the water. They include an airy summer retreat in Denmark, a shingled beach house in Nantucket and even a lighthouse. *Living by the Water* is not only a glorious treat for the eyes – it will also inspire you to emulate the laid-back, barefoot chic of summery, waterside style all year round, wherever you live.

- Oliver's Travels has reported that coastal interiors are the second most searched-for travel-inspired decorating trend in 2023, with an average of 206,400 Google searches per month.

- 'TikTok has spoken – summer's home-décor trends fall into four main seaside-inspired camps,' the *Daily Mail* reports. These popular microtrends, such as 'coastal grandmother' (498 million views) and 'coastal cowgirl' (163 million views), reflect the enduring appeal and versatility of waterside interiors.

- By the author of the best-selling *Coastal Style*, which has sold over 28,000 copies.



## The Relaxed Home



ISBN: 978-1-78879-611-8

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

Carton quantity: 16

Rights sold: FI, FR, DE, TW

Publication: May 2024



### JUDITH WILSON

has been an interiors writer and stylist since 1987, including six years as decorating editor at *Homes & Gardens*. She has contributed to *House & Garden*, *Livingetc*, *Red* and *Junior*. Her books include *Children's Spaces*, *Family Living*, *Harmonious Home*, *Essential Home* and *Teen Zone* (all Ryland Peters & Small). Judith lives in south-west London.



also available:  
*Calm*

ISBN: 978-1-78879-383-4

£25.00

Imagine a home that is organized yet relaxed, functional yet comfortable, unfussy but also beautiful. This is the essence of *The Relaxed Home*. There's a universal appeal to a home where we can kick back and chill out, an interior where the emphasis is on cosy, casual comfort, yet with all the essentials at hand. In the first section of this book, Casual Style, interiors expert **Judith Wilson** maps out the two facets of the look – Country Casual and City Casual – so you can identify the style that suits you best. Next, Casual Elements focuses on the different ingredients that come together to create the perfect home. In part three, Casual Rooms, Judith shows how the style translates to each room in the house, from Relaxed Kitchens to Soothing Bathrooms and Cosy Sitting Rooms to Tranquil Bedrooms, taking in Children's Spaces along the way. *The Relaxed Home* will inspire you to create a practical, welcoming and comfortable home that you'll enjoy and appreciate every day.

- *Livingetc* predicts that homes in 2024 will show 'a more relaxed take on sophistication than ever before'. Interior designer Tara Bernerd explains: 'While that feeling of luxury remains very important, don't we now all want something that feels approachable, too?'

- 'The most characterful of homes are those that find organizational solutions that suit day-to-day life and the needs of those who move within them,' says *Homes & Gardens*. Author Judith Wilson recommends a practical, fuss-free approach to storage that is ideal for families, with 'a planned place for everything'.

- Leading consumer trend reporter WSGN say that as we head towards 2025, we will 'continue to do more – and expect more – from the spaces we live in.'



## Boho Style



ISBN: 978-1-78879-613-2

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

Carton quantity: 16

Rights sold: CN, DE, NL, TW, FI

Publication: June 2024



### SELINA LAKE

is a stylist and author. Her work has been exhibited at the RHS Chelsea Flower Show and RHS Hampton Court Palace Garden Festival and features in publications including *Country Living*, *The English Garden* and *Country Homes & Interiors*. She has a column in *Modern Gardens* magazine. Selina has 30k followers on Instagram and has written 11 books for Ryland Peters & Small, including *Heritage Style*, *Botanical Style* and *Shed Style*.

### JOANNA SIMMONS

is a journalist and author and worked on *BBC Homes & Antiques* and *Livingetc* before becoming a freelance writer.



also available:

Botanical Style

ISBN: 978-1-78879-521-0

£25.00

Free your imagination and discover vibrant, characterful interiors inspired by market and vintage finds from around the world. Stylist **Selina Lake** and writer **Joanna Simmons** step inside real homes furnished with intriguing pieces from different eras and cultures, which mix and match colours, patterns and designs. You'll discover an inspiring and eclectic mix of vintage and retro influences, flea-market finds and pieces inspired by a French brocante or Moroccan bazaar, which can add interest to high-street buys. The book begins by showing you how to combine the elements of the style to put the look together: Furniture & Storage, Textiles, Colour & Pattern, Lighting, Wall Art & Collectibles and Display are all considered in turn. In the second half of the book, Rooms, Selina reveals how the style works brilliantly in every part of the home.

- 'Free-spirited and fun, boho chic has endless appeal for anyone who loves an eclectic vibe in interiors.' – *The Independent*
- Pinterest has reported an 850% increase in searches for 'eclectic interior design vintage'.
- *House Beautiful* highlights 'unique and quirky finds' as an antiques trend for this year. 'People are looking for pieces that give their rooms personality,' says Anthony Barzilay Freund at 1stDibs.
- 'In the coming year, we expect to see a rise in more interesting and sentimental accessories,' says interior designer Audrey Scheck. 'Try visiting your local antique or thrift shop to see what unique home decor and furniture pieces you can find.'



## Inspired by French Style



ISBN: 978-1-80065-340-5

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

Carton quantity: 16

Rights sold: DE

Publication: June 2024



### CAROLYN WESTBROOK

is a prominent lifestyle designer, known for her brand Carolyn Westbrook Home. Her passion for all things French translates into her home decor line to include bedding, pillows, lamps and accessories, as well as the interiors she has designed. Carolyn is based in Texas, USA.



also available:

Vintage French Style

ISBN: 978-1-78249-548-2

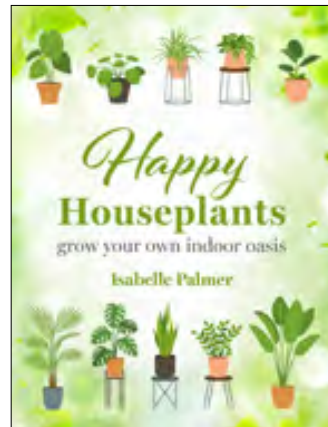
£23.00

Master the art of creating sleek, elegant and chic French interiors with renowned author and designer **Carolyn Westbrook**. 'French Inspired' is Carolyn's signature decorating style. Her stunning house in Texas, a sleek urban apartment and a classically elegant town house showcase a variety of interiors that will leave you enamoured with all that is French. Whether adding a distressed and gilded mirror or a faded rug that exudes rustic charm, her ideas are quintessentially French in their inspiration and execution. Taking cues from her childhood in the US, Carolyn infuses her earliest memories into everything she styles. From the chic elegance of New Orleans to the homey romance of a traditional farmhouse, Carolyn always creates a truly French-inspired interior. Priding herself on her classic and timeless interiors rather than reflecting the latest trends, she hopes they will spark a true romance with your own home. The French have perfected the art of this time-worn yet sophisticated style of living, and you too will fall in love with the colours, the textures and the inspiration of the French style.

- French-inspired interiors have undeniable staying power, says *Architectural Digest*. 'Rooted in a rustic, warm base dressed with refined, elegant accents, French country decor offers the best of both worlds: a comfortable, lived-in home that's undeniably luxurious too.'
- TikTok has caught on to the joys of French-inspired homes, with over 14 million views for #frenchdecor. The same hashtag has been used nearly 250,000 times on Instagram.
- First published as *The French-Inspired Home*, this book has sold over 37,000 copies since 2010.



## Happy Houseplants



**ISBN: 978-1-80065-311-5**  
144 pages (wood-free FSC paper) | 100 colour photographs & 100 artworks | 152 x 115 mm  
£9.99 (hardback)

Carton quantity: 48  
Rights sold: DE, NL, IT  
**Publication: February 2024**



### ISABELLE PALMER

is a renowned small space garden designer and the founder of The Balcony Gardener. Specializing in the tiny corners of city gardening since 2009, her innovative and fresh approach to design and garden retail has earned her well-deserved attention for a stylish greener city life. Her adventures started out on her own London balcony where she wanted to create a little green oasis of her own. Believing that others would want to do the same, she started The Balcony Gardener ([www.thebalconygardener.com](http://www.thebalconygardener.com)). Isabelle has shared her gardening and houseplant expertise in four books.



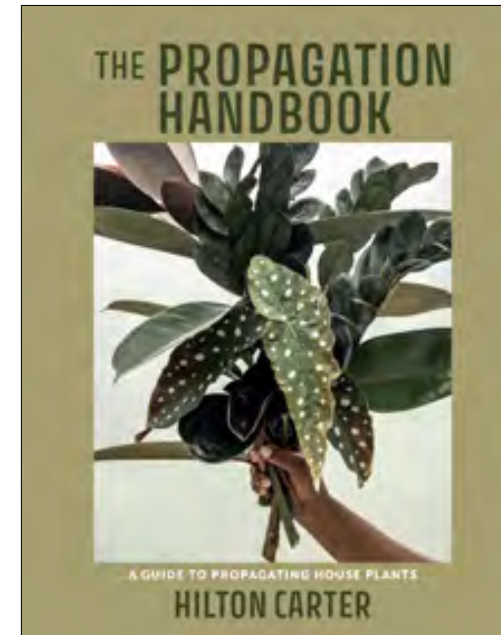
also available:  
Terrarium Imaginarium  
**ISBN: 978-1-80065-218-7**  
£14.99

Create your very own urban jungle and help your houseplants thrive with this handy pocket guide to plant care. Houseplants bring life and energy into our homes, improving air quality and even boosting our productivity. But even the most committed plant parents may need a little guidance to keep their ferns flourishing and their bromeliads in bloom. *Happy Houseplants* is filled with essential advice on choosing the right plants for your space and lifestyle, whether you have a sun-drenched balcony or a shady home office. You will find plenty of information on caring for some of the most popular houseplants: how often to feed and water them, how much light they need and what kind of soil they prefer. The book also includes a wealth of troubleshooting ideas for common problems, from sunburnt leaves to pest control, giving you the confidence to revive your ailing plants. Charming photographs and illustrations throughout make this a colourful, accessible book for botanical beginners and gifted growers alike.

- The Royal Horticultural Society reports that houseplants can improve our mood, reduce stress levels and lower our blood pressure, while removing harmful volatile organic compounds (VOCs) from the air.
- A survey of 2,000 millennials aged 25–39 by OnePoll found that 70% identify as 'plant parents', but the average respondent had also killed seven plants by accident.
- The average Briton spends over £300 a year on houseplants, according to a study by Miracle Gro.
- On TikTok, #PlantTok videos have amassed 4.7 billion views as young plant parents seek out advice and information online.



## The Propagation Handbook



**ISBN: 978-1-80065-310-8**  
192 pages (wood-free FSC paper)  
300 color photographs | 254 x 200 mm  
£25.00 (hardback)

Carton quantity: 10  
**Publication: April 2024**



### HILTON CARTER

is a director, editor and fine artist who is passionate about plants – his home is filled with them. He has a huge following of 557k on Instagram (@hiltoncarter), where he shares his encyclopaedic knowledge of plant care and styling. Hilton recently launched his second highly successful homewares collaboration with Target. He is one of the experts selected by Chip and Joanna Gaines for their Workshops digital series and Magnolia Network TV show and also makes frequent appearances on NBC's Today show. Hilton lives in Baltimore with his wife and daughter.



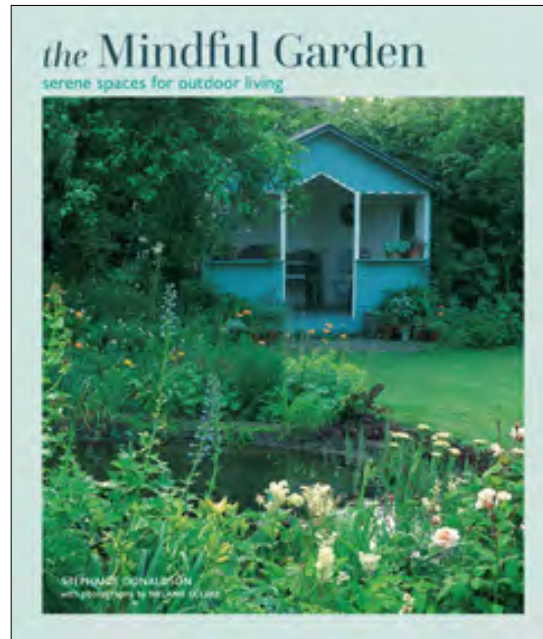
also available:  
Wild at Home  
**ISBN: 978-1-78249-713-4**  
£18.99

In *The Propagation Handbook*, plant stylist **Hilton Carter** reveals how to grow and increase your own plant family by propagating existing plants. Not only a plant lover, Hilton is passionate about propagation, the process of growing a brand new healthy and happy plant from part of an existing one. In this, his fifth book, Hilton talks us through the process of propagating houseplants and explains all the necessary techniques, from the very simplest to more complex methods, such as air layering and grafting. He describes which method to use for different types of plant, and lists essential tools for the process. In Hilton's words: "You hear so much about plant 'parenthood', but knowing how to propagate and then watching as your little plant takes shape and develops into a full-grown plant is the very definition of this."

- Praise for Hilton Carter's previous books: 'Amid his step-by-step instructions for greening thumbs... [Hilton Carter] points out his visual puns and shares joy in his profession'. – *The New York Times*  
'The LeBron James of plant styling... definitely a man you want to follow.' – *Good Morning America*  
'Pages upon pages of inspiration.' – *House Beautiful*
- The hashtag #propagate has 283.5m views on TikTok and 124K posts on Instagram.
- Hilton's first book, *Wild at Home*, has sold over 105,000 copies.
- Hilton and his plants have 557k followers on Instagram.



# The Mindful Garden



ISBN: 978-1-78879-595-1

144 pages (FSC paper) | 170 colour photographs  
254 x 216 mm | £25.00 (hardback)

Carton quantity: 16

Rights sold: DE, NO

Publication: February 2024



## STEPHANIE DONALDSON

is a former gardening editor of *Country Living* magazine, a freelance garden writer and a passionate organic gardener. She lives by the sea on the south coast of England, where the mild climate allows her to experiment with growing the Mediterranean plants she loves in between writing, visiting gardens, and enjoying life by the coast. She can be found on Instagram @theenduringgardener.



also available:  
**Gardens for the Soul**  
ISBN: 978-1-78879-428-2  
£25.00

Make your outside space a mindful retreat, somewhere to restore the spirit. Just being outdoors in nature will refresh tired eyes and a tired mind. Imagine spending time in a garden that is relaxing just to look at, thanks to a simple design, soothing plant colours, scents and textures, and the calming sounds of water, birdsong and the rustle of leaves. In *The Mindful Garden*, gardener and garden writer **Stephanie Donaldson** shows you how to achieve a tranquil outdoor space with a therapeutic effect. The first section, Peaceful Shapes and Spaces, promotes the virtues of simplicity, symmetry and balance. Stephanie explains how to carve out scenic spaces for contemplation and introduce art and sculpture into a garden. The second part of the book, Tranquillity for the Senses, shows how to incorporate soothing colours, appealing textures and light and shade into even the smallest outdoor space. In the final section, Scent and Sound, the author reveals how to add sensory touches such as fragrant plants and calming sounds to promote wellbeing. With stunning photographs of inspirational gardens, lists of suggested plants and ideas for attracting wildlife, *The Mindful Garden* will help to transform any outside space into a restful retreat.

- According to the British Psychological Society, there is a substantial body of research demonstrating the positive benefits of gardening-based activities on our wellbeing and mental health.

- 'Being outdoors, connecting with nature, and the physical benefits of gardening are all things that we value much more in the post-pandemic world, and this is influencing the garden styles we choose.' *House & Garden* magazine

- In 2022, The RHS Chelsea Flower Show introduced a new category for sanctuary gardens, described by *Gardens Illustrated* as 'Gardens designed to harness the healing power and serenity of nature'.



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The Flower Hunter: Creating a floral love story inspired by the landscape



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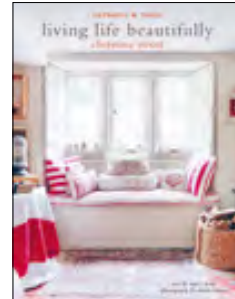


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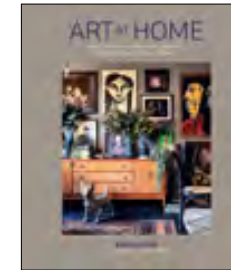
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ROS BYAM SHAW  
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**BESTSELLER**  
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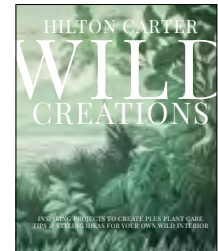
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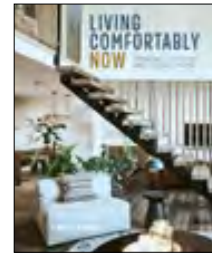
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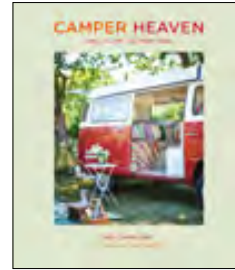
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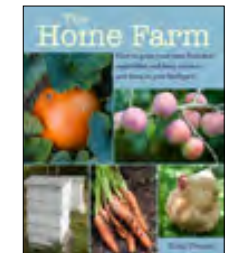
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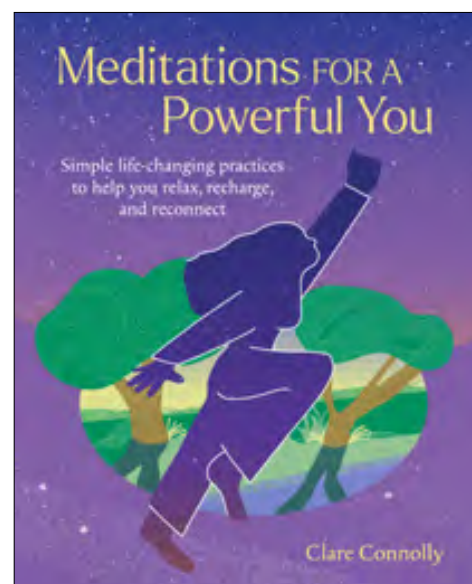
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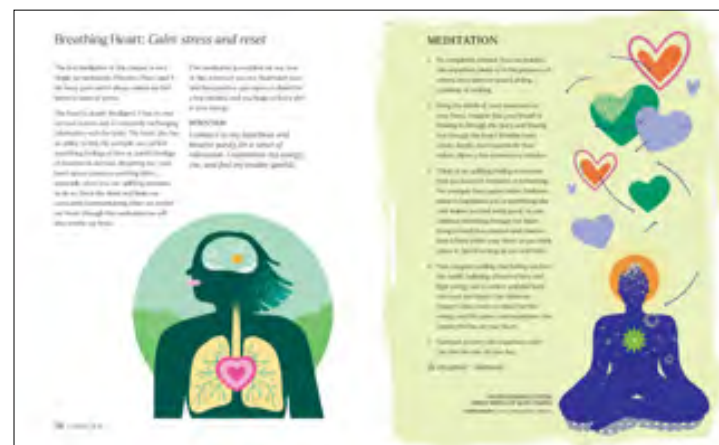
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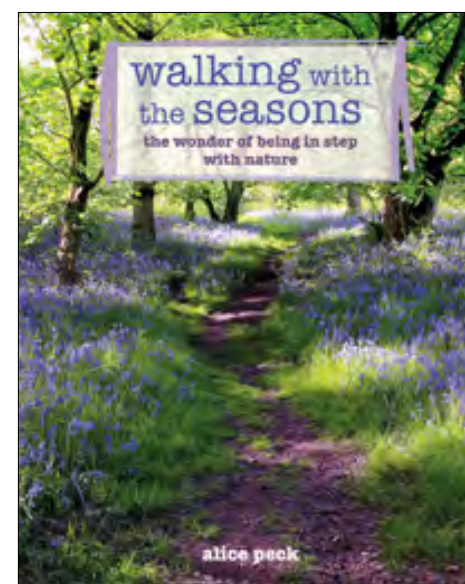
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**CERRIDWEN GREENLEAF** has worked with many leading lights of the Wiccan world and has led ritual and magic workshops throughout North America. She is the author of *Magic for Change*, *The Book of Norse Magic*, *5-Minute Magic for Modern Wiccans*, *The Book of Kitchen Witchery*, and many others published by CICO Books, and her *Witches' Spell Book* series for Running Press are bestsellers, selling over 100,000 copies. She blogs at [yourmagicalhome.blogspot.com](http://yourmagicalhome.blogspot.com) and lives in San Francisco, CA.

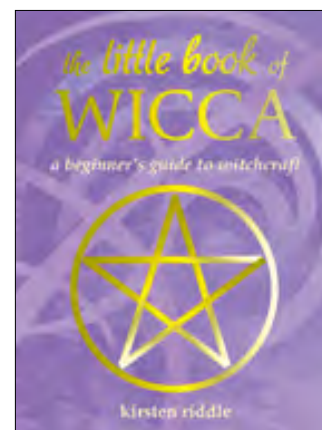
From choosing, decorating and personalising the book of your dreams, to chronicling your spells, rites and charms, and observing the dates of the seasonal, astrological and lunar calendar, this field guide contains everything you need to take your ritual work to the next level. When you track the magical correspondences that work best for you, you can power up your potions and evolve your enchantments. Most importantly, *Your Book of Shadows* is a space for creativity – for the spells, musings, sketches and journaling that have special significance to you. Join best-selling author **Cerridwen Greenleaf** to create your own Book of Shadows and make every ritual an opportunity to refine your personal magic and increase the success of your spells.

- Expert advice from best-selling author Cerridwen Greenleaf on every aspect of choosing and creating your own Book of Shadows, a sacred tome that will chart your evolution as a witch.
- Witchery and magic are very trendy. TikTok's #witch hashtag has received nearly 20 billion views, #witchtok has nearly two billion views and #babywitch, a hashtag for those new to the craft, has more than 600 million views.
- Appeals to those starting out with Wicca – *The Beginner's Guide to Wicca* (ISBN 978-1-78249-165-1), also published by CICO Books, has sold over 16,000 copies.
- According to a study in the British Journal of Psychology, people who linked their behaviour to a daily routine or a specific time saw positive improvements in habit formation.



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

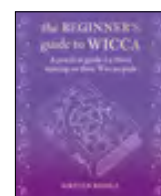
# The Little Book of Wicca



**ISBN: 978-1-80065-332-0**  
 144 pages (wood-free FSC paper)  
 120 colour illustrations  
 152 x 115 mm | £9.99 (hardback)  
 Carton quantity: 52  
 Rights sold: IT  
**Publication: May 2024**



**KIRSTEN RIDDLE** is an author and storyteller. She writes regularly for *Spirit and Destiny* and *Kindred Spirit* magazines. Kirsten has also written *The Little Book of Empathy*, *Harnessing the Power of Signs & Symbols*, *Be Your Own Goddess*, *Nature's Blessings and Ancestral Magic*, all published by CICO Books. She lives in Nottingham.



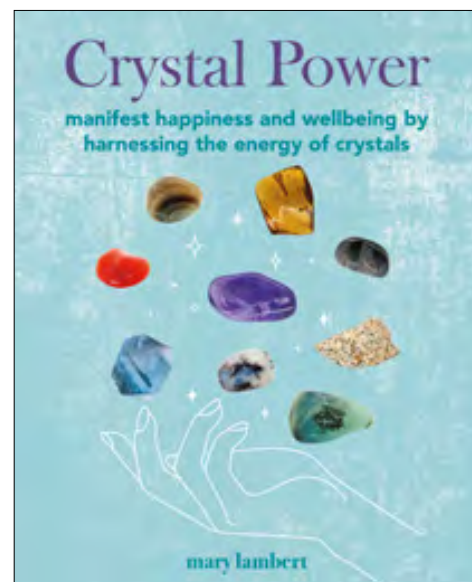
also available:  
**The Beginner's Guide to Wicca**  
**ISBN: 978-1-78249-839-1**  
 £12.99

Interested in magic and Wiccan practices but not sure where to start? *The Little Book of Wicca* is the perfect companion for those beginning their journey into the wonderful world of witchcraft. With a friendly and straightforward approach, **Kirsten Riddle** dispels common misconceptions of this nature-based spiritual practice and provides practical advice on how to incorporate the principles of Wicca into your daily life. The book features easy-to-follow magical techniques for enhancing your creativity, wellbeing and relationships, from herbal, kitchen and lunar magic to simple spells and rituals using everyday objects and household items. There's even a quick and easy quiz that allows you to discover your Wiccan strengths. With this essential compendium of knowledge, you'll be ready to take your first steps on the Wiccan path.

- TikTok's #witch hashtag has received nearly 20 billion views, while #tiktok has nearly two billion views and #babywitch, a hashtag for those new to the craft, has more than 600 million views. (*BBC News*, October 2022)
- Appeals to those starting out with Wicca – *The Beginner's Guide to Wicca* (ISBN 978-1-78249-165-1), also published by CICO Books, has sold over 16,000 copies.
- Books in the same format have sold well for CICO Books: *Be Your Own Astrologer* (ISBN 978-1-78249-655-7) has sold over 30,000 copies and *Be Your Own Moon Astrologer* (ISBN 978-1-78249-701-1) has sold over 22,000 copies.



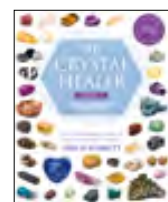
# Crystal Power



**ISBN: 978-1-80065-320-7**  
 160 pages (FSC paper) | 150 colour photographs & artworks | 235 x 190 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 30  
 Rights sold: CZ, EE, FR, NL, RU  
**Publication: March 2024**



**MARY LAMBERT** is the bestselling author of ten books, including *The Joy of Living with Less* and *Clearing the Clutter* (which has sold over 220,000 copies worldwide). She is a well-known international Feng Shui and Decluttering Consultant, who regularly uses crystals in her consultations. She runs numerous workshops, including one on crystals, both in the UK and internationally. Mary has appeared regularly on local radio, in magazines such as *Spirit & Destiny* and *Woman & Home*, and in newspapers such as *The Guardian*, *Sunday Express*, *Evening Standard* and *The Mail*. She lives in Shoreham-by-Sea.



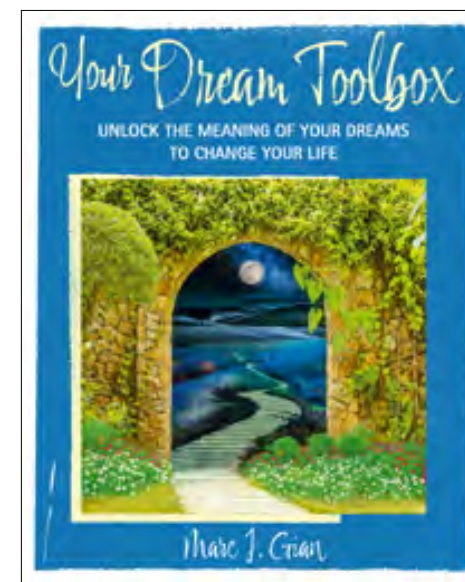
also available:  
**The Crystal Healer: Volume 2**  
**ISBN: 978-1-78249-654-0**  
 £14.99

In this practical guide, best-selling author **Mary Lambert** reveals everything you need to know about choosing and using more than 100 crystals which are all commonly available. Place crystals in your home to harmonise your space, pacify neighbours and attract passion; display crystals at work to boost personal empowerment, connect with your intuition or inspire creativity; use healing crystals to alleviate emotional pain or ease the discomfort of travel sickness; or discover your birthstone with crystal astrology, reveal the crystals you need to enhance your potential and balance the personality traits associated with your sign. You will also find tips on choosing, cleansing and attuning your crystals to maximise their unique energies. Harness the transformative power of crystals and change your life for the better!

- The popularity of crystal healing has skyrocketed in the past year, with celebrities such as Adele (who used crystals on her 2016 tour to combat stage fright), Holly Willoughby and Victoria Beckham to Katy Perry and Kim Kardashian attributing their success to the magical power of crystals.
- Expert advice from best-selling author and qualified feng shui consultant Mary Lambert.
- On Instagram, there are currently 17 million posts under the hashtag #crystals, over 9 million posts under #crystal, and over 6 million under #crystalhealing. Combined, the 37 most popular type of crystals in the UK see an average monthly search volume of 570,350, and the number of searches is shown to be increasing (Flush the Fashion, 2023).



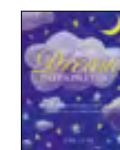
# Your Dream Toolbox



**ISBN: 978-1-80065-339-9**  
 144 pages (wood-free FSC paper)  
 75 colour artworks | 235 x 190 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 30  
**Publication: June 2024**



**MARC J. GIAN** (L.Ac, LMT) teaches classes on night dreams and holds one-to-one sessions. He is a sought-after acupuncturist and aromatherapy teacher, and the author of *Aromatherapy* (CICO Books). Along with teaching at the New York Open Shui Centre among other places, he has a private practice in New York City. Find out more at [www.marjgian.com](http://www.marjgian.com). Marc lives in Brooklyn, New York.



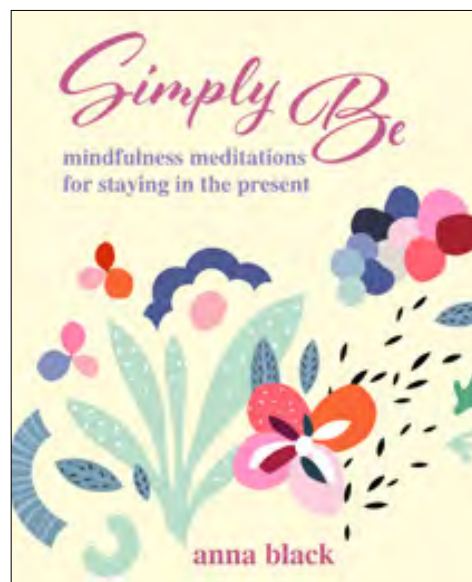
also available:  
**Be Your Own Dream Interpreter**  
**ISBN: 978-1-78249-656-4**  
 £7.99

Discover how to access, transform and be empowered by your dreams to become the hero of both your dreams and your waking life. **Your Dream Toolbox** is packed with practical exercises to engage your imagination, prepare you for better dreaming, decode the meaning behind dream images and remember your dreams on waking. Learn how to use a dream journal and understand the language of dream images – the numbers, colours, directionality and recurring dreams that embody your past and present – and rewrite your dreams of the future to become the best version of yourself.

- Almost half of Britons (45%) say they always or often remember their dreams. The study found that 44% of Britons think dreams have meaning, while a third of Britons (34%) say they had a dream about someone or something that changed the way they felt about them or it. (YouGov, 2022)
- “The dream stage of sleep, based on its unique neurochemical composition, provides us with a form of overnight therapy, a soothing balm that removes the sharp edges from the prior day’s emotional experiences.” (Matthew Walker, PhD, *Current Biology*, 2007)
- Dreams remain a popular topic: *Be Your Own Dream Interpreter* (ISBN 978-1-78249-656-4) has sold over 24,000 copies.



# Simply Be



**ISBN: 978-1-80065-337-5**  
 144 pages (FSC paper) | 50 colour artworks  
 235 x 190 mm | £14.99 (paperback with flaps)  
 Carton quantity: 30  
 Rights sold: FR, HU, TH  
**Publication: May 2024**



**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, and from the Center for Mindfulness at the University of Massachusetts Hospital, USA. She 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.



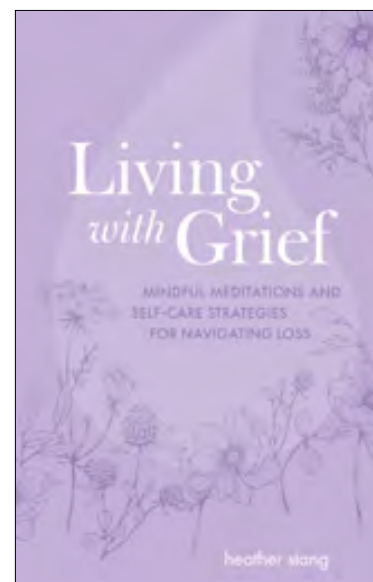
also available:  
**Be Mindful**  
**ISBN: 978-1-78249-852-0**  
 £7.99

Mindfulness is about being open to all experience: the good, the bad and the neutral. By noticing what is happening in your body and what emotions are arising, you can learn to 'simply be' with these experiences and choose how to respond. These 60 short and simple meditations will cultivate the skills you need to improve your relationships, be more contented and fulfilled, enjoy better emotional and physical health, and manage stress. These easy and accessible exercises from highly qualified mindfulness practitioner, **Anna Black**, can be used by everybody, anywhere, and at any time. From core skills, such as tuning into the breath and the body at the bus stop, to practicing mindfulness during everyday tasks such as eating, showering or walking, to foundational practices for building tolerance, empathy and inner strength, this practical guide demonstrates how to cultivate a mindful attitude that will transform your everyday life.

- High-profile celebrities like Oprah Winfrey, Beyoncé and Richard Branson practice 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)
- Calm has been downloaded over 100 million times, making it the number one meditation app. Rival app Headspace, has been downloaded 65 million times. (*The Good Body*, 2022)
- Anna Black is the author of *The Little Pocket Book of Mindfulness* (ISBN 978-1-78249-203-0), which has sold over 122,000 copies.



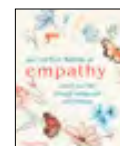
# Living with Grief



**ISBN: 978-1-80065-307-8**  
 144 pages (wood-free FSC paper)  
 234 x 153 mm | £14.99 (paperback with flaps)  
 Carton quantity: 40  
 Rights sold: FR  
**Publication: January 2024**



**HEATHER STANG** offers private Phoenix Rising Yoga Therapy sessions, day retreats and eight-week Mindful Grief courses to the bereaved. Her focus is on helping the bereaved to stay healthy and experience post-traumatic growth through mindfulness-based practices. Heather is based in West Virginia, USA.



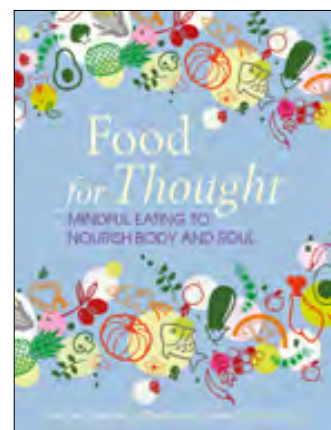
also available:  
**The Little Book of Empathy**  
**ISBN: 978-1-80065-018-3**  
 £7.99

Loss is an inevitable part of life and the experience of grief can affect anyone. While nobody can predict the path of someone else's grief, this book will guide you through the process with simple mindfulness-based exercises to restore mind, body and spirit. In *Living with Grief*, an updated edition of *Mindfulness and Grief*, each chapter focuses on a different aspect of grief, and aims to enable you to honour your loved one's legacy while continuing your own life's path. You will find out ways to cope with the pain of loss and embark on a healing journey, through breath and body exercises for feeling overwhelmed or unsteady by grief to relaxation techniques that will help you to release tension and steady your mind. While *Living with Grief* is centred around the death of a loved one, the mindfulness practices in the book will also be helpful to readers experiencing other kinds of loss, such as separation, divorce, unemployment, health-related loss and relocation.

- "Heather Stang offers those who are grieving a wise and practical guide ... [this book] will help you find your own inner strength and awakening heart in the midst of great loss" (Tara Brach).
- A study (commissioned by Co-Op Funeralcare) has found that around one in five adults feels more comfortable talking about grief following the Covid-19 pandemic.
- Evidence-based research supports the positive effects of meditation on the symptoms of grief, and illustrates a positive correlation between meditation practice and the reduction of suffering after loss.
- Expert advice from a grief coach and yoga therapist who runs an annual Grief Retreat at the prestigious Omega Institute in New York.



# Food for Thought



**ISBN: 978-1-80065-322-1**  
 160 pages (wood-free FSC paper) | 100 colour artworks  
 152 x 115 mm | £9.99 (hardback)  
 Carton quantity: 48  
 Rights sold: VN  
**Publication: April 2024**



**RACHEL BARTHOLOMEW** is an experienced nutrition consultant and writer and a full member of the British Association for Nutrition and Lifestyle Medicine and the Complementary and Natural Healthcare Council. For more information on Rachel's work, and her newsletter, 'Little Steps', which shares one small diet and lifestyle tip each week, visit [rachelbartholomew.co.uk](http://rachelbartholomew.co.uk). Rachel lives in Lancashire.

**MANDY PEARSON** is an accredited mindfulness NLP trainer, consultant, and coach with over 20 years of training in counselling and therapy. Mandy is also a Reiki Master Teacher and integrates mindfulness into all aspects of her work. As the director of Inner Space Training and Development (inner-space.dk), Mandy runs mindfulness and leadership courses internationally. She lives in Denmark and writes 'Stories from Engelshus' ([mandypearson.substack.com](http://mandypearson.substack.com)) from her woodland home.



also available:  
**Mindful Walking**  
**ISBN: 978-1-80065-088-6**  
 £7.99

Mindless eating is a modern-day malady. In today's hectic world, we reach for unhealthy snacks for a quick energy boost, we don't take proper lunch breaks and we are constantly distracted while we eat. The enjoyment of eating is lost as a result. Mindful eating offers a new, positive way forward. By applying the principles of mindfulness, an ancient Buddhist practice, to our everyday eating habits we can make simple changes to our diet and learn how to appreciate and savour food. **Rachel Bartholomew** and **Mandy Pearson** demonstrate how easy-to-follow mindfulness meditations and delicious recipes can set you on the path to a new and healthier way of eating.

- Break the negative habits of mindless eating. With expert advice, easy-to-follow meditations and delicious recipes, it has never been easier to make simple changes to your diet at home and at work.
- "Research has shown that mindful eating can lead to greater psychological wellbeing, increased pleasure when eating, and body satisfaction" (Harvard, 2020).
- "Studies show that if we try to be mindful to simple activities ... the results of such meditation are highly beneficial for our health, mental balance, social relations, and the functioning of our brain" (Queen's University, Belfast).



# Unplug and Unwind



**ISBN: 978-1-80065-306-1**  
 144 pages (wood-free FSC paper) | 100 colour illustrations  
 152 x 115 mm | £9.99 (hardback)  
 Carton quantity: 48  
**Publication: February 2024**



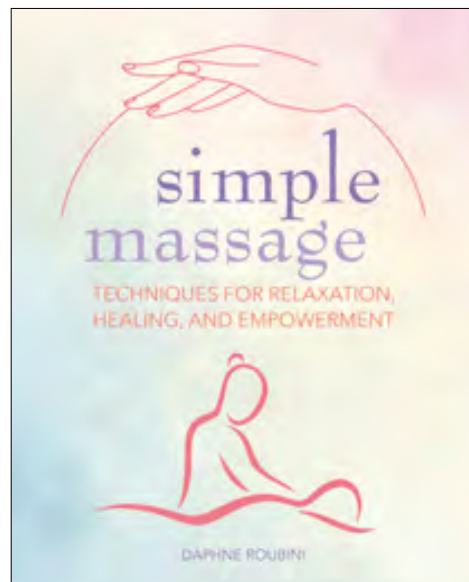
The fast pace of contemporary life and the increasingly digital age we live in can overwhelm our peace, happiness and wellbeing. Checking our phones and engaging online are often necessary to stay connected and thrive in today's world but doing so constantly and mindlessly can lead to unwanted anxiety, exhaustion and discontent. There is a better way to meet these everyday challenges. Through a mindful approach and relating to situations differently, *Unplug and Unwind* will do just that for you. Discover the many ways to benefit physically, emotionally and mentally, including how to feel more rested if you're having trouble sleeping, tune into your breathing regularly to relax and be present, and explore your senses to experience renewed energy and pleasure. In this compendium of beautiful images and inspiring guidance, shift from doing to being and find more balance and happiness in your life.

- "The chaoticness of our daily lives, and the constant connection we have to technology does mean that we really sort of struggle to decompress at the end of the day." (*Guardian*, May 2023)
- Practising mindfulness exercises can help direct your attention away from too much time planning, problem-solving, or negative and random thoughts that can be draining. (Mayo Clinic, January 2023)
- Prioritising rest is an important, useful mental health trend. Many Instagram posts and TikTok videos challenge the notion that rest is tied to being unproductive or lazy. (*Huffington Post*, December 2022)
- In the same format as *Everyday Self-Care* (ISBN 978-1-78249-887-2), which has sold over 44,000 copies.



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

# Simple Massage



**ISBN: 978-1-80065-338-2**

144 pages (FSC paper) | 250 colour photographs & artworks | 235 x 190 mm  
£14.99 (paperback with flaps)

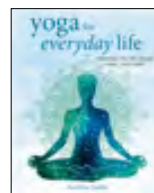
Carton quantity: 30 | Rights sold: EE, ES, FR

**Publication: June 2024**



**DAPHNE ROUBIN**

(MAR MIFPA RA) is a multi-disciplinary healer who has been in practice for over 20 years. She is a massage therapist, aromatherapist, reflexologist, baby massage teacher, educator and spa consultant. Daphne's unique treatment style – a fusion of the ancient healing practices of the east with western massage – has evolved over her many years of experience and study. She is trained in the rare Taiwanese Rwo Shur Health Method of reflexology, as well as massage, acupressure, intuitive healing and Ayurveda. Daphne has worked in many clinical environments, including the famous Sanctuary spa and the Elizabeth Garrett Anderson Hospital, London. She currently lives and practices in Vancouver, Canada.



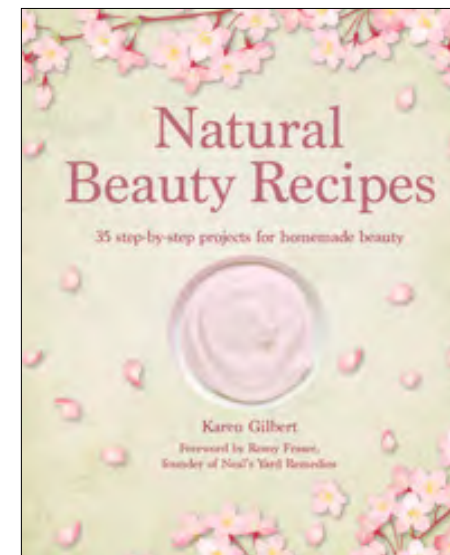
also available:  
Yoga for Everyday Life  
**ISBN: 978-1-80065-187-6**  
£14.99

From basic, revitalising, full-body sequences to healing Ayurvedic treatments, and from reflexology to the ancient art of acupressure, this holistic guide combines the key techniques from East and West for both beginner and experienced practitioners alike. Alongside information on the chakras and working with the energy centres, meditations and visualisations, this inspired guide will show you how to stimulate the spirits and the senses, restoring balance and wellbeing to both body and mind. With step-by-step photography throughout, easy-to-follow instructions and even advice for massaging on the move, these simple but effective techniques can be practised by anyone, anywhere.

- Ayurveda has been noted as a wellness trend for 2023. (*Cosmopolitan*, Dec 2022)
- The latest spa trends and treatments are taking the UK by storm in 2023, with recent openings such as The Spa at Gleneagles, Scotland, in 2021 and east-inspired Claridge's Spa, London, in 2023, while established leading lights, such as Movementum at Mandarin Oriental, London, are unveiling new hybrid east-west treatments. (*CondéNast Traveller*, 2023)
- Massage therapy has emerged as a powerful tool in promoting mental health by reducing stress, anxiety and depression, while improving sleep quality and emotional well-being. (*LiveWellHealth*, 2023).



# Natural Beauty Recipes



**ISBN: 978-1-80065-308-5**

144 pages (wood-free FSC paper)  
200 colour photographs | 210 x 170 mm  
£14.99 (hardback)

Carton quantity: 24

Rights sold: DE, KR, RU

**Publication: January 2024**



**KAREN GILBERT**

is a natural skincare and fragrance expert who helped to create many of Neal's Yard Remedies' award-winning formulas, and she now runs artisan perfumery workshops in the UK and online. Karen is the author of *Perfume*, also by CICO Books, and is based in Fordingbridge in the New Forest.

Most of us use a huge variety of beauty products on our skin and hair every day, but the majority of these contain a variety of chemicals and toxins that can be harmful to you and to the environment. Now, you can create your own beauty essentials with these 35 facial, body and hair recipes. From a neroli hydrating spritz to a macadamia and jojoba moisturiser, a mango and lime body butter to a lemon and tea tree foot balm, and a bergamot and grapefruit wake-up wash to a cocoa butter lip balm, the hardest part is choosing which of the pampering projects to try first. Each recipe has clear step-by-step photographs to guide you, comprehensive lists of equipment and ingredients and easy-to-follow instructions – you'll wonder why you ever bought beauty products in the first place.

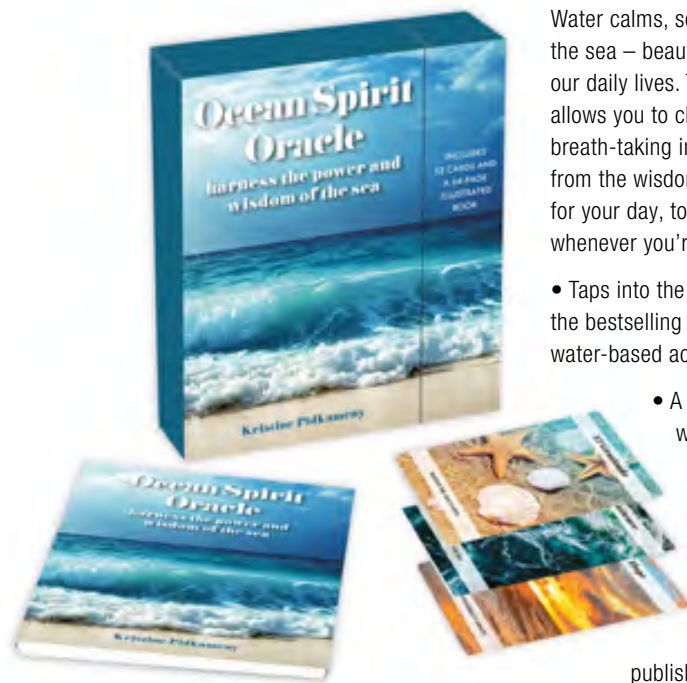
- Research from Nosto (2019) states that 59% of people are more likely to buy products that are advertised as 'natural and organic'.
- Includes a foreword by Romy Fraser, founder of Neal's Yard Remedies.
- The projects use readily available ingredients and home-friendly methods that are designed to be kind to the environment – especially thanks to the lack of beauty product packaging.



also available:  
The Book of Korean Self-Care  
**ISBN: 978-1-80065-204-0**  
£14.99



# Ocean Spirit Oracle



Water calms, soothes, heals and inspires us and there are many aspects of the sea – beauty, grace, mystery, flow, power – which we can emulate in our daily lives. This special oracle deck highlights these qualities and allows you to channel the energy of the Earth's natural waters. Featuring breath-taking images of the ocean, each card offers a message drawn from the wisdom of the sea. Choose a card to provide an inspiring mantra for your day, to use as the basis of a simple meditation, and to help you whenever you're seeking guidance.

- Taps into the growing wellness trend of 'blue mindfulness', inspired by the bestselling book *Blue Mind* by Wallace J Nichols, which outlines how water-based activities can change physical and mental health.
- A survey by Strutt & Parker showed that 55% of respondents would like to live near the seaside or coast while 37% are planning to move to a waterside location. They also found that 38% of participants believe that people who live near water, be that the seaside, a canal, river or lake, are physically healthier, and 43% think people living near water are generally happier.
- *Oceanic Tarot* (ISBN 978-1-78249-339-6), also published by CICO Books, has sold over 29,000 copies.
- Oracle decks continue to be popular and sell well for CICO.

**ISBN: 978-1-80065-305-4**  
 Boxed set with 52 colour cards & 64-page paperback book (160 x 135 mm) with 52 colour photographs  
 Box: 172 x 140 x 38 mm | £20.00  
 Carton quantity: 20  
**Publication: April 2024**



**KRISTINE PIDKAMENY** is an editor, writer, artist and guide for mind, body, spirit resources. She is the author of *Stay Grounded*, *Change the Story*, and *My Creative Writing Journal*, all published by CICO Books. She lives in New York, USA.



also available:  
**The Tree Magick Oracle Deck**  
**ISBN: 978-1-80065-087-9**  
 £16.99



# Faerie Wisdom



Whether you are in a state of transition and looking for some reassurance or simply curious about the future, the *Faerie Wisdom* cards will reveal your fate when asked. You lay them out as you would tarot cards, to predict the future, or choose a faerie message card for a daily affirmation. The four suits of cards are Spring, Summer, Autumn and Winter, and each suit has a faerie queen and king, who rule that season and its element. The cards encompass every aspect of faerie lore: the merpeople, who protect the oceans; the troll, who lives under the earth, healing the roots of the trees; and invisible brownies, the house-spirits who jinx or help us. Every card holds a unique faerie message, which can be used for a daily affirmation of faerie presence. The accompanying book contains a litany of faerie wisdom, from the elves and boggarts of the Celtic west to the sprites of central Europe, plus full interpretations for each beautifully illustrated card.

- Taps into the ongoing interest in mythical creatures and Wiccan magic.
- Fantasy as a genre is very popular right now. The *Game of Thrones* prequel, *House of the Dragon*, premiered with nearly 10 million viewers, while the TV show *The Lord of the Rings: The Rings of Power* was watched by 25 million viewers globally in the first 24 hours that the first two episodes were available on Prime Video.
- Astrology, tarot cards and other methods of divination remain hugely popular. According to Yahoo Finance, the global tarot card market is predicted to grow by £168 million by 2026.
- Each beautifully illustrated card is specially commissioned for this deck.

**ISBN: 978-1-80065-319-1**  
 Boxed set with 52 colour cards & 64-page paperback book (160 x 135 mm) with 52 colour artworks  
 Box: 172 x 140 x 38 mm | £20.00  
 Carton quantity: 20 | Rights sold: EE, NL  
**Publication: March 2024**



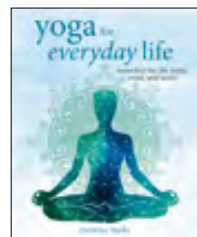
**GILLIAN KEMP** is a best-selling author and clairvoyant who can prophesy the future using astrology, tarot cards, playing cards, crystal balls, palmistry, tea leaves, flowers and dreams. Her books and card decks have been popular in many countries including the USA, Canada, UK, Germany, Austria, Spain, Italy, France and Japan, among many others. She is the author of *Celtic Goddesses and Their Spells*, *The Tree Magick Oracle Deck* and *The Modern Wiccan Box of Spells*. Gillian lives in Bedfordshire.



also available:  
**The Magic of Tarot**  
**ISBN: 978-1-78249-721-9**  
 £16.99



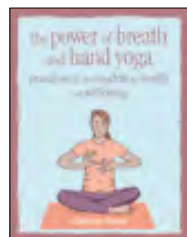
Yoga for Everyday Life



CHRISTINE BURKE  
**ISBN: 978-1-80065-187-6**  
 176 pages (FSC paper) | 390 colour photographs | 210 x 170 mm  
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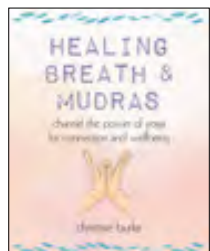
The Power of Breath and Hand Yoga



CHRISTINE BURKE  
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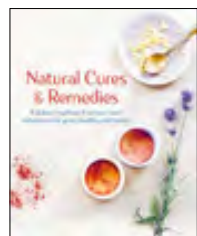
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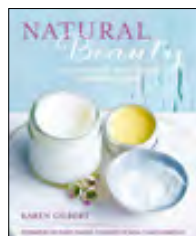
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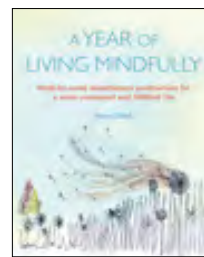
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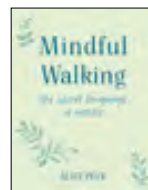
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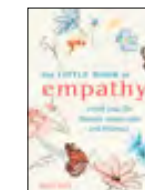
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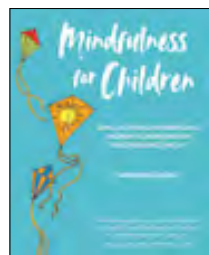
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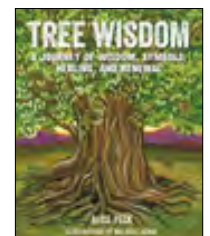
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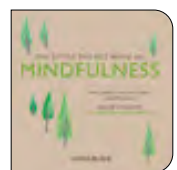
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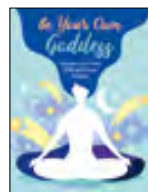
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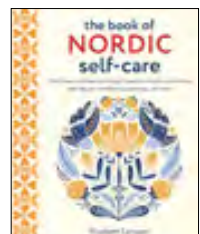
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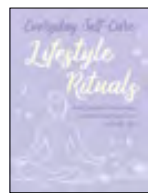
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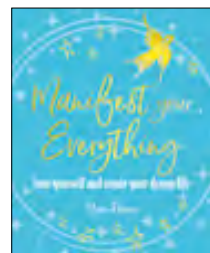
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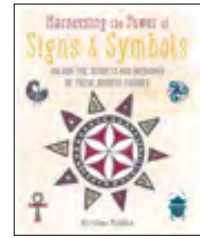
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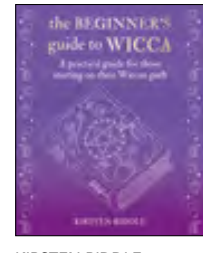
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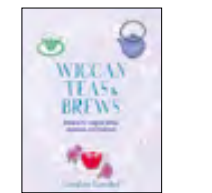
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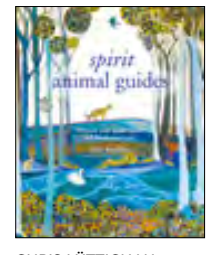
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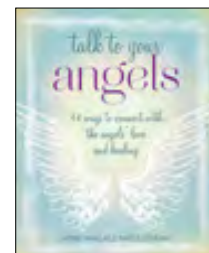
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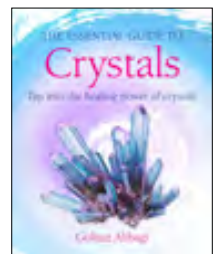
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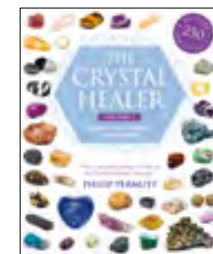


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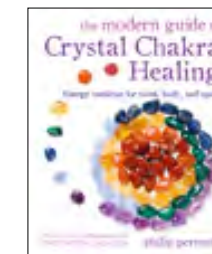
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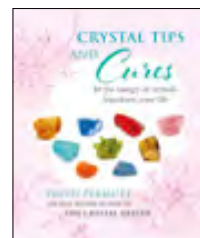
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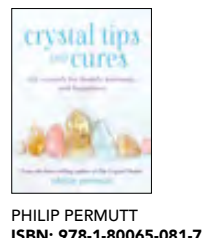
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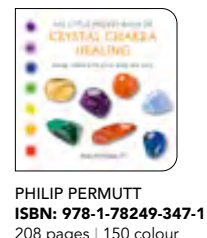
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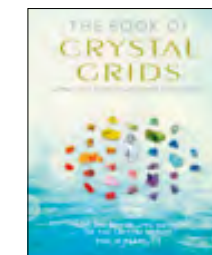
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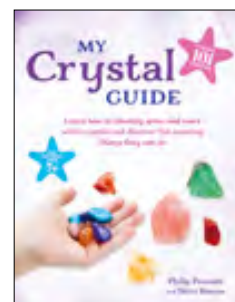
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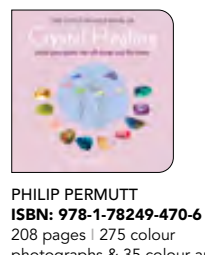
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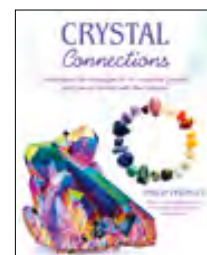
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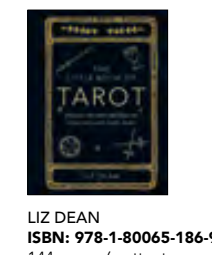
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**ANGELA PRESSLEY** studied fashion and textiles at university, then worked in the fashion and textiles industries in London and Italy for over 20 years. In 2007 she set up her sewing school, The Sewing Club, where she teaches inspirational classes for children and adults. Her studio is based by the sea on the UK's Kent coast, and she lives just outside Canterbury with her family and pets. Her first book, *Sewing Machine Basics for Children*, was published by CICO Books. Find out more at [www.thesewingclub.co.uk](http://www.thesewingclub.co.uk).



also available:  
**Sewing Machine Basics for Children**  
**ISBN: 978-1-80065-102-9**  
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Expert sewing teacher **Angela Pressley** shows you how to make 30 stunning accessories, garments and home furnishings. Master topstitching, quilting and patchwork so that you can create items for the home including a pouffe, mug cosies and plant-pot covers. Learn how to sew curves, add pockets and work with lightweight fabrics as you make accessories such as a bucket hat, a reversible tote and a foldaway shopper. Finally, there's a chapter of clothes such as a tailor-made top, a drawstring skirt and a duster jacket, where you'll learn how to create an elasticated hem, draft a paper pattern and sew buttonholes. You'll also find advice on all the tools and equipment you will need, as well as step-by-step tutorials that guide you through the sewing techniques.

- Sewing became highly popular during the pandemic, with lots of people taking it up for the first time. Major retailers reported huge spikes in sewing machine sales.
- The 2023 series of The Great British Sewing Bee has attracted 3.1 million viewers.
- Angela Pressley has over 15 years' experience of teaching sewing and appears frequently on live television, giving sewing demos. She is also the author of *Sewing Machine Basics for Children* (ISBN 978-1-80065-102-9), with over 11,000 copies sold.
- *Sewing Machine Basics* (ISBN 978-1-907030-73-4) has sold over 84,000 copies.



# Scandi Needlecraft



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**CLARE YOUNGS** studied graphic design and has worked in packaging design, illustration and book jacket design. Her title *Creative Book Art* was shortlisted for the papercraft book of the year in the Creative Book Awards 2023. Her other books include *Punch-Needle Craft*, *Foraged and Recycled Art*, *Folded Book Art*, *A Year in Crafts*, *Colour Yourself to Happiness*, *Book Art*, *Mobile Art*, *Wall Art*, *Make Your Own Woodland Creatures*, *Letter Art* and *Folk Art Needlecraft* (all published by CICO Books). She is based in Broadstairs, Kent.



also available:  
**Seasonal Scandi Crafts**  
**ISBN: 978-1-78249-689-2**  
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Fans of the clean, elegant lines of traditional Scandinavian style are sure to be inspired by the 35 sewing projects in this book, which fuse classic Scandi motifs including hearts, flowers and birds with contemporary techniques and materials. Arranged into five chapters, the projects use a wide variety of fabrics: there are adorable fleece and felt baby booties finished with French knots, a classic gingham curtain tie-back and a striped machine-embroidered apron. Progress through the projects and learn a range of sewing techniques, including appliqué, cut work, patchwork, decorative machine stitching, shadow work and ribbon work. Simple stitches such as herringbone, cross stitch, French knots and daisy stitch are also used to great effect. Simplicity is at the heart of **Clare Youngs'** designs, and the clear instructions and step-by-step artworks mean anyone can have a go. You will be surprised how quickly beautiful pieces can be made.

- Scandinavian lifestyle and design have become hugely popular.
- Suitable for every skill level – beginners can try the simple table runner and more experienced crafters can make a cute reindeer soft toy.
- Clare Youngs has 168K followers on her Instagram: @clareyoungs.
- The crafting boom sparked by the pandemic has seen an explosion in the popularity of hobbies such as sewing and embroidery. LoveCrafts reported a 166% jump in orders from 2020 to 2021 as people took up crafts such as sewing during repeated lockdowns.



# Quick & Easy Sewing



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**Publication: June 2024**



**EMMA HARDY** is a stylist and designer who has worked on various lifestyle and interiors magazines. Her previous books include *Making Children's Clothes*, *Green Crafts for Children*, *Sewing for Children* and *Learn to Sew and Embroider*, all published by CICO Books. Emma is based in London.

*Quick & Easy Sewing* features 35 simple step-by-step projects that use nothing more than the most basic of sewing skills. Discover cosy and colourful scatter cushions, stylish drapes and blinds, elegant table linens, handy storage bags and baskets, a comfy cushion for a garden bench and even a cool play tent for the kids to run riot in – these are just a few of the ideas that **Emma Hardy** has designed using readily available fabrics and trims. *Quick & Easy Sewing* is also illustrated throughout using specially-commissioned photographs and easy-to-follow step-by-step diagrams, making it the perfect book for people who are big on ideas but short of time. Whether your home is a traditional country cottage or a modern warehouse-style apartment, you're sure to find plenty of ideas to inspire you.

- Designer style can be achieved at a fraction of the cost.
- According to a study by The Farnsworth Group (August 2023), millennials are more likely to decorate their own home with their own handiwork than previous generations – approximately 73% of them identified as DIYers in 2022.
- There has been a big focus on perfecting the aesthetic of your home since the COVID-19 lockdown restrictions. The global home decor market was valued at £483.82 billion in 2019 and is estimated to reach £658.59 billion by 2027. (May 2020, Allied Market Research)



also available:  
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# Quick & Easy Crochet



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**Publication: June 2024**



**MELODY GRIFFITHS** commissioned and designed garments and accessories for women's magazines and worldwide yarn manufacturers for over 20 years. As well as designing, she worked as a knitting editor and is the author of *Crocheted Throws & Wraps* and *201 Crochet Motifs, Blocks, Projects and Ideas*.

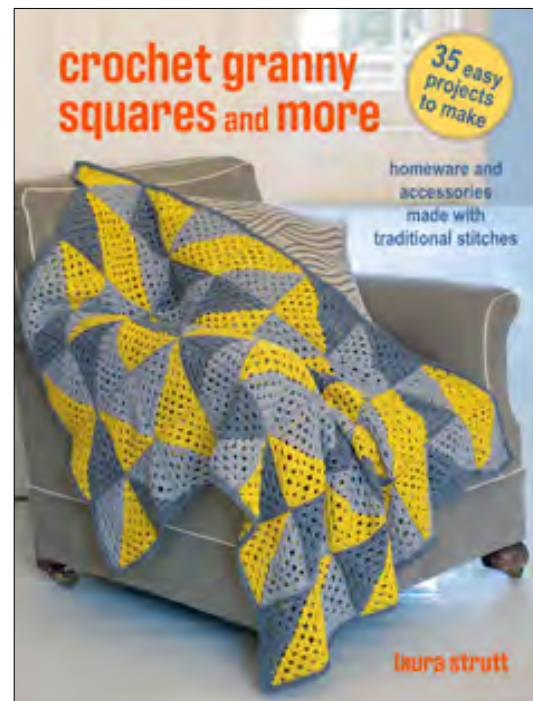
The 35 designs in this book offer a range of contemporary garments and accessories to make on the move – from hats and gloves to children's clothes, and from bags and cushions to wraps and throws. The crochet techniques are simple to master and impressive pieces can be achieved without expertise. With just one stitch motion to learn, the rows grow fast, while making a crochet motif, such as a decorated square, is a satisfying quick fix. The rows can grow in a linear way, which is ideal for beginners, or you can work freehand to create your own effects. The speed and portability of crochet means it is the ideal pastime to enjoy while travelling on the train, waiting for the bus or taking a work break. These stunning projects, all designed with speed in mind, come complete with a step-by-step techniques section so you can get started right away.

- Crochet is the most popular craft – #crochet has been viewed nearly 22 billion times on TikTok.
- Crocheted clothes have been a huge fashion trend, driven by celebrities such as Harry Styles, Chrissy Teigen, Selena Gomez and Bella Hadid wearing crochet designs.
- **Melody Griffiths'** books, including *201 Crochet Motifs, Blocks, Projects and Ideas* (ISBN 978-1-78249-572-7), have been top sellers for CICO Books.



also available:  
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**LAURA STRUTT** is the author of several craft books including *Colourful Baby Crochet*, *35 Knitted Baby Blankets*, *Modern Knitted Shawls and Wraps*, *Modern Crocheted Shawls & Wraps*, *Modern Crocheted Blankets, Throws and Cushions* and *Arm & Finger Knitting*, 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 blog, [www.madepeachy.com](http://www.madepeachy.com), and on Instagram @madepeachy



also available:  
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**ISBN: 978-1-78249-894-0**  
 £12.99

*Crochet Granny Squares and More* provides you with plenty of inspiration to get back to basics and reignite your love of granny squares, circles, triangles and more. Starting with large-scale projects for the home, Cushions and Throws includes colourful patterns for pillow covers, floor cushions, blankets and throws. Finishing Touches includes quick and easy pieces to complete your interiors, from a monochrome wall hanging and a granny circle rug to circular placemats with fluorescent trims. There is plenty to choose from in the Clothes and Accessories section too, including a book bag, a granny hexagon tech case and a triangle shawl, all in rich colours. The basic stitches and techniques are all fully illustrated and explained so all you need is the yarn and hook to create these beautiful, contemporary and stylish pieces.

- "Nostalgic patterns are continuing to amass a growing fanbase. Granny squares, in particular, are dominating this space after *The Wall Street Journal* proclaimed such looks were 'not just for grannies anymore.'" Lion Brand Yarns' 2022 Culture Report.
- Perfect for beginners and hobbyists – the granny squares, circles, triangles and chevrons are easy to master, while the modern colours and styles bring fresh life to a traditional crochet technique.
- **Laura Strutt** is also the author of *Modern Crocheted Shawls and Wraps* (ISBN 978-1-80065-083-1), which has sold over 26,000 copies, and *35 Knitted Baby Blankets* (ISBN 978-1-78249-889-6), which has sold over 15,000 copies.



# Retro Crochet



**ISBN: 978-1-80065-298-9**  
 128 pages (FSC paper) | 200 colour photographs  
 276 x 208 mm | £14.99 (paperback with flaps)  
 Carton quantity: 26 | Rights sold: IT  
**Publication: February 2024**



**NICKI TRENCH** is one of the leading figures in the revival and promotion of home crafts, and she is an expert on crochet, knitting and sewing. Her books include *Easy Crochet for Beginners*, *Learn to Crochet*, *Crochet Stashbusters*, *Cute & Easy Crochet*, *Cute & Easy Crochet with Flowers*, *Super-scary Halloween Crochet* and *Super-cute Amigurumi*, all published by CICO Books. Visit her website at [www.nickitrench.com](http://www.nickitrench.com) and her blog at [nickitrench.blogspot.com](http://nickitrench.blogspot.com). Nicki is based near Lewes in East Sussex.



also available:  
**Mindful Crochet**  
**ISBN: 978-1-78249-693-9**  
 £12.99

Do you have a passion for vintage fashion? If so, you're guaranteed to love the 35 patterns in *Retro Crochet*. The combination of cute, quirky and cosy clothes and accessories means you can find something for any occasion. If you're meeting friends for coffee, the tank top in orange and black is perfect teamed with jeans and flats. Heading out to see a band? Opt for the crocheted skirt with brogues. For the summer months, there's a cute crop top to wear to the beach and cool cover-ups to put on when the sun goes down. The accessories are also perfect for giving a new lease of life to last year's fashion – try pairing the collar with an old dress or coat. Making your own clothes is so fun and rewarding, and even if you have never crocheted before, there's an extensive techniques section explaining everything you need to know.

- Crochet is becoming more popular among young people. TikTok community 'Crocheters of TikTok' has been steadily growing in popularity and finally made it onto TikTok's list of favourite communities, according to Year on TikTok: 2022.
- Summery crochet clothing is very trendy – celebrities like Dua Lipa, Gigi Hadid and Elsa Hosk have recently been spotted wearing stylish crochet dresses, skirts, bikinis and crop tops.
- The homespun scarves, skirts, tank tops, turbans and more are perfect for injecting some individuality into your outfits.



# Crochet Costume Party



**ISBN: 978-1-80065-329-0**  
 128 pages (FSC paper) | 150 colour photographs & illustrations | 276 x 208 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 26  
**Publication: May 2024**



**EMMA FRIEDLANDER-COLLINS** is a craft author and Instagram influencer (@steelandstitch). She has a successful online business and blog (steelandstitch.blogspot.co.uk) where she tries out her crochet patterns and shares tips and techniques with her followers. Emma has written a number of crafty books aimed at gently helping people to think more sustainably, including by making the dress-up pieces in this book. Her other books include *Big Hook Crochet* and *35 Crocheted Bags*, both published by CICO Books. She lives in Sussex.



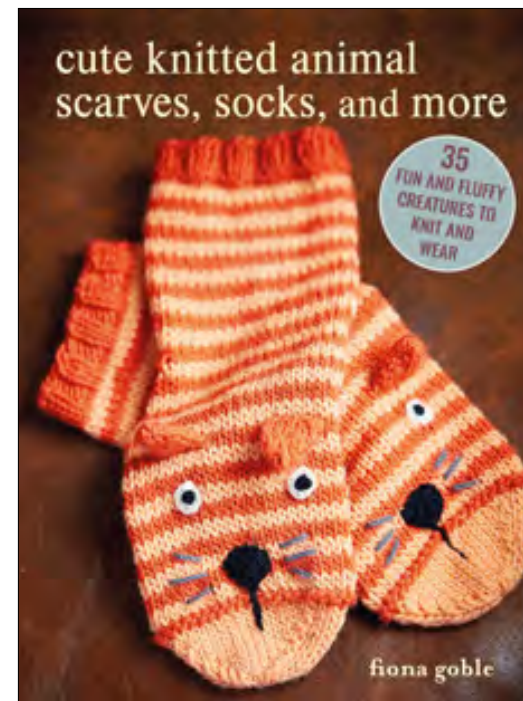
also available:  
**Easy Crochet for Beginners**  
**ISBN: 978-1-80065-182-1**  
 £14.99

When **Emma Friedlander-Collins** was a new convert to crochet and a mother of two small superheroes, she was frustrated by the lack of patterns available for children's costumes, so she decided to start designing her own. This collection is the result, featuring 35+ garments and accessories that make up 15 different costumes. All the dressing-up favourites are here, from pirates, mermaids, superheroes and Vikings to fairytale characters such as Rapunzel and Red Riding Hood. There are even some furry friends – just look at the cute cat and floppy-eared bunny outfits! All of the items are suitable for various ages and sizes, require no complicated sewing or finishing, and will cost you a fraction of the price of store-bought outfits. Plus, they're quick to whip up, making them great for last-minute panics over forgotten party invitations.

- More and more people are making custom Halloween and costume party outfits – a poll of 1,500 crafters found that 65% of people preferred making a costume to buying one. (2020, LoveCrafts)
- The book will appeal to people wanting to reduce waste – the costumes are reusable and avoid using plastic.
- Perfect for parents looking to save money during the cost of living crisis.
- Emma Friedlander-Collins has over 46,000 followers on Instagram @steelandstitch.



# Cute Knitted Animal Scarves, Socks, and More



**ISBN: 978-1-80065-318-4**  
 128 pages (FSC paper) | 125 colour photographs & 50 colour artworks | 276 x 208 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 26  
**Publication: February 2024**



**FIONA GOBLE** is the author of several bestselling knitting books, including *Knitted Animal Hats*, *Knitted Scarves and Cowls*, *Beanies and Other Knitted Hats*, *Knitting Stashbusters*, *Knitted Animal Nursery* and *Knitted Animal Cozies*, as well as *Learn to Knit*, *Easy Knitting for Beginners* and *My First Animal Knitting Book*, all published by CICO Books. Fiona lives just outside London, with her husband.



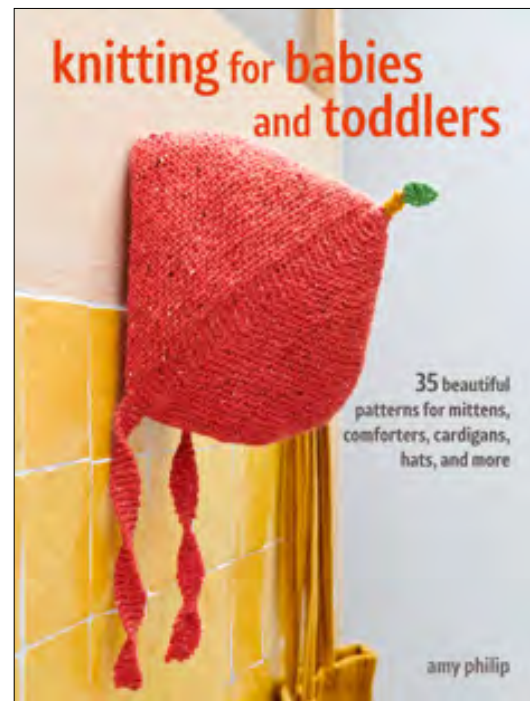
also available:  
**Baby & Toddler Knits**  
**ISBN: 978-1-78249-890-2**  
 £12.99

Everyone loves animals, and now you can add them to your wardrobe with this cute and colourful collection of animal scarves, socks and mittens to knit. Whether you like the vibrant colours of tropical frogs and fish, or you prefer the cuddly softness of a koala or a rabbit, you will find your favourite creature here. 'Furry Friends' include a fox scarf and mitts, and a marmalade kitten scarf. In 'Country Creatures' you'll find scarves in the shape of a duckling, a lamb and a pig, as well as hedgehog mitts. 'Water Lovers' include a shark scarf complete with fin, and a pair of penguin socks, while 'Wild Animals' range from an elephant scarf to a zebra cowl and snake socks. There are loads of scarves for small kids, big kids, and young adults, plus a cute collection of socks in the form of cats, owls, mice and more. Cowls and mittens, and some hat/scarf combinations, complete the set. With simple stitches, full instructions for making-up, and clear photographs to illustrate the all-important details, you can pick up your needles and knit a menagerie in no time.

- Knitted accessories are popular – scarves in particular are quick to knit and 52% of the knitting patterns listed on Ravelry are for accessories.
- *Knitted Animal Hats* (ISBN 978-1-908862-54-9) by **Fiona Goble** has sold over 30,000 copies.
- Appeals to knitters who want to make gifts, such as grandparents for grandchildren.



# Knitting for Babies and Toddlers



**ISBN: 978-1-80065-213-2**  
 128 pages (FSC paper) | 200 colour photographs & artworks | 276 x 208 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 26  
**Publication: April 2024**



**AMY PHILIP** designs and makes gorgeous knitwear for babies and toddlers. She uses fine natural fibres along with minimal, gender neutral design and playful details to create pieces that both children and their parents will love. Her brand Button & Blue won the Etsy Kids & Baby Award 2016. She lives in Brighton with her husband and three children. You can find her creations on Instagram @buttonandblue and Etsy: buttonandbluestore.



also available:  
**35 Knitted Baby Blankets**  
**ISBN: 978-1-78249-889-6**  
 £12.99

The arrival of a new baby is the perfect time to create a special hand-knitted piece that can be enjoyed and treasured for years to come. Here, you'll find 35 contemporary designs that tap into current trends for timeless, unisex baby clothing in natural and organic fibres. As well as cosy garments such as cardigans and rompers, there are adorable accessories including booties and beanie hats, and even toys, bunting and cushions for a nursery. The designs are made up in natural, soft yarns that are both gentle on the skin and easy to care for, and the clothing patterns include different sizes from newborn up to age 3. You'll also discover how to use different techniques such as intarsia, Fair Isle and hand stitching to embellish the pieces with unique details such as rainbows, clouds and animal faces.

- According to knitting brand Wool and the Gang, there are over 7.3 million knitters in the UK.
- Amy has over 1,000 admirers on her Etsy store and over 5,000 Instagram followers.
- Includes a step-by-step guide to all the stitches and techniques you will need.



# Knitted Nursery



**ISBN: 978-1-80065-321-4**  
 128 pages (FSC paper) | 150 colour photographs & artworks | 276 x 208 mm  
 £14.99 (paperback with flaps)  
 Carton quantity: 26 | Rights sold: FI  
**Publication: March 2024**



**MELANIE PORTER** is a graduate of the prestigious Central Saint Martin's College in London. She spent 10 years working as a knitwear designer for a number of international fashion brands before turning her expertise to restoring and reupholstering furniture using knitting. Her ability to create exquisite, textured fabrics that are individually knitted and felted for every project has drawn the attention of clients and press all over the world. Melanie is also the author of *Knitted Home* (CICO Books). She lives in London.



also available:  
**Knitted Home**  
**ISBN: 978-1-80065-184-5**  
 £14.99

Knitting provides a great way of injecting style and colour into interiors while also adding warmth and comfort, making it the perfect method of decorating a nursery. Here **Melanie Porter** presents a collection of hand-knitted nursery room projects, as well as baby clothes and toys. The book is divided into two sections: For Baby's Room, which is inspired by vintage colour palettes, and Toddler's Room, which includes contemporary and vibrant designs. Discover patterns to cover baskets, hooks and coat hangers, as well as blankets for both mother and baby, rugs and cushions. Make gorgeous decorations, from a mobile and hanging pom-poms to letter wall art and embroidery hoop pinboards. Classic baby knits are included, too – booties, hats and mittens – and toys, such as knitted blocks and even a rocking sheep! The comprehensive techniques section covers the basics for beginners and acts as a helpful reference guide for experienced knitters.

- According to knitting brand Wool and the Gang, there are over 7.3 million knitters in the UK.
- Handmade knitted gifts for new babies are perennially popular.
- Melanie has over 10K followers on her Instagram: @melanie\_porter\_design.
- Includes a step-by-step guide to all the stitches and techniques you will need.



# Origami Butterflies, Birds & Bees



ISBN: 978-1-80065-303-0

64 pages (FSC paper) plus 250 sheets of origami paper | 150 x 150 mm  
£12.99 (paperback)  
Carton quantity: 24  
Publication: February 2024



**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 also the author of the best-selling *Japanese Origami*, *Origami Flowers and Birds*, *Mindful Origami*, *Origami Animals in the Wild*, *Origami Pets*, *Mindful Japanese Origami*, *Essential Origami*, *Origami for Children*, *More Origami for Children* and *Origami Dinosaurs*, all available from CICO Books.



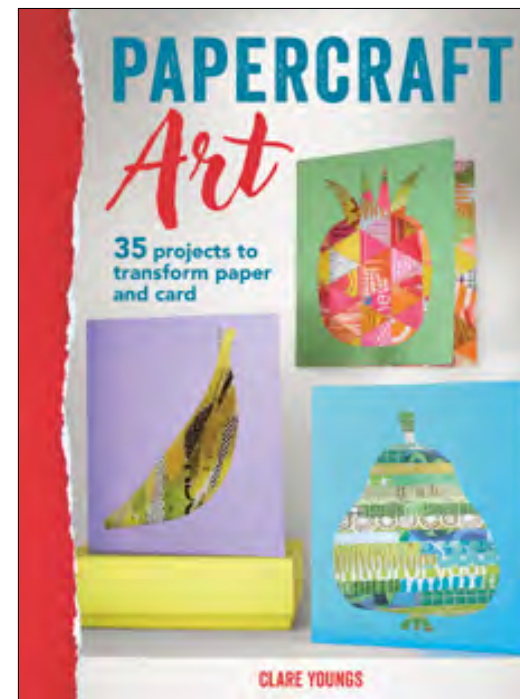
also available:  
**Japanese Origami**  
ISBN: 978-1-78249-795-0  
£12.99

Explore the best that nature has to offer with 250 sheets of specially-designed printed paper and a 64-page instruction book that guides you step-by-step through 15 wonderful paper projects. From penguins, pelicans and puffins to three different butterflies at varying difficulties of construction, you're spoilt for choice on where to start! The friendly critters can be crafted as lovely gifts for friends or as delightful decorations to leave throughout the house. Origami is also the perfect tool for anyone interested in taking the first steps towards a mindful lifestyle – by focusing on the experience of creating beautiful paper models, you can enjoy improved connectedness, awareness and emotional health. Plus, the feelings of joy and satisfaction you feel from completing a model can help bring you inner peace and balance, and what could be better to encourage those emotions than a little butterfly, bird or bee friend?

- In the same format as *Japanese Origami* (ISBN 978-1-78249-795-0), which has sold over 53,000, and *Origami Flowers and Birds* (ISBN 978-1-78249-862-9), which has sold over 30,000 copies.
- Origami appeals to all ages and demographics, especially since no expensive tools are required and all of the paper is provided.
- **Mari Ono** is a bestselling author – *Origami for Children* (ISBN 978-1-906525-80-4) has sold over 334,000 copies.



# Papercraft Art



ISBN: 978-1-80065-302-3

128 pages (FSC paper) | 300 colour photographs & artworks | 276 x 208 mm  
£14.99 (paperback with flaps)  
Carton quantity: 26 | Rights sold: DE, KR  
Publication: February 2024



**CLARE YOUNGS**

studied graphic design and has worked in packaging design, illustration and book jacket design. Her title *Creative Book Art* was shortlisted for the papercraft book of the year in the Creative Book Awards 2023. Her other books include *Punch-Needle Craft*, *Foraged and Recycled Art*, *Folded Book Art*, *A Year in Crafts*, *Colour Yourself to Happiness*, *Book Art*, *Mobile Art*, *Wall Art*, *Make Your Own Woodland Creatures*, *Letter Art* and *Folk Art Needlecraft* (all published by CICO Books). She is based in Kent.



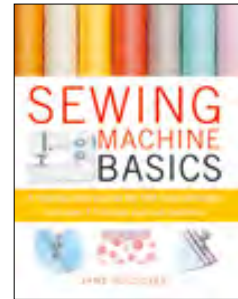
also available:  
**Creative Book Art**  
ISBN: 978-1-80065-118-0  
£16.99

Discover how to create useful and innovative papercraft projects with this beautifully illustrated step-by-step guide. The designs require just some paper or card and a few basic tools and materials to make. Many of the projects use recycled materials such as old magazines, greetings cards, scraps of wallpaper or corrugated cardboard, offering an eco-friendly way to craft. For the home, learn how to make plant-pot slipcovers, a punched lampshade and a clog advent calendar. Try your hand at making simple and striking decorations such as cascading leaf garlands, printed butterflies and moths and festive silver-leaf pinecones. There's also a chapter of stylish and practical stationery designs including spring bouquet cards made using magazine pages, printed clipboards and bold cut-out notebooks. The projects guide you through a variety of techniques including papercutting, découpage, printing and collage, and all the steps are explained with easy-to-follow illustrations.

- Research commissioned by the World Wide Fund for Nature shows a 71% rise in searches for sustainable goods over the past five years.
- Papercraft is a popular and mindful hobby that requires just a few low-cost tools and materials to get started with. Papercraft videos have 4.6 billion views on TikTok.
- **Clare Youngs** has 159K followers on her Instagram: @clareyoungs.
- *Creative Book Art* (ISBN 978-1-80065-118-0) also by Clare Youngs, was shortlisted for the papercraft book of the year in the Creative Book Awards 2023.



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Sewing for Children with African Wax Print Fabric



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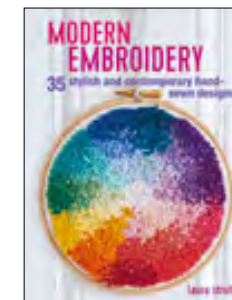
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My First Sewing Machine Book



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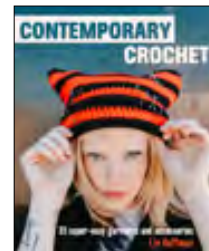
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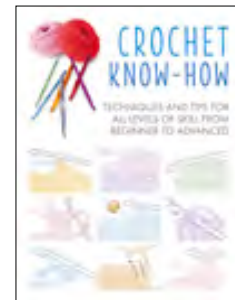
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Learn to Crochet Granny Squares & Flower Motifs



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NICKI TRENCH  
**ISBN: 978-1-78249-567-3**  
 96 pages | 80 colour photographs & 80 colour artworks | 276 x 208 mm  
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Modern Crocheted Shawls & Wraps



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**ISBN: 978-1-80065-083-1**  
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Modern Crocheted Blankets, Throws & Cushions



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Colourful Baby Crochet



AUTUMN 2023 HIGHLIGHT

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BESTSELLER 7,000 SOLD

Kate Eastwood  
**ISBN: 978-1-78249-691-5**  
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 Carton quantity: 26  
 Rights sold: DE, FR



Get Knooking



Laura Strutt  
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Crocheted Animal Friends



AUTUMN 2023 HIGHLIGHT

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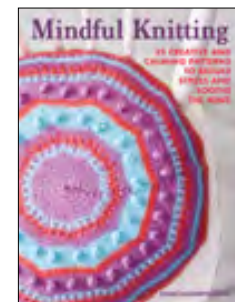
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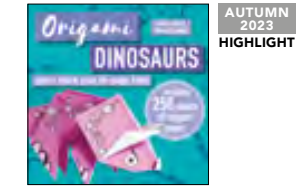
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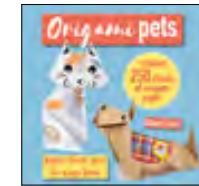
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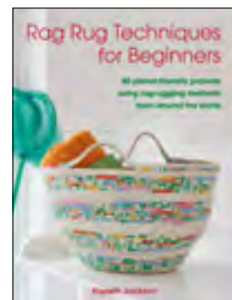
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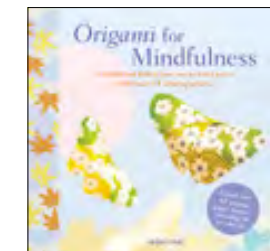
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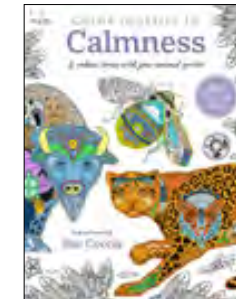
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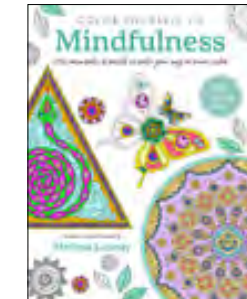


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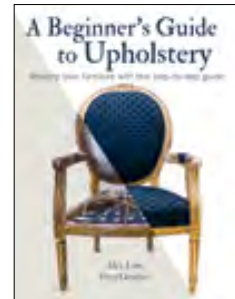
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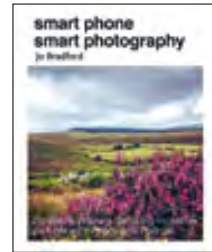
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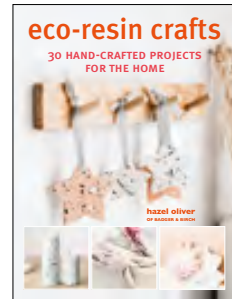


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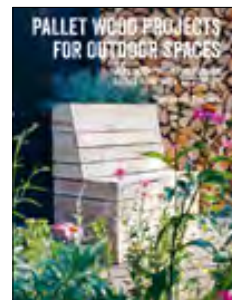
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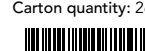
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Origami is a great first craft for young kids to try alone – it only requires paper and doesn't use any sharp objects or messy materials – and with *Easy Origami for Kids*, children can learn how to make all sorts of origami models, from amazing animals and things that fly to dazzling decorations and gorgeous gifts. All the projects are broken down into clear, illustrated steps, demonstrating every fold, and there are helpful arrows showing which way to fold the paper. There are also skill ratings for each project, so children can start with an easy project and then move on to something a bit more challenging as their origami skills improve, until they are easily impressing friends with their paper-folding creations.

- Part of the *Easy Crafts for Kids* series, which also includes *Easy Crochet for Kids* (ISBN 978-1-80065-313-9) and *Easy Quilting for Kids* (ISBN 978-1-80065-317-7).
- Research by Scholastic (2020) finds that crafting can help young children to develop fine motor skills, patience, self-esteem and critical thinking.
- Includes projects by bestselling origami expert Mari Ono.
- *Origami for Children* (ISBN 978-1-906525-80-4) by Mari and Roshin Ono has sold over 250,000 copies.



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**CLAIRE MONTGOMERIE** is a textile designer specialising in knitting and crochet, constructing fabrics, garments, creatures and accessories that are fun, quirky and modern. She runs knitting classes for adults and for children of all levels and abilities, and works as a craft stylist for various yarn companies and the magazine *Inside Crochet*. She has also written *Easy Baby Knits* and *Knitting for Children*, both published by CICO Books. Claire is based in Cambridgeshire. You can see more of her work on Instagram @ clairemontyknits.



also available:  
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**Claire Montgomerie** steps away from traditional methods of teaching crochet to kids and presents 35 brilliant projects that are fun and simple to make learning quick and enjoyable. By working through the easily digestible lessons, children will quickly develop the skills needed to make cool phone holders, mittens, jewellery, hats, dolls, teddy bears and more. There are four chapters, each featuring projects for beginner, intermediate and confident crocheters, so once the simpler projects have been mastered, your child can move on to the next challenge. The comprehensive techniques section describes everything from holding the hook correctly to crocheting in the round. All the stitches needed are explained with helpful photographs and clear instructions and in no time, any child can be working with yarn like a pro, ready to tackle all the patterns.

- Part of the *Easy Crafts for Kids* series, which also includes *Easy Origami for Kids* (ISBN 978-1-80065-316-0), *Easy Quilting for Kids* (ISBN 978-1-80065-317-7), *Easy Knitting for Kids* (ISBN 978-1-80065-336-8) and *Easy Paper Crafts for Kids* (ISBN 978-1-80065-331-3).
- All the projects have been tried and tested on kids at Claire's popular classes.
- The projects feature fun and contemporary designs that will appeal to children.



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If your kids love crafting, then they'll love these 35 great projects that'll teach them all about quilting, sewing and patchwork. Every project has a difficulty level – 1, 2 or 3 – and comes with easy-to-read instructions and adorable, step-by-step artworks that will guide them along the way. All three chapters are packed full of projects they'll want to make. Cool Clothes, Accessories and Bags includes a pretty patchwork corsage, an appliqué heart T-shirt and a felt hedgehog phone case. Kids will discover things for their room in Bedroom Bits, from a cuddly toy to an appliqué cushion and a summer quilt. Finally, they can craft sweet projects for their friends and family with Perfect Presents, such as a cute owl egg cosy, a colourful patchwork purse and a toadstool hot water bottle. The basic techniques section also covers every sewing and quilting technique they will need to know.

- Part of the *Easy Crafts for Kids* series, which also includes *Easy Origami for Kids* (ISBN 978-1-80065-316-0), *Easy Crochet for Kids* (ISBN 978-1-80065-313-9), *Easy Knitting for Kids* (ISBN 978-1-80065-336-8) and *Easy Paper Crafts for Kids* (ISBN 978-1-80065-331-3).
- Using up scraps of fabrics to make quilts is an eco-friendly way to craft.
- Crafting with children is a great bonding activity and encourages kids to find entertainment without the use of technology.



## Easy Paper Crafts for Kids



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**Publication: May 2024**



**CATHERINE WORAM**  
 studied fashion at Central St Martin's College of Art and Design in London, followed by a master's in fashion at the Royal College of Art. She writes for many publications, including the *Telegraph* magazine, *Ideal Home* and *Prima*. She is the author of several craft books, including *Christmas Crafts*, *Beautiful Wreaths & Garlands* and *Homemade Gifts with Love*, all published by CICO Books. She lives in London.



also available:  
 Nature Crafts for Children  
**ISBN: 978-1-80065-195-1**  
 £12.99

Kids love crafting, and paper-based crafts are particularly popular, as they require no specialist equipment or hard-to-find craft supplies – just this exciting book and some paper, scissors and glue! *Easy Paper Crafts for Kids* is divided into four vibrant sections containing 45 fun projects. The first section, Cutting, features découpage, collage-making and mosaics, while Folding contains simple origami projects as well as cute hanging mobiles, classic paper planes, dress-up hats and fans. In Printing and Painting, kids can look forward to paper-plate masks, treasure maps and marbling paint techniques. Finally, Modelling contains a papier-mâché pig, doll's house furniture and a supersonic cardboard space rocket. Every project can be completed in four easy steps – just follow the instructions and you can't go wrong.

- Part of the *Easy Crafts for Kids* series, which also includes *Easy Origami for Kids* (ISBN 978-1-80065-316-0), *Easy Quilting for Kids* (ISBN 978-1-80065-317-7), *Easy Crochet for Kids* (ISBN 978-1-80065-313-9) and *Easy Knitting for Kids* (ISBN 978-1-80065-336-8).
- The projects utilise basic crafting materials that are easily found around the house.
- Projects like these help children with the development of fine motor skills, hand-eye coordination, creativity, and more.



## Easy Knitting for Kids



**ISBN: 978-1-80065-336-8**  
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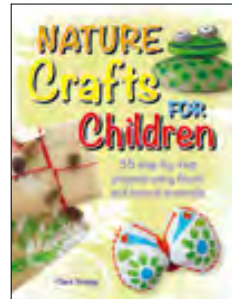


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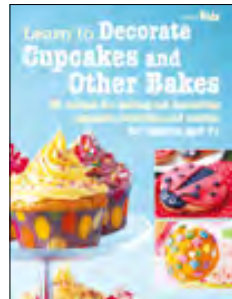
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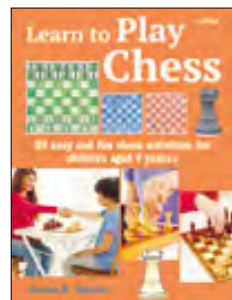
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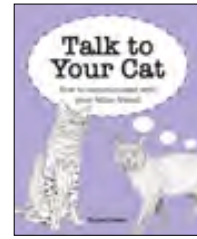
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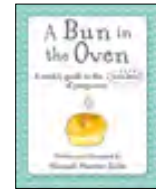
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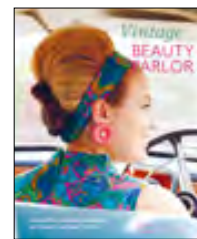
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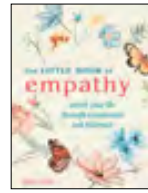
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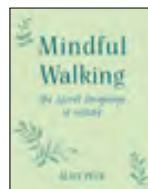
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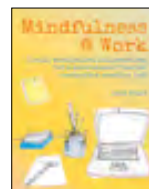
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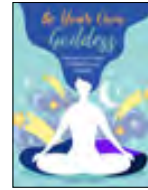
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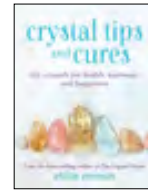
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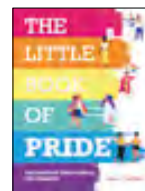
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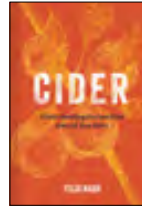
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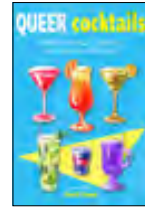
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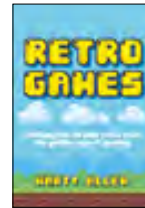
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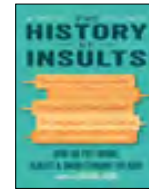
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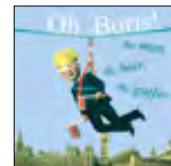
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