



SHORT BOOKS

AUTUMN CATALOGUE

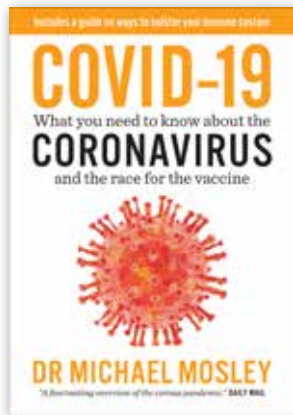
2020

COVID-19

Everything you need to know about the Coronavirus and the race for the vaccine

MICHAEL MOSLEY

From award-winning science journalist Dr Michael Mosley: the story of Covid-19, the greatest public health threat of our time...



This book charts the trajectory of a novel virus, from its emergence in China at the end of 2019 to its rapid worldwide spread.

Based on the latest scientific discoveries, Dr Mosley provides a fascinating and detailed understanding of the secrets of this coronavirus, how it spreads, how it infects your body and how your immune system tries to fight back. With access to leading experts, he reports on the battle to find treatments and a safe and effective vaccine (ultimately, the only way to defeat the virus).

Armed with the facts about Covid-19 you'll be in a better position to protect yourself and your family as the world begins to reopen.

Eating well, sleeping soundly, exercising and managing stress are all vital for keeping your body and immune system in the best possible shape to fight the virus. These are areas where Dr Mosley, creator of the 5:2 diet, is well known for his science-based and practical approach.

Michael Mosley trained as a doctor before becoming a journalist and television presenter. He is the author of *The Fast Diet*, *The 8-Week Blood Sugar Diet*, *The Clever Guts Diet*, *The Fast 800* and *Fast Asleep*. He is married with four children.



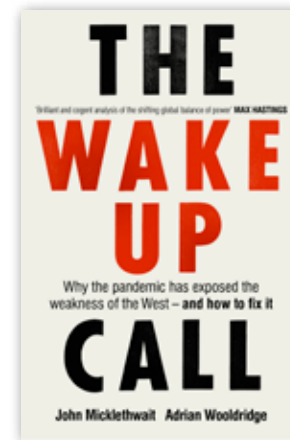
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THE WAKE UP CALL

WHY THE PANDEMIC HAS EXPOSED THE WEAKNESS OF THE WEST - AND HOW TO FIX IT

JOHN MICKLETHWAIT & ADRIAN WOOLDRIDGE

This game-changing book originated in an article, written by two of Britain's greatest journalists, that became a viral sensation within hours of publication.



The Wake Up Call shows how the current crisis is accelerating a shift in the balance of power from West to East. After a decade where politics in the US and the UK has been consumed with inward-facing struggles such as partisan showdowns in Congress or the fight over Brexit, countries like South Korea, Singapore, Taiwan, as well as China, have made extraordinary advances economically, technologically and politically.

The weakness of the West has been brutally exposed as governments have failed the most basic test of keeping their citizens safe. As such, the coronavirus crisis has served to make government important again. Good government is now the difference between living and dying.

Micklethwait and Wooldridge explain how we ended up in this mess and explore the possible routes out. If Western governments respond creatively to the crisis, they will have a chance of reversing decades of decline; if they dither and delay while Asia continues to improve, the prospect of a new Eastern-dominated world order will surely increase. The great question facing the world is whether the West can rise to the challenge as it has before.

John Micklethwait is editor-in-chief of *Bloomberg News*; **Adrian Wooldridge** is the political editor of the *Economist* and author of its Bagehot column. They have written six previous books together including: *The Fourth Revolution: The Global Race to Reinvent the State*; *The Right Nation: Why America is Different*; and *God is Back: How the Global Rise of Faith is Changing the World*.

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UK & COMMONWEALTH

101 REASONS WHY WE LOVE THE QUEEN

H. SUTCLIFFE & E. DUNNE

A beautifully illustrated, charming and witty paean to our longest-serving monarch.



1. Her ability to fit everything she needs into those tiny handbags
2. She is a trained mechanic (from her time in the auxiliary territorial service during WW2)
3. The brilliant names of her corgis and spaniels, including Bisto, Oxo, Spick and Span...

Queen Elizabeth II has spent a lifetime in the public eye. She is the longest reigning monarch, and has seen the end of a world war, the beginning of the internet, 14 Prime Ministers, 7

popes and 7 James Bonds.

There is no one who embodies the spirit of the British people better than our Queen – but what is it about her that inspires such respect, admiration and trust in everyone from global leaders to average citizens?

With beautiful illustrations and humorous observations, this book is a collection of all the things that make Queen Elizabeth II a national treasure, from the profound impact she has had on 21st century politics, to her deep devotion to corgis and fabulous collection of headscarves.

101 Reasons Why We Love The Queen is a joyful celebration of a monarch who will go down in history as one of the greatest of all time.

H. Sutcliffe and E. Dunne have been life-long admirers of the Queen. They met while camping outside Buckingham Palace to reserve a spot at the front of the crowds for the Queen's Diamond Jubilee parade.

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GROWING OLD

Notes on ageing with something like grace

ELIZABETH MARSHALL THOMAS

From the revered author of the bestselling *The Hidden Life of Dogs*, a witty, engaging account of the joy, strength and wisdom that comes with age.



Elizabeth Marshall Thomas has spent a lifetime observing the natural world, chronicling the customs of pre-contact hunter-gatherers and the secret lives of deer and dogs. In this book, the capstone of her long career, Thomas, now eighty-eight, turns her keen eye to her own life. The result is an account of growing old that is at once funny and charming, intimate and profound – both a memoir and a life-affirming map all of us may follow to embrace our later years with grace and dignity.

Growing Old explores a wide range of issues connected with ageing, from stereotypes of the elderly as burdensome to the methods of burial humans have used throughout history to how to deal with a concerned neighbour who assumes you're buying cat food to eat for dinner.

Written with the wit of Nora Ephron's *I Feel Bad About My Neck* and the lyrical beauty of *When Breath Becomes Air*, *Growing Old* is an expansive and deeply personal paean to the beauty and the brevity of life that offers understanding for everyone, regardless of age.

Elizabeth Marshall Thomas is one of the most widely read American anthropologists. She wrote *The Hidden Life of Dogs*, a ground-breaking work that spent nearly a year on the *New York Times* bestseller list. Her book on cats, *Tribe of Tiger*, was also an international bestseller. She lives on a farm in New Hampshire.



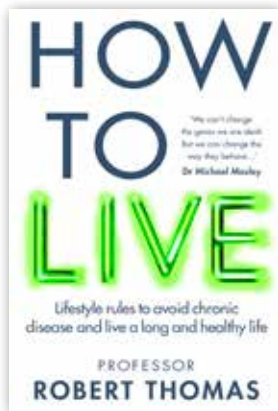
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HOW TO LIVE

Lifestyle rules to avoid chronic disease and live a long and healthy life

PROFESSOR ROBERT THOMAS

Originally written at the request of his patients, this book empowers readers by bringing together ground-breaking science usually trapped in academic circles into an accessible, practical guide.



How many of us really understand how what we eat, where we work and even what deodorant we use are affecting our long-term health?

In *How To Live*, Professor Robert Thomas, one of Britain's leading oncologists and an expert in integrating nutritional and lifestyle strategies into cancer treatment, gives us the facts about everything from diet and exercise to sleep and sunbathing. This book doesn't just offer advice, it outlines in detail the underlying chemical pathways of our lifestyle choices.

As Thomas explains, through achievable changes to our daily routine we can improve the expression of our genes - helping us beat the odds of cancer and chronic disease. We discover, for example, why drinking a glass of red wine after sunbathing can reduce lasting skin damage; and why some houseplants are more effective than others in removing air toxins.

This is a health bible for life. Whether you are in your 20s or 70s, it will help you to empower your body against aging and degenerative disease and live at maximum strength.

Professor Robert Thomas is a Consultant Oncologist at Addenbrooke's and Bedford Hospitals, a Professor at Cranfield University and a clinical teacher at Cambridge University. He is the author of *Lifestyle after Cancer*, and has an academic interest in the evaluation of nutritional, lifestyle and self help strategies after cancer.



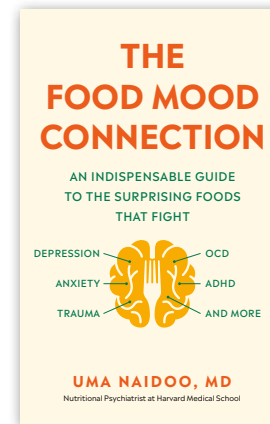
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THE FOOD MOOD CONNECTION

An indispensable guide to the surprising foods that fight depression, anxiety, ACD, OCD and more

DR UMA NAIDOO

The definitive book on how to eat for mental health, from a go-to expert on the impact of food on the brain.



Did you know that blueberries can help you cope with the after-effects of trauma? That salami can cause depression, or that boosting Vitamin D intake can help treat anxiety?

When it comes to diet, most people's concerns involve weight loss, fitness, cardiac health, and longevity. But what we eat affects more than our bodies; it also affects our brains. And recent studies have shown that diet can have a profound impact on mental health conditions ranging from ADHD to depression, anxiety, sleep disorders, OCD, dementia and beyond.

Dr. Uma Naidoo is a psychiatrist, nutrition specialist, and professionally trained chef. In *The Food Mood Connection*, she draws on cutting-edge research to explain the many ways in which food contributes to our mental health, and shows how a sound diet can help treat and prevent a wide range of psychological and cognitive health issues.

Packed with fascinating science, actionable nutritional recommendations, and delicious, brain-healthy recipes, *The Food Mood Connection* is the go-to guide to optimizing your mental health with food.

Dr. Uma Naidoo is the head of faculty at Harvard Medical School and is Director of Nutritional and Lifestyle Psychiatry at Massachusetts General Hospital. She is also a trained chef and runs a "food and mood" column for the official Harvard Health blog, which is trusted by over 8 million unique readers each month. This is her first book.



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THE MAGIC HOUR

100 poems from the Tuesday afternoon poetry club

CHARLOTTE MOORE

For anyone who wishes they read more poetry - this book is the perfect entry point.



“Reading a poem gives us a glimpse of past and future possibilities, other worlds and other lives. It makes a gift of unfamiliar words, and refreshes parts of the mind that other art forms cannot reach...”

Charlotte Moore, a writer and former English teacher, has loved poems all her life. Last year, realising how much she missed reading them aloud in class, she decided to set up a weekly poetry club for anyone interested, asking poetry addicts and complete beginners alike to join her at her kitchen table.

This book brings together a selection of the Tuesday afternoon poetry club’s favourite poems, some well-known, some less so. The poems are grouped into themes – from home and lovers, to war and the planets – each framed with a little context from Charlotte and delightful insights from members of the group.

The Magic Hour offers a source of lifelong pleasure and nourishment, with words to delight and console, while reminding us of moments of personal significance. It demonstrates how we can all benefit from adding a small dose of poetry into our daily lives.

Charlotte Moore read English at Oxford before working as a teacher for twelve years. She is now a freelance author, and has written three novels including *Hancox*, as well as a long-running column for the *Guardian*. She lives in Battle, Sussex.



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THE MOBILE PHILOSOPHER SERIES

Switch off your phone, turn on your brain...

WILL BYNOE



Book 1: *Matters of Lunch and Death*

Book 2: *Logic and Monsters*

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The perfect antidote to reading on smart phones – a beautifully packaged new series of bite-sized reads for curious minds...

- Would it be boring to live forever?
- Do you really have holes in your socks?
- Is there no escaping bad luck?

These are challenges for the Mobile Philosopher: anyone looking for a satisfying way to fill those spare scraps of free time. Each book contains a series of very short chapters introducing a provocative argument, from philosophers living and dead. Problems are posed but not answered, drawing you into surprising controversies.

There are thought-provoking pieces on the sentience of things and how we perceive them, on doppelgangers, gluttony and AI – all formulated to cut away the confusion and noise of modern life and leave you, one hopes, with something on your mind, an agreeable niggles distracting you from the day’s responsibilities.

Will Bynoe is a tutor and teacher specialising in Philosophy and Religious Studies. He completed a PhD in Philosophy at King’s College London in 2007, and now teaches Religious Studies and History at the London Russian Ballet School, as well as tutoring Philosophy at Westminster Tutors and Birkbeck college. He lives in London.



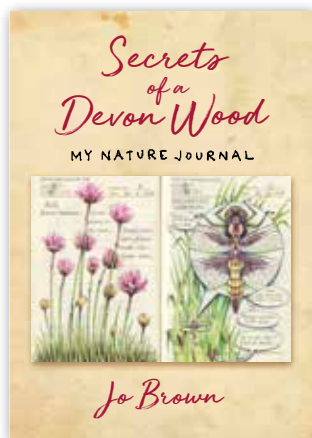
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SECRETS OF A DEVON WOOD

My nature journal

JO BROWN

For anyone who wants to get closer to the nature all around them, this book brings the magic into focus in beautiful, technicolour detail.



Walking one day in the woods behind her cottage in Devon, nature illustrator and blogger Jo Brown became captivated by the sight of a Green Dock Beetle on a leaf and took a photograph of it in order to be able to draw it.

That first tiny emerald bug was followed by more insects, and then birds, fungi, plants and flowers. The result is *Secrets of a Devon Wood*, a rich illustrated memory of her discoveries in the order in which she encountered them, so that the book flows smoothly with the seasons and the emergence of different wildlife.

In enchanting, minute detail she zooms in on a bog beacon mushroom, a buff-tailed bumblebee, or a native bluebell. And she notes facts about their physiology and life history: “The flowers are narrow & darker than *H. hispanica* & *H.x. mosartiana*,” she writes. “Drooping stem. Almost all flowers are on one side. Sweet scent.”

This journal is a treat for the senses, both a hymn to the intricate beauty of the natural world and a quiet call to arms for all of us to acknowledge and preserve it. It is a book that will stay with you long after you finally put it down.

Jo Brown is a professional illustrator and blogging sensation. She graduated from Falmouth College of Arts in 2000 with a BA Honours in Illustration. She works from her home studio in Teignmouth. This is her first book.
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5 NOVEMBER

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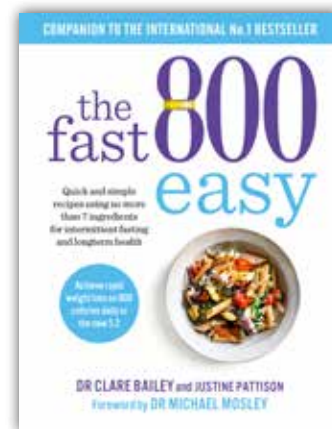
WORLD ENGLISH

THE FAST 800 EASY

Quick, simple meals for intermittent fasting and longterm health

DR CLARE BAILEY & JUSTINE PATTISON

A new companion recipe book to the number one international bestseller.



Following her bestselling *Fast 800 Recipe Book*, this fabulous new cookbook by Dr Clare Bailey features 130 super-simple recipes to enable you to eat well with minimum prep time on your 800-calorie days.

All the dishes in this book can be made with just 7 ingredients or less. There are options to adapt meat dishes for vegetarians, and the other way around; plus simple additions to enable you to expand meals for non-fast days or in order to feed the whole family.

With *The Fast 800 Easy*, everyone can now get the full health benefits of Dr Mosley's intensive weight-loss programme. Science shows that this regime can not only help you prevent or reverse Type 2 diabetes, but bring down blood pressure and cholesterol and improve your mood too...



Dr Clare Bailey, wife of Michael Mosley, is a GP and the author of *The 8-Week Blood Sugar Diet Recipe Book* and *The Clever Guts Diet Recipe Book*.



Justine Pattison is one of the UK's leading healthy-eating recipe writers. She has published numerous books, and appears regularly on radio and television.

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