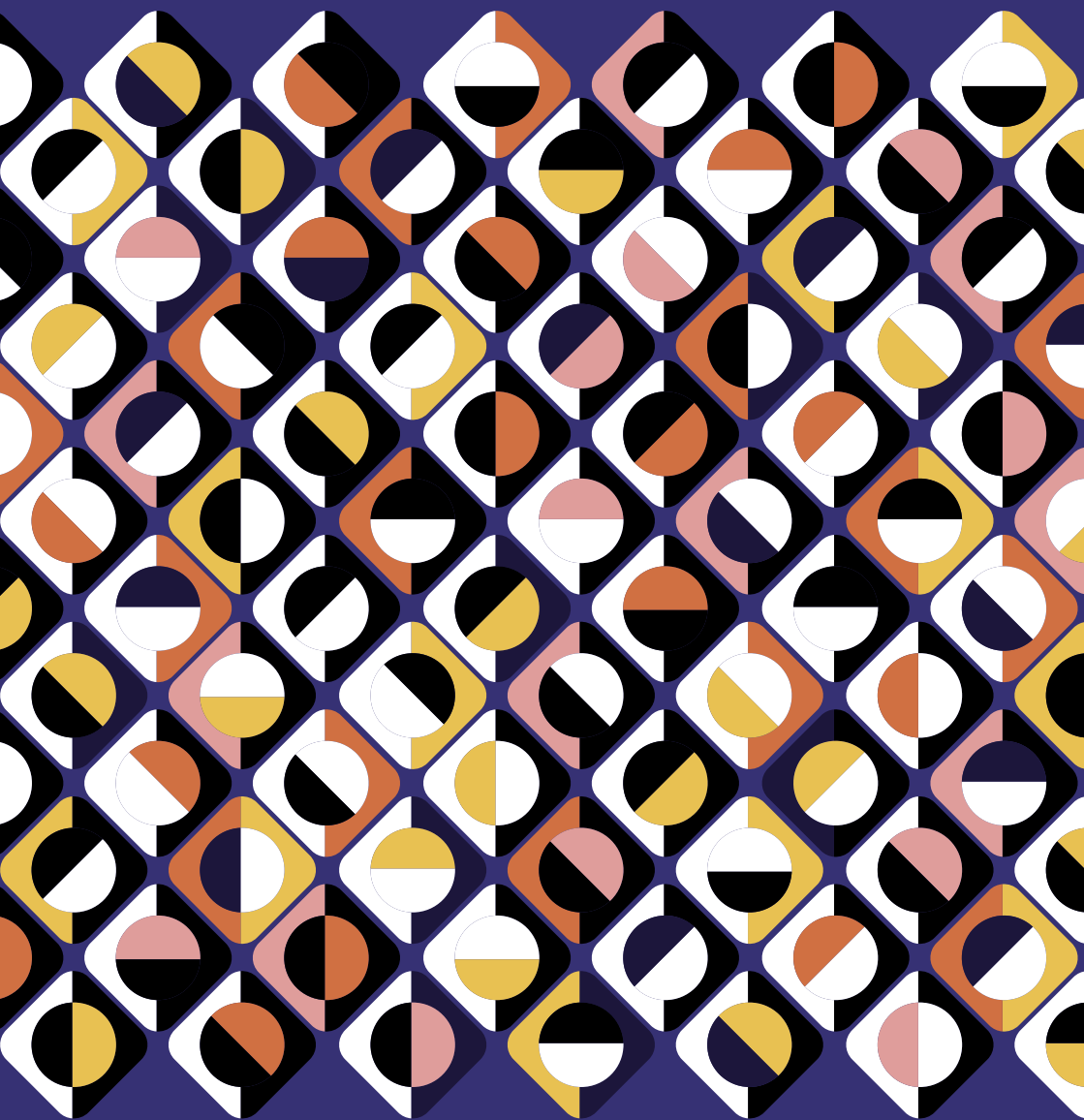


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July – December 2021

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192pp

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Colour illustrations

Mind, body, spirit/Diary

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EVERY DAY MATTERS 2022 DIARY

A year of inspiration for the mind, body & spirit

Jess Sharp

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This is For You

Ellen Bard

The ever-popular *Every Day Matters Diary* is back with a new author and illustrator, Jess Sharp. A beautiful resource for enriching daily life, this holistic planner will guide you on a journey of self-awareness and fulfilment as you go about your everyday activities. This year's themes range from gratitude and bravery, to resilience and kindness. Each week-to-view spread is illustrated with uplifting and dynamic artwork, featuring an inspiring quote that encourages reflection on the month's theme, an affirmation and weekly exercises to optimize your wellbeing and optimism. Focusing on one theme for each month, tuning into a different aspect each week, allows a seed of inspiration and awareness not just to be planted but also to be nurtured throughout the year, so that positive action can become an integral part of your daily life.

Jess Sharp is a designer and illustrator and advocate for mental health awareness. Jess offers people gentle, positive reminders for when they need them most. Jess's designs help to offer people a little bit of kindness amongst life's ups and downs. Find out more on instagram: @jessrachelsharp.

JULY

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288pp

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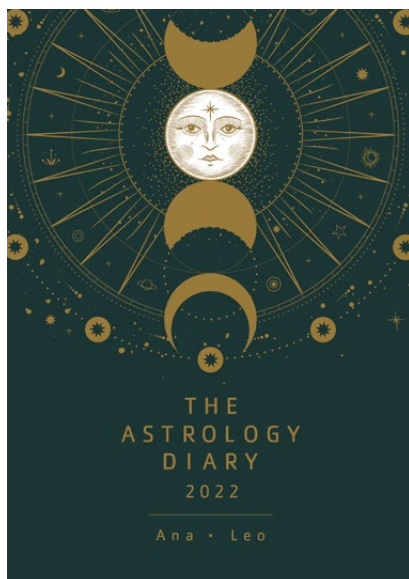
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Astrology/Diary

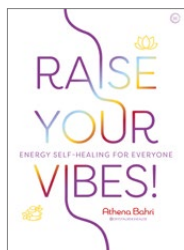
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THE ASTROLOGY DIARY 2022

Ana Leo

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Raise Your Vibes

Athena Bahri

Get ready to welcome mystical energy from the stars in *The Astrology Diary 2022*. A beautifully presented diary, uniquely illustrated around the zodiac theme. It brings new lunar wisdom into your day to day with life-coaching tools and guidance woven into the daily planner. The planner is divided by zodiac sign, showing how the sun's movement through the zodiac affects your energies throughout the year, whatever your star sign. It displays the effect of planetary conjunctions and how Mercury entering retrograde affects our decision making and fortunes. Astrology is a wonderful compass you can use to navigate through the events of your life, to help you make the right choices at the right time, and make 2022 your best year yet.

Ana Leo is a coach specializing in guidance from planetary movement, Zodiac signs and Tarot. She is certified by the Brazilian Coaching Society, creating popular YouTube readings, events and workshops. Find out more at: Instagram @analeo and YouTube www.youtube.com/analeo.

JULY

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160pp

PB 216 x 135 mm

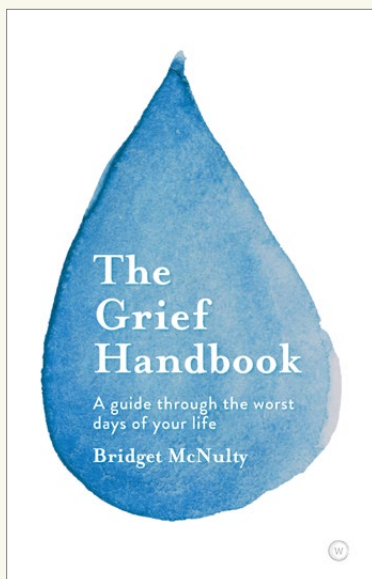
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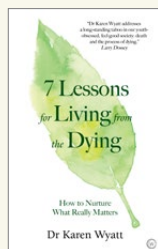


THE GRIEF HANDBOOK

A guide through the worst days of your life

Bridget McNulty

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7 Lessons for Living

From the Dying

Dr Karen Wyatt

A practical, empathetic guide to help sufferers navigate through the heavy fog of bereavement. There is no “one size fits all” approach. Bridget McNulty shows us that the best we can do is understand our emotions, tune into our needs and communicate with those around us. A unique mix of self-help book and illustrated interactive journal, with exercises such as journaling prompts, sketching activities and self-care lists. The reader can move through their individual grief journey at their own pace. The book also includes clinically grounded advice from bereavement experts underpinning each activity. The loneliness of bereavement can take its toll on mental health. This book provides support and guidance so readers can move through the stages of grief with self-compassion and emotional agility.

Bridget McNulty is a writer, speaker, content strategist and mum, based in South Africa. She blogs at: www.bridgetmcnulty.com.

JULY

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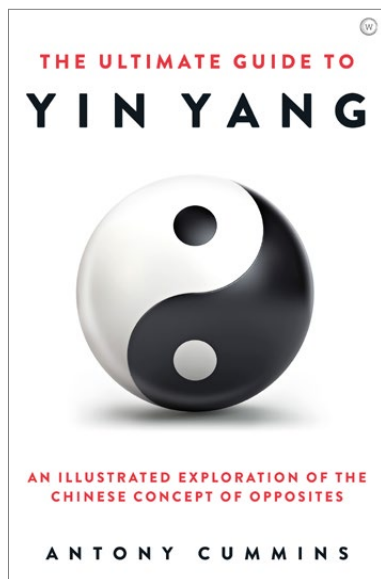
360pp

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THE ULTIMATE GUIDE TO YIN YANG

**An Illustrated Exploration of the Chinese
Concept of Opposites**
Antony Cummins

BY THE SAME AUTHOR



9781786782717

The Ultimate Art of War

What is yin yang? And how can we work with it to improve our lives? Everyone has heard of yin yang – its famous symbol (the *taiji*) is used all over the world. Less well known is that this symbol stands for a profound philosophy of natural harmony, and that aligning ourselves with yin yang will make our lives fruitful and full of positive experiences. Step by step, with hundreds of helpful illustrations and graphics, this ultimate guide to a much-quoted but often misunderstood concept explores the history and meaning of yin yang. It also makes suggestions for how you can work with yin yang, from observing the ebb and flow of energy in the landscape, to studying the patterns of nature in order to take what you need (but not too much). After reading this book, you will understand how to position yourself so yin yang fills your life with abundance – you will know what being in the right place at the right time really means.

Antony Cummins is the author of *The Ultimate Art of War* and many other books on Eastern martial culture. He is the founder of the Historical Ninjutsu Research Team, which has previously translated *The Book of Ninja* and *The Book of Samurai* series.

WATKINS

AUGUST

9781786784940

288pp

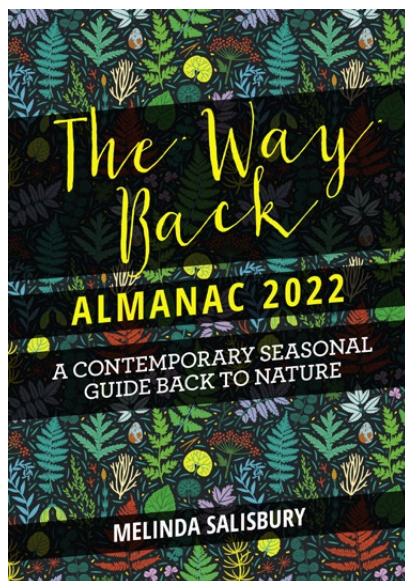
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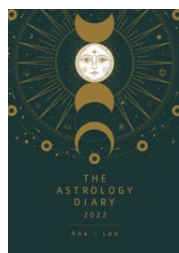


THE WAY BACK ALMANAC 2022

A contemporary seasonal guide back to nature

Melinda Salisbury

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The Astrology Diary

2022

Ana Leo

The traditional almanac is a month-by-month prompt to the beautiful transformations of nature that offer a magical and poetic way to celebrate the year. *The Way Back Almanac* is a modern twist on the conventional almanac, an accessible and truly contemporary guide back to natural rhythms, designed for those who feel most removed from the old ways and cycles. Both a practical companion to the year and a stunning piece of nature writing, it shows how even a busy modern life in a city can be infused with meaningful connections with the world we live in. Beautifully illustrated throughout, each month includes sections on stargazing, windowsill gardening, seasonal vegan recipes, home organisation, crafting ideas, digital wellbeing practices, rituals, book club reads, folklore or ancient wisdom as told by modern women from different walks of life, and free space for your own writing.

Melinda Salisbury is the twice Carnegie-nominated and bestselling author of multiple YA novels, including the Sin Eater's Daughter series and *Hold Back the Tide*. She has been nominated and shortlisted for multiple national and international awards, including the Waterstones Children's Book Prize and the YA Book Prize.

AUGUST

9781786785473

208pp

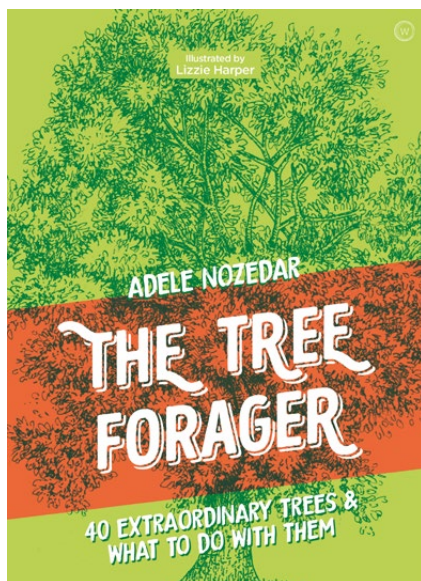
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Full-colour illustrations

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Foraging

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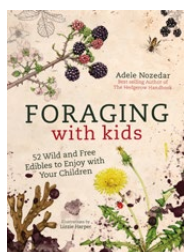
THE TREE FORAGER

40 Extraordinary Trees & What to Do with Them

Adele Nozedar, Illustrated by Lizzie Harpur,

Foreword by Volker Bertelmann (aka Hauschka)

BY THE SAME AUTHOR



9781786781635

Foraging with Kids

Foraging is one of the fastest-growing nature-related pastimes in the UK and US. This is the only foraging book to focus on what is arguably everyone's favourite plant – trees! It profiles 40 incredible trees from the UK and US – from apple, ash and bay to walnut, willow and yew, all gorgeously illustrated with colour botanical illustrations. We can forage from trees not only for food, but also for home remedies, for ingredients to use in cocktails and ferments, and for materials to make toys, musical instruments and other useful things. Did you know that you can grind acorns into flour to make pancakes, for example, or use oak galls for ink? Or that willow can be used for weaving; and ash, hazel and oak are all good for making charcoal? Packed full of recipes and things to do, there are also helpful recognition tips. Overall it traces the fascinating story of the relationship between humankind and trees.

Adele Nozedar is an author, a food writer and a passionate forager. Her books include *Foraging with Kids*, *The Hedgerow Handbook* and *The Garden Forager*. Founder of Breacon Beacons Foraging, Adele leads walks in the UK, Spain, Italy, Greece and India.

WATKINS

AUGUST

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224pp

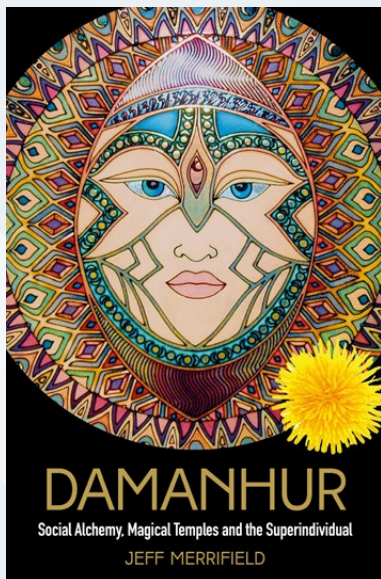
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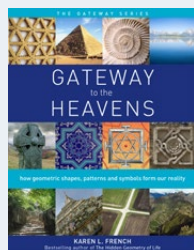


DAMANHUR

Social Alchemy, Magical Temples and the Superindividual

Jeff Merrifield

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Gateway to the Heavens

For more than four decades the spiritual-artistic community of Damanhur has grown to become a prime mover in terms of spiritual research and the protection of the planet. A group of people which has remained a stable entity over all those years, they have developed fascinating and unique tools to enhance their shared experiences, finding new ways for whole communities to function and create as one.

Damanhur is also going out into the world, and likewise, groups of indigenous peoples are treading a path to Damanhur, sharing shamanic knowledge and forming mutual bonds on a mission to make the world a better place.

It's an inspiration to families, to workplaces, to other communities and to movements like Extinction Rebellion. How do we transform society from the ground up? How can we both flourish as individuals and work together in community?

Jeff Merrifield has had over 45 years' professional involvement in Community Arts. He lives in Shetland.

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Humour

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YOU DID WHAT?

Secrets, Confessions
& Outrageous
Stories from Real Life

TOVA LEIGH

"I was living with a nasty boyfriend who complained I didn't put enough pepper in his egg sandwich. So I dried out some hamster poop and chopped it into tiny pieces. He said it was delicious. Revenge is sweet!"

YOU DID WHAT?

Secrets, Confessions and Outrageous Stories from Real Life

Tova Leigh

BY THE SAME AUTHOR



9781786785220

F*cked at 40

Have you ever wondered what other people get up to when they think no one's looking? Do you have a mortifying secret of your own you've never dared share? Whatever scandalous incidents lie hidden in your past, don't worry: this wonderful collection of funny, sexy, hair-raising and heart-warming confessions will reassure you that you're by no means alone. These confessions have all been curated by bestselling author and digital creator Tova Leigh, who explains just why we should stop being ashamed of our secrets, and instead have the courage to make ourselves vulnerable, speak out and connect. In this ultimate page-turner, there are parenting confessions, sex confessions, workplace confessions, revenge confessions ... not forgetting the all-important bodily fluids confessions! You need never feel embarrassed by your own slip-ups and misdemeanours again.

Tova Leigh began her blog "My Thoughts About Stuff" in 2016. Her funny and honest message has earned her a fanbase of over a million followers around the world. A former attorney, she's an actor, film producer and digital creator, and author of the international bestseller *F*cked at 40*. Find out more at: www.tova.leigh.com.

WATKINS

SEPTEMBER

9781786785336

336pp

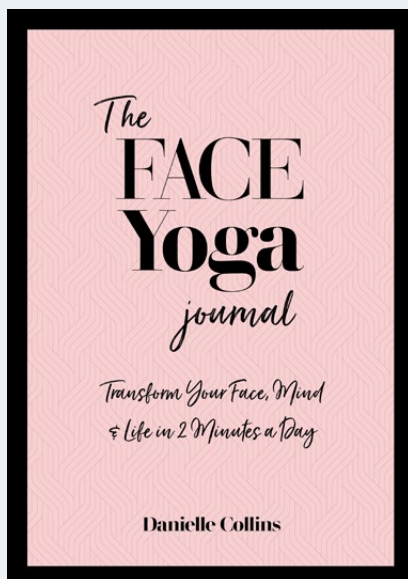
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THE FACE YOGA JOURNAL

Transform Your Face, Mind & Life in 2 Minutes a Day

Danielle Collins

BY THE SAME AUTHOR



9781786782458

Danielle Collins'

Face Yoga

This is the first-ever Face Yoga journal, from the best-known Face Yoga teacher in the world. As it's undated, it can be started at any time of year and then used for 52 weeks, supporting you through a year of Face Yoga practice, and encouraging you to take daily time out for self-care along the way. With Danielle by your side, offering a new exercise each week, plus a motivational quote, a weekly wellness hack and a chance to set yourself a goal and then reflect on your progress at the week's end, you'll be motivated to continue practising and reap the benefits of fresher, more vibrant and younger-looking skin. And it takes just 2 minutes a day to fill in the journal and do the Face Yoga exercise – you can take more time if you want, but 2 minutes will work. Includes 52 brand-new Face Yoga exercises in this journal along with a full explanation of what Face Yoga is and how to do it.

Danielle Collins is the world-leading Face Yoga expert and a renowned yoga and wellbeing coach. She offers international teacher training courses and her Face Yoga videos are enjoyed by millions around the globe. She has been featured widely in the press in the UK and abroad. Find out more at: www.faceyogaexpert.com.

SEPTEMBER

9781786785558

256pp

PB with flaps

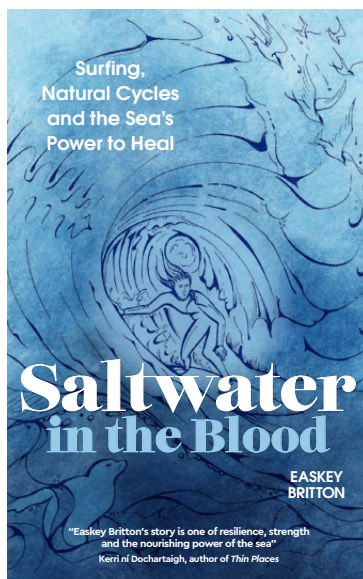
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Mono

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Nature writing

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“Her story is one of resilience, strength and the nourishing power of the sea.”

Kerri ní Dochartaigh,
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“A fantastic read – beautifully written and brimming with wisdom, wildness and stories that enlighten and inspire.”

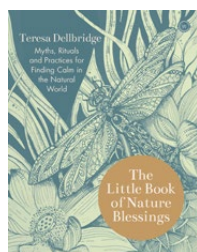
Ruairí McKiernan, author of
Hitching for Hope

SALTWATER IN THE BLOOD

Surfing, Natural Cycles and the Sea's Power to Heal

Easkey Britton

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**The Little Book of
Nature Blessings**
Teresa Dellbridge

This is an inspiring exploration of the sea's role in the wellness of people and the planet, beautifully written by Easkey Britton – big-wave surfer, scientist and social activist. She offers a powerful female perspective on the sea and surfing, explaining what it's like, as a big-wave surfer, to be a woman in a man's world. She has developed her own approach to surfing, which instead of seeking to dominate the waves at all times, works in tune with the natural cycles of her body, the moon and the seasons. For Easkey, the sea is a source of mental and physical wellbeing. She explores the mental toughness needed in big-wave surfing, and presents surfing as an embodied mindfulness practice in which we can find flow and connect with the movement of the waves. And she stresses that we need to recognize the ocean as our most powerful ally when it comes to addressing our greatest challenge: the climate crisis.

Dr Easkey Britton is a big-wave surfer, writer, artist, film-maker, coach and marine social scientist, with a PhD in Environment and Society. Her promotion of female surfing in Iran is explored in her TEDx talk, *Just Add Surf*, and the award-winning documentary *Into the Sea*. Find out more at: www.easkeybritton.com.

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SEPTEMBER

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80pp + 57 cards

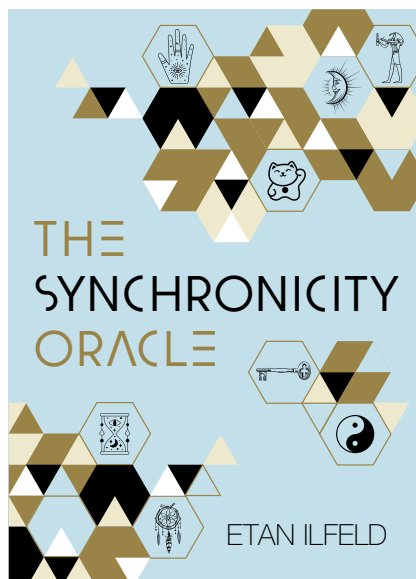
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THE SYNCHRONICITY ORACLE

Etan Ilfeld

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There are 57 hexagonal cards in the deck, each with 8 symbols, plus an 80pp booklet profiling each of the 57 symbols and giving instructions. Whether you are drawing two cards for instant insight or creating more complex spreads for deeper understanding of a situation, the idea is to see which symbols match and then interpret these symbols using the booklet and your own subconscious. The booklet offers a contemplation and a meditation for each symbol to help you interpret the symbols. A wide range of symbols are featured, including Jungian archetypes, contemporary icons and images from alchemy, science and mysticism. What can synchronicity tell you?

Etan Ilfeld is the author of *Duchamp Versus Einstein* and *Beyond Contemporary Art*. He has a physics degree from Stanford University, and is a US chess master and the inventor of Diving Chess.

OCTOBER

9781786785190

928pp

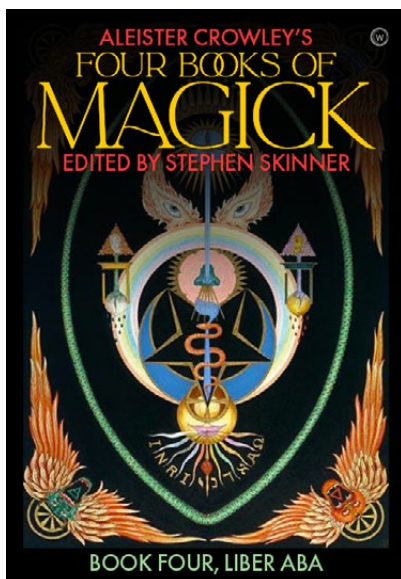
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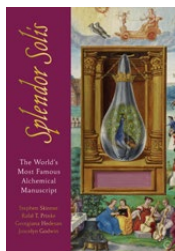


ALEISTER CROWLEY'S FOUR BOOKS OF MAGICK

Liber ABA

Aleister Crowley, introduced and edited by Dr Stephen Skinner

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The Splendor Solis

Dr Stephen Skinner

This is one of the most groundbreaking works on the practice of magick ever written. The masterpiece of occultist Aleister Crowley, it brings together rituals, received texts and insights into magick, culminating in *The Book of the Law*, the sacred text dictated to Crowley by a preternatural entity. For the first time, expert on Western esoteric traditions, Dr. Stephen Skinner, introduces the text, sharing his insights into Crowley's take on yoga, ceremonial magick and Thelema. His long involvement with magick enables Dr. Skinner to highlight the differences between the psychological and the spirit-orientated approaches to magick, and to show how that dilemma shaped Crowley's practice and his founding of Thelema.

Aleister Crowley (1875–1947) was an occultist, ceremonial magician and philosopher. As well as being a prolific writer, he interpreted a new tarot called the Thoth. He founded the religion of Thelema.

Dr Stephen Skinner is an expert in 15th and 16th-century manuscripts, having edited Dr John Dee's *Spiritual Diaries*. He has written more than 40 books on Western esoteric traditions and has published many works by Aleister Crowley. Find out more at: www.sskinner.com.

OCTOBER

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300pp

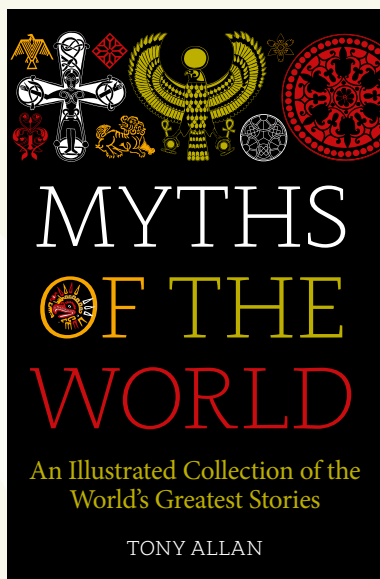
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In this beautifully illustrated gift edition, you'll discover more than 240 mythological tales from around the world, featuring gods, heroes, princesses, villains, magicians and monsters, as well as animals with extraordinary powers. Let this collection guide you through stories from every corner of the globe, from ancient Egypt, Greece and Rome through the Vikings to the Slavic East, Japan and China and the Americas. Each culture is rich in folklore and magical tales, and this book offers a fascinating introduction to them all.

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Tony Allen worked for many years with Time-Life Books, including as an author and consultant on *Myth and Mankind*, a 20-volume study of comparative mythology. His many books include *Vikings*, *Ancient Rome* and *The Mythic Bestiary*.

WATKINS

OCTOBER

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216pp

PB 234 x 156 mm

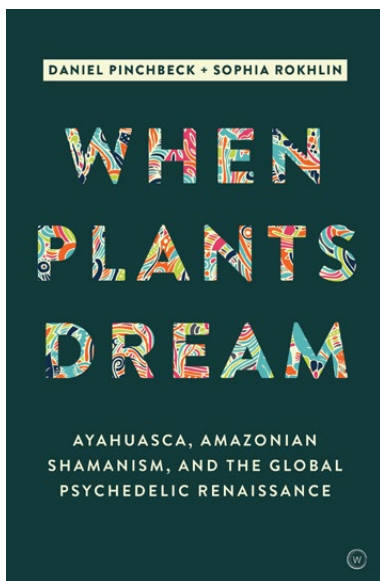
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Social & cultural history

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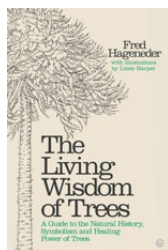


WHEN PLANTS DREAM

Ayahuasca, Amazonian Shamanism and the Global Psychedelic Renaissance

Daniel Pinchbeck with Sophia Rokhlin

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Living Wisdom of Trees

Fred Hugenader

When Plants Dream is the first book of its kind to look at the science and culture of ayahuasca, from its historical use to its appropriation by the West. *When Plants Dream* explores the economic, social, political, cultural and environmental impact of ayahuasca on society. The book looks at its cultural origins, and the role and practices of the ayahuasquero in both Amazonian and Western cultures. The authors present the most up-to-date biomedical research, psychedelic science and psychopharmacology, and conclude with a look at the future of ayahuasca, and the impact it is having on cultures beyond the Amazon.

Daniel Pinchbeck co-founded the web magazine *Reality Sandwich* and the online platform *evolver.net*. His essays and articles have appeared in *The New York Times*, *Esquire* and *Rolling Stone*.

Sophia Rokhlin is an author, a speaker and a non-profit organizer dedicated to supporting the conservation of indigenous wisdom and territories.

OCTOBER

9781786785688

224pp

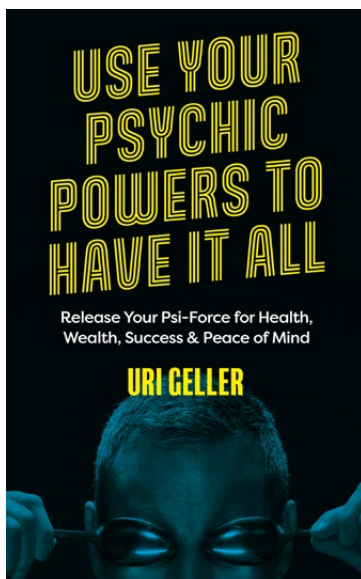
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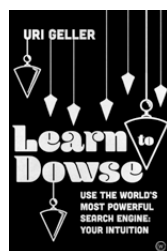


USE YOUR PSYCHIC POWERS TO HAVE IT ALL

Release Your Psi-Force for Health, Wealth, Success & Peace of Mind

Uri Geller

BY THE SAME AUTHOR



9781786783820

Learn to Dowse

This is a guide to releasing your Psi-Force and using it for whatever purpose you want. Your psi-force will help you excel at sport, outsmart your boss, win at games, make friends, attract a lover, overcome illness and depression, come to terms with disaster, be a financial success, and, above all, be happy and content. But you must learn to channel your psychic powers your way. Uri will teach you how to get the best out of your particular talent using the dynamic force that is in you already, just waiting to be awakened. The book is packed full of tests to assess your psychic potential, plus step-by-step guidance to working with psi-force, from reading other people's thoughts, to out-psychoing your boss, to drawing on psi-force to manifest your desired outcomes.

Uri Geller is the world's most celebrated paranormalist. He works as a motivational coach to leading sportspeople and industrialists, and has lectured at the United Nations and to the directors and CEOs of multinationals, such as Google, Reuters, Sony, Rolls Royce, Hallmark and many more. Find out more at: www.urigeller.com.

WATKINS

OCTOBER

9781786785541

176pp

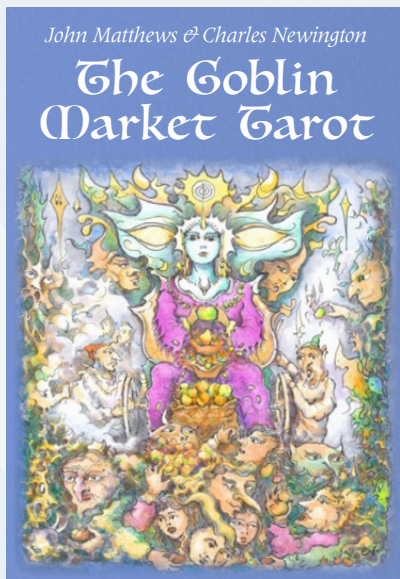
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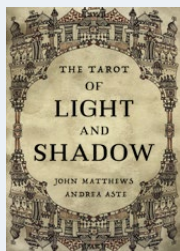


THE GOBLIN MARKET TAROT

In Search of Faery Gold

John Matthews, Illustrated by Charles Newington

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9781786784117

**The Tarot of Light
and Shadow**

John Matthews

This is a faery tarot with a difference, portraying faeries as they really are: sly, frequently cruel, clever and full of secrets, rather than the whimsical creatures beloved of the New Age. It's the world of Christina Rossetti's "The Goblin Market", a place frequented by all the denizens of the Otherworld. This 80-card deck, with 176-page guidebook, offers a tarot of wit and wickedness, of challenge and uncertainty, of wonder and truth. Enter a haunted world of falling towers, crumbling walls and tangled woods, of fallen trees and bones threaded with vines and spiked roses. Prepare to be enspelled ... and to discover the answers to your questions and dilemmas. Includes the full text of "The Goblin Market", the 1862 poem now read by many as a fable of lesbian empowerment.

John Matthews is the *New York Times* bestselling author of several bestselling divinatory systems based on early spiritual beliefs, including the *Arthurian Tarot* and the *Wildwood Tarot*.

Charles Newington's art has been shown worldwide. He has created art for Led Zeppelin and other rock bands, as well as the giant White Horse Hill Figure above the Channel Tunnel entrance..

WATKINS

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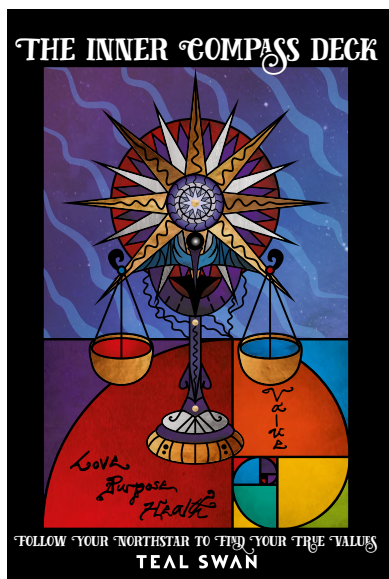
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Divination / Tarot

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THE INNER COMPASS DECK

Follow your Northstar to Find your True Values

Teal Swan

BY THE SAME AUTHOR



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The Blind Spot

Oracle Cards

Teal Swan

The Inner Compass Deck has a very simple yet invaluable aim: to help you discover what you value most so you can live unconditionally according to these values, applying them to your work, relationships, mental health and everyday life. Think of your honest, authentic self as true north and this values deck as your compass. The deck includes 204 unique and beautiful cards that encourage you to let go of denial and inauthenticity, boost your self-esteem and self-worth, and learn to live your best and happiest life. Discover the values most important to you through the Personal Value layout, which intuitively leads you to true reflection and self awareness. Navigate difficult decisions using the Decision Assist layout, finding out what values you should be prioritising in your choice. Or, work together with a loved one, friend or colleague to identify your top shared values in the Ours layout.

Teal Swan is a personal transformation revolutionary who was born highly intuitive. A renowned author, speaker and modern spiritual leader, she travels the world inspiring millions towards authenticity, freedom and joy. She is the bestselling author of three books. Find out more at: www.tealswan.com.

NOVEMBER

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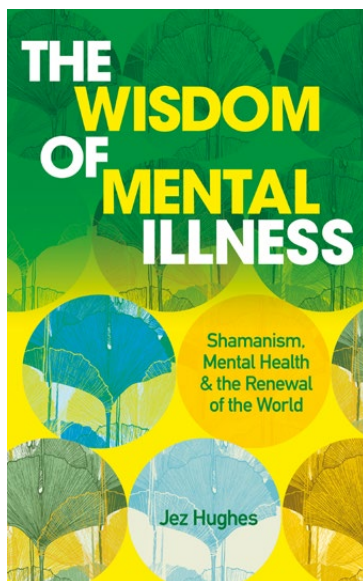
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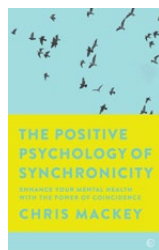


THE WISDOM OF MENTAL ILLNESS

Shamanism, Mental Health & the Renewal of the World

Jez Hughes

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**The Positive Psychology
of Synchronicity**

Chris Mackey

Written for those who experience mental illness, or whose loved ones are going through such episodes, or who are mental wellbeing practitioners, this is a guide to the potentially transformational experience of what we label mental illness. It explores the ancient concept of the “shamanic sickness”, whereby the prospective shaman underwent many years of mental distress as part of their initiation, and argues that, in some cases, what we seek to medicate could actually be a calling to a path of service and healing. What we define as pathological, many cultures see as a sign of being in touch with greater powers. It also explores how we, as a species, have come out of balance in our relationship to nature and the devastating effect this is having on our mental health. By learning from ancient indigenous cultures who have remained in balance with the natural world, this book looks at solutions to heal this modern imbalance and find a way forward for the Earth and ourselves.

Jez Hughes is a shamanic healer, teacher and founder of the training centre Second Sight Healing. A popular speaker, he has been profiled widely in national media. He is the UK’s main cultural liaison for the indigenous Wixarika (Huichol) tribe from Mexico.

WATKINS

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Sacred Sexuality

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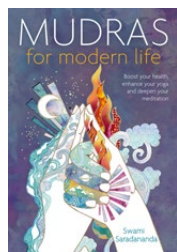


LIVING TANTRA

A Journey into Sex, Spirit and Relationship

Jan Day

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Mudras for Modern Life

Swami Saradananda

This is a practical manual on Tantra in all its aspects from one of the UK's leading Tantra teachers. Firmly rooted in the ancient Indian tradition, the book shows how Tantra can be applied to every aspect of our daily lives.

Based on the author's legendary workshops that attract attendees from across Europe and North America, especially Sweden, Austria, USA, Germany, Spain and the Czech Republic, *Living Tantra* brings the essence and core message of Tantra into relevance for our contemporary life and society as a path of spiritual growth and human development. The principles of *Living Tantra* are to use all life, all experience, to learn and become more conscious of ourselves and the world around us, to care more for ourselves, each other and the world, and to develop greater compassion. Tantra includes everything. It is "the weaving together of all that is".

Jan Day trained for 15 years with Art of Being founder and, like her, former Osho follower, Alan Lowen, as well as being a CTA certified coach. Her work has been featured in *The Times*, *The Daily Telegraph* and *The Observer*.

DECEMBER

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224pp

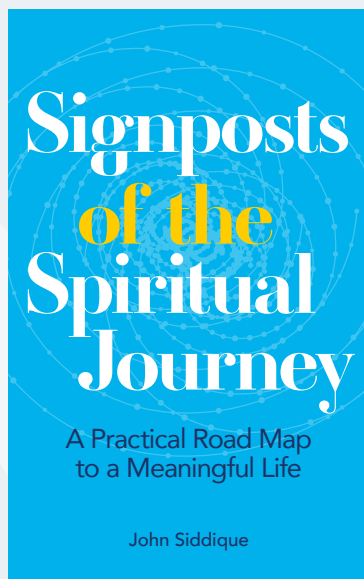
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Mindfulness and
meditation

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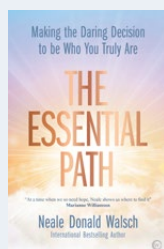


SIGNPOSTS OF THE SPIRITUAL JOURNEY

A Practical Road Map to a Meaningful Life

John Siddique

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The Essential Path

Neale Donald Walsch

This book is a guide to the spiritual path that clearly reveals the signposts of success on the journey, as well as the blockages and traps that hold us back from a life of presence, meaning and enlightenment. By laying out the signs and blockages clearly and honestly and with a lot of love and humour, the book offers a wonderful resource for growth. Whatever level of freedom the reader feels drawn to – basic human freedom, or the great goal of the spiritual life of enlightenment – this roadmap will guide readers to tread the path of their ordinary life and receive the benefit in the here and now. In addition to sharing encouraging real-life stories, the books offers a huge range of tools and practices, from using writing and drawing to explore your teachability to self-reflections designed to expand awareness and let go of ego, to instructions for effective, safe, meditative practices little known in the West.

John Siddique is a teacher, writer and poet who has published seven previous books. He runs retreats and classes with students around the world, and offers meditations via the Insight Timer app and live classes via the Wellness Coach app. Find out more at: www.authenticliving.life.

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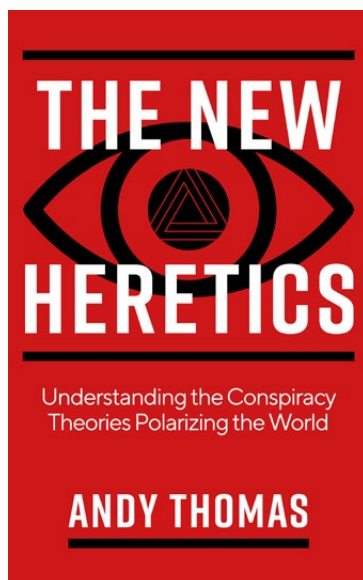
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Conspiracies

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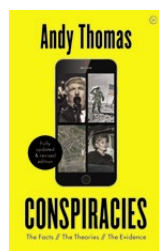


THE NEW HERETICS

Understanding the Conspiracy Theories Polarizing the World

Andy Thomas

BY THE SAME AUTHOR



9781786783127

Conspiracies

This is the most balanced and well-reasoned investigation available into why people believe today's highly divisive conspiracy theories, from COVID and QAnon to 5G scares, fake news and more. Through their part in some huge controversies, conspiracy theorists are being branded the Number One Enemies of our times – the new heretics. They are seen to threaten the very fabric of modern society, spreading doubts and fears that result in Washington Capitol invasions, transmission mast burnings or the spread of anti-vax material. Yet the theorists prefer to call themselves “truth seekers” and see the mainstream establishment as the real disruptor, treating its increasingly harsh censorship as direct validation of their views. This book explores the proliferation of conspiracy thinking, peeling back unhelpful layers of biased thinking on all sides to find more insightful ways to bridge the polarised divides and create a better way forward.

Andy Thomas is an author, speaker and one of the world's leading researchers into conspiracy theories and unexplained mysteries. He lectures around the globe and appears regularly on TV and radio. Find out more at: www.truthagenda.org.

WATKINS

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Buddhism

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Zen and the Art of Dealing with **Difficult** People



Mark Westmoquette

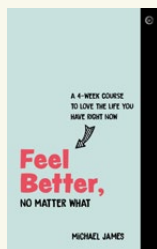
Foreword by Juran Daizan

ZEN AND THE ART OF DEALING WITH DIFFICULT PEOPLE

How to Learn from Your Troublesome Buddhas

Mark Westmoquette

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Feel Better,

No Matter What

Michael James

This is a unique guide to coping with challenging people using practical Zen and mindfulness tools. It helps readers explore their reactions, break free from knee-jerk response patterns and see if these people may in fact prove to be useful teachers in life – troublesome Buddhas. In this book, Mark Westmoquette draws on personal experience of profound tragedy. He stresses that the only way we can grow is by facing our pain, acknowledging how we feel and how we've reacted, and making an intention or commitment to end the repeating pattern of suffering. By bringing awareness and kindness to these relationships, our initial stance of "I can't stand this person, they need to change" will naturally shift into something much broader and more inclusive. The book makes playful use of Zen koans – apparently nonsensical phrases or stories – to help jar us out of habitual ways of perceiving the world and nudge us toward a new perspective of wisdom and compassion.

Mark Westmoquette has a PhD in astrophysics, and is an ordained Zen monk and a yoga and mindfulness teacher.

DECEMBER

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224pp

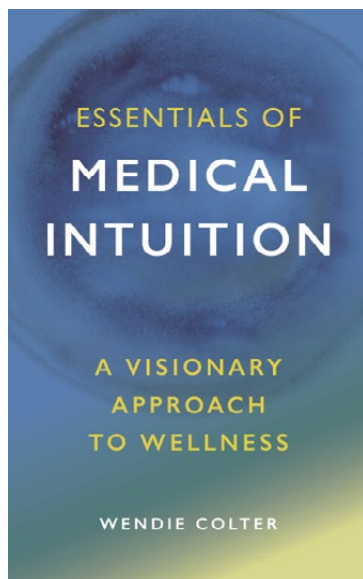
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Alternative health

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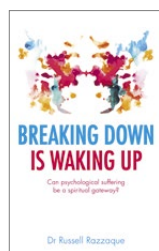


ESSENTIALS OF MEDICAL INTUITION

A Visionary Approach to Wellness

Wendie Colter

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Breaking Down is

Waking Up

Russell Razzaque

Medical Intuition is designed to assess the root causes of bodily imbalance in order to promote physical, emotional, mental and spiritual wellbeing. This is the most nuanced guide to the practice, exploring what it is, what it is not and how it can enhance your own healing and wellness, and those of patients. Myths and taboos about intuition being a “special gift” only for the few are exploded. The four major “clairs”, such as clairvoyance, are outlined so people can understand how they experience at least one of these natural human traits regularly (a self-test is included). The book includes many research and case studies in the use of intuition in healthcare and the restoration of health. It also provides information on how to use intuitive Meta-Visual Scanning to avoid burnout and promote resiliency, and Energy Hygiene skills, including energy grounding and protection, to reduce the sense of being overwhelmed.

Wendie Colter has been a professional medical intuitive for more than 20 years. The founder/CEO of The Practical Path®, Inc., she offers intuitive development programs to clinical health professionals, complementary and alternative practitioners and the general public. Find out more at: www.thepracticalpath.com.

Nourish

At Nourish we are all about enhancing wellbeing through a balanced diet. We love home-cooking, and have a palate for healthy and delicious food and drink.

www.nourishbooks.com

JULY

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THE ART OF PRESERVING

Ancient techniques and modern inventions to capture every season in a jar

Emma Macdonald

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The Bay Tree Home

Deli Recipes

Emma Macdonald

Sustainable, low-waste and utterly delectable, preserved food is indispensable to any modern kitchen. Few gifts are more gratefully received than a jar of homemade jam or a bottle of handpicked sloe gin, and any meal can be transformed by a sumptuous chutney or jelly on the side. Now everyone can master the art of preserving with this simple, essential guide. More than 100 delicious recipes show how to make the most of any hedgerow-foraged bounty, allotment gluts or leftovers. With clear and comprehensive instructions for curing, drying, pickling and jellifying – as well as recipes for all kinds of jams, chutneys, cordials, cheeses and butters – every classic is covered, including candied peel, onion marmalade, mango chutney and piccalilli. Alongside time-honoured concoctions, there are modern inventions, such as Banana and Date Chutney and Grapefruit and Elderflower Marmalade. This is the new and updated edition of *The Bay Tree Preserving* and *Artisan Preserving*.

Emma Macdonald is a trained chef and founder of The Bay Tree Food Co, makers of the finest preserves and chutneys, adding the extraordinary to any meal. Find out more at: www.thebaytree.co.uk.

NOURISH

AUGUST

9781848993884

176pp

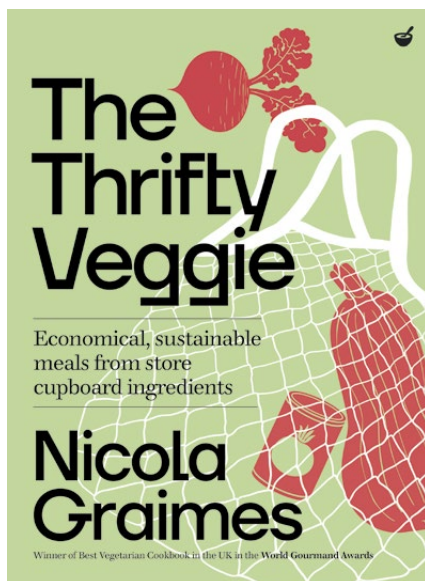
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Vegetarian cookery

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THE THRIFTY VEGGIE

Economical, sustainable meals from store-cupboard ingredients

Nicola Graimes

BY THE SAME AUTHOR



9781848993815

The Part-Time

Vegetarian's Year

Nicola Graimes

Looking for ways to cut the cost of your weekly food shop? This inventive and savvy cookbook shows you how to make simple, delicious, meat-free meals using everyday storecupboard ingredients that are good for you, your pocket and the planet! Award-winning cookery writer, Nicola Graimes, shares her best-value vegetarian and vegan meals with useful tips for thrifty shopping, freezing and cooking. With chapters arranged by storecupboard essentials – pasta, rice, noodles, eggs, nuts, beans and grains – each recipe combines trusty staples with in-season fresh produce to create modern, global and truly mouthwatering dishes.

This is a new and updated edition of *Veggienomics*.

Nicola Graimes is an award-winning cookery writer and former editor of *Vegetarian Living* magazine. She has written more than 20 books, including *The New Vegetarian Kitchen* (that was chosen as one of *OFM*'s Top 50 Cookbooks of the Year) and *The Part-Time Vegetarian* for Nourish. Find out more at: www.nicolagraimes.co.uk.

SEPTEMBER

9781848993945

240pp

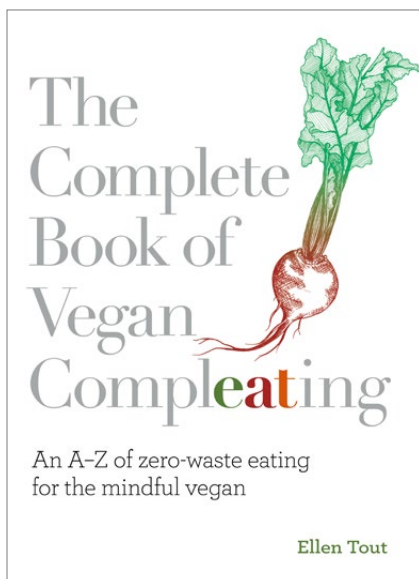
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Vegan cookery

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“Jam-packed full of so much advice – so friendly, helpful, packed full of tips, tricks, delicious recipes and easy ways to compleat in a satisfying everyday way.”

Melissa Hemsley

THE COMPLETE BOOK OF VEGAN COMPLEATING

An A-Z of Zero-Waste Eating For the Mindful Vegan

Ellen Tout

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Rose Elliot's Complete

Vegan

Rose Elliot

What is “compleating”? Completely eating every part of a fruit or vegetable! Ellen Tout, sustainability expert and dedicated vegan, is passionate about maximizing the benefits of veganism, and through just a few simple tips, tricks and ingenious recipes she can revolutionize the way you cook. Transform banana skins into pulled “pork”; give new life to leftover wine by making your own vinegar; forget everything you knew about kiwi by whipping up a batch of “whole kiwi” salsa for tacos. Arranged alphabetically, not only does each section include internationally-inspired recipes, but also environmentally-friendly alternatives to household cleaning, beauty products and pet food. “Compleat” recipes use every part of an ingredient, such as Pumpkin Pie with Caramelized Seeds or Carrot Top Tabouleh, while techniques such as pickling, fermenting and broths can maximize the flavour and use of any off-cuts.

Ellen Tout is a writer, journalist and digital editor. She is *Psychologies* magazine’s “Eco Worrier” columnist and the Eco Living Editor. She has also worked with *Pebble* magazine, Sony Pictures Entertainment, *Culture Trip* and *The Great Outdoors* magazine.

NOURISH

OCTOBER

9781848994034

224pp

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Witchcraft

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THE WITCH'S FEAST

A Kitchen Grimoire

Melissa Madara

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Potions, Elixirs & Brews

Anaïs Alexandre

The Witch's Feast invites you to the ritual table, to engage with the craft through cooking, eating and sharing delicious feasts with others. Written by herbalist, witch and chef Melissa Madara, this book reveals the storied history of kitchen witchcraft. Through decadent recipes, accompanied by correspondences, lore and historical context, this practical introduction to magical cooking explores five facets of the occult tradition: traditional pagan dishes, cooking through the wheel of the zodiac, devotional meals to the planets, seasonal feasts to celebrate solstices and equinoxes, and practical spellwork through food and potions. Full of sumptuous photography, this book not only makes inspiration for any cook but also a workable praxis for exploring manifestation and spiritual art.

Melissa Madara is the co-owner of Catland Books and editrix at *Venefica* Magazine, a radical arts & occulture journal. Graduate of New York's The Natural Gourmet, Melissa runs the gamut from traditional french pastry to health-focused meal planning. Melissa has been featured in *The New York Times*, *Vogue* and *Vice* for their work as a witch.

NOVEMBER

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Cookery

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30-MINUTE MOWGLI

Instant Big Flavour!

Nisha Katona

BY THE SAME AUTHOR



9781848993266

Mowgli Street Food

Spice-packed, punchy, fresh Indian-inspired dishes to get on the table in 30 minutes or less. This is the food that Nisha Katona, TV chef and creator and face of the Mowgli Indian restaurants, cooks at home – super speedy, delivering big, bold flavours and made with accessible ingredients, often just using what’s already in the cupboard or fridge. All the recipes are meals that range from light lunches to substantial dinners; all you need to do is accompany them with one of the simple sides suggested in the introduction. Tantalize your tastebuds with Quick Angry Tandoori or Yoghurt Coriander Turkey, Gingerbread Lamb Steaks or Keema Toasties, Bengali Fish Curry or Indian Fish Finger Sandwiches, Back of the Fridge Curry or Million Dollar Green Dahl. This is the food that real people want: tasty and nutritious meals to whip up in half an hour without fuss while juggling work and childcare in an often chaotic working-from-home environment.

Nisha Katona MBE is a curry evangelist, the creator of the Mowgli restaurant chain and author of the bestselling *Mowgli Street Food*. She appears regularly on the BBC, ITV and BBC Radio 4, and is the presenter of the Channel 4 series *A Taste of Italy*.

NOURISH

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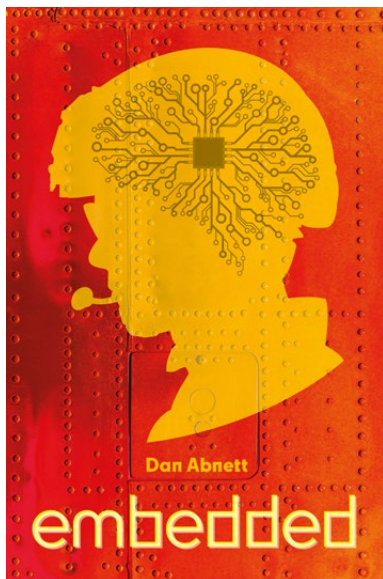
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Science Fiction

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“Embedded is a nail-biting, seat-of-the-pants ride – which also has serious things to say about war and the news media.”

Guardian

EMBEDDED

Dan Abnett

From the multi-million NYT bestselling author...

BY THE SAME AUTHOR



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Triumph

To veteran war correspondent Lex Falk, covering the ongoing peacekeeping operation on Planet 86 seems like just another boring assignment, until a bloody bombing which military high command seems strangely keen to keep the media from reporting.

In an effort to reach the heart of the action, Lex gets himself ‘chipped’ inside the head of a soldier on his way to the frontlines. But on the brink of uncovering the story of a lifetime, the soldier is killed, leaving Lex trapped...And his only hope of revealing the truth lies in somehow getting home.

Dan Abnett is a seven-time New York Times bestselling author and an award-winning comic book writer. He has written over fifty novels and his 2008 run on *The Guardians of the Galaxy* for Marvel comics formed the inspiration for the blockbuster movies. Dan lives and works in the UK.

ANGRY ROBOT

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Science Fiction

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“Hoffmann confidently layers morality and disability rights into a breezily told adventure that bursts with sheer fun.”

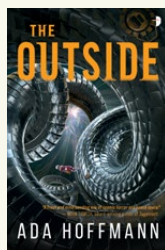
Publishers Weekly

THE FALLEN

Sequel to *The Outside*

Ada Hoffmann

BY THE SAME AUTHOR



9780857668134

The Outside

The laws of physics acting on the planet of Jai have been forever upended, causing chaos. Fearing heresy, the artificially intelligent Gods that ruled the galaxy became the planet's jailers.

Tiv Hunt, who once trusted these Gods, spends her days helping the last remaining survivors of Jai. Everyone is fighting for their freedom and they call out for drastic action from their saviour, Yasira. But she has become deeply ill, debilitated by her Outside exposure, barely able to breathe let alone lead a revolution.

Hunted by the Gods and Akavi, the disgraced angel, Yasira and Tiv must delve further than ever before into the maddening mysteries of their fractured planet in order to save – or perhaps destroy – their fading world.

Ada Hoffmann is a triple award-nominated author. She was diagnosed with Asperger syndrome at 13, and is passionate about autistic self-advocacy. She lives in southern Ontario with a very polite black cat.

AUGUST

9780857669209

400pp

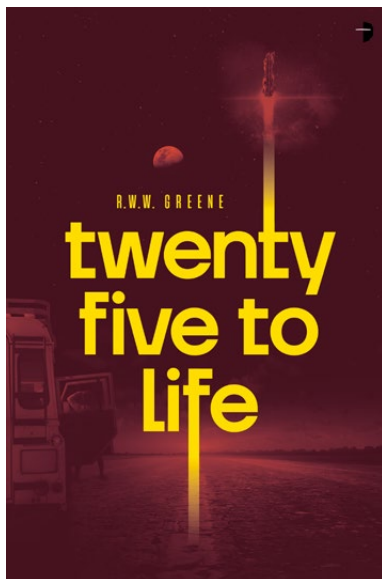
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Science Fiction

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“Sophisticated worldbuilding and diverse, emotionally-resonant characters make Greene an author to watch.”

Publishers Weekly

TWENTY-FIVE TO LIFE

R.W.W. Greene

BY THE SAME AUTHOR



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The Light Years

A humanity-saving colony mission to Proxima Centauri launches and leaves thousands to live out their remaining time on Earth alone... but what's the point?

Julie Riley is over-educated, under-employed, and kept mostly numb by her pharma implant. Her best friend, who she interacts with via virtual reality, has left with the colony mission to Proxima Centauri. And the world is literally coming to an end. Things are pretty tough.

When Julie's mother decides it's time to move out of the family home, Julie runs away, illegally, hoping to find and hide with the Volksgeist. They are a loose-knit culture of tramps, hoboes, senior citizens, artists, and never-do-wells who have elected to ride out the end of the world in their campers and converted vans, and take a road trip till the end of the world.

R.W.W. Greene is a teacher and writer in New Hampshire. He is a frequent panelist at the Boskone Science Fiction and Fantasy Convention in Boston. He keeps bees, collects typewriters, and lives with spouse Brenda and two cats.

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“Coarse, crude, bloody, brutal, and utterly over-the-top... A go-big-or-go-home delight.”

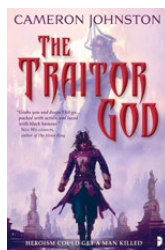
Locus

THE MALEFICENT SEVEN

Cameron Johnston

When you are all out of heroes, all that's left are the villains...

BY THE SAME AUTHOR



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The Traitor God

Black Herran was a dread demonologist, and the most ruthless general in all Essoran. She assembled the six most fearsome warriors to captain her armies: a necromancer, a vampire lord, a demigod, an orcish warleader, a pirate queen, and a twisted alchemist. Together they brought the whole continent to its knees... Until the day she abandoned her army, on the eve of total victory.

40 years later, she must bring her former captains back together for one final stand, in the small town of Tarnbrooke to defeat a fanatical new enemy tearing through the land.

Seven bloodthirsty monsters. One town. Their last hope.

Cameron Johnston is a British Fantasy Award and Dragon Awards nominated author. He is a swordsman, a gamer, and an enthusiast of archaeology, history and mythology. He loves exploring ancient sites and camping out under the stars by a roaring fire.

ANGRY ROBOT

SEPTEMBER

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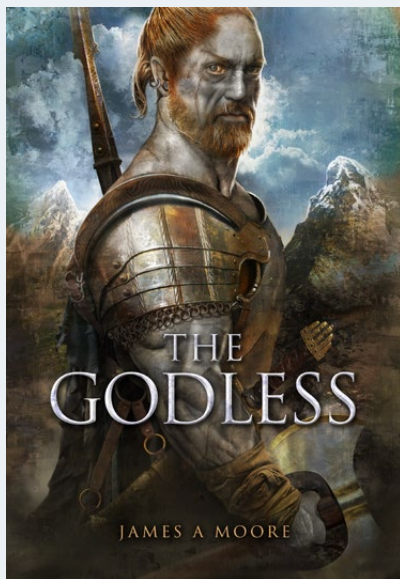
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Fantasy

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THE GODLESS

Seven Forges, Book V

James A. Moore

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The Last Sacrifice

The long war with the Sa'ba Taalor has ended, but the land of Fellein does not know peace - only ceaseless change.

A spate of murders draw the interest of Darsken Murdrow of the Inquisition, until the hunter becomes the hunted. Andover Lashk of the Iron Hands seeks a home in a world in which he no longer fits. An unholy necromancer steals souls, makes sacrifices, and sows fear.

And in the barren wastelands of the Wellish Steppes, the army of the Godless gathers. Driven from their homeland, abandoned by their deities, the Godless now follow the banner of a new Master, and are thirsty for blood.

James A. Moore is the award-winning, bestselling author of over forty novels, thrillers, dark fantasy and horror alike, including the critically acclaimed *Fireworks*, *Under the Overtree*, *Blood Red*, the *Serenity Falls* trilogy and the *Seven Forges* series.

SEPTEMBER

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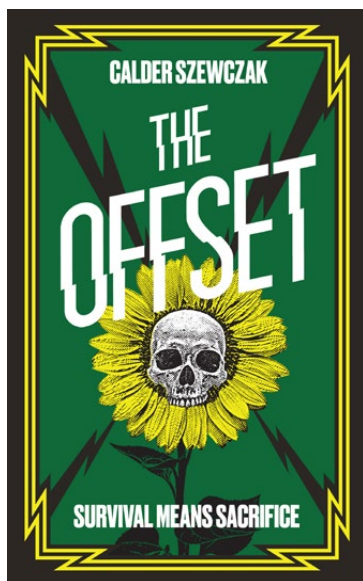
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Dystopia

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“Thrilling, terrifying and beautifully crafted, *The Offset* is the perfect science fiction novel for our times. I devoured it.”

Angela Saini, author of *Superior: The Return of Race Science*

THE OFFSET

Calder Szewczak

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Composite Creatures

Caroline Hardaker

It is your eighteenth birthday and one of your parents must die. You are the one who decides. Who do you pick?

In a dying world, the Offset ceremony has been introduced to counteract and discourage procreation – survival demands sacrifice so for every birth, there must be a death.

Professor Jac Boltanski is leading Project Salix, a new mission to save the world by replanting radioactive Greenland with genetically-modified willow trees. But things aren't working out and there are discrepancies in the data. Has someone intervened to sabotage her life's work?

Her daughter Miri, an anti-natalist, has run away from home. Which parent will Miri pick to die: the one she loves, or the one she hates who is working to save the world?

Calder Szewczak is writing duo Natasha C. Calder and Emma Szewczak. Natasha's work has appeared in *The Stinging Fly*, *Lackington's* and *Curiosities*. Emma's work has been published with T&T Clark and the Paulist Press.

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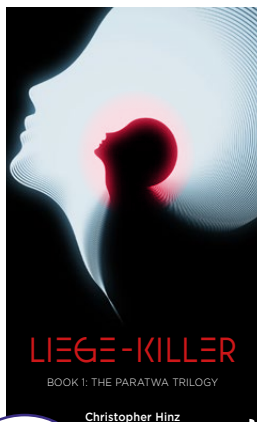
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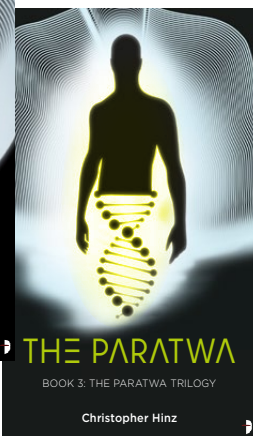
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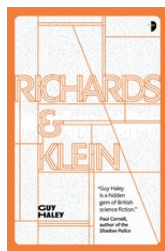


THE PARATWA SAGA

Liege-Killer, Ash Ock and The Paratwa

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Liege-Killer – Two hundred years after a nuclear apocalypse forced humanity to flee earth, humans still remember the most feared warriors of that planet – the Paratwa. These are genetically modified killers who occupy two bodies controlled by one vicious mind. The legendary Paratwa named Reemul, known as the Liege-Killer, was the strongest of them all. Now someone has revived Reemul from stasis and sent him to terrorize the peaceful orbital colonies of Earth.

Ash Ock – The new generation of Paratwa is far deadlier than the old, forming a powerful caste of fighter known as the Ash Ock. A mysterious virus infecting the humans database signals the return of their most feared enemies...

The Paratwa – The Paratwa chronicles the lives of the Irryan colonists as they prepare for the imminent attack of the fierce and vicious Paratwa assassins. Facing the threat of their dark enemies, Gillian must also cope with his inner turmoil, as the madness of his nature threatens to consume his life.

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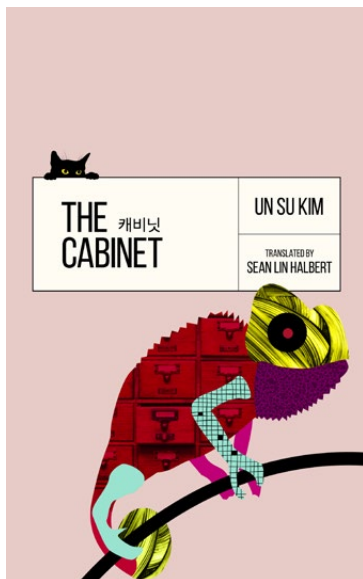
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THE CABINET

Un-Su Kim

Translated by Sean Lin Halbert

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United States of Japan

Peter Tieryas

Winner of the Munhakdongne Novel Award, Korea's most prestigious literary prize

Cabinet 13 looks exactly like any normal filing cabinet...Except this cabinet is filled with files on the 'symptomers', humans whose strange abilities and bizarre experiences might just mark the emergence of a new species. But to the harried office worker whose job it is to look after the cabinet, the symptomers are a headache; especially the one who won't stop calling every day, asking to be turned into a cat.

A richly funny and fantastical novel about the strangeness of even the most everyday lives, from a vital voice in South Korean fiction."

Un-Su Kim made his debut as a writer in 2002 through the Jinju News Fall Literary Contest with short stories, Easy Breezy Writing Class and Dan Valjean Street and the DongA Ilbo Spring Literary Contest with his mid-length novel *Farewell, Friday*. His crime thriller *The Plotters* was published in English to critical acclaim in 2019.

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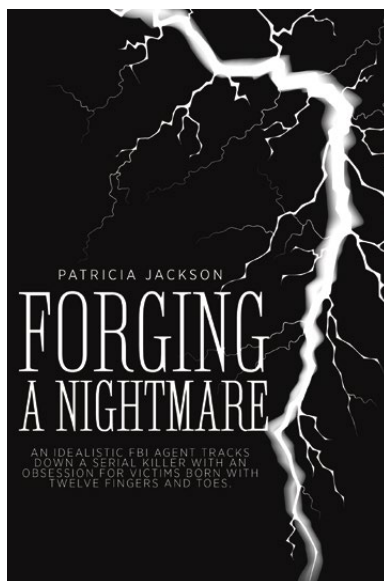
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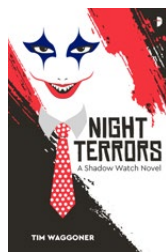


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FORGING A NIGHTMARE

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Night Terrors

Tim Waggoner

An idealistic FBI agent tracks down a serial killer with an obsession for victims born with twelve fingers and toes.

Unknown to Humanity, the descendants of Fallen Angels live among us. After millennia of living in anonymity, a serial killer has discovered their secret and has marked them for death. FBI Agent Michael Childs is brought in to investigate a series of grisly murders – the only link between them is that they were all born with twelve fingers and twelve toes, known in occult circles as the Nephilim, a forsaken people.

Patricia A. Jackson is a high-school Language Arts teacher in Pennsylvania. She has published a number of short stories for the WestEnd Games quarterly the Star Wars Adventure Journal. Her hobbies include gaming, grading endless flash fiction from her students, running a D&D club at her school, and competing in equestrian hunter/jumper competitions.

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“Hanks has thoroughly brought this type of story into 2020.”

Starburst Magazine

SWASHBUCKLERS

Dan Hanks

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**Captain Moxley and the
Embers of the Empire**

When Cisco Collins returns to his town thirty years after saving it from being swallowed by hell mouth, he realises that being a hero isn't at all like it was in the movies. Especially when nobody remembers.

When the tendrils of the pirate's powers creep back into the world, and people start dying, only he knows what's happening. With the help of a strange black fox, a stone giant, an enchanted forest, a childhood crush and an array of 80s video games consoles turned into weapons, Cisco must convince his friends to help him save not only the town, but the world.

But the four of them quickly discover that being a ghostbusting hero isn't so easy when you have schools runs, parent evenings and nativity plays to attend. Don't forget the snacks and baby wipes!

Dan Hanks is a writer, editor, and vastly overqualified archaeologist. He's lived everywhere from London to Hertfordshire to Manchester to Sydney, explaining the panic in his eyes anytime someone asks “where are you from?”. He is now settled in the rolling green hills of the Peak District with his human family and fluffy sidekicks.

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Fantasy

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SPIDERTOUCH

Alex Thomson

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Steal the Sky

Megan E. O'Keefe

When he was a boy, Razvan trained as a translator for the hated Keda, the mute enslavers of his city, Val Kedić. They keep a tight hold on the citizens of Val Kedić by forcing their children work in the dangerous mines from the age of eleven until eighteen.

By learning fingerspeak – the Keda's touch language – Razvan was able to avoid such a punishment. As a man, Razvan works as an interpreter for the Keda court. He does not enjoy his work, but keeps his head down to protect his son.

Now the city is under siege by a new army who are perhaps even more cruel than their current enslavers. At the same time, a mysterious rebellion force has reached out to Razvan with a plan to utilize the incoming attack to defeat the Keda once and for all. Razvan must decide which side to fight on, who can be trusted, and what truly deserves to be saved.

Alex Thomson is the author of *Death of a Clone*, published in 2018. He lives in Letchworth Garden City – home of the UK's first roundabout – and his day job is a French and Spanish teacher in Luton.

ANGRY ROBOT

Repeater

Repeater intends to add its voice to those movements that wish to enter history and assert control over its currents, gathering together scattered and isolated voices with those who have already called for an escape from Capitalist Realism.

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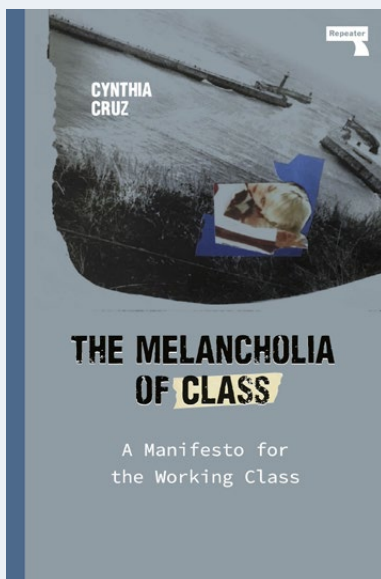
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THE MELANCHOLIA OF CLASS

A Manifesto for the Working Class

Cynthia Cruz

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Steal as Much as

You Can: How to Win
the Culture Wars in an
Age of Austerity
Nathalie Olah

To be working-class in a middle-class world is to be a ghost. Our only choice is between either assimilation into the middle-class world, or total annihilation.

In *The Melancholia of Class*, Cynthia Cruz analyses how this choice has played out in the lives of working-class musicians, artists, writers, and filmmakers — including Ian Curtis, Amy Winehouse, Jason Molina, Barbara Loden, and many more — and the melancholia that ensues when the working-class subject leaves their origins to “become someone”, only to find that they lose themselves in the process.

Part memoir, part cultural theory, and part polemic, *The Melancholia of Class* shows us how we can resist assimilation, uplifting and carrying our working-class origins and communities with us, as we break the barriers of the middle-class world.

Cynthia Cruz is the author of six collections of poems and a volume of critical essays.

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AUGUST

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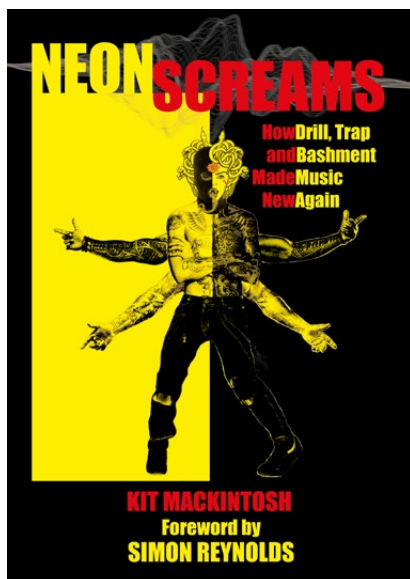
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Music

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NEON SCREAMS

How Drill, Trap and Bashment Made Music New Again

Kit Mackintosh, foreword by Simon Reynolds

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**Dead Precedents: How
Hip-Hop Defines the
Future**

Roy Christopher

With a foreword by Simon Reynolds, *Neon Screams* explores the plethora of new street genres that have emerged at the turn of the 2020s.

Beginning where most future music chronicles end, Mackintosh establishes a new pantheon of pioneers and innovators across a range of genres, from mumble rap to drill to Afrobeats, bashment and beyond. Offering dizzying insights into the likes of Future, Young Thug, Migos and Vybz Kartel, *Neon Screams* is conceptual weaponry to use against all those who say music isn't what it used to be.

Part polemic, part synesthetic possession, *Neon Screams* is essential reading for everyone eager to uncover the new frontiers of future music.

Kit Mackintosh is a musician and producer from London who has collaborated with the likes of This Heat's Charles Hayward and Ben Watson.

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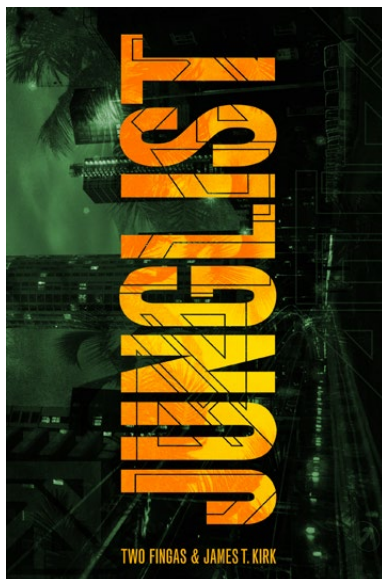
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“A brilliant, neglected text of London gnosis, backstreet modernism.”

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JUNGLIST

Two Fingas & James T. Kirk, introduction by Sukhdev Sandhu

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Eminent Domain

Carl Neville

Back in print after two decades and with a new introduction by Sukhdev Sandhu, *Junglist* tells the compelling, comic, stream-of-consciousness story of four young Black men coming of age amongst the raves and Jungle music of London in the 1990s.

Originally written in 1995 as a way to document street culture as it became a feature of London, and charting a time when working-class kids, both Black and white, merged to dance as “one family”, *Junglist* is both a testament to Black British sound system culture and a rawthentic account of inner-city life.

Two Fingas (Andrew Green) is a Black Caribbean director and writer. He has worked at the BBC, SKY, ESPN and other broadcasters.

James T. Kirk (Eddie Otchere) is a British-Ghanaian visual journalist. He has exhibited and performed at institutions in the UK and abroad.

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SEPTEMBER

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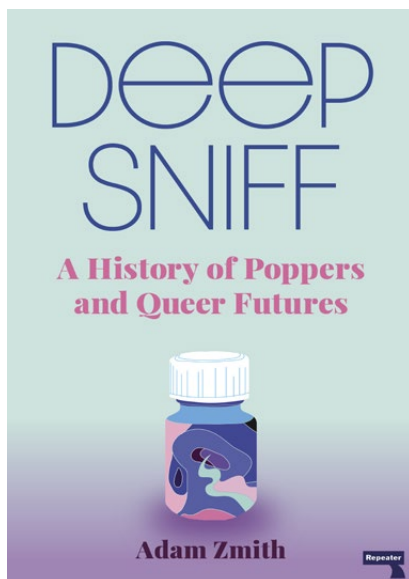
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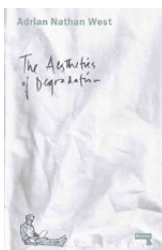


DEEP SNIFF

A History of Poppers and Queer Futures

Adam Zmith

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**The Aesthetics of
Degradation**

Adrian Nathan West

The story of poppers starts with experiments on frogs legs and the Victorian doctor who first found a use for amyl nitrite in relieving angina pain. It moves through the development of the pharmaceutical industry in the twentieth century, the capitalist creation of the “ideal” gay male, a raid on the Royal Vauxhall Tavern in 1986, and the porn supercuts that encourage viewers to “goon out” online.

But this book is not just a history. It is a collection of fresh and provocative ideas about identity, sex, capitalism, law, freedom and the bodies that we use to experience the world. Exploring the startling connections between Victorian infirmaries, Studio 54 and cam sex subcultures, *Deep Sniff: A History of Poppers and Queer Futures* tells the tale of a drug and uncovers the queer potential inside us all.

Adam Zmith is a writer. He was the recipient of the London Writers Award 2019-20, and is the author of several shortlisted and published short stories.

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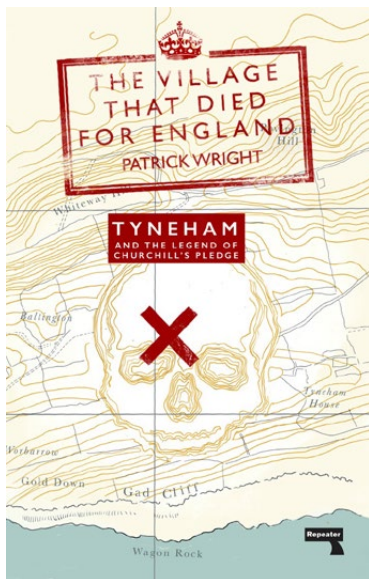
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“A beautifully-written exploration of Englishness.”

The Guardian

“This is a book to be read, a nicely instructive tale of our times.”

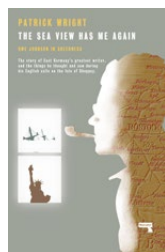
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THE VILLAGE THAT DIED FOR ENGLAND

Tyneham and the Legend of Churchill’s Pledge

Patrick Wright

BY THE SAME AUTHOR



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The Sea View Has Me Again: Uwe Johnson in Sheerness

9781912248605

Shortly before Christmas in 1943, the British military announced they were taking over a remote valley on the Dorset coast and turning it into a firing range for tanks in preparation for D-Day. The residents of the village of Tyneham loyally packed up their things and filed out of their homes into temporary accommodation, yet Tyneham refused to die.

Back in print with a brand new introduction, this book explores how Tyneham came to be converted into a symbol of posthumous England, a patriotic community betrayed by the alleged humiliations of post-war national history. Both celebrated and reviled at the time of its first publication in 1995, *The Village that Died for England* is indispensable reading for anyone trying to understand where Brexit came from — and where it might be leading us.

Patrick Wright is Emeritus Professor of Literature, History and Politics at Kings College, London. His books include *A Journey Through Ruins*, *Tank: The Progress of a Monstrous War Machine* and *The Sea View Has Me Again: Uwe Johnson in Sheerness*.

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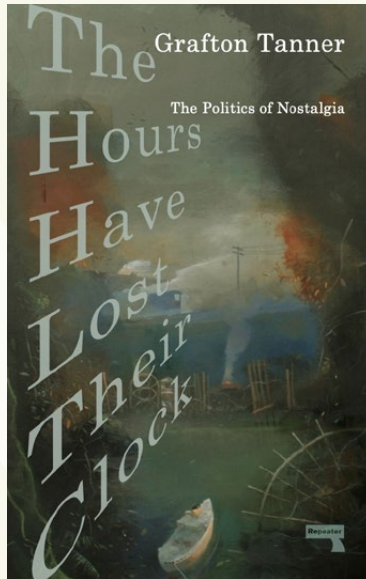
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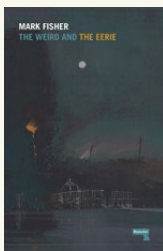


THE HOURS HAVE LOST THEIR CLOCK

The Politics of Nostalgia

Grafton Tanner

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The Weird and the Eerie

Mark Fisher

In *The Hours Have Lost Their Clock*, Grafton Tanner argues that nostalgia is the defining emotion of our time.

Moving from the fight over racist monuments to the collective mourning of species extinction, he traces nostalgia's ascent in the twenty-first century, revealing its power as both a consequence of our unstable time and a defence against it. The longer we live with endless wars, technological determinism, and economic austerity, he writes, the more nostalgic we will be.

From biased algorithms to the birth of homeland security, and from the rise of far-right extremism to the gentrification of memory itself, *The Hours Have Lost Their Clock* argues for a resistance against the dangers of nostalgia. Our very future depends on it.

Grafton Tanner is the author of *Babbling Corpse* and *The Circle of the Snake*. He lectures at the University of Georgia.

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NOVEMBER

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WHORE OF NEW YORK

A Confession

Liara Roux

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**Justify My Love: Sex
Subversion and Music
Video**

Ryann Donnelly

Liara Roux is accustomed to being mislabelled and misunderstood.

As a child, Liara's inquisitive and rebellious nature was frequently problematized in a world designed around the requirements of her neurotypical, cis, heterosexual male colleagues. Coming of age in an oppressively restrictive home, she shuffled tarot and explored self portraiture to rationalize the injustice of chronic pain, toxic lovers, and the cruel silence of divinity.

Critiquing capitalism's mechanisms of exploitation, the conservatism of Western medicine, and the politics surrounding sex work, *Whore of New York* is a candid study of artistic awakening, and both spiritual and sexual growth after abuse, seen through the eyes of a proud outsider.

Liara Roux is a sex worker and political organizer living in NYC. She writes a sexy semi-fictional comic and articles about sex worker's rights, produces and stars in porn, and is generally up to no good.

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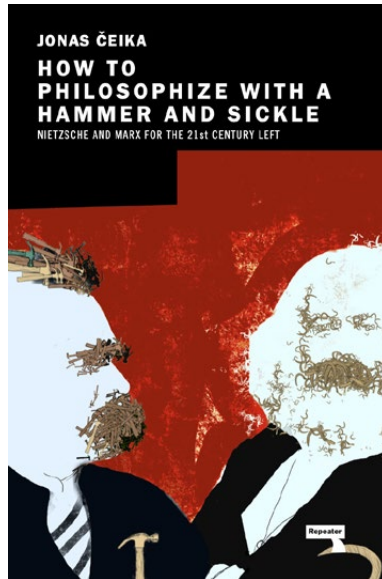
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Politics / Philosophy

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HOW TO PHILOSOPHIZE WITH A HAMMER AND SICKLE

Nietzsche and Marx for the 21st-Century Left

Jonas Čeika

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**No Less Than Mystic:
Lenin and the Russian
Revolution for a 21st
Century Left**
John Medhurst

In this timely and explosive book, philosopher and “BreadTube” YouTuber Jonas Čeika (aka CCK Philosophy) re-invigorates socialism for the twenty-first century.

Leaving behind its past associations with bureaucracy and state tyranny, and its lifeless and drab theoretical accounts, Čeika instead uses the works of Nietzsche and Marx to reconnect socialism with its human element, presenting it as something not only affecting, but created by living, breathing, suffering human individuals.

At a time when ecological collapse is hurtling towards us, and capitalism offers no solution except more growth and exploitation, *How to Philosophize with a Hammer and Sickle* shows us the way forward to a socialism grounded in human experience and accessible to all.

Jonas Čeika is a writer based in Norway. He is the creator of the *CCK Philosophy* YouTube channel, which has over 8 million views and focuses on politics, philosophy and critical theory.

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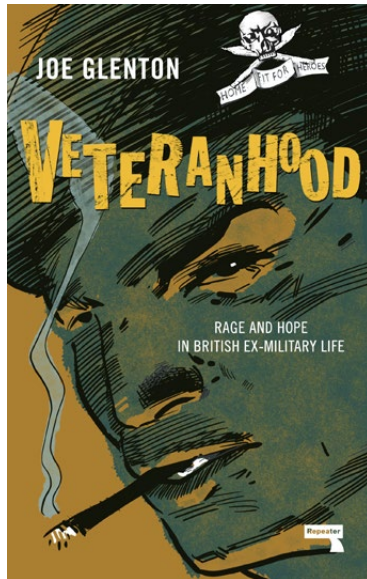
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Politics

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VETERANHOOD

Rage and Hope in British Ex-Military Life

Joe Glenton

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A Small Man's England

Tommy Sissons

Who are Britain's ex-servicemen? What do they want? What are their politics? What are the issues which animate them? Are they just irredeemable fascists by dint of their service to Empire? Or is there a radical political potential waiting to be unlocked?

Former soldier Joe Glenton takes us on a guided tour through ex-forces life at the heart of a dead empire as he attempts to demystify military culture, rescue the veteran from his captors, and discover if a more optimistic, humanist mode of veteranhood can be recovered from the ruins.

Joe Glenton is a journalist, filmmaker the award-winning author of *Soldier Box: Why I Won't Return to the War on Terror*. He was a British soldier from 2004 to 2010, serving in Afghanistan. He has written on defence, war and the military for *Declassified UK*, *Vice*, *The Independent*, *The Guardian*, *Vice* and others.

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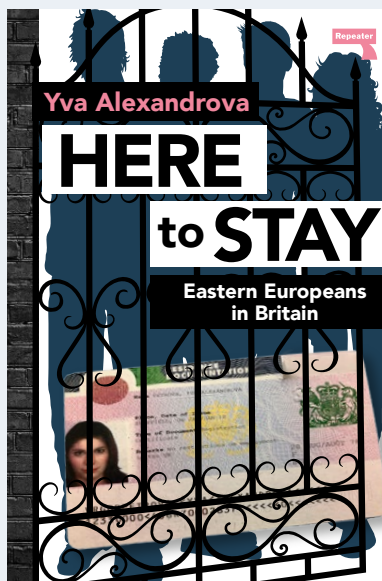
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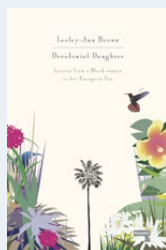


HERE TO STAY

Eastern Europeans in Britain

Yva Alexandrova

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9781912248094

Decolonial Daughter:

Letters from a Black

Woman to her

European Son

Lesley-Ann Brown

Drawing on personal experience, interviews and research, Yva Alexandrova tells hers and the stories of other Eastern Europeans that have come to the UK over the last twenty years, showing how attitudes to immigration have changed in the wake of Brexit and a new wave of nativism that has swept across Britain.

She argues that both the right and the left have made political compromises on migration, and makes a passionate and vivid argument for fair and just migration that is grounded in people's lived experiences and aspirations, and not in political expediency, as integral to progressive movements today.

At a time when racism and nationalism dominate political discussion in the UK and around the world, *Here to Stay* tells the stories of people who are rarely seen in debates about immigration.

Yva Alexandrova is a Bulgarian writer. She leads the policy work of the UN International Organisation for Migration mission in Bahrain.

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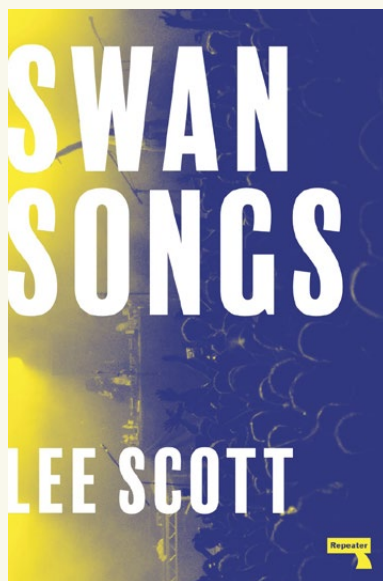
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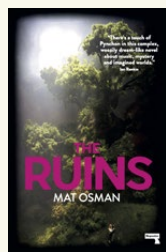
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SWAN SONGS

Lee Scott

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The Ruins

Mat Osman

Leonard Swanson lives in an obscure north-western town, the kind that “has a knack for swallowing you whole”. He is supposed to be making the greatest rap album of all time, *Swan Songs*, but is instead forced to work in one of the town’s factories, “picking things up and putting them down for twelve hours in a giant white room”.

Swan Songs follows Leonard as he works, quits, signs on, and travels the country, playing in small capacity venues for even smaller capacity audiences, all the while making the album he thinks will change hip-hop forever.

Part Alan Sillitoe and part William Burroughs, UK rapper Lee Scott’s debut novel, partially based on his own experiences of becoming a rapper in Runcorn, is an experimental and humorous modern satire about the perils of being a hip-hop visionary far from the beaten track.

Lee Scott is a rapper and producer from Runcorn. He founded the label Blah Records and has released eight solo albums.

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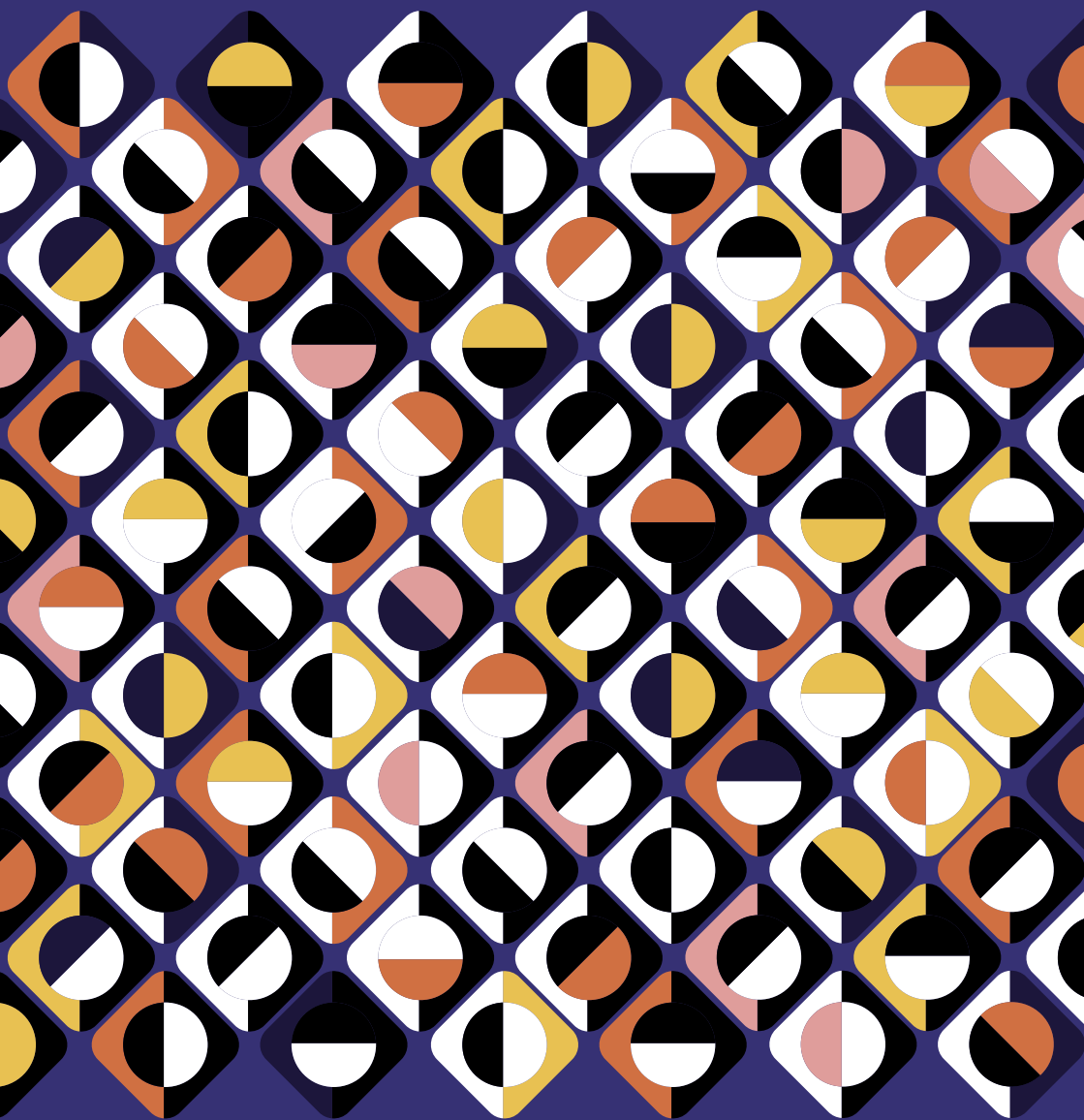
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