



WATKINS

JANUARY - JUNE



2024





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JANUARY

9781786785657

304 pp

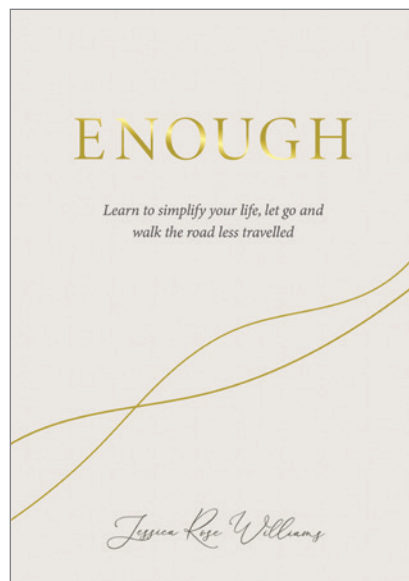
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Self-help & personal
development

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ENOUGH

Learn to simplify your life, let go and
walk the road less travelled

Jessica Rose Williams

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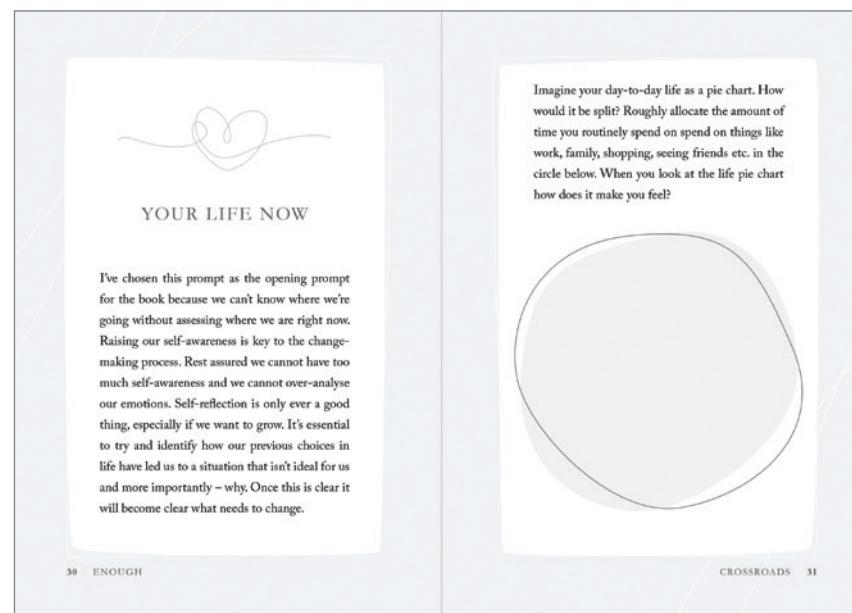
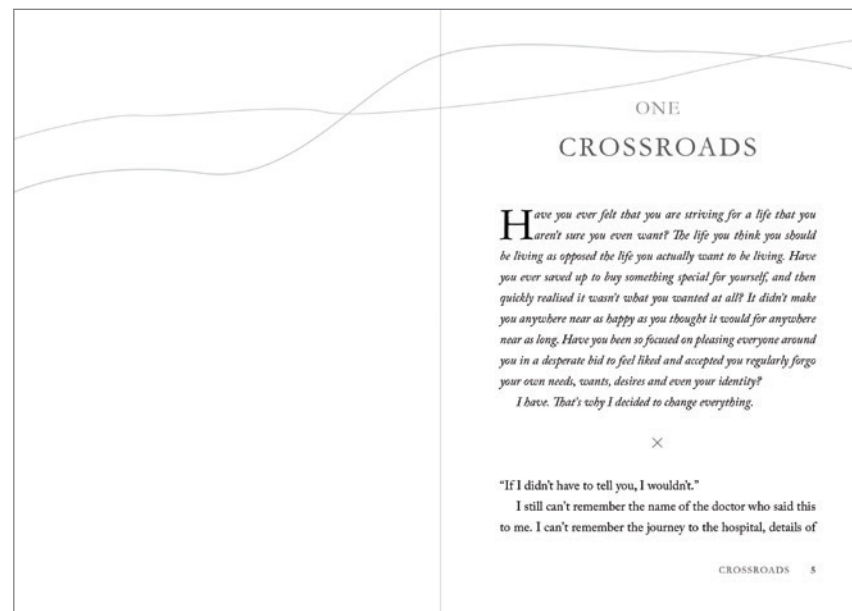
9781786783691

Empower Yourself

Xenia Tchoumi

Despite what the media may tell us, we are not what we buy, what we own, or what we achieve. So why is it so hard to break the cycle of clutter and chaos? In *Enough*, Jessica Rose Williams shares her personal transformation, and shows how you can live an intuitive, minimal life, with a unique style of your own. Journaling prompts are designed to guide you on a personal journey to a simplified, more intentional mindset, opposed to following a one-size-fits-all formula. Alongside practical tips for lifestyle changes, Jessica includes vital advice on how to dispose of the excess in sustainable ways, figuring out your style and capsule wardrobe, getting to the root of unhappy relationships, simplifying and organizing finances, and going deeper into considering what quiet thoughts a noisy life might be drowning out.

Jessica Rose Williams is a writer, blogger and vlogger best known for her work on minimalism, slow living and capsule wardrobes. She has been featured in *Forbes*, *Refinery 29* and *Psychologies*. She has a social media following of over 54,000, and her newsletter “the simple letter” has attracted over 6,000 loyal readers.



JANUARY

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192pp

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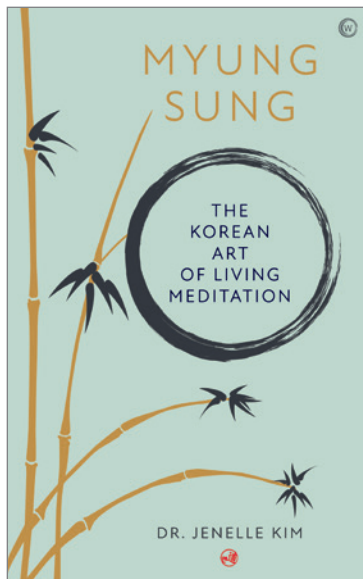
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Mind, Body, Spirit:

meditation &

visualisation

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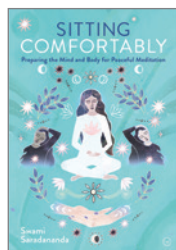


MYUNG SUNG

The Korean Art of Living Meditation

Dr Jenelle Kim

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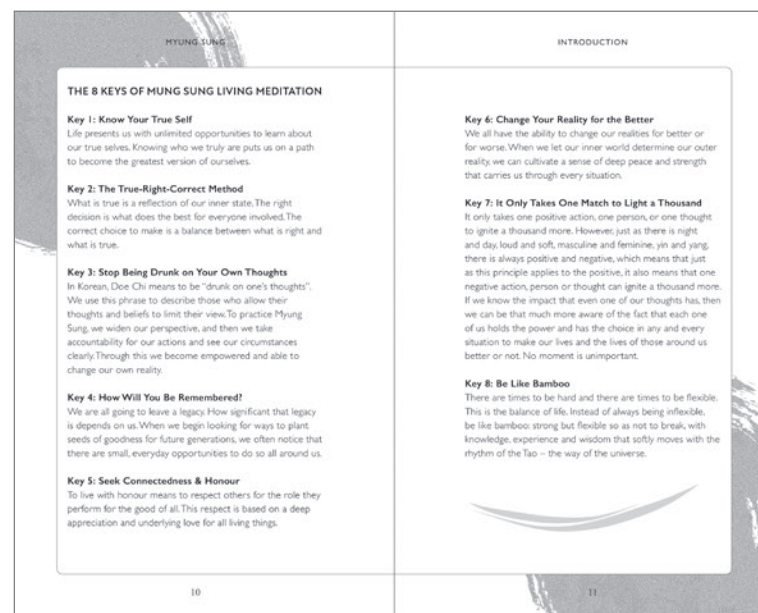
Sitting Comfortably

Swami Saradananda

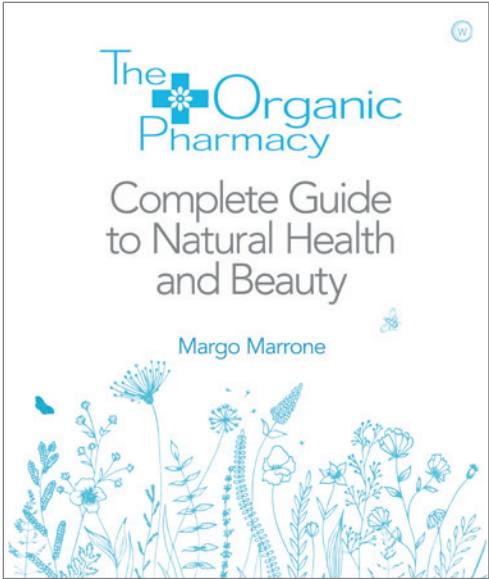
Myung Sung introduces the Korean art of living meditation as the way to achieve a life of balance and happiness. Using eight simple keys, readers can enjoy all the calming, positive benefits of meditation in every minute of every day. The ancient art of living meditation shows us how to tune into our environment, connect to others and observe the natural flow of life. When we begin practising Myung Sung, we become more aware of connectedness to the limitless reserves of natural energy around us.

The struggles we all share – parenting, relationships, health, money – become less difficult, we uncover a greater sense of balance between mind, body and spirit. Myung Sung will transform your life.

Dr Jenelle Kim is a master herbologist and the Founder of JBK Wellness Labs, merging ancient traditions with forward-thinking trends and medicines – and creator of the world's first CBD luxury skincare line @drjenellekim.



JANUARY
9781844837861
216pp
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Complementary
therapies, healing
& health
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**THE ORGANIC PHARMACY COMPLETE
GUIDE TO NATURAL HEALTH AND BEAUTY**
Margo Marrone

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9781786783295
**The Little Book of
Nature Blessings**
Teresa Dellbridge

Optimizing your health the natural way, using organic products to create a personal health and beauty regime. Margo Marrone, founder of the internationally renowned beauty and holistic health brand The Organic Pharmacy, offers all this and more in her fully revised and updated new book.

Featuring treatment plans for over 30 ailments including sore throats, arthritis, infertility and acne, you will discover why so many celebrities, including Kylie Minogue, swear by Margo's remedies. Margo shows you how to create your own health and skincare regime that will keep you looking and feeling more vibrant, and offers health tips for the whole family. With Margo's trademark inspirational approach, this is the definitive guide to natural health and beauty, helping you to optimize your vitality and wellbeing.

Margo Marrone is a pharmacist focusing on herbal treatments and homeopathy. In 2002 she opened The Organic Pharmacy in London. The Organic Pharmacy is now an internationally successful health and wellbeing brand, and one of the most trusted names in the beauty industry.



JANUARY

9781786785961

192pp

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YOUR WORK WELLNESS TOOLKIT

Mindset Tips, Journaling and Rituals to Help You Thrive at Work
Ellen Bard

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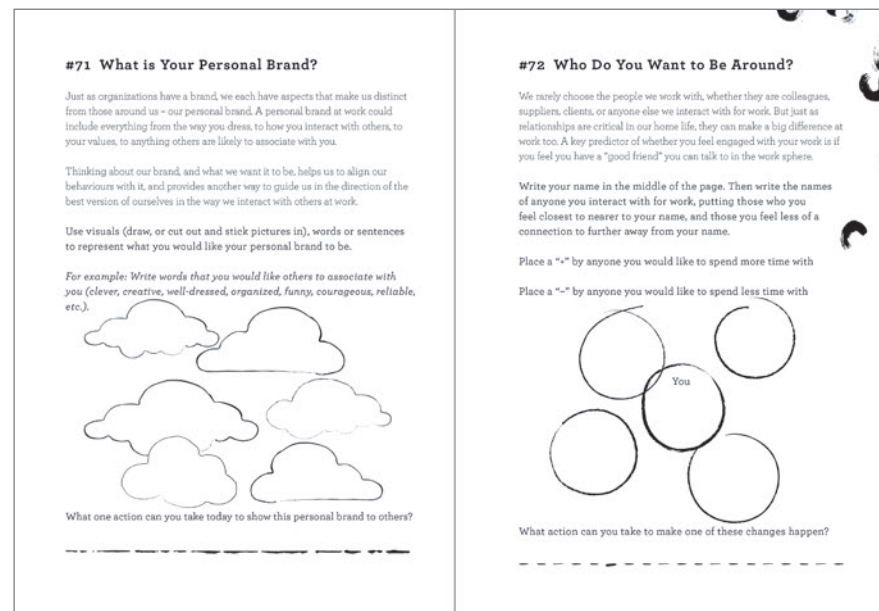
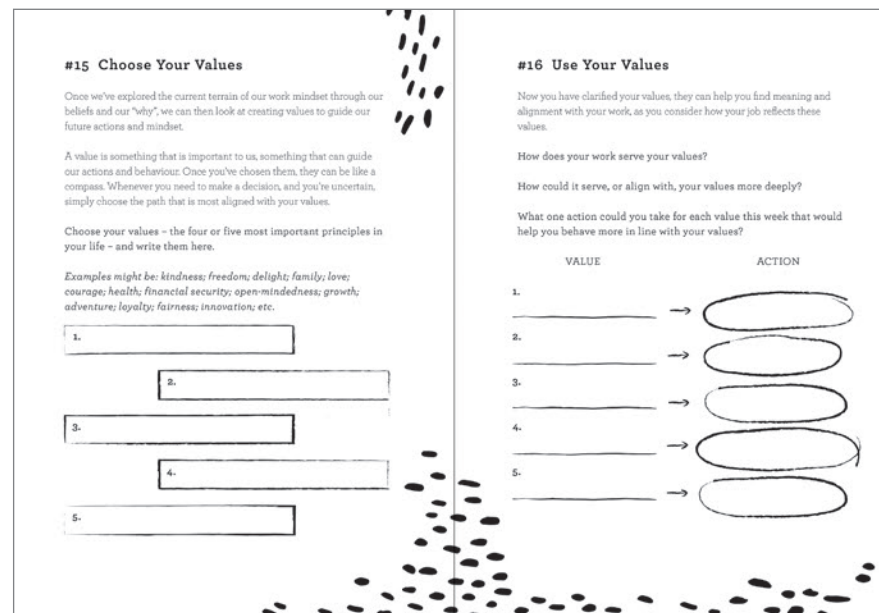
Reclaim Your Time Off

Fab Giovanetti

A gentle interactive book, presenting a toolkit for people struggling with burnout, fatigue, lack of motivation at work. Burnout is described by the WHO as: feelings of energy depletion or exhaustion; increased mental distance from your job, or feelings of negativism or cynicism related to your job; reduced professional efficacy. All of these things can be prevented with conscious attention to creating better workplace habits, rituals and routines. *Your Work Wellness Toolkit* helps you curate your own wellness plan to thrive at work.

This book not only offers thorough and clinically backed-up guidance, but also journaling space to make plans and accountability within that guidance, to put it into action.

Ellen Bard is a Chartered Occupational Psychologist with the British Psychological Society, and Registered Psychologist with the Health Professions Council. For the past 20 years she has worked internationally in consultancy in both the private and public sector, including at some of the largest companies in the world.



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Tarot

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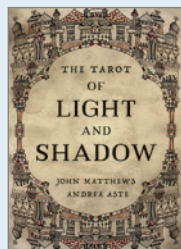


THE WATKINS TAROT HANDBOOK

A Practical System of Self-Discovery

Naomi Ozaniec

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The Tarot of Light

and Shadow

John Matthews &

Andrea Aste

The Watkins Tarot Handbook is a classic in the field, explaining how we can work with the Tarot for more than just “fortune-telling”. Clearly written and always accessible, it not only interprets each of the cards, but also shows how everyone can use them to reveal insights on all levels. It reveals the Tarot’s connections with psychology, alchemy, mythology and the Kabbalah, relating the Tarot Trumps to the Tree of Life. The book also offers a series of easy-to-follow exercises in intuition and meditation, which if followed will engage the reader in a powerful system of personal transformation. Harness the power of the Tarot to embark on an exciting journey to discover the truth about yourself.

Naomi Ozaniec is a teacher and the author of many books on spiritual and esoteric subjects. She runs an online course in the Western Mystery Tradition.

FEBRUARY

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288pp

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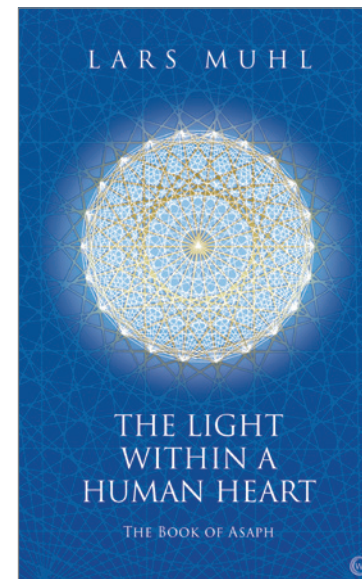
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Christian mysticism

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THE LIGHT WITHIN A HUMAN HEART

The Book of Asaph

Lars Muhl

BY THE SAME AUTHOR



9781786785145

The Wisdom of a

Broken Heart

This practical guide from Denmark’s leading spiritual teacher will show you how to access your full power and potential. Follow Lars Muhl on an inner and outer journey to the cave where the Dead Sea Scrolls were discovered, using a metaphorical text – the Book of Asaph – as a symbol for spiritual enlightenment. This book will enable you to connect with your magnificent inner light – the secret ingredient of Creation – and with the inner world of endless magic that waits only for you to open the door. Lars Muhl considers this book perhaps his greatest spiritual legacy. If you accept its message, you will find a heaven on earth, whatever difficulties you face in your life. When you move, breathe and live in your inner light, you will have returned home.

Lars Muhl is a Danish mystic, musician and the international bestselling author of *The O Manuscript* and *The Law of Light*. Like Paulo Coelho, he was for many years a successful singer/songwriter who studied esoteric knowledge. Then in 1996, he was struck down by an unexplained illness. Lars was put in touch with a seer who, via the telephone, brought him back to life. That was the start of his spiritual journey and a new existence.

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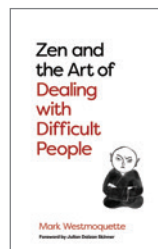


THIS MONK WEARS HEELS

Be Who You Are

Kodo Nishimura

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9781786785480

Zen and the Art of
Dealing with
Difficult People

Mark Westmoquette

Kodo Nishimura rose to fame following his appearance in *Queer Eye: We're in Japan*. Now this celebrity make-up artist and ordained Buddhist monk shares his unique guide to positivity and self-acceptance, enabling readers to learn from his own path to resilience and his inclusive take on Buddhist teachings.

The wide smile that entranced Kodo's Netflix viewers hid a painful past. Born into a family of priests, as a child all Kodo wanted to do was wear pretty dresses and become a princess. He endured a lonely adolescence as he grew up an outsider in a society that celebrates uniformity. His work as a leading make-up artist finally brought him to embrace his own uniqueness. The book is full of practical tips and insights into Kodo's approach to life, and offers encouragement to all those who dare to be different.

Kodo Nishimura was born in Tokyo and graduated from the Parsons School of Design in New York. As a make-up artist, he participated in Miss Universe and NY Fashion Week. A trained Buddhist monk, his lectures have attracted wide coverage on CNN and the BBC. Find him on Instagram: @kodomakeup

1

It's Time
to be True
to You



The compliment battle

Struggling to love yourself? I'd like to share a fun game that helped to build my self-esteem. It's what I call the "compliment battle". I was unable to find anything that I liked about myself, so I asked my friends, but in return, I would name good things about them too, which was much easier than identifying things I liked about myself.

- 1 Find a trusted friend or friends who won't say anything to traumatize you.
- 2 Think about ten things that are good about each other. This might include some physical attributes, their sense of fashion, their voice, their scent or good aspects of their personality.
- 3 Take it in turns to share your compliments! For example, you might say: "I like your humor, I like when you write nice emails, I love your earrings today, I love when you wear red scarves."

You may find that it's quite challenging to identify ten things, and you have to look hard for things to say. But that's what's good about it. The other person will be looking hard at you, and you at them, you will both find good things about each other that you wouldn't have found for yourself.

If you play the compliment battle with five or so friends, there will be things about each of you that everyone praises. With some of those, you'll think, "Of course they're saying that because I work hard at it." But you'll be surprised at some of the other things and think, "I had no idea, but people are praising me for that." Either way, when people tell you objectively about your good points, it's a gigantic boost.

My friends all told me, "Kodo, your head is such a beautiful shape," and, "The way you move is elegant." When I was doing my monk's training, even a teacher who was a nun praised me and said, "The way you carry yourself is so soft and gentle, Kodo." Yet when I was at school, I was put down for the way I moved. "You run like a girl," they'd said. So I tried to hide my gentle movements, but now it made me so happy to be praised for something that was natural to me.

You assume, "This is just how I am," but perhaps there's a good point hidden somewhere? How about trying something like the "compliment game" to see if you can uncover those good points?

FEBRUARY

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60 cards, 24pp booklet

Kit & Deck 126 x 87 mm

Full-colour cards

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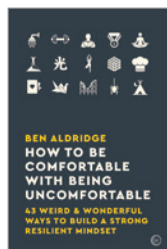


GET OUT OF YOUR COMFORT ZONE

60 Challenge Cards to Build a Strong Resilient Mindset

Ben Aldridge

BY THE SAME AUTHOR

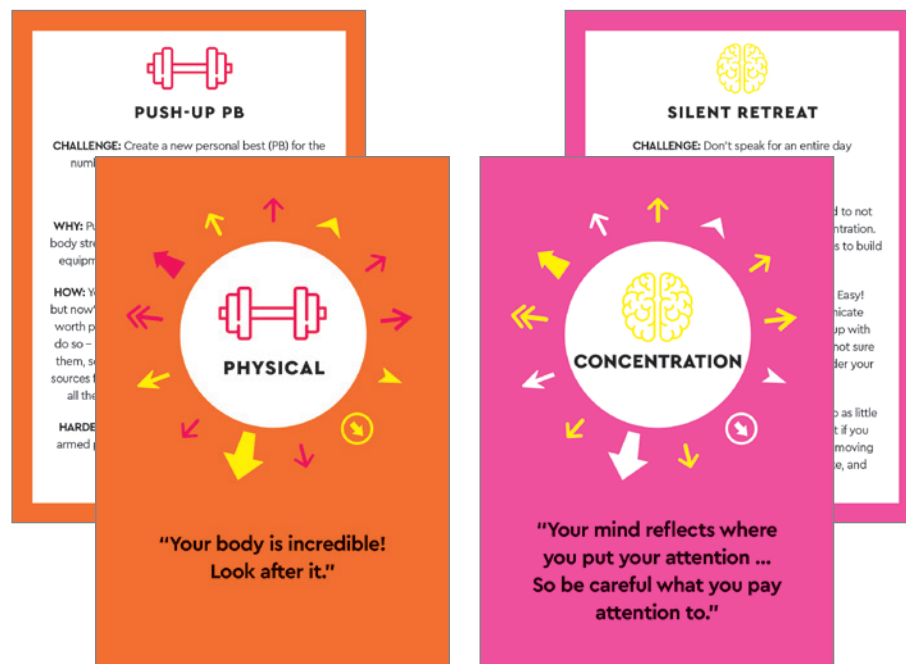


9781786783424

How to be
Comfortable with
Being Uncomfortable

This ground-breaking deck pushes you out of your comfort zone with 60 challenges to develop your mental and physical strength and resilience! By forcing you to face up to negative emotions such as embarrassment, fear and boredom, the challenges make you grow as a person – and have a lot of fun in the process. There are six categories of challenges: Skill, Concentration, Discomfort, Creative, Physical and Courage. Learn to say the alphabet backward ... go on a half-day silent retreat ... cover your face and hands in honey and don't touch anything for an hour. Or maybe you'd like to create the world's weirdest sandwich. Or set your personal best doing push-ups ... and then break it ... and then break it again! This deck will appeal to all those who love Ben's first book, *How to Be Comfortable with Being Uncomfortable*, as well as a wider audience of motivational card users and personal development enthusiasts.

Ben Aldridge is a writer, musician and teacher with a massive passion for philosophy, adventure and learning new things. He is the author of the bestselling *How to be Comfortable with Being Uncomfortable*. Find out more at: @dothingsthatchallengeyou



FEBRUARY

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216pp

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Work-related health

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MOVE MORE AT YOUR DESK

Reduce back pain and increase energy at work

Kerrie-Anne Bradley

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The Foot Fix

Yamuna Zake

Most of us sit still for the majority of the day at our desks, not to mention hours binge watching Netflix. Back ache, migraines, RSI and even digestion issues can be aggravated by sitting still for too long. *Move More At Your Desk* shows you how to improve your sitting posture, strengthen, stretch and improve flexibility, to counter the issues caused by too little movement.

Divided into 5 sections and illustrated throughout, you can choose exercises for: Neck and shoulders * Moving your spine * Legs and hips * Hands and wrists * Each section provides exercises, tips and tricks targeting areas that are affected by stiffness and pain. Build new habits, and within four weeks aches and pains will be gone, you will feel more energized, positive and alive at work.

Kerrie-Anne Bradley is the founder of Pilates At Your Desk, educating people on how to alleviate aches and pains caused by being stationary. Kerrie-Anne leads corporate workshops to optimize employees' wellbeing through movement, and shares simple movement habits to help us move more every day.



Introduction:

Let's Get Moving

"Change happens through movement and movement heals."

Joseph Pilates

This is a book about simple ways to move more while you work. It isn't about running around the block 10 times, doing 100 press-ups every hour, or jumping in the air and landing in the box splits – it's about small, simple and varied ways to move more so that your body is less stiff, stronger, more energized and feels good.

Polishing the top of your halo

This is a great exercise that I picked up from my good friend Emma Bray. It's excellent for shoulder mobility and works the arms too! At the end, just let your arms hang down by your side for a bit. They will thank you for it.

1. Interlock your fingers and bring your arms in front of your chest, palms facing away from you.
2. Reach your arms above your head, palms facing up to the ceiling. (Remember: shoulder blades go down your back as your arms go above your head.)
3. Bend your elbows out to the side.
4. Now, just like you're an angel polishing your halo (thanks for this analogy, Em!), start to circle your arms above your head, first one way, then the other.



TIP: Try to keep your torso still as you do this exercise, so you focus on your shoulders.

80 MOVE MORE AT YOUR DESK

Cactus arms

This movement is great for stretching the chest. It gets the shoulders moving and is good for arm strength and for working those upper back muscles too.

1. Straighten and lift your arms out to the sides of your body and in line with your shoulders.
2. Bend at the elbows to make a right angle with the palms facing forward – a bit like a three-pronged cactus!
3. Bring your arms forward in front of you so that your palms touch.
4. Moving from the shoulder blades, i.e. pulling them towards each other, open your arms back out to the side.



The robot

This one is also great for shoulder mobility and strength, as well as arm and upper back strength.

THE MOVE MORE MOVES 81

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496pp

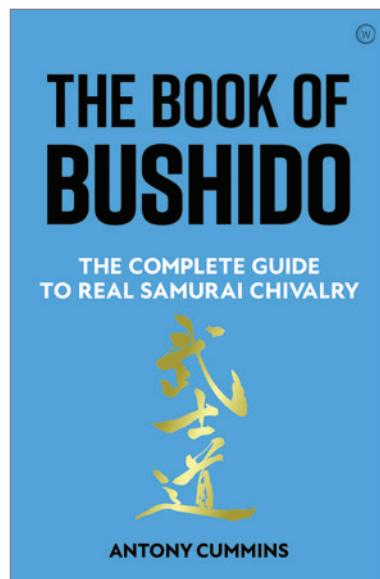
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Military history

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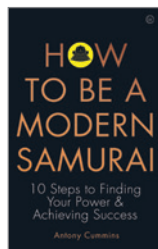


THE BOOK OF BUSHIDO

The Complete Guide to Real Samurai Chivalry

Antony Cummins

BY THE SAME AUTHOR



9781786783547

How to Be a

Modern Samurai

Antony Cummins

This is *the* book on bushido, the much-cited but widely misrepresented samurai code of honour. Drawing on authentic historical texts, it is a detailed and accurate exploration of medieval life in Japan and the samurai, a must-have for anyone with a love of martial arts or Japanese history. It offers a long-overdue update to the attractive but inaccurate portrait of the samurai painted in *Bushido: The Soul of Japan*, which has been a bestseller ever since its publication in 1905. Antony replaces the image of the perfect eastern warrior with the much more interesting reality of hardened, bloodstained military leaders with human failings and a complex set of ideas about the world, who engage in ritual, magic and ceremony, who lead their followers in war and peace and who, above all, are fighting a battle between addiction to power and morality. This is the story of bushido – the way of the samurai.

Antony Cummins is the author of the *The Book of Ninja* and many other books on Eastern martial culture. He is the leader of a project to resurrect the 17th-century samurai school Natori-Ryu, and has been recognized by peers as a leading expert in the military arts of medieval Japan. Find out more at: www.natori.co.uk

MARCH

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256pp

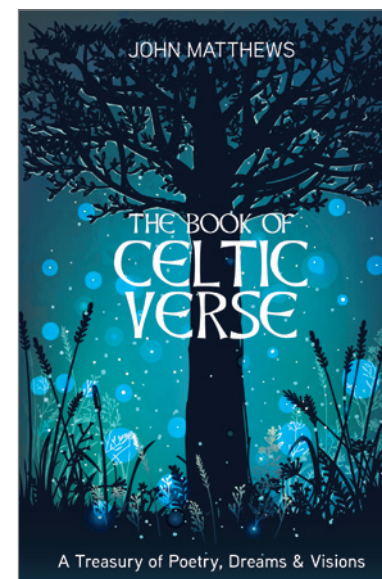
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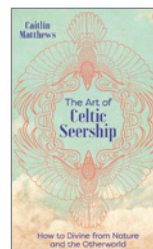


THE BOOK OF CELTIC VERSE

A Treasury of Poetry, Dreams & Visions

John Matthews

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The Art of

Celtic Seership

Caitlín Matthews

This is an inspiring, magical and beautifully packaged collection of Celtic poetry compiled by a leading authority on Celtic tradition. Arranged into five thematic chapters, this anthology reflects the uniquely Celtic love of nature, history, love, myth, magic and spirituality. From the earliest times, the language-loving Celts revered their bards: they established a poetic tradition beginning in the 6th century with the intricate magical verse of Taliesin. It continued in the rich medieval works of Dafydd ap Gwilym and Rhys Goch and stayed strong in the 19th and 20th centuries with Gerald Manley Hopkins, and writers such as R.J. Stewart, Robin Williamson and Catherine Fisher. Matthews has chosen the finest works of a diverse range of poets and translated many of the oldest for this volume. His selection offers a window on to the world of the ancient Celtic peoples, celebrating their culture and their lyrical masterpieces that have survived the ages.

John Matthews is a well-known expert on Celtic lore and the *New York Times* bestselling author of several successful divinatory systems based on early spiritual beliefs, including *The Arthurian Tarot*, the *Wildwood Tarot* and *The Byzantine Tarot*.

MARCH

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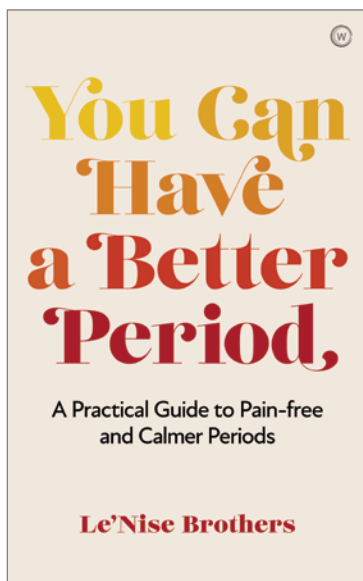
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Women's Health

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YOU CAN HAVE A BETTER PERIOD

A Practical Guide to Pain-free and Calmer Periods

Le'Nise Brothers

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The Happy Menopause

Jackie Lynch

You Can Have A Better Period is a straight-talking resource to help women understand their menstrual cycles and finally get answers to questions such as: “why am I so moody right before my period?”, “are periods supposed to be so painful?”, “why is my period so heavy?” Le’Nise Brothers takes us through each phase of our cycle, including a clear programme of nutrition and lifestyle changes. The book explains which supplements work and the key stress management habits we can implement, to bring long-lasting and sustainable changes to our hormonal balance and menstrual health.

Periods don’t have to be painful, emotional and messy. This book will be a practical guide that helps women change the way they look at their period, and finally harness the power of the fifth vital sign.

Le’Nise Brothers is a Nutritional Therapist and yoga teacher, specializing in menstrual health painful periods and balancing hormones. Le’Nise believes in the power of food as medicine – something to be enjoyed and celebrated, not feared. Le’Nise is a member of the British Association of Nutritional Therapists and the Complementary and Natural Health Council.

MARCH

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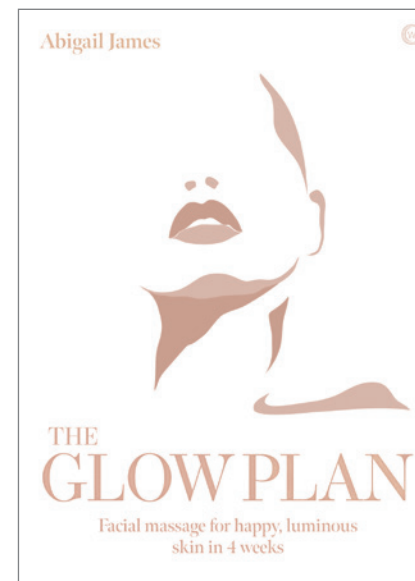
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Holding Cover

THE GLOW PLAN

Facial Massage for Happy, Luminous Skin in 4 weeks

Abigail James

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The Face Yoga Journal

Danielle Collins

Beauty is not about perfection, but feeling happy in your skin. An inner glow comes from cultivating the right habits and routine. *The Glow Plan* presents a 4-week programme to uncover your inner and outer radiance. Focusing on: restorative mindfulness practices for inner calm; healthy skin yoga and breathing techniques; Week-by-week facial massage programme targeting specific issues such as neck and jawline, droopy eyelids, tired and lacklustre skin. Integrating practical facial massage with inspirational lifestyle tips, including nutrition advice and yoga techniques, *The Glow Plan* is a revolutionary new programme to help you achieve healthier, radiant, glowing skin.

Abigail James is a skincare and wellbeing expert, yoga teacher and beauty therapist. Abigail is one of London’s most respected facialists. With a busy clinic in central London she also consults regularly with top lifestyle, skincare & wellbeing brands. Find her at: abigailjames.com

MARCH

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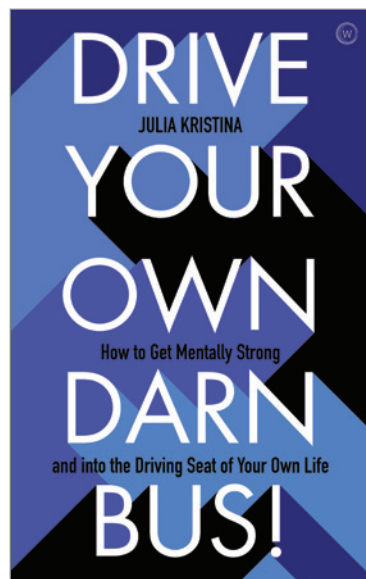
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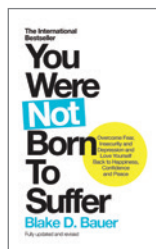


DRIVE YOUR OWN DARN BUS!

**How to Get Mentally Strong and into the
Driving Seat of Your Own Life**

Julia Kristina

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**You Were Not Born
to Suffer**
Blake Bauer

This book is the ultimate guide to getting mentally & emotionally strong. Written in the trademark no-B.S. yet warm style that has made counsellor Julia Kristina so popular online, it will arm you with the skills to take over the steering wheel in your own life, no matter what challenges you face. Julia talks through the thoughts, emotions and behaviours that hold us back, from perfectionism and fear of failure, to anxiety, shame and guilt, to people pleasing, self-sabotage and taking things too personally. She provides easy-to-use and remarkably effective tools that she has road-tested in her coaching, counselling and own life.

Julia Kristina has a masters degree in counselling psychology. A therapist, speaker, coach and popular YouTuber, she helps smart people learn how to be more in charge of their minds and emotions. Find out more at: www.juliakristina.com

APRIL

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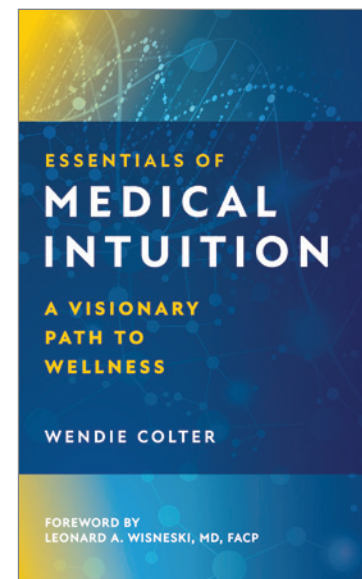
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Alternative health
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ESSENTIALS OF MEDICAL INTUITION

A Visionary Path to Wellness

Wendie Colter; Foreword by Leonard A. Wisneski, MD, FACP

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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

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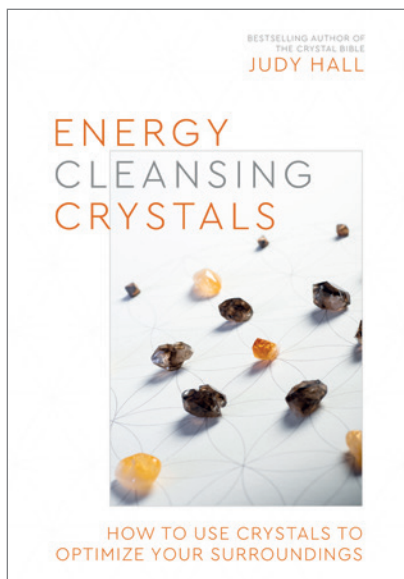
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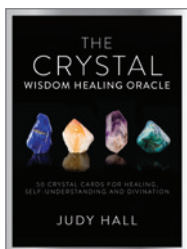


ENERGY CLEANSING CRYSTALS

How to Use Crystals to Optimize Your Surroundings

Judy Hall

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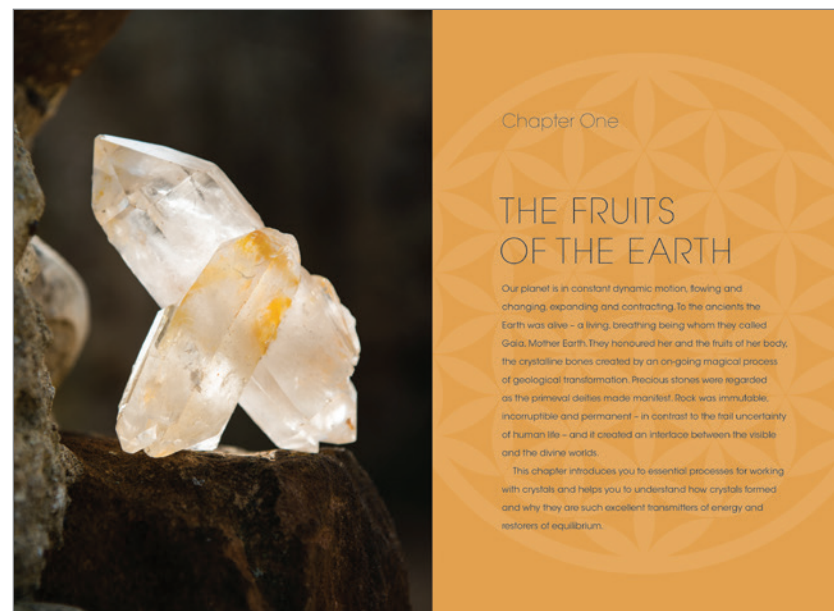


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The Crystal Wisdom
Healing Oracle

Suitable for beginners and experienced crystal workers alike, this book focuses on practical ways in which you can clear and energize your personal space. It will guide you through the basics of crystal cleansing, using chakras and energies to keep your own energy field as a pure channel for healing. We are deeply impacted by our environment – pollution, the negative residue of past events, other people's toxic energy. In this book, Judy Hall addresses how crystals can be used to detoxify the planet, harmonize the psyche and purify your personal surroundings. Included is a directory of the healing properties of each of the 30 clearing crystals featured in the book. With a wide range of healing grids and exercises, *Energy Cleansing Crystals* is an essential toolkit for crystal enthusiasts. The book was originally published as *Earth Blessings*.

Judy Hall has been practising for over 40 years as a healer, past-life therapist, soulmate expert, karmic astrologer and mind-body-spirit author. Her books have been translated into 15 languages. She has been featured in the renowned Watkins Mind Body Spirit's "100 Most Spiritual Influential Living Authors" list.



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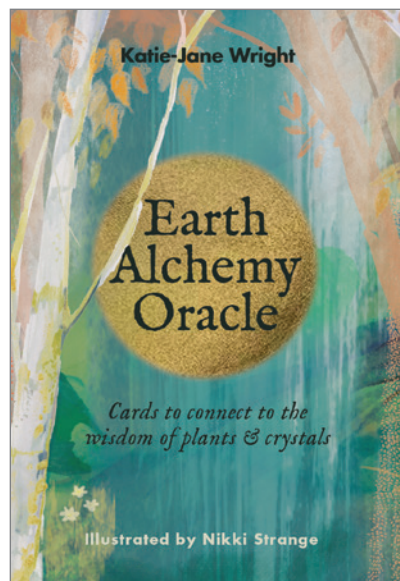
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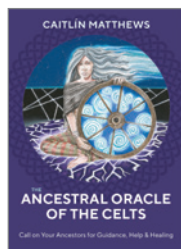


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Connect to the wisdom and beauty of
the plant and crystal kingdoms

Katie-Jane Wright and Nikki Strange

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The Ancestral Oracle
of the Celts

Caitlin Matthews

A beautifully illustrated card deck helping to bring a deep connection to the magic beneath your feet, to the crystals, plants, trees and flowers and the sacred language of light. All of the elements of alchemy needed to awaken the heart further to the truth around us. This powerful and beautiful deck is a portal to inner healing, love and connection. Each card is infused with many layers, each has its own perfect valid place within the deck. The cards are full of activations, holding the keys to help you dive deeper to past lives, previous alchemic work, connection to the elementals and inner earth.

Katie-Jane Wright receives visions and advice from the crystalline world, and passes those messages on through her Crystal Expert column in *Spirit and Destiny*. She has been an oracle since she was a child, feeling spirit energy through many realms.

Nikki Strange is an illustrator based in London. Her work is inspired by the cycles in nature, meditation, wellness, creating products that aid self-care rituals www.nikkistrange.co.uk.



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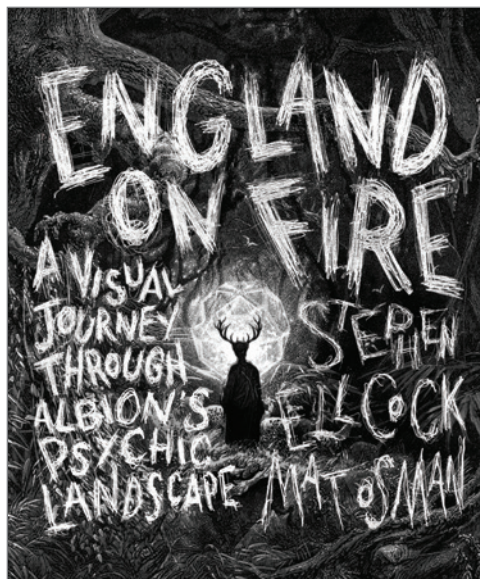
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ENGLAND ON FIRE

A Visual Journey through Albion's Psychic Landscape

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The Old Stones

The Megalithic Portal

This is a ground-breaking exploration through images of England's psychic landscapes, from the wild places scarred by ancient tracks and standing stones to the farmlands scattered with medieval churches and ruins to the folkloric rituals of the land's inhabitants. Artists range from Blake, Stukeley and Turner to Nash, Hepworth and Colquhoun to Lynette Yiadom-Boakye, Frank Bowling, Derek Jarman, Yinka Shonibare, Tacita Dean and Mat Collishaw. The images are accompanied by texts by Mat Osman woven around the central themes of the imagery, from magic and mazes to ghosts and gardens. These poetic renderings of a spectral isle together with Ellcock's hallucinatory visual journey reclaim Albion as a rebellious magic kingdom belonging to all who live here – an England on fire.

Stephen Ellcock is an author and online collector and curator of images. His ever-expanding, virtual museum of images on Facebook and Instagram has attracted more than 565k followers. His books include *All Good Things* and *The Book of Change*.

Mat Osman is the author of *The Ruins*, and the bassist and founding member of iconic British rock band Suede.

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Rebel Witch

Kelly-Ann Maddox

An eclectic and radical collection of essays on contemporary witchcraft and the ethics of magic – this is a must-read for anyone engaged with the occult, witchcraft or magics of any kind.

Fascinating snapshots of contemporary occult practice viewed through an intersectional lens, essays include poets on the magic inherent in language, working-class witches on the reclamation of agency through practical spellwork, and gender fluid practitioners on the necessity of breaking down traditional hierarchies in magical symbolism. Poetic, inspiring and electrifying glimpses from the brink of contemporary craft, these essays show how anyone, no matter where they live or who they are, can find positivity and the force for powerful change in the subversive unknown.

Dr Alice Tarbuck, author of *A Spell In The Wild*, is an academic specializing in witchcraft and environmental humanities.

Dr Claire Askew is the author of three novels and two poetry collections. Claire's accolades include the Lucy Cavendish Fiction Prize and the McIlvanney Debut Prize.

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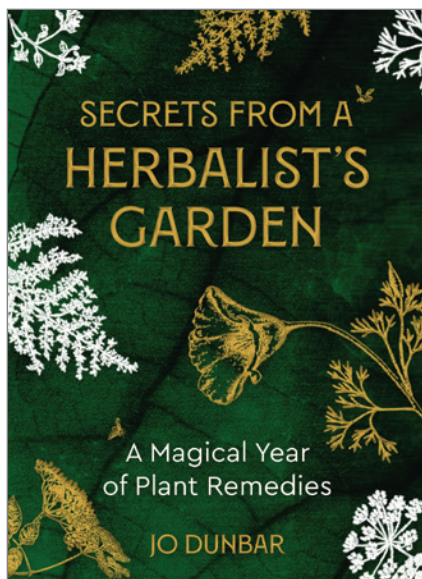
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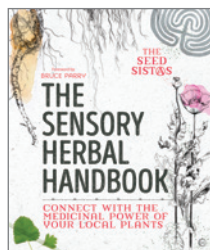


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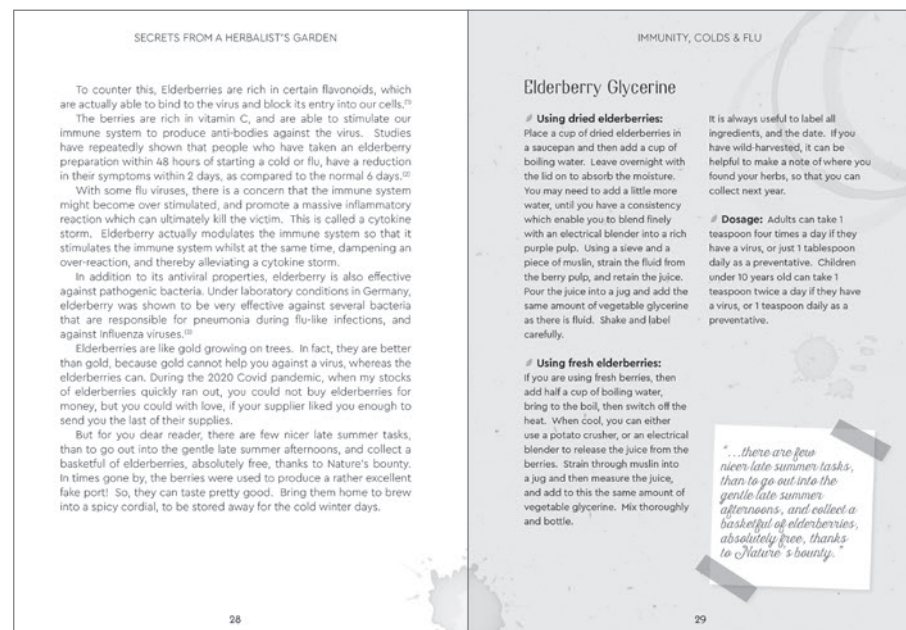
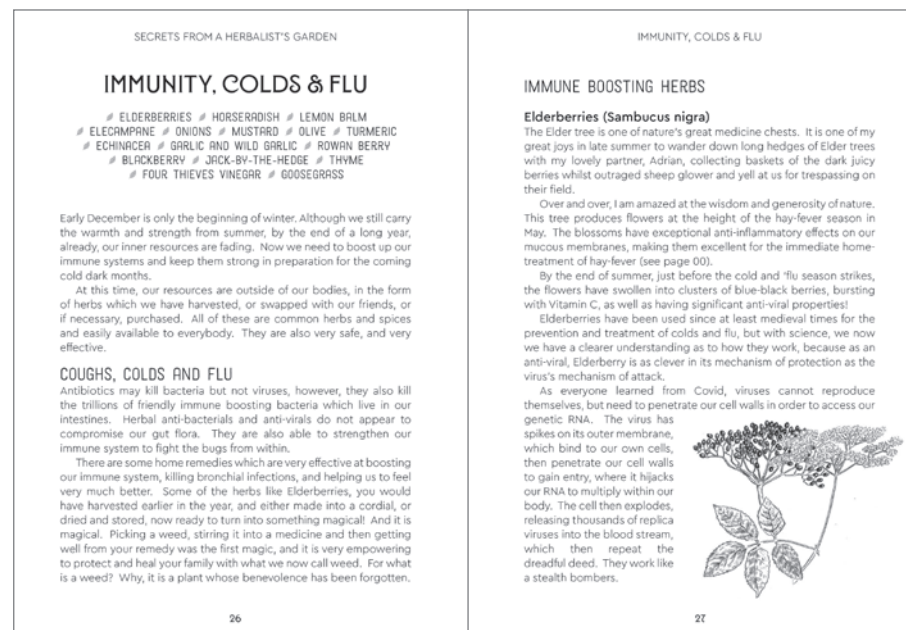
Herbal Handbook

The Seed Sisters &

Belle Benfield

Secrets from a Herbalist's Garden meets the pull to recover from illness or to alleviate a long-standing condition, as well as the yearning for a new way of life, where growing and harvesting herbs with the seasons is adopted as a new holistic lifestyle. Since the pandemic began, there has been a groundswell of interest in plant medicine, and this book will help readers feel empowered and able to help themselves heal and thrive. Amongst the alluring recipes are Menopause Tea, Horse Chestnut Gel and Brain Spice Condiments, and chapters include Nourishing Your Adrenals, Herbs for the Heart and Muscles and Joints. There's a huge amount of wisdom here garnered from Jo Dunbar's 22 years as a practising herbalist.

Jo Dunbar has treated thousands of patients since qualifying as a Medical Herbalist in 1999. She is the founder of Botanica Medica herbal apothecary (www.botanicamedica.co.uk). Since 2011, she has been a member of the Order of Bards, Ovates and Druids. Her three previous books include the award-winning *Spirit of the Hedgerow*.



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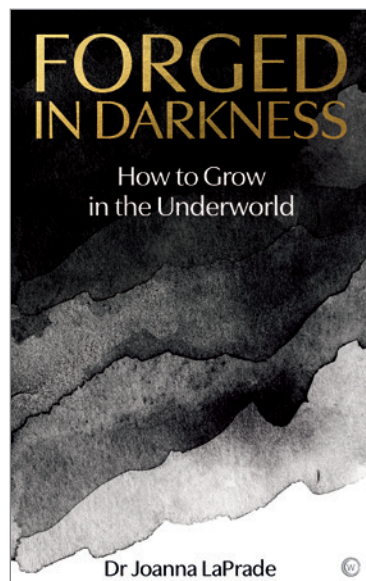
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FORGED IN DARKNESS

How to Grow in the Underworld

Dr Joanna LaPrade

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Dr Joseph Burgo

Written by an experienced psychotherapist, *Forged in Darkness* is a unique guide to working with your inner darkness – your underworld. When we search within, we inevitably encounter the underworld: lost connections, failed enterprises, haunting memories, insecurities and buried secrets. Dr Joanna LaPrade reassures readers that experiences of darkness are natural and necessary markers on the path of growth and self-discovery. She explains that in the West we are used to aspiring to the Hercules archetype, expecting ourselves always to succeed and control, but that other archetypes are also available to us. Persephone, for example, can be our guide when we find ourselves estranged from the known and the comfortable, while Dionysius is the symbol of all that is unrestrained and wild. This accessible guide shows readers of all ages how to embrace the shadowed parts of themselves.

Joanna LaPrade earned her PhD in Jungian and Archetypal Psychology from Pacifica Graduate Institute in Carpinteria, California. She is a practising psychotherapist in Colorado and an adjunct professor at The Colorado College, where she teaches courses on Jungian and archetypal psychology.

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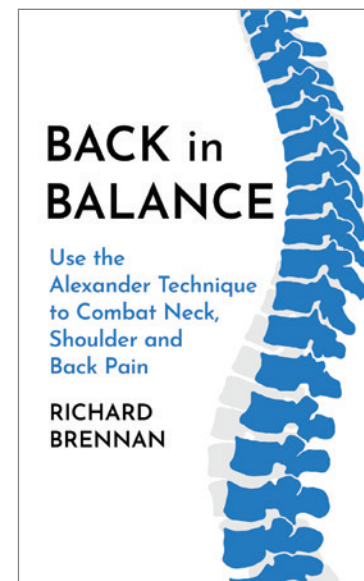
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BACK IN BALANCE

Use the Alexander Technique to Combat Neck,
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Richard Brennan

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The Foot Fix

Yamuna Zake

This practical life-changing guide offers simple exercises to alleviate neck, shoulder and back pain, and suggests effective ways to make small lifestyle changes. Aimed at anyone who suffers with back pain, doctors, physiotherapists and those involved with complementary therapies, this essential book draws on the key principles of the Alexander Technique, which argues that the root cause of back pain stems from poor postural habits while performing everyday actions. Helping the reader to discover how their posture and movements may be having a detrimental effect on their health, this guide offers new ways of performing daily activities, with the aim to reduce muscular tension and stress on the bones and joints.

Richard Brennan has been teaching the Alexander Technique since 1989. He is the director of Ireland's only Alexander Teacher Training College, and the author of five books on the topic, including *Change Your Posture, Change Your Life*. Richard has also been featured in many newspapers and magazines, and has appeared on BBC1 and RTE1.

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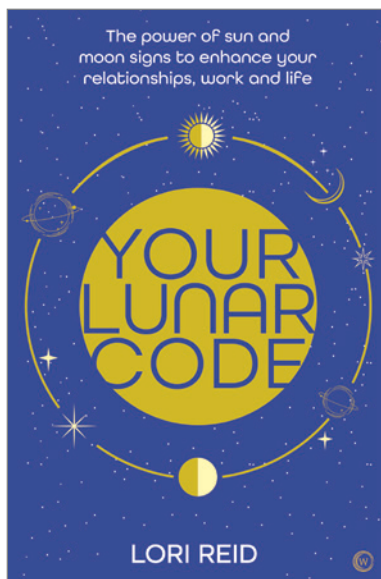
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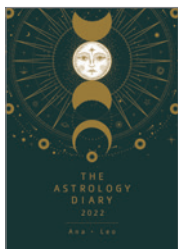
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Lori Reid is a best-selling author and one of the UK's top astrologers. She has written more than 40 books, which have been translated into 30 languages. Her features have appeared in *Prima*, *Marie Claire* and *Best* magazines and her TV work includes *This Morning*.

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With Compassion
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A powerful manifesto outlining the personal inner work and practical steps that yoga practitioners and studios need to take to move to true equity and inclusion – on the mat, and off. *Yoga as Resistance* outlines a dynamic programme of social justice reform within the yoga industry. The majority of teachers in North America and Europe are white, able-bodied, cis-gendered, so how can they create inclusive environments? This book will inspire and welcome all to take part in questioning the status quo and learn how to move towards equity, and why it matters. Diversity and inclusion within the wellness industry has been increasingly under the spotlight. This book responds to the appetite for guidance on how we actively create change.

Dr Stacie CC Graham is a management consultant, executive coach and yoga teacher. Her brand OYA MIND BODY SPIRIT Retreats is dedicated to representing communities who may be overlooked by mainstream wellness.

Jonelle Lewis is a yoga teacher, mentor and teacher trainer. Jonelle practises yoga as an anti-oppression and social justice practice; she invites her students to do the same.

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THE ESSENTIAL HEALING TOOLKIT FOR EMPATHS

Unlock Your Sensitivity Superpower

Jane Novak

A practical guide outlining how empaths can protect themselves from sensory overload and burnout. A step-by-step transformational journey of unlocking and reclaiming energy and power. Sensitivity is a strength. *The Essential Healing Toolkit for Empaths* offers a healing roadmap, from Step 1 “Master energy awareness” to Step 7 “Activate and share your gift”. Tools include breathing exercises; powerful visualizations; inner voice journaling; how to create “transition breaks” to overcome energy drains. This book helps empaths move from being in a state of turmoil to becoming comfortable in their skin and more confident in relationships and interactions. Discover the freedom empathy unlocks in all areas of life: leadership, creativity and love.

Jane Novak is a speaker, energy expert and healer. She empowers empaths and sensitive people to feel alive again, find their calling and create a heart-centred, abundant life. Jane is a world-renowned thought leader, helping sensitive people thrive in business and in life. She is on a mission to empower women and men of any age to fall in love with their life.

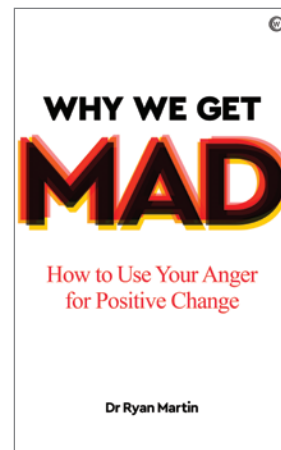
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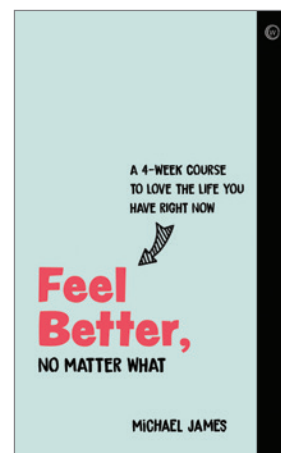


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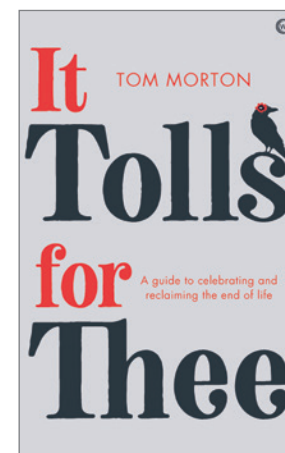
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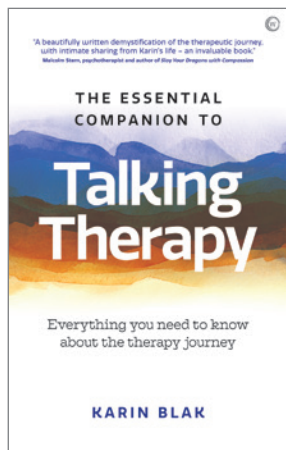
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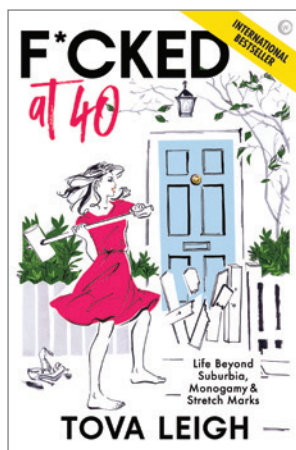


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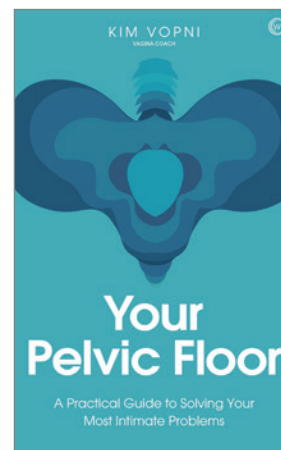
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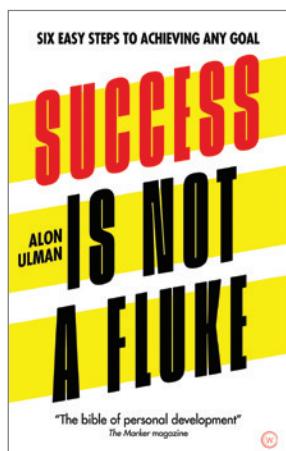
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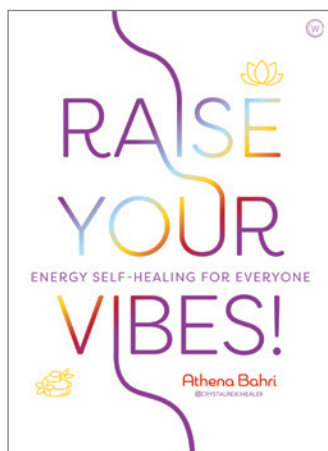
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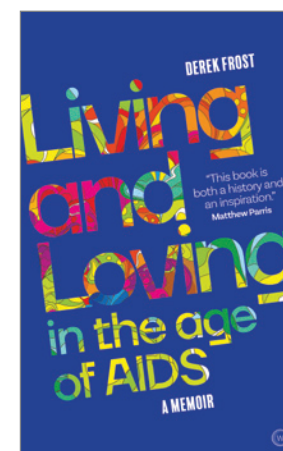
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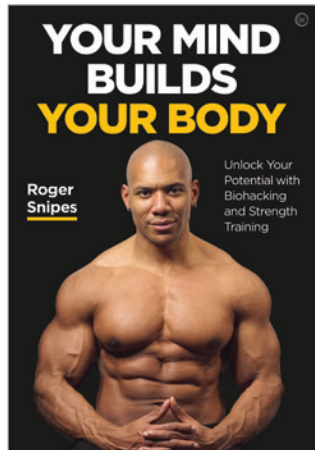
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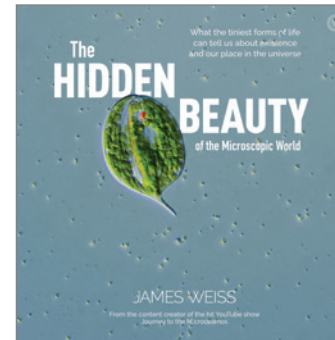
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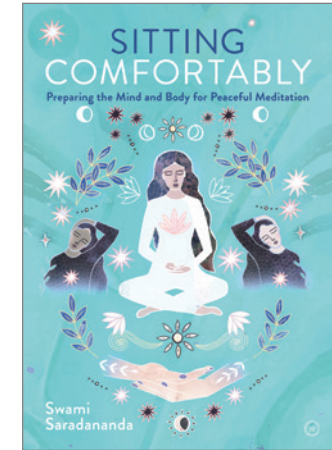
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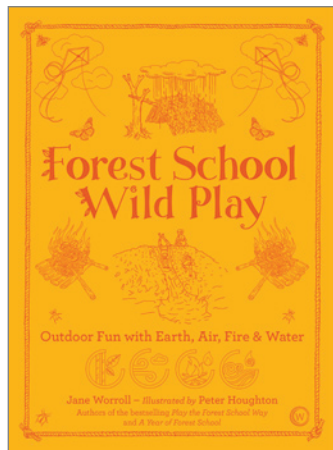
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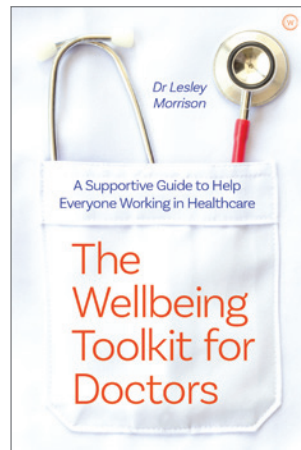
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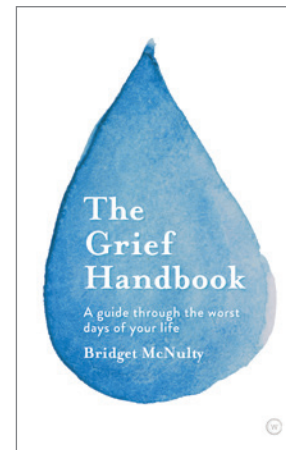
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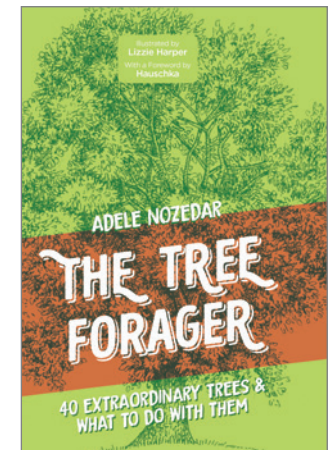
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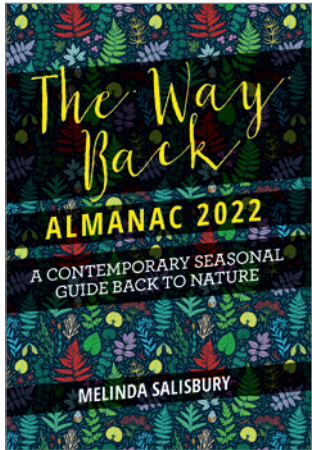
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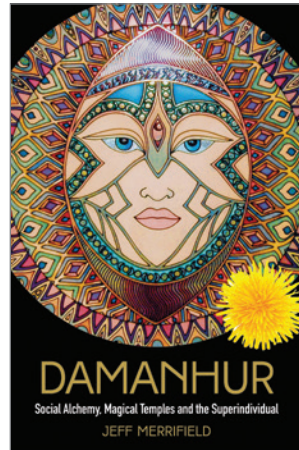
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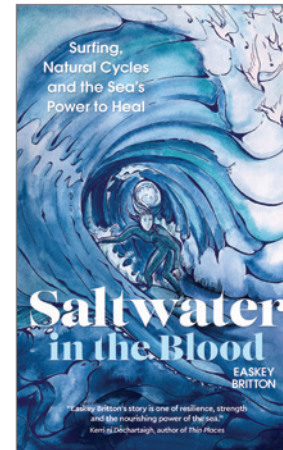
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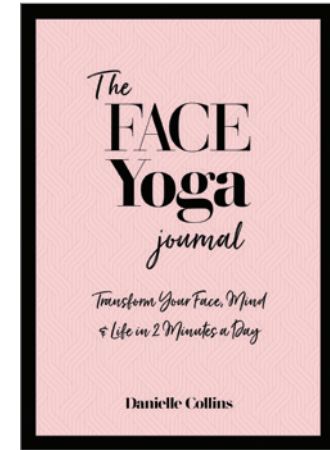
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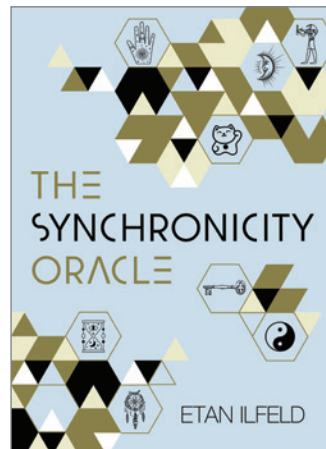
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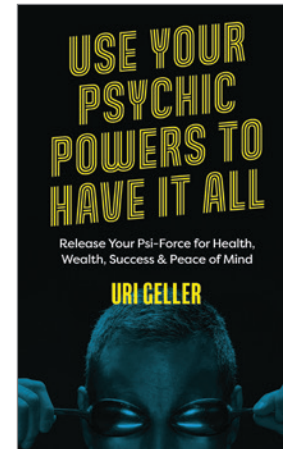
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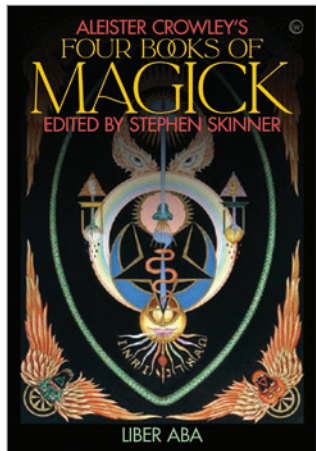
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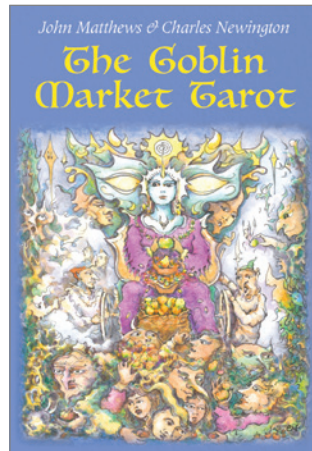


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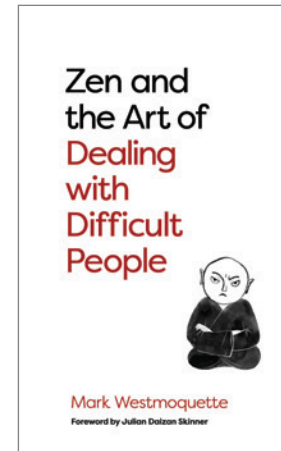


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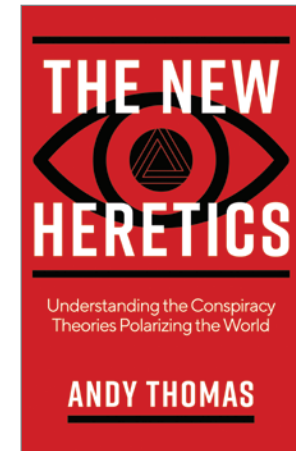


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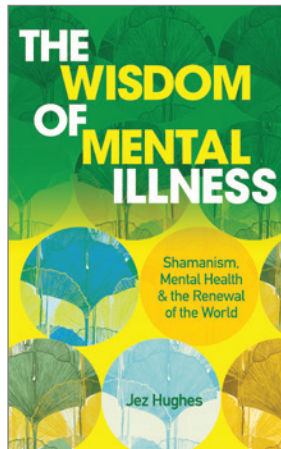


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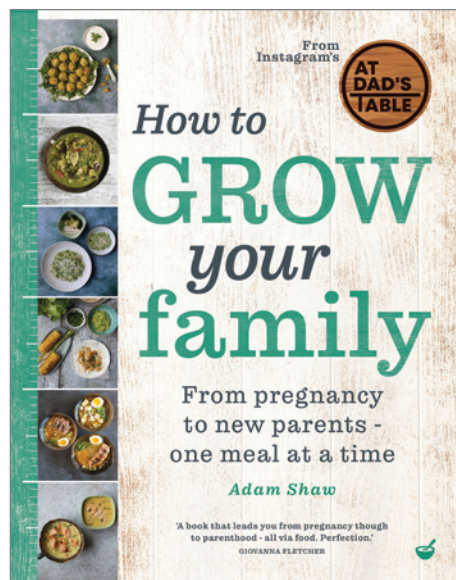
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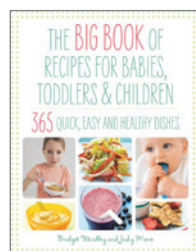


HOW TO GROW YOUR FAMILY

From Pregnancy to New Parents - One Meal at a Time

Adam Shaw

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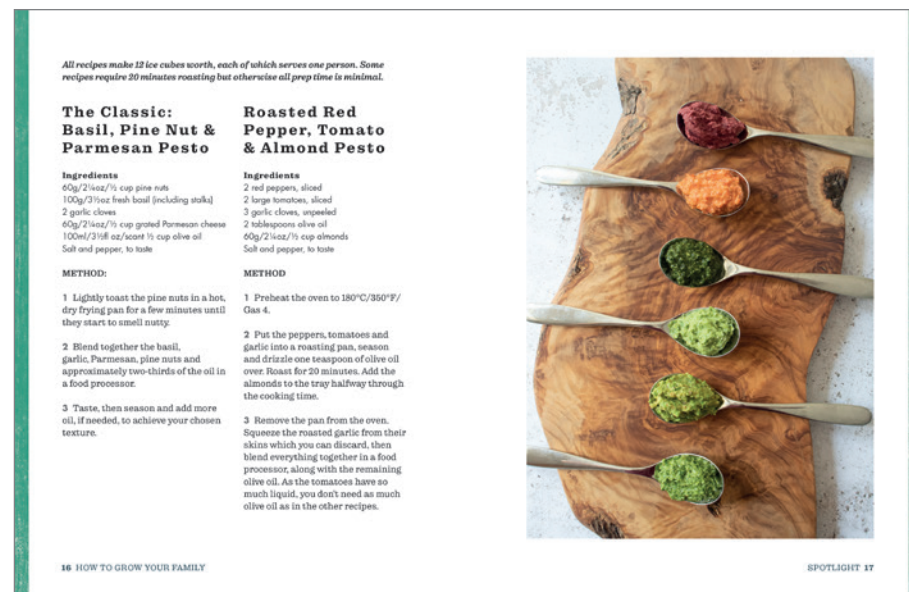
Big Book of Recipes
for Babies, Toddlers &
Children

Bridget Wardley

This is the first cookbook of its kind: a collection of delicious and wholesome recipes to accompany expecting and new parents all the way through from pregnancy and into new parenthood. Created by Instagram's At Dad's Table, a Leith's trained chef and dad of two, these ingenious, budget-friendly recipes nourish baby and parents. During an exciting yet exhausting time the recipes are designed to make you feel happy and positive about the food you're eating by focussing on what you can eat rather than what you can't.

This comprehensive collection of healthy meals nurtures a growing family, with over 110 scrumptious and international, vegetable-packed recipes. From the first trimester of pregnancy until toddlerhood, each chapter highlights the important nutrients needed during each stage, written with a qualified nutritionist.

Adam Shaw is a Leith's-trained chef and father of two. Frustrated at the lack of guidance available for expectant parents on how to prepare food to make you feel good he created At Dad's Table on Instagram, where he shares his pregnancy-, baby- and family-friendly food creations with over 41,000 followers.



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NOURISH

MAY

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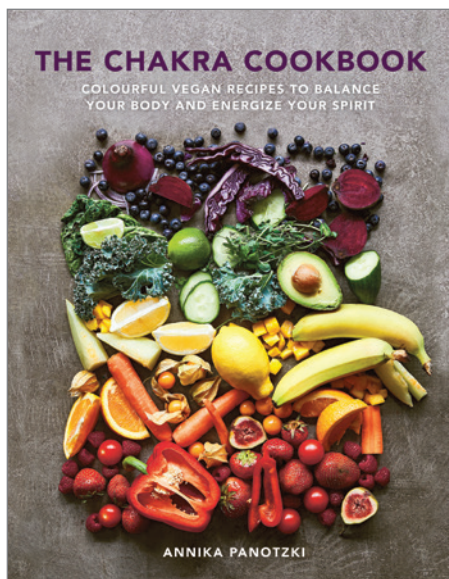
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Vegan Cookery /

Chakras

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THE CHAKRA COOKBOOK

Colourful Vegan Recipes to Balance your Body and Energize your Spirit
Annika Panotzki

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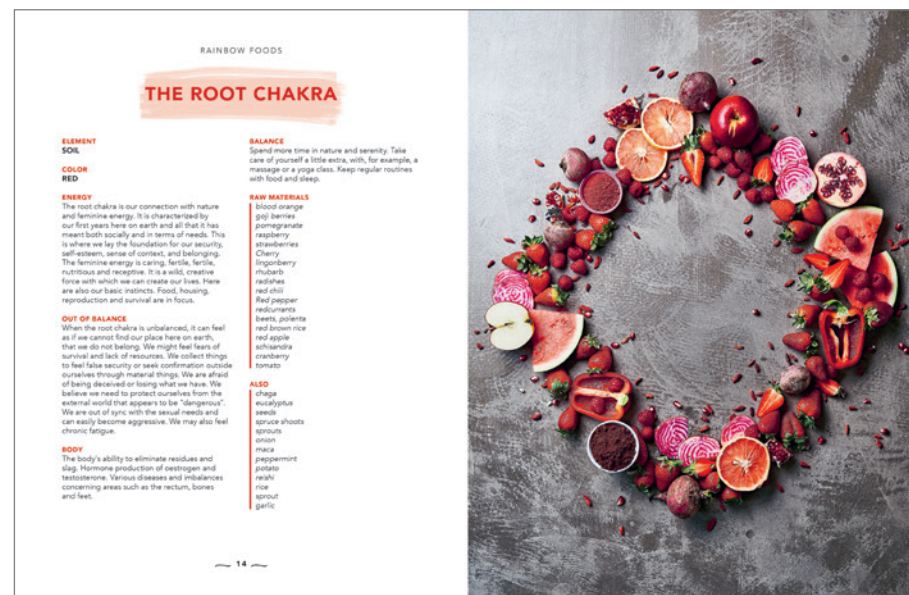
Shine Brighter

Every Day

Danah Mor

The chakras are an ancient system of connecting the body and spirit to the energy of the planet. Learn how to deeply nourish and balance your life through the abundance of nature with this collection of modern and delicious plant-based, gluten-free and sugar-free recipes for mindful eaters. Chakra expert and modern medicine woman Annika Panotzki shares everything you need to know about the chakra system, along with over 80 delicious and internationally inspired recipes. Including ramen, rainbow burgers, tacos, bliss bowls, psychedelic chia, mocktails and infusions, every occasion and time of day is catered for. A morning section includes breathing exercises, smoothies and setting intentions for the day. A nighttime section covers hydration, gratefulness and mindfulness exercises. Annika also suggests a 5-day reset programme to kick-start incorporating the chakra system into your life.

Annika Panotzki is a Swedish modern medicine woman whose vision is to build bridges between Inca Shamanism and urban culture in the West. Owner of holistic spiritual centre, Conscious Life, she specializes in chakras, cacao circles and sound healing.



NOURISH

NOURISH

JUNE

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Asian Cookery

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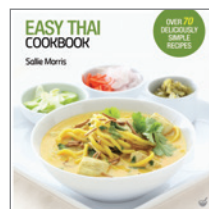


THE ASIAN HOME KITCHEN

Fresh, vibrant dishes from Kuala Lumpur to Kyoto

Leemei Tan-Boisgillot

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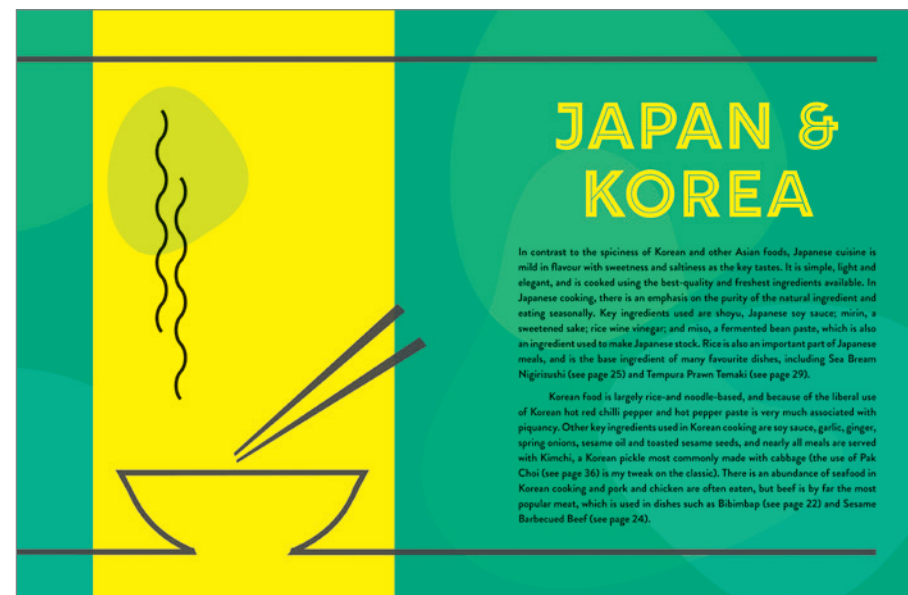
Easy Thai Cookbook

Sallie Morris

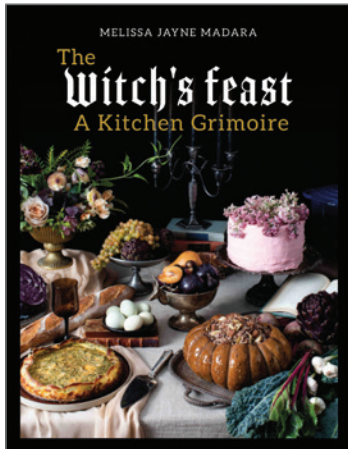
From the simplicity and balanced elegance of Japanese sushi to the subtle boldness of Sri Lankan curries, the 110 dishes in this cookbook show the huge variety and versatility of flavour from all over Asia. Packed with vegetables, fresh fish and nutritious herbs and spices, all the recipes are light, sumptuous and practical.

Written by the blogger behind *My Cooking Hut*, Leemei Tan-Boisgillot, who has travelled and lived in many different places across Asia, this is the new and updated edition of the Gourmand World Award-winning *Lemongrass and Ginger*, featuring brand new recipes that celebrate commonly available ingredients and street food favourites. Leemei also provides a collection of essential tips and tricks, including how to cook any rice perfectly every time, and short recipes for over 20 different spice pastes, all taking 10 minutes or less to prepare, which are the key to ensuring an authentic fragrance at the heart of every recipe you make.

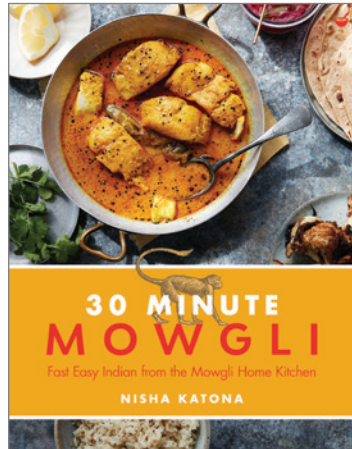
Leemei Tan-Boisgillot is an award-winning cookbook author, food blogger and photographer. She has been featured in the *New York Times*, *BBC Olives*, *Delicious* and *Woman & Home*.



2021 HIGHLIGHTS



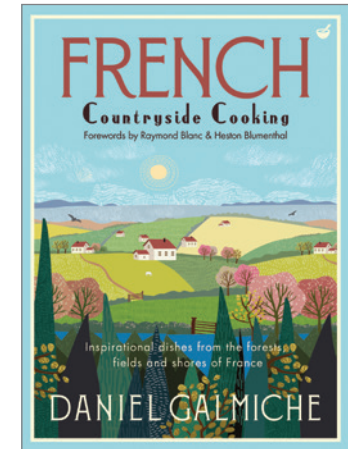
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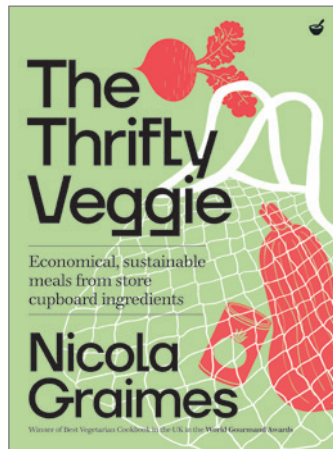
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Science Fiction/Fantasy

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DEEP DIVE

Ron Walters

Still reeling from the failure of his last project, videogame developer Peter Banuk is working hard to ensure his next game doesn't meet the same fate. He desperately needs a win, not only to save his struggling company, but to justify the time he's spent away from his wife and daughters.

So when Peter's tech-genius partner offers him the chance to beta-test a new state-of-the-art virtual reality headset, he jumps at it. But something goes wrong during the trial, and Peter wakes to find himself trapped in an eerily familiar world where his children no longer exist.

As the lines between the real and virtual worlds begin to blur, Peter is forced to reckon with what truly matters to him. But can he escape his virtual prison before he loses his family forever?

Ron Walters is a former journalist, college registrar, and stay-at-home dad who writes science fiction and fantasy for all ages. A native of Savannah, GA, he currently lives in Germany with his wife, two daughters, and two rescue dogs.

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Dan Hanks

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OBSIDIAN

Sarah J. Daley

Shade Nox is an abomination, a wanted criminal and a witch. She wears her tattoos openly as any bloodwizard would, and carries obsidian blades at her hips. She scratches out a dangerous living in the broken Wastes, but now that they are growing more unstable and dangerous, Shade and her people need a Veil to protect them. She vows to raise one – a feat not accomplished in over a hundred years. But the Veils are controlled by the Brotherhood, who consider them sacred creations. They would sooner see them all collapse into dust than allow a witch to raise one...

Sarah J. Daley is a former chef who lives and writes in the Chicago Metropolitan area with her husband and teenaged son. She earned a degree in Landscape Architecture from the University of Illinois at Champaign-Urbana. Though she still enjoys the heat and chaos of a professional kitchen, she is now writing full-time.

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BLUEBIRD

Ciel Pierlot

Three factions vie for control of the galaxy. Rig, a gunslinging, thieving, rebel with a cause, doesn't give a damn about them and she hasn't looked back since abandoning them three years ago. That is, until her former faction sends her a message: return what she stole from them, or her twin sister will die.

Rig embarks on a journey across the galaxy to save her – but for once she's not alone. She has help from her network of resistance contacts, her taser-wielding librarian girlfriend, and a mysterious bounty hunter.

If Rig fails, trillions of lives will be lost – including her sister's. But if she succeeds, she might just pull the whole damn system down around their ears. Either way, she's going to do it with Panache and Pizzazz.

Ciel Pierlot is a disaster bisexual from the San Francisco Bay Area. She's also a giant nerd and no, you cannot stop her from bragging about her lightsaber collection. When she's not writing SFF novels, she's busy being a digital artist and a hardcore gay-mer.

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Kameron Hurley

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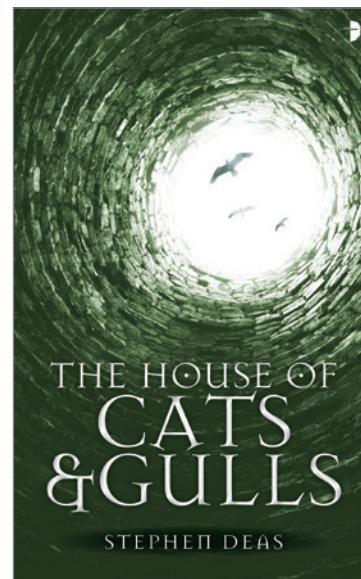
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THE HOUSE OF CATS AND GULLS

Black Moon, Book II

Stephen Deas

Myla has returned with Orien to her native Deepwater to face her past. Learning she's in trouble, Fingers and Seth head off on a rescue mission. Myla doesn't need rescuing, thanks, but now that they're in Deepwater, Seth delves into the secrets of a dead warlock and Fingers digs into the truth of his missing brother.

But as the trio converge towards a conspiracy against the throne, Deepwater is attacked by an incomprehensible enemy. As demons, madness and the walking dead stalk the plague-ravaged city, Myla discovers that saving her friends and family is more important than a glorious death, and Seth embraces the darkness within.

Stephen Deas was born in 1968 in Southeast England. He is renowned for his fantasy opus, the Memory of Flames sequence, set in a fantasy world inhabited by dragons.

BY THE SAME AUTHOR



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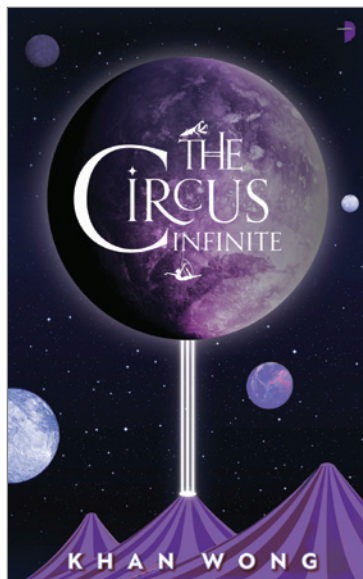
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THE CIRCUS INFINITE

Khan Wong

Hunted by those who want to study his gravity powers, Jes makes his way to the best place for a mixed-species fugitive to blend in: the pleasure moon of endless parties. But it doesn't take long for him to catch the attention of the crime boss who owns the resort-casino where he lands a circus job, and when the boss gets wind of the bounty on Jes' head, he makes an offer: do anything and everything asked of him or face vivisection.

With no other options, Jes fulfills the requests – espionage, torture, demolition – but when the boss sets the circus up to take the fall for his about-to-get-busted narcotics operation, Jes and his friends decide to bring the mobster down instead. And if Jes can also avoid going back to being the prize subject of a scientist who can't wait to dissect him? Even better.

Khan Wong has published poetry, played cello in an earnest folk-rock duo, and been an internationally known hula hoop teacher and performer. He's toured with a circus and produced circus arts shows in San Francisco, where he also worked as a grantmaker with a public sector arts funding agency.

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LAST GOD STANDING

Michael Boatman

When God retires to join the human race, an army of desperate deities declares war over Earth's vanishing supply of mortal faith. Now, uncomfortably occupying the body and soul of struggling comedian, Lando Cooper, He finds Himself the target of an unholy uprising.

Forced to defend Himself and His mortal friends and family from a mob of hungry gods, Lando must also discover who is killing his divine colleagues and stealing their dwindling powers. Could it be Lucifer, who went missing soon after his own Hellish retirement?

Lando must put down an insurrection, land a lucrative TV deal and propose to the girl of his dreams. But he's all too mortal now; a shadow of his former Self. Meanwhile, there's a godeater on the loose growing stronger with every victim. And it's coming for Lando's immortal soul.

Michael Boatman is a writer and actor. He has starred in TV shows and films including *China Beach*, *Spin City*, *ARLI\$\$*, *Anger Management*, *Instant Mom*, *Gossip Girl*, *The Good Wife*, *Hamburger Hill*, *The Glass Shield*, *Bad Parents*, and on stage on Broadway.

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MERCURY RISING

RWW Greene

An action-packed, Top-Gun-in-space alternate history.

It's 1975 and in this technologically-advanced, Kennedy-Didn't-Die era, Brooklyn Lamontagne is going nowhere fast. Caught up in a murder, Brooklyn chooses to head to the moon to serve in the Orbital Forces rather than do time, but he's soon captured by the alien invaders and sent to a penal colony under the surface of Venus. But these invaders aren't the only extra terrestrials in the galaxy, and Brooklyn uncovers a plot that could destroy relationships between Earth and their would-be conquerors. Can he and his new friends save the day?

RWW Greene is based in New Hampshire, USA. He is a frequent panellist at the Boskone Science Fiction & Fantasy Convention in Boston, and his work has seen daylight in *Stupefying Stories*, *Daily Science Fiction*, *New Myths*, and *Jersey Devil Press*. Greene keeps bees, collects typewriters, and lives with his writer/artist spouse Brenda and two cats.

BY THE SAME AUTHOR



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PRISON OF SLEEP

The Journals of Zaxony Delatree, Book II

Tim Pratt

BY THE SAME AUTHOR



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Doors of Sleep

Every time Zaxony Delatree falls asleep he wakes up on a new world. Now Zax has been joined once again by Ana, a companion he thought he left behind long ago. Ana is one of the Sleepers, a group of fellow travellers between worlds. Ana tells Zax that he is unknowingly host to a parasitic alien that exists partly in his blood and partly between dimensions. The chemical that the alien secretes is what allows Zax to travel. Every time he does, however, the parasite grows, damaging the fabric of the universes. Ana is desperate to recruit Zax to her cause and stop the alien.

But there are others who are using the parasite too, such as the cult who serve the Prisoner – an entity trapped in the dimension between universes. Can Zax, Minna, Ana and the other Sleepers band together and stop them?

Tim Pratt is a Hugo Award-winning SF and fantasy author, who has also been a finalist for World Fantasy, Sturgeon, Stoker, Mythopoeic, and Nebula Awards, among others. He is the senior editor for *Locus* magazine and lives in Berkeley, California, with his family.

ANGRY ROBOT

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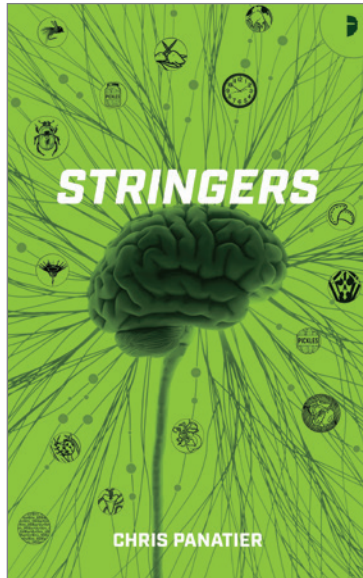
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Science Fiction

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STRINGERS

Chris Panatier

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The Phlebotomist

Ben isn't exactly a genius, but he has an immense breadth of knowledge. Whether it's natural science (specifically the intricacies of bug sex), or vintage timepieces, he can spout facts and information with the best of experts. He just can't explain why he knows any of it. Another thing he knows is the location of the Chime. What it is or why it's important, he can't say.

But this knowledge is about to get him in a whole heap of trouble, as a trash-talking, flesh construct bounty hunter is on his tail and looking to sell him to the highest bidder. And being able to describe the mating habits of Brazilian bark lice won't be enough to get him out of it.

Chris Panatier lives in Dallas, Texas, with his wife, daughter, and a fluctuating herd of animals resembling dogs (one is almost certainly a goat). He writes short stories and novels, "plays" the drums, and draws album covers for metal bands.

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AFTERGLOW

Tim Jordan

BY THE SAME AUTHOR



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Glow

Six months after the events of *Glow*, a nanotech plague sweeps the Earth, taking control of its victims' senses and feeding them false realities. It is slowly taking control of individuals, corporations, and whole societies as it stretches across the globe.

Between the plague and the reforming of the pre-Nova-Insanity internet, humanity is finally communicating again, but the renewal of those connections allows an old danger to resurface: a supernova device so large and powerful, it could annihilate the entire planet.

Tim Jordan is an award-winning sci-fi writer from England, who now calls Florida home. He writes software and is particularly fascinated by artificial intelligence and hopes to one day create an artificial mind that will replace him and do all his work.

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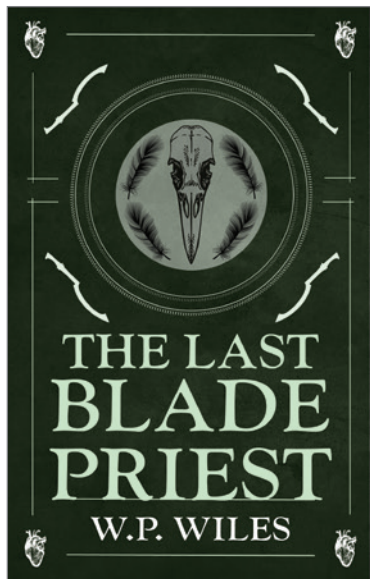
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THE LAST BLADE PRIEST

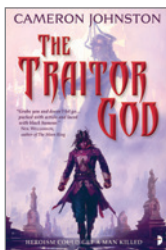
W.P. Wiles

Master Builder Inar ekes out a living in the Kingdom of Mishig-Tenh. Life is hard after the Kingdom lost the war against the League of Free Cities. And doubly so for Inar since his father betrayed the King and paid the ultimate price. Now the King's terrifying chancellor and torturer in chief has arrived and instructed Inar to go and work for the League. And to spy for him. Any builder knows you don't put yourself between a rock and a hard place.

Far away Anton, Blade Priest for Craithe, the God Mountain, is about to be caught up in a vicious internal war that could tear his religion apart. Something is killing their Priests, and they can no longer hide away from the world nor shy away from their old practice of blood sacrifice.

W.P. Wiles was born in 1978 and is the author of three previous novels; *The Way Inn*, *Care of Wooden Floors* and *Plume*. He is also a freelance journalist and has written on architecture and design for a wide variety of magazines and publications.

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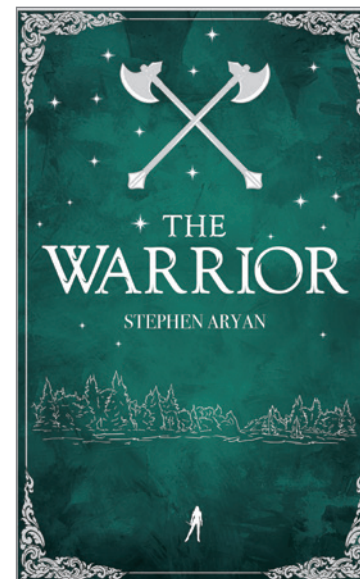
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THE WARRIOR

The Quest for Heroes, Book II

Stephen Aryan

Bound, by duty and responsibility, Kell is King only in name and trapped in a loveless marriage. When his old friend, Willow, turns up asking him to go on a journey to her homeland, he can't wait to go, leaving the affairs of state to his wife, Sigrid.

The Malice, a malevolent poison that alters everything it infects, runs rampant across Willow's homeland. Desperate to find a cure, her cousin, Ravvi, is willing to try a dark ritual which could damn her people forever. Journeying to a distant land, Kell and his companions must stop Ravvi before it's too late.

While Kell is away, Reverend Mother Britak's plans come to a head. Queen Sigrid must find a way to protect her family and her nation, but against such a ruthless opponent, something has to give...

Stephen Aryan is the author of the Age of Darkness and Age of Dread trilogies. His first novel, *Battlemage*, was a finalist for the David Gemmell Morningstar Award for best debut fantasy novel. The book also won the inaugural Hellfest Inferno Award in France.

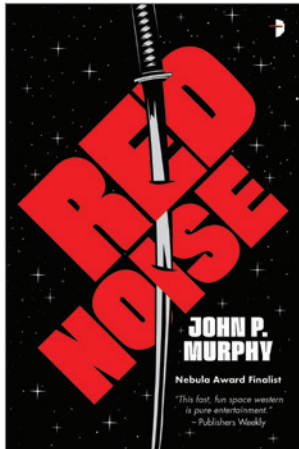
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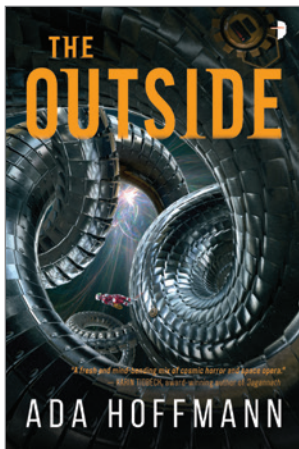


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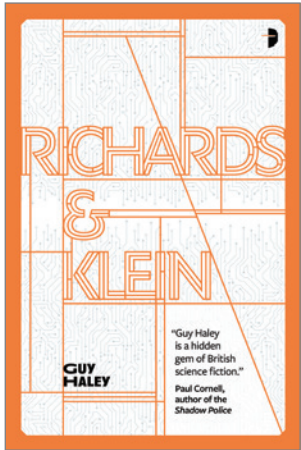


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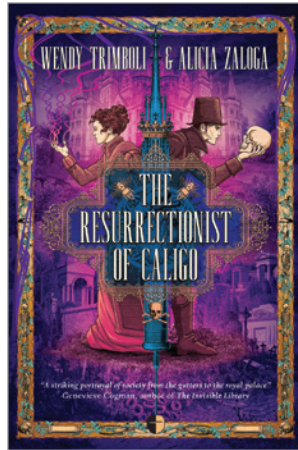
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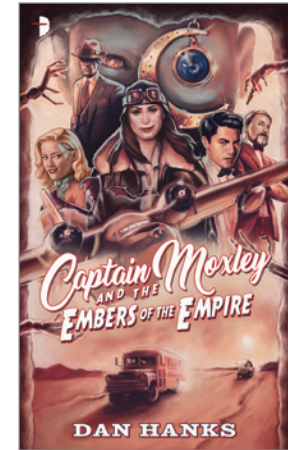
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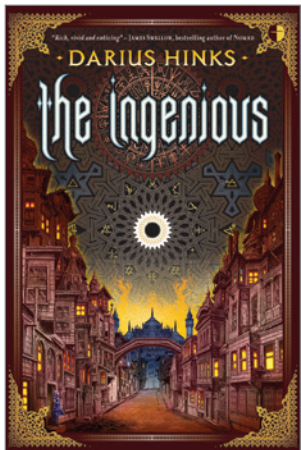
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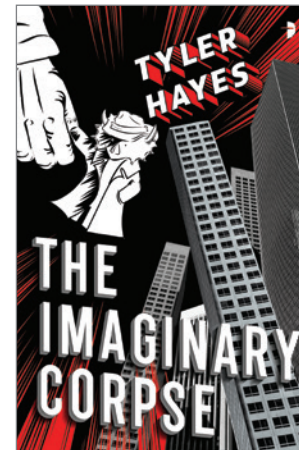
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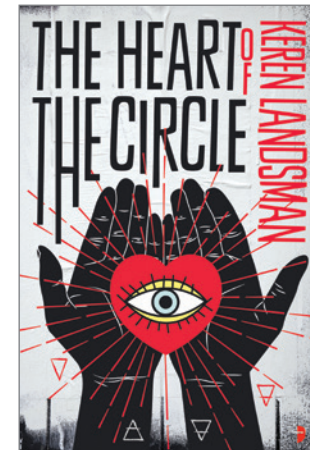
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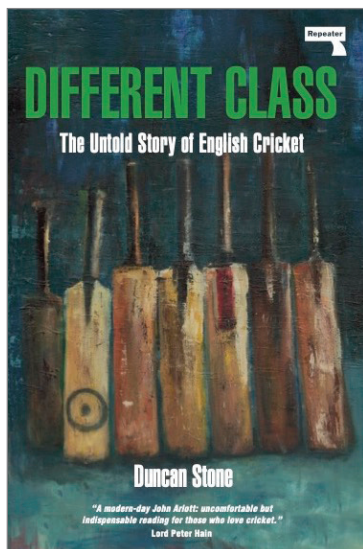
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In telling the story of cricket from the bottom up, *Different Class* demonstrates how the “quintessentially English” game has done more to divide, rather than unite, the English.

In doing so, *Different Class* does not simply challenge the widely accepted orthodoxy of English cricket, it demonstrates how the values and belief systems at its heart were, under the guise of amateurism, intentionally developed in order to divide the English along class lines at every level of the game.

Taking us from the 1700s to the present day, *Different Class* shows how social class was and remains the greatest barrier to participation in what used to be the national game.

Duncan Stone is a historian interested in the social and cultural machinations of sport. He has worked as a forensic photographer, DJ and club promoter, builder, local government officer and lecturer at the University of Huddersfield.

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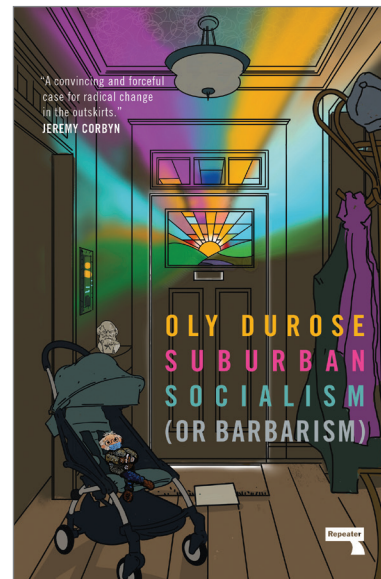
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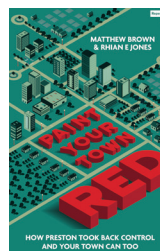
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(Or Barbarism)

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Oly Durose is a socialist activist, parliamentary researcher and writer.

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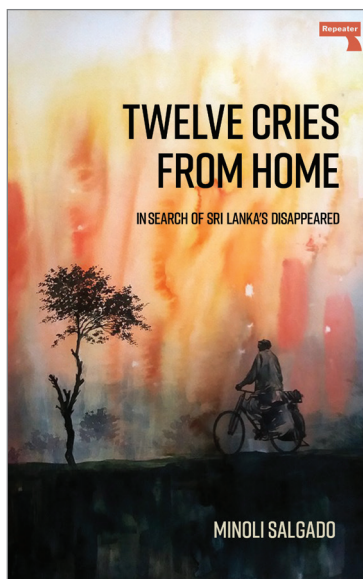
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*The missing people are actually dead, claimed Sri Lanka's President in an attempt to seal — and silence — the past. *Twelve Cries from Home* is a refusal of that silence.*

A memoir of many voices, it takes the reader on a journey across Sri Lanka mapped by the stories of twelve witnesses, mainly women and relatives of the disappeared, whose deeply personal memories challenge official truths. It lays bare the brutal realities of a twenty-six-year civil war as told to the author just months before a regime change brought back the fear of speaking out.

Returning to the concept of home as a place of security, *Twelve Cries from Home* draws a portrait of post-war Sri Lanka invoking a local measure of distance — the call, or *hoowa* — to ask how we might attend to stories that are difficult to tell and to hear.

Minoli Salgado is Professor of International Writing at Manchester Metropolitan University. She is the author of *Writing Sri Lanka: Literature, Resistance and the Politics of Place* and *Broken Jaw*.

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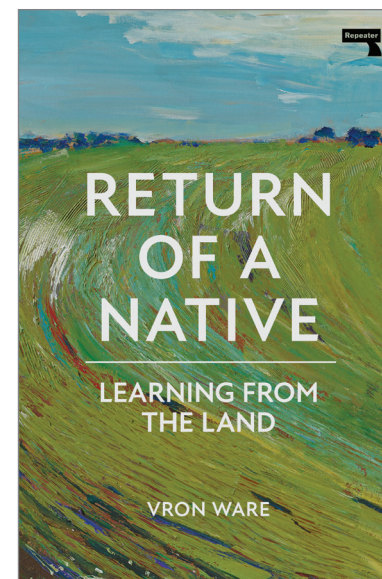
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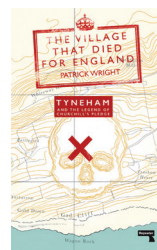
– Hazel V. Carby, author of *Imperial Intimacies: A Tale of Two Islands*

RETURN OF A NATIVE

Learning from the Land

Vron Ware

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Patrick Wright

Rural England is a mythic space, a complex canvas on which people from many different backgrounds project all kinds of fantasies, prejudices, desires and fears.

Return of a Native seeks to challenge many of these ideas, showing how the artificial divide between rural and urban works to conceal the underlying relationship between these two fundamental poles of human settlement.

Through stories, interviews and reportage gathered over two decades, this book demolishes tired notions of rural England that cast it as a separate realm of existence and poses two simple questions: What does the word “rural” mean today? What will it mean tomorrow?

Vron Ware has been writing about racism, gender, history and national identity since the 1980s. She has worked as a journalist, photographer, environmental designer and academic.

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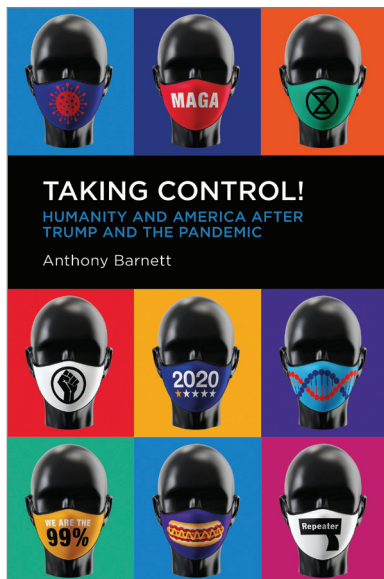
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TAKING CONTROL!

Humanity and America After Trump and the Pandemic

Anthony Barnett

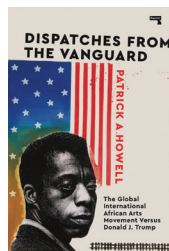
From Anthony Barnett, the creator and former editor-in-chief of *openDemocracy*, comes this blazing response to the confrontation between Trumpism and Biden in America, that sets out how the future of humankind is at stake.

As the future of humankind passes through the prism of the most powerful country in the world, Barnett reflects on the stark, limited spectrum of possible outcomes.

He shows that the frustration of Trumpism is thanks to the decades' long resistance to market fundamentalism. But it remains divided and incoherent. It is time for the left to embrace an open, ecological politics or the world will be subordinated to the regimes of the Iron Men and their successors.

Anthony Barnett is a veteran thinker and activist. He is the co-founder of the politics website *openDemocracy* and the author of a number of books on international politics and activism.

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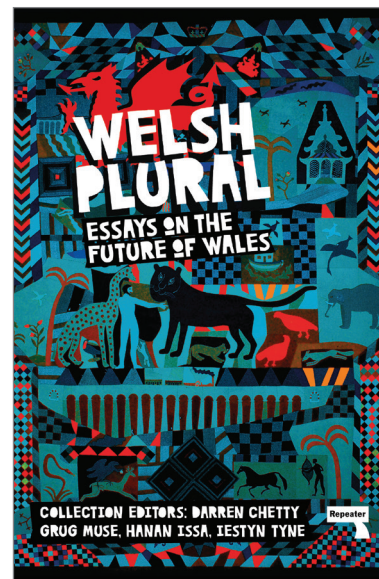
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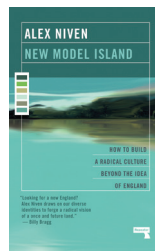


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Alex Niven

In *Welsh (Plural)*, some of the foremost Welsh writers consider the future of Wales and their place in it.

For many people, Wales brings to mind the same old collection of images – rugby, sheep and leeks, and the 3 Cs: castles, coal, and choirs. Heritage, mining and the church are indeed integral parts of Welsh culture. But what of the other stories that point us toward a Welsh future?

In this anthology of essays, authors offer imaginative, radical perspectives on the future of Wales as they take us beyond the clichés and binaries that so often shape thinking about Wales. Includes essays from Joe Dunthorne, Niall Griffiths, Charlotte Williams, Kandace Siobhan Walker, Rabab Ghazoul, and more.

Darren Chetty is a writer from Swansea. **Grug Muse** is a writer, editor and researcher from Dyffryn Nantlle. **Hanan Issa** is a writer, poet, and artist who lives and was raised in Cardiff. **Iestyn Tyne** is a writer and musician based in Caernarfon.

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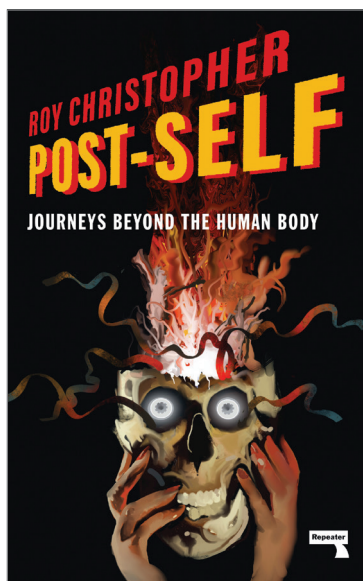
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Roy Christopher has written about music, media, and culture for everything from books and blogs to national magazines and academic journals. He holds a Ph.D. in Communication Studies from the University of Texas at Austin.

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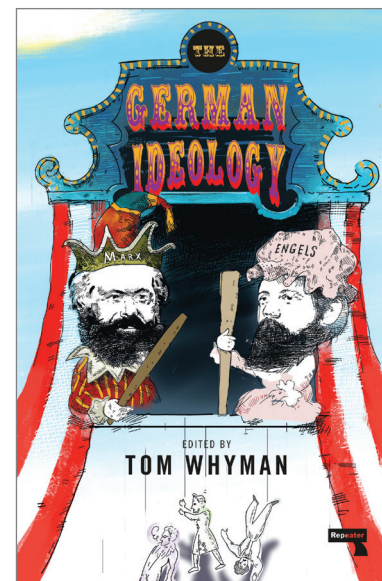
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Tom Whyman is a writer and philosopher from the UK. He has taught at the universities of Essex, Warwick, and Hull. His first book, *Infinitely Full of Hope*, was published by Repeater in 2021.

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Tariq Goddard is an award-winning novelist and the publisher of Repeater Books.

Alex Niven lectures at Newcastle University and is the author of *New Model Island*.

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Grace Blakeley is a staff writer at *Tribune* and a research fellow at the Institute of Public Policy Research (IPPR). She is the author of *Stolen: How to Save the World from Financialisation*.



Peter Fleming is a professor at the University of London and the University of Technology, Sydney. He is the author of several books, including *The Worst is Yet to Come: A Post-Capitalist Survival Guide*.

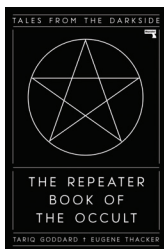


Mat Osman is the bassist and a founding member of iconic British rock band Suede, and the author of *The Ruins*.



Joy White is Lecturer in Applied Social Studies at the University of Bedfordshire and the author of *Terraformed: Young Black Lives in the Inner-City*.

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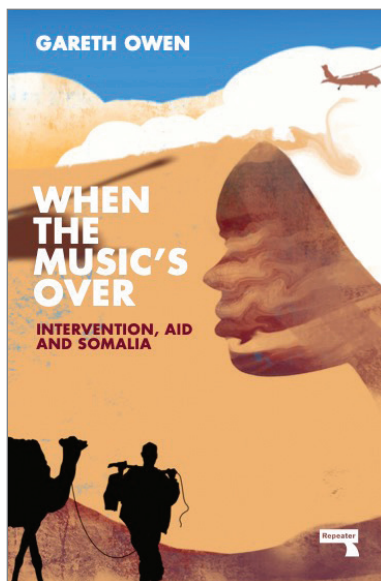
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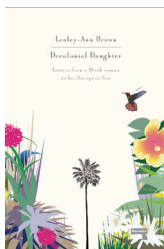


WHEN THE MUSIC'S OVER

Intervention, Aid and Somalia

Gareth Owen

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In 1993, Gareth Owen volunteered to go to Somalia with an Irish aid agency.

In this accessible and engaging memoir, Owen, now Humanitarian Director at Save the Children UK, recounts the entanglement of violence and humanity at the heart of this notorious peacekeeping operation. This is a story of human resilience and contradictory friendships, of loyalty, courage and extraordinary endeavour — but mostly it is a story about the meaning of human connection in desperate circumstances.

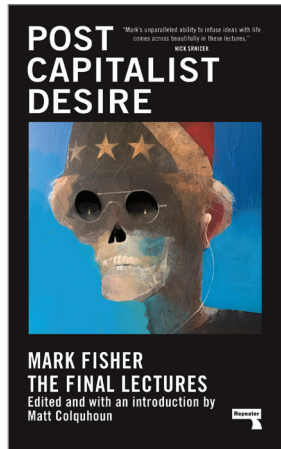
Part memoir, part history and part politics, *When the Music's Over* sees beyond the criticism of humanitarian intervention and challenges us to consider the enduring importance of international solidarity in a world where notions of common humanity and universal peace are increasingly being abandoned.

Gareth Owen has been an aid worker since 1993 and the Humanitarian Director at Save the Children UK since 2007.

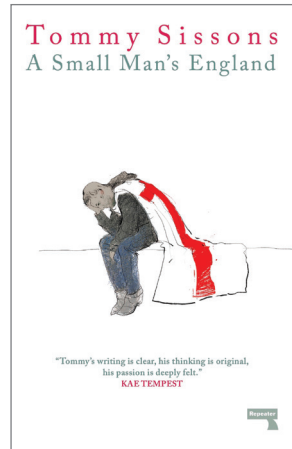
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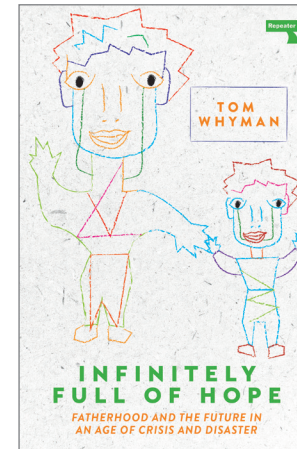
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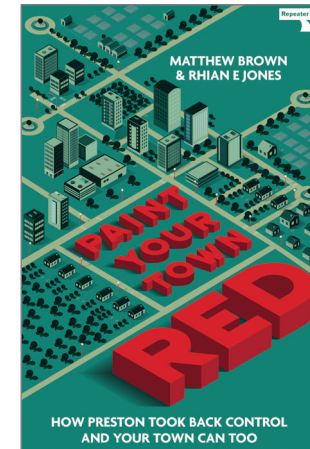
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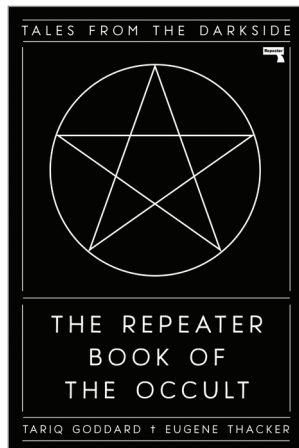
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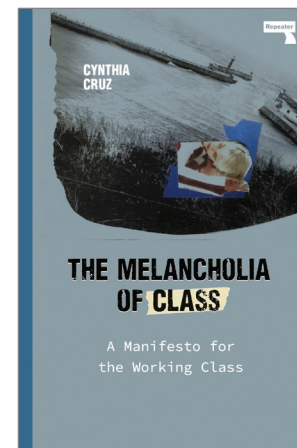
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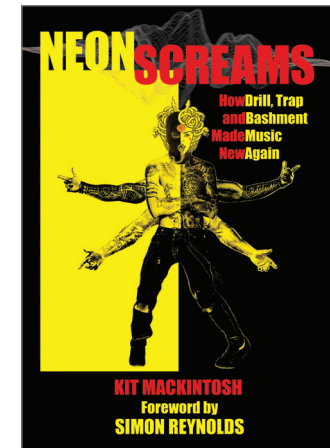
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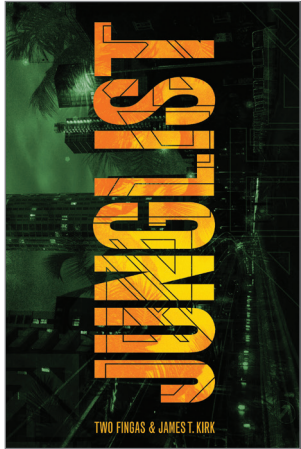
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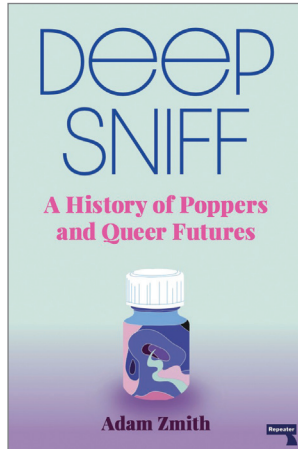
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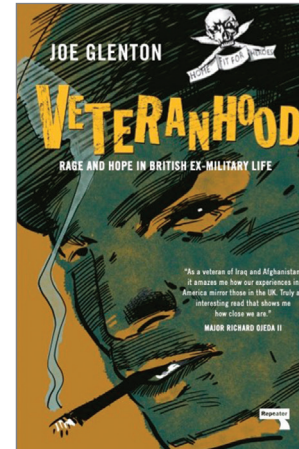
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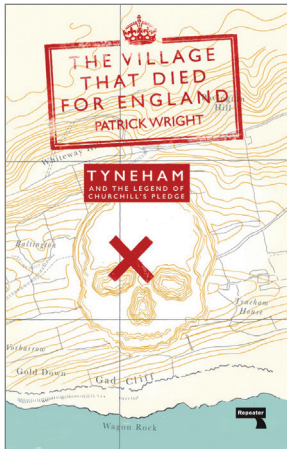
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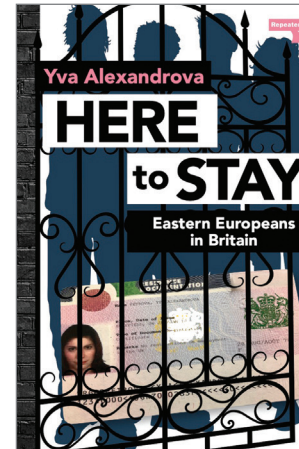
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