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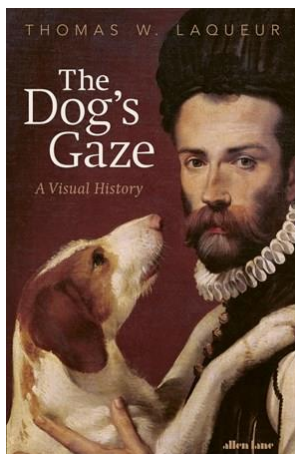
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ARTS & CULTURE

The Dog's Gaze

A Visual History

Thomas W. Laqueur



Imprint: Allen Lane

Editor: Stuart Proffitt and Sam Fulton

Format: Hardcover

Trim Size: 234mm | 153mm

Extent: 416 Pages

Pub Date: 7 May 2026

UK RRP: £35.00

US & Canada: (Penguin Press (PRH US))

What do dogs do in art?

Long before the phrase 'man's best friend' became common parlance, dogs were already standing beside us in art as in life. In *The Dog's Gaze*, historian Thomas W. Laqueur invites us to explore why they feature more than any other animal in the ways in which we picture ourselves and our stories.

Dogs have been ubiquitous in the worldmaking of visual artists as far back as the Palaeolithic age. Looking across the western tradition, from Giotto to Goya and Rubens to Rego, Laqueur shows what their presence – as hunting partners, beloved friends and even conduits to the afterlife – reveals about our own ways of seeing and how we want to be remembered.

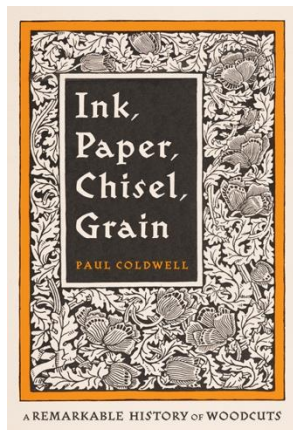
Far from being mere motifs, dogs are an integral and intentional element of the images in which they appear: they provide narrative coherence; they look out and bear witness, often on the artist's behalf; they illuminate our understanding of morality and melancholy and some, like us, become celebrities. Indeed, as the author shows, dogs in art are our social doppelgängers, our companions in looking and being.

Richly illustrated with over 250 full-colour integrated artworks and charmingly, lovingly written, *The Dog's Gaze* is a unique visual history that examines the shared social history of our two species and offers fresh insights into the human condition through the eyes of our canine companions.

Thomas W. Laqueur is the Helen Fawcett Distinguished Professor of History Emeritus at the University of California, Berkeley. An internationally renowned cultural historian, he has published books on topics ranging from working class religion and education during the industrial revolution to the history of sexuality and the body. He is a member of both the American Academy of Arts and Sciences and the American Philosophical Society, and recipient of the 2007 Mellon Foundation Distinguished Achievement in the Humanities Award and the 2016 Cundill Prize for Historical Literature. His work has been translated into twenty languages.

Ink Paper Chisel Grain A Remarkable History of Woodcuts

Paul Coldwell



Imprint: Michael Joseph
Editor: Jillian Taylor
Format: Hardcover
Trim Size: 234mm | 153mm
Extent: 400
Pub Date: 3rd September 2026
UK RRP: £30.00

An illustrated celebration of woodcuts from the Han Dynasty to the present day perfect for fans of *Meetings with Remarkable Manuscripts* or *The Story of Art Without Men*

Great artworks are not fixed in time but have a way of reaching out from the past. . .

This is a book about why the woodcut matters. Coming face to face with a woodcut happens to most of us daily — yet who is aware of how culturally important this humble art form has been — and continues to be? A piece of wood can be transformed into meaning simply by cutting its surface, inking the block and transferring the image onto paper. Some of the most memorable printed images have come into being this way: Dürer's *The Apocalypse*, Hokusai's *The Great Wave*, Munch's *The Kiss*.

Coldwell explores through fourteen thematic chapters the importance of this distinct artform — its artistic, historical and intellectual significance — and why it has proved so resilient across centuries. In doing so, it tells the story of the art form itself.

Witty, elegant, engrossing, this book plunges us into a world of hidden messages, political uproar, secret courtings and bitter wars. It introduces us to kings, emperors, queens, poets, witches, dissidents, librarians, printers and scientists. Guiding us brilliantly through the history of the artform, right from the 6th Century, Coldwell creates an elaborate, engrossing visual tapestry and a kind of cultural detective work.

Paul Coldwell (www.paulcoldwell.org) is an artist, curator, researcher and writer who has worked with and studied woodcuts for more than fifty years. His work has been exhibited widely, including at the British Museum, the Tate and V&A galleries in London, the Musée d'art et d'histoire in Geneva and the Museum of Modern Art in New York. Since 2001 he has been a Professor in Fine Art Printmaking at the University of the Arts London. He has been a regular contributor to publications including *Art in Print*, *Printmaking Today* and *Print Quarterly*, and he is the author of several books, including *Printmaking: A Contemporary Perspective*.

Lessons for Young Artists

David Gentleman

Lessons
for Young
Artists

David
Gentleman

Imprint: Particular Books

Editor: Chloe Currens

Format: Hardcover

Trim Size: 190mm | 140mm

Extent: 192 Pages

Pub Date: 10 July 2025

UK RRP: £20.00

Rights Sold: *Chinese Simplified* (Shanghai People's Fine Arts Publishing House), *US & Canada* (Chronicle Books)

A master hands over his tools in this generous, gentle book of artistic advice

We are all artists as children, painting and drawing each day. Most of us stop when we get older – but David Gentleman kept going. For over ninety years he has been drawing, painting, engraving and printing. His watercolours have filled galleries; his iconic wood cuts are emblazoned across posters, book jackets and train stations; his stamps have made their way across the world.

Here, the great, polymathic artist and craftsman shares what he has learned over the course of a lifetime of making and thinking about art. Unlike his contemporaries, Gentleman was never a teacher; his lessons are a sequence of unconventional prompts and reflections that will deepen how you think about art and the world around you.

Sincere, practical and unpretentious, Gentleman's insights are a breath of fresh air. Here are new ways to focus, notice the world and cultivate your own style; techniques to evolve your work, from playing with time to painting in bad weather; methods for getting the most out of mistakes and negative criticism; and, above all, reminders to return, always, to the simple delights of creativity.

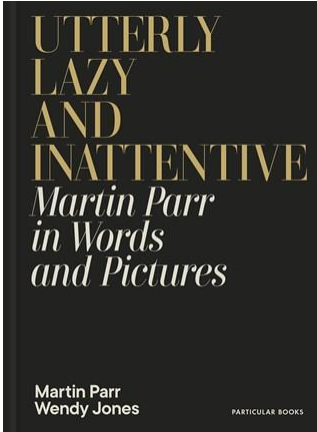
'Lessons for Young Artists is anything but a how-to manual or didactic textbook. Instead, it's like a visit to David Gentleman's studio where you sit at his shoulder, watching him work, while he shares tips, wisdom, anecdotes ... Finding beauty in the neglected, unnoticed moments that pass us by is a lesson that can be applied to anyone's life, 'Young Artist' or not. This is diamond advice, lightly given' – **The Guardian**

'Gentleman distils more than seven packed decades into an inspiring primer for the hobbyist and art school graduate alike' – **The Financial Times**

David Gentleman is a painter and printmaker, working in many mediums. His work is held in many major galleries, including Tate, the V&A and the British Museum. He has designed postage stamps and coins, and the platform-length mural at Charing Cross on the London Underground.

Utterly Lazy and Inattentive Martin Parr in Words and Pictures

Martin Parr



Imprint: Particular Books
Editor: Chloe Currens
Format: Hardcover
Trim Size: 246mm | 182mm
Extent: 312 Pages
Pub Date: 4 September 2025
UK RRP: £20.00

Rights Sold: *French* (Editions Michel Lafon), *US & Canada* (Rizzoli International Inc), *Chinese Simplified* (Zhejiang Photographic Press Co.)

One of the most popular photographers on the planet recounts his life and art

When Martin Parr was fourteen, his teacher wrote that he was 'utterly lazy and inattentive' in a school report. He went on to become one of the most successful and sought-after photographers in the world. Martin has published over one hundred photobooks on many different subjects, from seaside resorts to smoking, over his career. Now, for the first and only time, Martin has produced a book about himself, telling his own story, in his own words.

This autobiography combines over 150 of Martin's photographs – from his earliest snapshots to the work he is doing today – with his recollections and reflections on each image.

As Martin shares his story, his distinctive voice delicately captured by his friend, the writer Wendy Jones, he also reveals his approach to work and commissions; his tricks for gaining access and getting the shot; and he divulges his particular passions: for crowds and queues, bad weather on beaches, and more.

Utterly Lazy and Inattentive combines the artistic star power of Grayson Perry's *Descent of Man* or David Hockney's *Pictures* with the arresting literary qualities of a memoir like Kathryn Scanlan's *Kick the Latch*. It is the definitive account of a great photographer's career, curating the work that has defined his life. By looking at the world through his eyes and his lens, we come away seeing Martin Parr – and ourselves – a little differently.

Martin Parr ([@martinparrstudio](https://www.instagram.com/martinparrstudio)) is one of the world's most famous and successful photographers, particularly celebrated as a searing and witty documentarian. He was President of Magnum Photos from 2013 until 2017. He holds the Guinness World Record for the largest simultaneous photography exhibition: on 1st April 1999, *Common Sense* was shown simultaneously at 41 galleries around the world. Today, there is always at least one Parr show on somewhere in the world.

Wendy Jones is the author of seven books, including the bestselling *Grayson Perry: Portrait of the Artist as a Young Girl*. She has a PhD from Goldsmiths on writing interview-based biographies, and her books have been published in eleven languages.

GIFT & ILLUSTRATION

The Book of Birds

A Field Guide to Wonder and Loss

Robert Macfarlane & Jackie Morris



From the authors of the bestselling, award-winning, multi-adapted phenomenon *The Lost Words*: a dazzling celebration of endangered birds

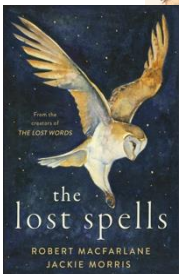
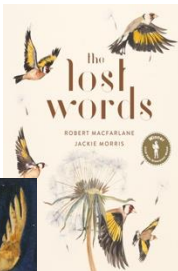
The Book of Birds is a beautiful compendium of forty-nine once-common bird species. From Dippers to Divers, Nightingale to Nightjar, birds of the moorlands, mountains, the city and the sea, Robert Macfarlane and Jackie Morris conjure the unique spirit of each remarkable species, many of which are now facing extinction.

In lyrical and incantatory essays, Macfarlane describes each bird's habits and habitats, their patterns of flight and song, how they hunt, fish, scavenge or gather, how they nest and raise their chicks, the myths which attend them, the threats which shadow them - and how their lives intersect with our own. On every page we encounter Morris's exhilarating artwork, painted from life in watercolour and gold leaf, and animated with an extraordinary attention to detail. And hidden amid this flock of species are the universal Wonders of Bird...

Imprint: Hamish Hamilton
Editor: Simon Prosser
Format: Hardcover
Trim Size: 245mm | 167mm
Extent: 384 Pages
Pub Date: 7 May 2026
UK RRP: £35.00

Rights Sold: *Dutch* (Athenaeum), *German* (Ullstein)

Previously published:
The Lost Words
The Lost Spells



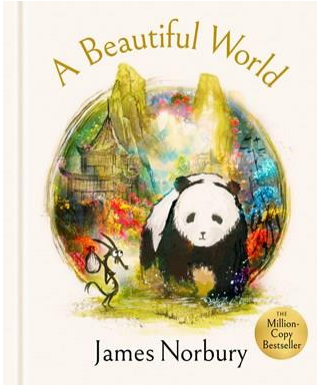
Seven years in the making, *The Book of Birds* is a love letter to the variety and mysteries of birdlife, and a clarion call to halt the rapid depletion of our skies. It is a book to be treasured by bird-lovers of all ages and a future classic reference text.

Robert Macfarlane ([@robmacfarlane](#)) is internationally renowned for his writing on nature, people and place. His bestselling books include *Underland*, *Landmarks*, *The Old Ways*, *The Wild Places* and *Mountains of the Mind*. His work has been translated into more than thirty languages, won prizes around the world, and been widely adapted for film, music, theatre, radio and dance. With the artist Jackie Morris he co-created the internationally bestselling books of nature-poetry and art, *The Lost Words* and *The Lost Spells*. He has released two albums, *Lost In The Cedar Wood* (2021) and *The Moon Also Rises* (2023). In 2017, the American Academy of Arts and Letters awarded him the E.M. Forster Prize for Literature, and in 2022 in Toronto he was the inaugural winner of the Weston International Award for a body of work in the field of non-fiction.

Jackie Morris ([@jackiemorrisartist](#)) is the bestselling and award-winning co-creator of *The Lost Words* and *The Lost Spells*. She also illustrated and introduced a new edition of Barbara Newhall Follett's lost classic of wild literature, *The House Without Windows*. As an author, Jackie Morris has produced over forty beloved children's books; as an artist she has also worked with the *New Statesman*, *Independent* and *Guardian*, among others. Jackie lives in a cottage on the cliffs of Pembrokeshire.

A Beautiful World

James Norbury



From the global bestseller of *Big Panda and Tiny Dragon*, our two friends return to undertake a beautifully illustrated and poignant journey in search of the most beautiful place in the world

On discovering a map that promises to lead them there, the search takes Big Panda and Tiny Dragon on a demanding expedition through tough terrain. The pair traverse dark forests, hazardous mountains, derelict ruins and dark caves. There are times when the landscape threatens to overwhelm them, but together they keep walking. Each environment, so menacing at first, slowly yields pockets of light, life and beauty.

This is a story of a life-affirming friendship, of struggle and hope, and the immense power of looking for beauty in the most unlikely places.

Imprint: Michael Joseph
Editor: Daniel Bunyard
Format: Hardcover
Trim Size: 230mm | 189mm
Extent: 176 Pages
Pub Date: 25 September 2025
UK RRP: £18.99

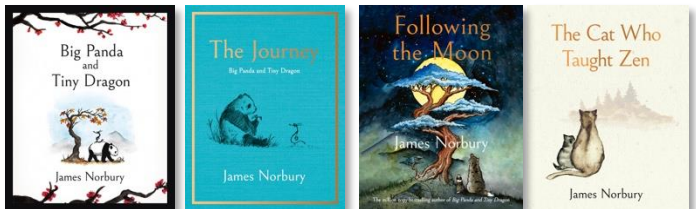
Rights Sold: *Chinese Simplified* (China South Booky Culture Media), *Chinese Complex* (China Times Publishing), *Greek* (Dioptra Publishing), *French* (Le Lotus et l'éléphant (Hachette Livre)), *Bulgarian* (Iztok-Zapad), *Italian* (Rizzoli Libri S.p.a), *Dutch* (Fontaine), *German* (Goldmann (PRH Germany)), *Croatian* (Stilus Knjiga), *Slovene* (Učila), *Spanish* (VR Editoras), *Polish* (Albatros), *US & Canada* (Harper Morrow (Harper Collins)), *Hungarian* (XXI. SZAZAD), *Brazilian Portuguese* (VR Editoras)

A simple, thought-provoking tale with a deep resonance and well of wisdom inspired by Buddhist philosophy – all packaged with beautiful hand-drawn and watercolour illustrations – *A Beautiful World* is the perfect gift for adults and children alike seeking comfort, understanding and, of course, beauty.

James Norbury (@jamesnorbury_) is an artist, author and illustrator with a love of nature and animals. James was born in the Forest of Dean and he's spent most of his life writing and drawing. He studied Zoology at university and after graduating he moved to Ireland. From there he travelled around the UK living in Newcastle, Swansea and Cheltenham, some of the time living on a narrowboat. James now lives back in Swansea with his wife and their seven cats. He volunteers with his local Cats Protection. His books have sold over a million copies globally and have been bestsellers in many markets.

Previously published:

Big Panda and Tiny Dragon
The Journey
The Cat Who Taught Zen
Following the Moon



Dear Mum, I Love You... And Here Are Some Reasons Why Alice Williams



Imprint: Michael Joseph
Editor: Daniel Bunyard
Format: Hardcover
Trim Size: 198mm | 129mm
Extent: 160 Pages
Pub Date: 5 March 2026
UK RRP: £12.99

A beautifully illustrated and interactive book in which to collect and share your most cherished memories with your mum. A perfect, personal gift for mothers to remind them how much they are loved

From 'a song that always reminds me of you', to 'our favourite holiday traditions', *Dear Mum, I Love You* is the perfect personalised gift for mothers. Through thought-provoking questions and easy to fill in prompts, the giver of this book is encouraged to remind their mothers — and themselves — how much their relationship is truly treasured and appreciated.

Beautifully illustrated by Alice Williams, this is a special place to gather cherished memories of childhood, holidays, life lessons learned, meals, laughter and tears, and so much more. The perfect opportunity to revisit and preserve favourite moments shared with your loved one in the form of a unique and heartfelt gift.

Illustrated in a similar style to the globally successful and bestselling *Book of Gifts* by Lucy Claire Dunbar, this book is filled with charming and comforting feline characters depicting the love between a mother and her child. Space is left for 'Mum' to write in the journal, but the prompts are predominantly aimed at the gift giver to fill in before presenting.

Alice Williams ([@byalicewilliams](https://www.instagram.com/byalicewilliams)) is an illustrator from London who captures cosy scenes depicting cats at play. She has a dedicated and engaged following on her Instagram platform (107k) where she regularly shares her illustrations. Her world is warm and bright, wanting to fill her audience with comfort and hope. Aside from drawing, Alice enjoys journaling, crocheting and crafting. She often shares videos of herself online, documenting her artistic adventures.

How I Say I Love You

Jess Bircham



A beautifully illustrated and delightfully charming book, full of ideas with how to show the people who matter most, how much they mean to you. The perfect gift book for any time of year

There are countless ways to say “I love you” without speaking those three words. Through her endearing illustrations, artist Jess Bircham explores the many expressions of love — through actions, intentions, and subtle everyday gestures.

Perhaps that action is doing the dishes, or making a cup of tea. Or watching someone's favourite TV show with them. Perhaps it's as simple as just being present and listening.

There are a million ways to show love, without saying "I love you", and Jess Bircham brings these possibilities to life with her adorable and enchanting artwork.

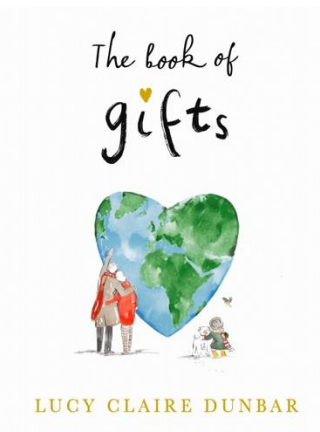
How I Say I Love You is a heartfelt book to treasure and share with the ones who matter most — a partner, a child, a parent, a friend.

Imprint: Michael Joseph
Editor: Daniel Bunyard
Format: Hardcover
Trim Size: 176 x 126mm
Extent: 128 Pages
Pub Date: 6 August 2026
UK RRP: £12.99

Jess Bircham ([@jessbirchamillustration](https://www.instagram.com/jessbirchamillustration)) has been illustrating children's books for more than 14 years. Known for her whimsical characters and expressive line work, she brings warmth and imagination to every story she illustrates. Originally from Bath, England, much of Jess's artistic inspiration comes from her childhood in the English countryside. She now lives in Washington State, USA, where she continues to create from her mountain home shared with her husband, two sons, and a variety of animals. When she is not illustrating, Jess enjoys spending time outdoors, especially riding her horses and exploring the nature surrounding her that so often influences her work.

The Book of Gifts

Lucy Claire Dunbar



Sometimes all we need is a gift to bring us joy, help us through our lives or even just through the day

For Lucy, hope can be found everywhere – in family, friendships and even the changing of seasons – and in her art, she seeks to capture that magic in every line and brushstroke.

From celebrating the kindness of strangers and commemorating loss to reflections on the passing of time and the beginning of new opportunities as the years turn, Lucy's work combines beautiful, hand-drawn illustrations with words that speak to the heart.

In this, her first book, she'll be drawing together a range of her most popular artwork, framing it within a series of intertwined short stories, to create an irresistible and perennially appealing gift, whether it's for your friend, family, partner or yourself.

Imprint: Michael Joseph

Editor: Daniel Bunyard

Format: Hardcover

Trim Size: 230mm | 189mm

Extent: 160 Pages

Pub Date: 14 November 2024

UK RRP: £16.99

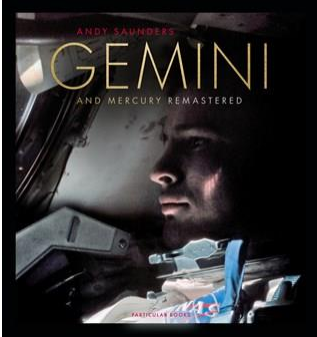
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Lucy Dunbar ([@lucyclaireillustration](https://www.instagram.com/lucyclaireillustration)) is an illustrator and designer based in Oxfordshire who came to prominence by honouring the likes of The Queen and Matthew Perry with art drawn from behind, always leaving the story open for her viewers to interpret for themselves. Having been diagnosed with Type 1 diabetes from the age of two, Lucy temporarily lost her sight in her early twenties. After she'd regained it, she made a promise to herself to draw every day. From that commitment, came her hugely popular online success. She now has an established and fast-growing social media following with 559k followers on Instagram and has appeared on national radio and prime time TV in the UK. This is her first book.

SCIENCE & NATURE

Gemini and Mercury Remastered

Andy Saunders



Imprint: Particular Books
Editor: Casiana Ionita
Format: Hardcover
Trim Size: 310mm | 290mm
Extent: 320 Pages
Pub Date: 28 August 2025
UK RRP: £50.00

Rights Sold: *US & Canada*
 (Black Dog & Leventhal
 (Hachette))

Previously published:
Apollo Remastered



Embark on a captivating photographic journey beyond Earth, from the dawn of human space exploration

When we think of space exploration, we can't help but think of the Apollo missions and Neil Armstrong's one giant leap. But what about the small steps that enabled NASA to reach for the Moon?

Astronauts working on the earliest space missions answered fundamental questions about the possibilities of long-duration space travel, paving the way for the Apollo missions and, ultimately, the Moon landings. They also took the first, and still some of the finest, images of Earth ever captured on film.

Now the bestselling author of *Apollo Remastered*, Andy Saunders, has restored images from these missions to show them in unprecedented detail and tell their story, filled with dramatic life-or-death moments, mischievous pranks and astonishing triumphs. This stunning visual odyssey brings to life the pivotal, intimate moments of early space travel, unveiling the raw beauty and profound challenges faced by the astronauts pushing the boundaries of human achievement. *Gemini and Mercury Remastered* is a striking tribute to these and a testament to the enduring power of exploration.

'Wickedly exciting... Mercury and Gemini had an infinite list of challenges to prove: [...] here you will witness these moments through Saunders' remastered imagery and truly experience history' **Tom Hanks**

'These remastered photos, in such detail and clarity, bring back clear memories of my journeys into space. Andy Saunders not only brings to the surface the value of the Mercury and Gemini programs, but more important, he allows people around the world to experience the same incredible awe of our beautiful Earth as the astronauts did on those very first voyages into space' **Jim Lovell, Gemini 7 & 12, Apollo 8 & 13**

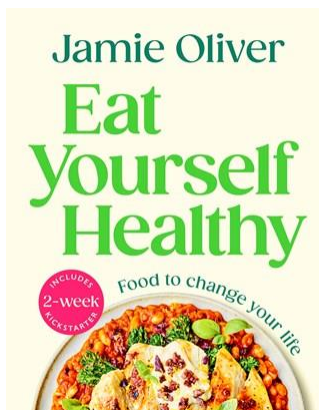
Andy Saunders ([@andysaunders_1](https://twitter.com/andysaunders_1)) is one of the world's foremost experts in NASA digital restoration and author of the *Sunday Times* bestselling *Apollo Remastered*. He has exhibited internationally, and he collaborated with Tom Hanks to produce *The Moonwalkers* – an immersive show which has travelled internationally from London to Seoul. His photographs have appeared in *BBC News*, *Smithsonian Magazine* and *New York Times*, as well as in NASA's own archives. In 2019, he created the only clear, recognisable image of Neil Armstrong on the Moon, and in 2023, he received the Royal Photographic Society Award for Scientific Imaging.

HEALTHY EATING

Eat Yourself Healthy

Food to Change Your Life

Jamie Oliver



Kickstart your good life with Jamie's first healthy-eating cookbook. It's about more not less: more taste, more joy, more energy, more sleep . . .

Kickstart your good life by delving into Jamie's first cookbook for better long-term health – *Eat Yourself Healthy*.

But Jamie's health journey will be all about more not less: more taste, more joy, more energy, more sleep, more of the things that we all want . . .

Looking after yourself begins with food.

In *Eat Yourself Healthy*, Jamie's 120 easy, mouthwatering recipes will energise, satisfy, nourish and revitalise.

This is all about what you *can* have, not what you can't.

Jamie's healthy eating is joyful, generous and so tasty you'll keep coming back to it.

For the first time, the book opens with a 2-week nutrition-packed meal plan to kickstart your health journey and 50 helpful health hacks ensure that healthy choices are always easiest choices.

This is good food to change your life.

Jamie Oliver ([@jamieoliver](https://www.instagram.com/jamieoliver)) is a global phenomenon in food and campaigning. Over a quarter century television and publishing career he has inspired millions of people to enjoy cooking from scratch and eating fresh, delicious food. Through his organization, Jamie is leading the charge on a global food revolution, aiming to reduce childhood obesity and improve everyone's health and happiness through food.

Jamie started cooking at his parents' pub, The Cricketers, in Clavering, Essex, at the age of eight. After leaving school he began a career as a chef that took him to the River Café, where he was famously spotted by a television production company and the Naked Chef was born. Twenty-five years later, his shows are still watched by millions and he has sold over 50 million books worldwide. Jamie lives in Essex with his wife Jools and their children.

Imprint: Michael Joseph

Editor: Louise Moore

Format: Hardcover

Trim Size: 246mm | 189mm

Extent: 320 Pages

Pub Date: 11 September 2025

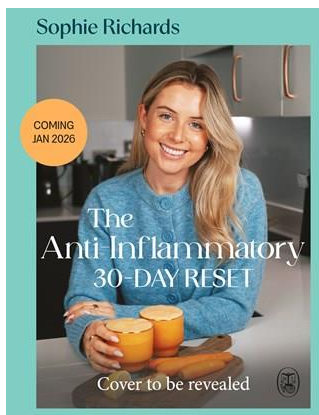
UK RRP: £30.00

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The Anti-Inflammatory 30-day Reset

Simple Steps to Transform Your Health for Good

Sophie Richards



Imprint: Michael Joseph
Editor: Lone Walder
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 336 Pages
Pub Date: 1 January 2026
UK RRP: £25.00

Rights Sold: *US & Canada* (Harper Harvest (Harper Collins)), *Chinese Simplified* (China Renmin University Press)

Embark on a life-changing journey towards health and vitality by embracing food and simple habits that nourish, heal and reduce inflammation

Are you ready to uncover the secret to a healthier, happier life that's free of pain, bloating, inflammation and other uncomfortable symptoms? Introducing *The Anti-Inflammatory 30-day Reset*.

This practical and empowering guide from women's health practitioner, Sophie Richards ([@sophie.richards](https://twitter.com/sophie.richards)), will help you understand how inflammation is at the root of countless health issues and show you how to reset your diet and make simple but transformational lifestyle tweaks for a lasting, life-changing impact.

Inspired by her journey from daily pain and discomfort to vitality and recovery, Sophie shares scientific insights and her own personal testimony to reveal the true impact of inflammation on gut and hormonal health. While the cause of Sophie's pain was the chronic inflammatory condition endometriosis, her advice also applies to other inflammatory conditions and hormonal imbalances, including PCOS and IBS, showing how inflammation can affect anyone and the symptoms can hugely disrupt your everyday life.

The solution? Embrace an anti-inflammatory lifestyle using Sophie's simple, accessible tips, health-boosting recipes, and practical takeaways to optimise your health and take charge of your well-being. Centred around six core pillars (Diet, Detox, Gut Health, Sleep, Stress and Movement), *The Anti-Inflammatory 30-day Reset* will not only help you feel better *right now* but will set you up for a lifetime of vibrancy and happiness — all in just 30 days!

Sophie Richards ([@sophie.richards](https://twitter.com/sophie.richards)) is a women's health advocate and hormonal health practitioner who shares her experiences battling endometriosis with her growing online community in order to help and inspire others. After suffering with chronic pain, bloating and fatigue, and being told by medical professionals no solution was available to her — even after being formally diagnosed with endometriosis, Sophie set out to find her own way to alleviate her debilitating symptoms. She eventually discovered the AIP diet (anti-inflammation protocol) which completely transformed her life.

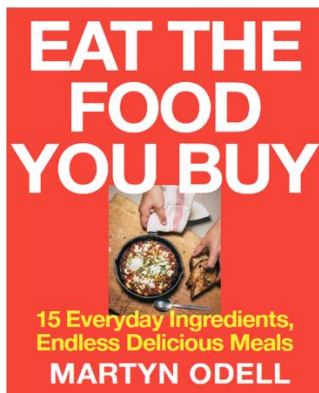
While documenting her journey and sharing the tips learned along the way, Sophie has built a loyal online community of over 600k followers and self-published an AIP guide.

FOOD & DRINK

Eat The Food You Buy

15 Everyday Ingredients, Endless Delicious Meals

Martyn Odell



Revolutionise your mealtimes, with tips, tricks and recipes for delicious meals that use up what you have

Eat The Food You Buy empowers you to think outside the box, follow your tastebuds, and make a meal out of – literally – anything! You can reduce your dependence on processed foods, cut down on food waste, save money and boost your confidence in the kitchen.

Focusing on 15 everyday ingredients and broken into sections on Veg, Meat and Fish, and Cupboard Essentials, *Eat the Food You Buy* will transform your cooking experience and make every meal an adventure.

Finally, a book that will help you save money, reduce your dependence on processed foods and cut down on food waste. This will be a new staple in our kitchens and revolutionise our approach to cooking, giving us all the confidence that past generations had to cook with what they had available. It's time to make cooking more fun, more economical, and more delicious than ever before.

Martyn Odell, aka The Lagom Chef, ([@lagomchef](https://www.instagram.com/lagomchef)) has been a chef since the age of fifteen, having worked in many food spaces from restaurants to street food, cookery schools and recipe development. His passion for food and educating people on waste-free cooking is plain to see in his online videos which have gained him millions of followers around the world. *Eat the Food You Buy* will be his first book.

Imprint: Penguin Life
Editor: Amy McWalters
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 304 Pages
Pub Date: 16 July 2026
UK RRP: £25.00

The Five Tastes

Fuchsia Dunlop



An adventurous and accessible guide to the magic of Chinese flavour, by the internationally bestselling cook and writer

When people in ancient China spoke of the 'five tastes', they were talking not only literally about the five tastes recognized in Chinese gastronomy – sour, bitter, sweet, pungent and salty – but also metaphorically about all the ingredients and tastes at a cook's disposal. They were part of the dynamic process of the cosmos, like the five elements and the constant flux of yin and yang. A chef was a kind of magician, someone able to harness the virtues of the five tastes and combine them harmoniously in a dish.

In *The Five Tastes*, the legendary cook and writer Fuchsia Dunlop teaches you how to master the irresistible flavours of China and bring them into any kitchen. By focusing on key Chinese seasonings, flavour combinations and techniques, Fuchsia offers you a toolkit for conjuring up delicious recipes from whatever ingredients you have to hand, whether seasonal treats from a farmer's market, specialist Chinese produce or basic vegetables from a supermarket.

Featuring a selection of enticing recipes drawn from all over China, chosen with an eye for economy, practicality and flexibility, *The Five Tastes* is a celebration of the Chinese philosophy that good health and pleasure are inseparable when it comes to food.

Imprint: Particular Books
Editor: Sam Fulton
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 352 Pages
Pub Date: 3 September 2026
UK RRP: £30.00

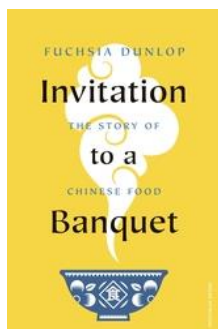
Rights Sold: *US & Canada*
 (WW Norton)

'I, for one, am grateful to be living in an era when I can read Fuchsia Dunlop's erudite writing.' - **Ken Hom**

'The best writer in the West - and perhaps in the world - on Chinese food' - **Bee Wilson**

'Fuchsia has a rare ability to convey an encyclopaedic knowledge of Chinese cuisine in a compelling and totally delicious way' - **Heston Blumenthal**

Previously published:
Invitation to a Banquet



Fuchsia Dunlop was the first Westerner to train as a chef at the Sichuan Higher Institute of Cuisine, and has been travelling around China, researching and cooking Chinese food, for 30 years. Her award-winning and bestselling books include *The Food of Sichuan*, *Shark's Fin and Sichuan Pepper*, *Every Grain of Rice*, *Land of Fish and Rice* and *Invitation to a Banquet*, several of which are now published in translation in China. Based in London, she speaks, reads and writes Chinese.

Italy On a Plate

Rachel Roddy



From the bestselling, award-winning author of *An A-Z of Pasta: a journey of discovery through Italy's culinary landscape, offering mouth-watering recipes, essential techniques, ingredient insights, and a taste of the Italian way of life*

In her prize-nominated, bestselling and beloved *An A-Z of Pasta*, Rachel Roddy opened thousands of home-cooks' eyes (and tastebuds) to the world of pasta. In her inspiring and utterly delicious new book she tells a wider story of Italy – her home for the last 20 years – through the food of its wildly different regions, in 20 chapters and 140 flavourful recipes. She also includes 20 essential cooking 'Principles' to give homecooks the techniques, and the confidence to create many Italian-inspired dishes of their own.

From mountainous Val D'Aosta to the rugged Sicilian coast, Rachel takes us on a culinary adventure across the length and breadth of Italy. Each chapter is shaped around one Principle (for example, 'The Risotto Principle' and 'The Frittata Principle') and seven regional recipes, some familiar, others wonderfully surprising, all of them mouthwateringly irresistible. Whether it's *Bagna cauda* from Piemonte, *Bigoli* with duck sauce from Veneto, a 10-vegetable stew from Abruzzo, or Stuffed Peaches from Liguria, Rachel brings each region to life in your kitchen, to inspire and encourage you, whether you're a seasoned cook or a passionate foodie.

Italy on a Plate is a culinary jigsaw of 20 pieces that stand alone, but also fit together into a bigger picture that brings the heart of Italy into your home. It's a deeply practical, lovable recipe book full of essential techniques, ingredient notes, advice, experience and good things to eat.

Imprint: Fig Tree

Editor: Helen Garnons-Williams

Format: Hardcover

Trim Size: 240mm | 170mm

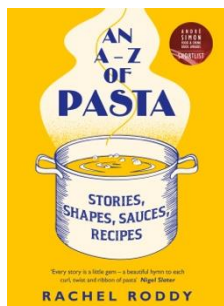
Extent: 352 Pages

Pub Date: 17 September 2026

UK RRP: £30.00

Also by Rachel Roddy:

An A-Z of Pasta:

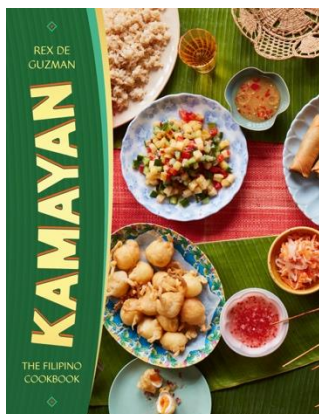


Rachel Roddy (@[rachelaliceroddy](https://twitter.com/rachelaliceroddy)) moved to Rome in 2005 where she began writing, mostly about food, on her blog Racheleats. Her first book, *Five Quarters*, was published in 2015 and won both the André Simon Food Book Award and the Guild of Food Writers First Book Award. She has written for the *Financial Times*, the *Telegraph*, *Conde Nast Travel*, *Vanity Fair*, *Delicious Magazine* and has an award-winning weekly column in *The Guardian* called *A Kitchen in Rome*. She lives in Rome with her Sicilian partner and son Luca.

Kamayan

The Filipino Cookbook

Rex De Guzman



The all-encompassing definitive guide to Filipino cooking — learn how to make over 70 classic, phenomenally delicious Filipino recipes at home

The Philippines is known as the home of fusion food, combining gastronomic and cultural influences from Spain, China, the US and Japan. With entirely unique flavour combinations, Filipino food is set to be the next big cuisine in the cookery market.

With Grilled Pork Belly with Vermicelli Noodles, One Pan Chicken Tomato Stew, Crispy Tofu with Soy Vinegar, Tocino Pork Chops with Pineapple and Soy Glaze, Condensed Milk Crème Caramel and so many more, the 77 recipes are an all-encompassing collection and will inspire everyone to cook delicious Filipino food, packed with flavour.

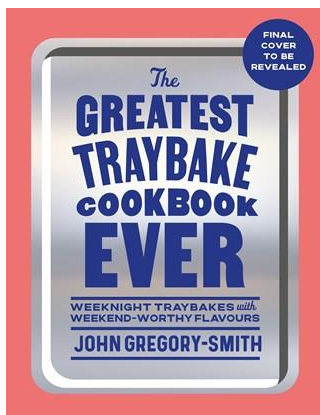
Imprint: Michael Joseph
Editor: Daniel Hurst
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 272 Pages
Pub Date: 23 July 2026
UK RRP: £30.00

Rex De Guzman ([@therexdeguzman](https://twitter.com/therexdeguzman)) is a British-born Filipino chef, entrepreneur, content creator, and media personality. He built his professional career working with notable brands such as the Gordon Ramsay Group and briefly under Michelin-starred chef Simon Hulstone. His passion for Filipino cuisine gained him nationwide exposure as a grand finalist on Jamie Oliver's Channel 4 series, "The Great Cookbook Challenge." In 2014, Rex hosted his first pop-up restaurant, marking the beginning of his mission to popularize modern Filipino cuisine in the UK. In 2016, he embarked on a culinary research expedition to the Philippines to gain a deeper understanding of Filipino food and culture. He established Turo Turo, a Filipino street food stall, and is now on his way to opening his first restaurant in London. This will be Rex's first cookbook.

The Greatest Traybake Cookbook Ever

Weeknight-Friendly Traybakes With Weekend-Worthy Flavours

John Gregory-Smith



100 effortless traybake recipes that use everyday ingredients and focus on big flavour by bestselling cookbook author, John Gregory Smith

The cookbook that will give you and your humble roasting tin the power to turn simple easily accessible ingredients into flavour-packed, delicious dinners with minimal fuss.

Inside you'll find 100 delicious, easy recipes that celebrate food and flavours from across the world, as well as elevated takes on the family favourites.

John Gregory Smith — chef, social media and TV star and bestselling author — has written a cookbook that champions everyday meals that are big on flavour and low on effort with a chapter for any occasion. There are speedy traybakes for when time is of the essence; slow traybakes for letting the transformative alchemy of time and heat work their magic; swanky recipes for special occasions; rice and pasta dishes for carby classics; plus a whole chapter of people-pleasing chicken traybakes that you'll turn to time and again.

Fall in love with Harissa salmon with crispy Lentils, Browned Butter Dukkah Pumpkin, Persian Style Saffron Chicken Rice, Warm Broccoli Butterbean and Anchovy Salad and Prawn and Orzo Fideua.

Weeknights will never be the same again!

John Gregory-Smith ([@john_gregory_smith](https://www.instagram.com/john_gregory_smith)) is a content creator, TV presenter and best-selling author who specialises in Eastern Mediterranean and World Cuisines. He has written seven cookbooks, including *Fast Feasts*, *Saffron in the Souks* and *Orange Blossom and Honey*. He regularly appears on TV in the UK but perhaps is best known for his regular recipe posts online on his Instagram (1m) and TikTok (483k) channels. They range from every day easy dishes with a Middle Eastern twist to classic dishes that he picked up on his travels. His most successful pasta video received 30 million views across his channels.

Imprint: Michael Joseph
Editor: Daniel Hurst
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 232 Pages
Pub Date: 29 January 2026
 UK RRP: £25.00

Rights Sold: *Dutch* (Becht
 (HarperCollins Holland))

The Ultimate Air Fryer Cookbook: 15 Minute Feasts

Simple and Delicious Meals That Are Ready in a Flash

Clare Andrews



Delicious, affordable, everyday air fryer meals, ready in just 15 minutes, from a *Sunday Times* no.1 bestselling author

15-minute air fryer meals for when you need them the most. This is your ultimate bible of flavour filled, ultra-fast air fryer meals that will be your perfect hearty mid-week dinners for the family, bountiful breakfasts, lunches to grab while you're on the go and delicious desserts too.

Packed full with savvy ways to utilise your air fryer space so you can cook more ingredients at the same time — coupled with Clare's fastest recipes yet — you'll be amazed at what you can create in just 15 minutes.

Knock out recipes include: Hash browns with chorizo, eggs and crispy onions, Moroccan spiced chicken salad with crispy chickpeas and couscous, Sticky pork belly with golden vegetable rice, Prawns Pil Pil pasta, Baked feta, roasted tomatoes and oregano, Kimchi fritters, Roasted tomato and butter bean bake, Strawberries and cream Baked Alaska.

Clare has got your weeknights sorted!

Clare Andrews ([@airfryeruk](https://www.instagram.com/airfryeruk)) was gifted an air fryer early in the lockdowns of 2020. Unsure of what to make (other than chips!), as a keen home cook, she started exploring the possibilities of her air fryer. She began sharing her quick and delicious recipes on Instagram, soon amassing a dedicated following looking to share her expertise. She now has more than 100k followers on Instagram, and her first air fryer cookbook is a *Sunday Times* bestseller, selling 170k copies in the UK.

Imprint: Michael Joseph
Editor: Daniel Hurst
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 208 Pages
Pub Date: 6 November 2025
UK RRP: £22.00

Rights sold: *German* (MVG Verlag)

Previously published:

The Ultimate Air Fryer Cookbook

The Ultimate Air Fryer Cookbook: One Basket Meals



Stronger Than Ever

Megan Grubb



A compassionate self-care and fitness guide to empower and support new mums from multi-platform wellness, mental health and fitness influencer Megan Grubb

Motherhood. It's the beginning of a new era, a new version of you. It might feel scary, perhaps overwhelming — but also super exciting, and often all of these things all at once. As well as the mental challenges, navigating your body, movement and nutrition during this time can feel like a minefield.

In *Stronger Than Ever*, leading voice in health and fitness — and mum — Megan Grubb introduces the readers to her 7 key pillars (Reflect, Nourish, Move, Rebuild, Feed, Support and Mind) to guide on how to feel strong through pregnancy, gently rebuilding afterwards, find confidence, discover the new you, and how to show your child how positive exercise and being strong really is.

Including busy parent friendly meal prep and a six-week movement plan and exercises, this book will support you with the tools to nourish and celebrate your body and what it is capable of.

Megan Grubb ([@meggangrubb](https://www.instagram.com/meggangrubb)) is a multi-platform content creator who has amassed a huge, dedicated following over the course of an online career spanning almost a decade. As a respected wellness expert and founder of mental health and fitness app Beyond, & fashion brand Bluee, Megan (known as 'Meggan' across her channels) is shaking up the fitness sector by bridging the gap between physical and mental health. Over the past five years she has grown her global reach to a combined audience of over 2 million across her Instagram (1.3 million), TikTok (424k) and YouTube (545k) channels. Megan has been featured in the likes of *Women's Health* and *Cosmopolitan* as one of the top voices to listen to when it comes to looking after yourself.

Imprint: Michael Joseph

Editor: Corinna Bolino

Format: Hardback

Trim Size: 234mm | 153mm

Extent: 368 Pages

Pub Date: 30 July 2026

UK RRP: £25.00

Easy Air Fryer Big and Bold Delicious Food

Jamie Oliver



Imprint: Michael Joseph
Editor: Louise Moore
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 224 Pages
UK RRP: £26.00
Pub Date: 30 January 2025

Rights Sold: *French* (Hachette Pratique (Hachette Livre)), *Bulgarian* (Hermes), *Polish* (Insignis), *Greek* (Klidarithmos Publications), *Dutch* (Kosmos Uitgevers), *Hungarian* (Libri Group), *Slovene* (Mladinska Knjiga Založba), *Estonian* (Pegasus), *Spanish* (Grijalbo (PRH Spain)), *Portuguese* (Arena (PRH Portugal)), *Latvian* (Zvaigzne ABC Publisher), *German* (Dorling Kindersley Verlag), *US* (Flatiron Books (Macmillan)), *Canada* (Appetite (PRH Canada))

Air fryers save you time and money. Now discover just how delicious air frying can really be, with Jamie . . .

TRANSFORM YOUR AIR FRYER COOKING WITH JAMIE OLIVER'S EASY, QUICK, AND DELICIOUS RECIPES — PERFECT FOR BEGINNERS, STUDENTS, AND BUSY COOKS.

Air fryers save time, cut costs, and make delicious meals with ease. Discover just how versatile and tasty air frying can be, with Jamie

Whether you're new to air frying or looking to upgrade your skills, *Easy Air Fryer* is your ultimate companion.

From speedy 20-minute dinners and simple 6-ingredient meals to flavour-packed fakeaways and easy one-pot recipes, Jamie shows you how to cook healthy, affordable food for one or many.

Chapters include Quick Fixes, New Classics, Big Up the Veg, Super Salads, A Little Bit Fancy, Cute Canapés, Get Your Bake On, and Proper Puds, giving you options for fast midweek meals, weekend treats, and everything in between.

With smart kitchen hacks, clear step-by-step instructions, and Jamie's trademark flavour-packed style, *Easy Air Fryer* will have you cooking delicious, nutritious meals time after time, with no stress, no fuss.

Jamie's easiest, fastest and most delicious meals, all in an air fryer.

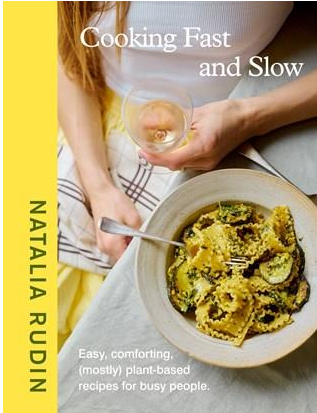
Jamie Oliver (@jamieoliver) is a global phenomenon in food and campaigning. Over a quarter century television and publishing career he has inspired millions of people to enjoy cooking from scratch and eating fresh, delicious food. Through his organization, Jamie is leading the charge on a global food revolution, aiming to reduce childhood obesity and improve everyone's health and happiness through food.

Jamie started cooking at his parents' pub, The Cricketers, in Clavering, Essex, at the age of eight. After leaving school he began a career as a chef that took him to the River Café, where he was famously spotted by a television production company and the Naked Chef was born. Twenty-five years later, his shows are still watched by millions and he has sold over 50 million books worldwide. Jamie lives in Essex with his wife Jools and their children.

Cooking Fast and Slow

Easy, Comforting, (Mostly) Plant-based Recipes for Busy People

Natalia Rudin



A collection of over 100 simple, satisfying plant-packed recipes that are low on effort but BIG on flavour

THE INSTANT SUNDAY TIMES BESTSELLER

Over 100 delicious plant-packed recipes that make simple food feel posh, and posh food feel simple.

Former personal chef Natalia Rudin, aka @NatsNourishments, is adored for her quick, nourishing recipes whipped up after a long day at work. This is her debut cookbook full of knock-out recipes that are low on effort but BIG on flavour.

No matter how much time you have, there is a recipe for every occasion: hearty weeknight meals that take less than 15 minutes, 30 minutes or an hour; slower recipes to savour at the weekend; meal-prep ideas to elevate your packed lunches; and moreish treats to satisfy every sweet tooth. Your soon-to-be favourites include:

- Smashed Miso Butterbeans and Crispy Soy Mushrooms
- Basil, Courgette and Pistachio Mafaldine
- Blistered Tomatoes and Chickpeas on Creamy Polenta
- Romesco Roasted Veg Quinoa Bowl
- Whipped 'Feta', Courgettes and Mint
- Fluffy Buckwheat Pancakes with Date Caramel
- Chai Spiced Chocolate and Pecan Blondies

Cooking Fast and Slow is a show-stopping cookbook full of Natalia's (mostly) plant-based recipes that are guaranteed to comfort, nourish and delight.

Natalia Rudin (@natsnourishments) is a personal-chef turned food creator from London. She has travelled the world cooking for clients and now shares her delicious and achievable recipes online to over 1.4 million followers around the world. *Cooking Fast and Slow* is her first book.

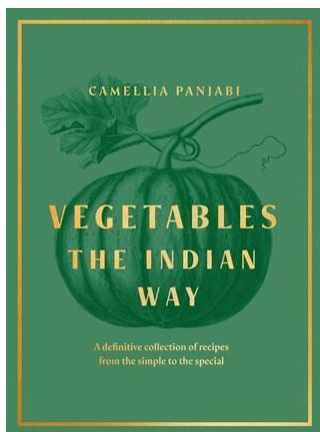
Imprint: Penguin Life
Editor: Amy McWalters
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 256 Pages
Pub Date: 22 May 2025
UK RRP: £25.00

Rights Sold: *German* (Edition Michael Fischer), *Dutch* (Kosmos Uitgevers), *US & Canada* (Ten Speed (PRH US))

Vegetables

The Indian Way

Camellia Panjabi



Imprint: Michael Joseph
Editor: Lone Walder
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 368 Pages
Pub Date: 28 August 2025
UK RRP: £40.00

A defining collection of recipes celebrating the most interesting and delicious vegetable dishes from every region of India

Flavour is at the heart of vegetarian cooking in India. From baby aubergines cooked in nutty masala and crispy onion bhajias served with piping hot chai, to smoky jalfrezi paneer and home-style black dal, this compendium of a cookbook shows how to cook the real Indian meals eaten at home, at celebrations, in restaurants and from street stalls.

Written and compiled by Camellia Panjabi MBE, bestselling author, entrepreneur and restaurateur, this is a beautiful must-have book that anyone who loves to cook and eat Indian food will need on their shelf.

Arranged by vegetable type, *Vegetables* contains over 120 achievable recipes. Stunning bespoke photography elevates and celebrates each ingredient, taking readers to parts of India they'll never have experienced before. Accompanied by fascinating notes on culinary history, vital nutritional information, and invaluable guidance on methods, equipment and – of course – spices, this is a definitive guide for cooks throughout the world.

Camellia Panjabi was born in Mumbai (Bombay) and divides her time between India and London. After graduating in economics from The University of Cambridge she progressed to senior roles in the Indian international hospitality business, becoming the first woman non-family Board Director of a Tata public company in her position for the Indian Hotels Company, operator of Taj hotels.

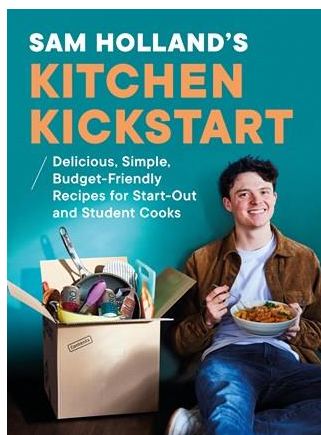
She was the Marketing Board Director of the Taj Group for over two decades, setting up hotels and restaurants globally as well as the signature Bombay Brasserie, Chutney Mary, Amaya and Masala Zones in the UK, where she also oversees operations at Britain's oldest Indian restaurant, Veeraswamy.

Camellia is the author of *50 Great Curries of India* which has sold 2 million copies worldwide. It has been translated into numerous languages and published into many different formats over the course of two decades.

Sam Holland's Kitchen Kickstart

Delicious, Simple, Budget-Friendly Recipes For Start-Out and Student Cooks

Sam Holland



Designed to inspire confidence and ignite a passion for cooking, this is the essential cookbook for anyone moving out of home for the first time, by talented chef and rising star Sam Holland

The essential lifeline for any start out cook, whether you're off to university or you're moving out for the first, third . . . or sixth time, this is your quick and easy guide to truly delicious meals, even on a budget.

Inside you'll find simple, quick, affordable, mouthwatering recipes you'll really want to cook – and eat – each one promising to stave off the temptation to order in.

From learning foolproof methods for the basics, like ultimate cheese sauce and perfect poached eggs, to the classics like spaghetti carbonara, the best gooey brownie recipe going, essential pick-me-ups such as chicken noodle soup and hangover cures like sausage & egg muffins – Sam will sort you out. He'll also teach you how to make quick and convenient meals to cook all week long for yourself and your housemates: 15-minute Thai chicken curry, Pork & pineapple tacos, One pot mac & cheese, Five-A-Day veggie frittata, Spiced lamb kebab, One tray veggie pasta and so many more.

Sam Holland (@samholland1999) has loved food from a young age. His culinary journey began by his Granny Tess's side, where he discovered the magic of food and the joy of preparing it with love. He later pursued his dream to become a professional chef and trained at Leith's before working in restaurants, Gleneagles and Chez Bruce.

He now shares his culinary creations, cooking tips and easy-to-follow recipes on social media, where he has a dedicated following of 765k followers on Instagram, and 683.4k on TikTok. Sam's main goal is to empower the younger generation with the knowledge and skills to cook quick, delicious, and healthy meals at home.

Imprint: Michael Joseph
Editor: Daniel Hurst
Format: Hardcover
Trim Size: 246mm | 189mm
Extent: 224 Pages
Pub Date: 28 August 2025
UK RRP: £22.00

Rights Sold: *US & Canada*
(Dorling Kindersley Inc)