

# Non-Fiction Translation Rights List

London Book Fair

April 2023

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## Digital publisher of brilliant fiction

**Bookouture** is a fast-growing UK-based digital imprint specialising in a broad range of fiction and building authors globally. At just 10 years old, and with a team of 46 people, Bookouture has already scored 470 Amazon UK top 100 hits, and sold **over 53 million copies**.

- From only 1200 books and 263 authors, we sold **9.6 million copies** in **2021**
- We published 293 new titles in 2021.
- We have had **over 60 top-five** Kindle bestsellers and **over 85 top-ten** Kindle bestsellers.
- We publish super-smart writing that keeps our readers up late into the night
  - Women's fiction
  - Crime
  - Historical
  - Psychological suspense
  - Police procedurals
  - Chick lit
  - Paranormal romance
  - Young adult
  - Seasonal fiction
  - Sagas
  - Romance
  - Psychological thrillers
  - Thrillers
  - Holiday reads

**'Britain's Hottest Digital Publisher'**



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UNITED KINGDOM

# Self-Development



## The Sensitive Soul Theresa Cheung

Previous Translation Publishers  
Yeditepe Basim Yayin Dagitim Ltd. sti. (Turkish)

For fans of Brené Brown and Susan Cain

Sunday Times bestselling author

### Editor's Note

The Sensitive Soul will be one of the launch titles for the new non-fiction imprint in Spring 2020. An incredibly timely book, there is a huge and growing appetite for books focussed on personal growth. Theresa's background is in spirituality, paranormal and the afterlife. She is also passionate about scientific research in this area and has collaborated with scientists and doctors on various projects. It's this combination of science and spirituality which is what makes her work so distinctive and her previous books have had over 17 translation rights deals including in China, Japan and Russia. The Sensitive Soul is Theresa's first book targeted at a more mainstream audience.

### Retail Description

The Sensitive Soul explores what it means to be highly sensitive and how to cope in an insensitive world. Simply acquiring knowledge about the reality, biology and psychology of emotional intensity can change the way highly sensitive individuals see the world and their important role in it.

The Sensitive Soul offers that empowering knowledge alongside true-life stories and life-changing advice for people who feel too much. Punctuated throughout with the diaries of highly sensitive individuals from all walks of life, this powerful and practical book will show that although being highly sensitive can be an extremely challenging genetic trait, it is also a wonderful gift.

### Reviews for Theresa Cheung

'Theresa Cheung provides a timely guide for individuals, who feel life deeply, to take a step back, and reflect upon sensitivity and how it fits in the modern world's emotion paradigm.' Goodreads Reviewer ★★★★★

'I found this book absolutely fascinating. As someone who has been told to "toughen up" a lot I could relate to it so much.' Goodreads Reviewer ★★★★★

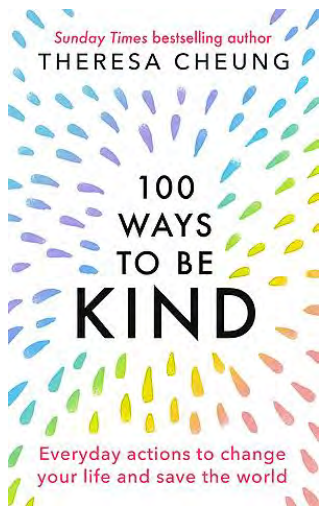
### Author Biography

Theresa Cheung is a Sunday Times bestselling author. She has over two decades experience, both personal and professional, with a Master's degree in Theology and English from King's College Cambridge. Theresa has had her work featured in the Daily Mail, most recently with her latest book The Premonition Code and bestseller Answers from Heaven. Theresa has also set up her own podcast, White Shores, interviewing some of the world's greatest minds and sharing inspiration on personal growth.



Self-Development

232 pages | Pub Date 15/5/2020 | 9781838885137 | Jane Graham-Maw, Graham Maw Christie Literary Agency



## 100 Ways to Be Kind Theresa Cheung

Previous Translation Publishers  
Yeditepe Basım Yayın Dağıtım Ltd. sti. (Turkish)

**For fans of Brené Brown and Susan Cain**

**Sunday Times bestselling author, her previous books have had over 17 translation rights deals including in China, Japan and Russia.**

### Editor's Note

In 100 Ways to be Kind Theresa Cheung offers readers a roadmap of practical and simple ways to be kind. We have all lost our old way of life and the global crisis is giving us a period of global reflection as never before. Theresa shows readers how the power of kindness can not only heal but help us rebuild lives of true meaning and purpose. This book is incredibly timely and centred around a topic that will have universal appeal. Theresa Cheung is a Sunday Times bestselling author and her previous books have had over 17 translation rights deals including in China, Japan and Russia.

### Retail Description

Acts of everyday kindness can boost your mood and immunity, lower blood pressure, ease anxiety, make you look and feel younger, improve all your relationships (including the one you have with yourself) and give you a sense of deep meaning and purpose.

100 Ways to be Kind is a road map of practical and simple ways to be kind including how to be kinder to yourself, to others and to nature.

Often the simplest solutions are the best ones. Kindness is the simple and scientifically proven remedy that everyone needs to administer right now. Contrary to what you may believe, it is not anger or aggression that brings out your true inner grit, but kindness. Kindness gives our lives meaning.

So, if you want to find your meaning and purpose and help save the world at the same time but aren't quite sure how - this book is for you.

### Reviews for Theresa Cheung

'This is exactly the book I needed to read right now. So much insight on kindness... I love this book, it's great to pick up when needed a little inspiration on how to be kind, or if you need a reminder to be kinder to yourself and laugh a little.' Goodreads reviewer

'This beautiful new book by Theresa Cheung is as timely as it is uplifting... the first book I have seen that offers solid ways to get your mind re-focused on what is important in life...' Goodreads reviewer

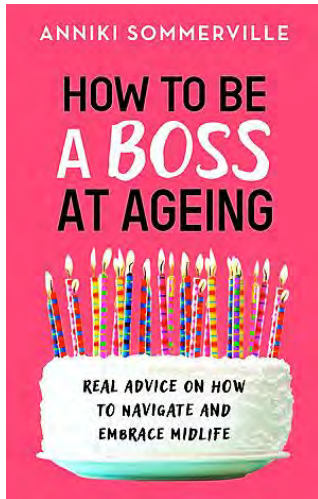
### Author Biography

Theresa Cheung is a Sunday Times bestselling author. She has over two decades experience, both personal and professional, with a Master's degree in Theology and English from King's College Cambridge. Theresa has had her work featured in the Daily Mail, most recently with her latest book The Premonition Code and bestseller Answers from Heaven. Theresa has also set up her own podcast, White Shores, interviewing some of the world's greatest minds and sharing inspiration on personal growth.



### Self-Development

218 pages | Pub Date 11/9/2020 | 9781800190900 | Jane Graham-Maw, Graham Maw Christie Literary Agency



## How to Be a Boss at Ageing Anniki Sommerville

For fans of Ruby Wax, Nora Ephron, Caitlin Moran, Samantha Irby

### Editor's Note

Anniki talks candidly about all aspects of ageing, covering everything from cosmetic surgery, parenthood, relationships and work in such a refreshing and inclusive way. Funny, honest and packed with advice including interviews with experts, I want to press this book into the hands of all the incredible women I know and say, 'read immediately!' Anniki has a highly-engaged following on social media and a rapidly growing platform for her How to Be a Boss at Ageing podcast. Previous guests have included Meg Matthews, Clover Stroud, Sam Baker and Dr Karen Arthur.

### Retail Description

Do you find yourself fighting the urge to go to bed at 8pm? Do you listen to the charts and have no clue who's singing? Do images of celebrities over forty in swimsuits just make you want to drink more wine? If you answered yes to any of these, then this is the book for you.

Funny, honest, and packed with advice, this is a must-read for any woman experiencing – and not particularly relishing – the effects of ageing. Anniki Sommerville shares her own experiences with those of other women, as well as advice from experts – Sali Hughes, Cariad Lloyd, Meg Mathews, Emma Gannon and Dr Karen Gurney among others – to help you navigate this journey including:

- Demystifying the menopause and how to deal with fluctuating moods and hormones.
- Breaking the taboo of cosmetic surgery and why we need to start having honest conversations about ageing and beauty.
- Exploring the reality of fertility treatment and motherhood including what happens when you're peri-menopausal and parenting small kids.
- How feeling bad about our bodies can often be a barrier to feeling good about sex and tips on how you can change that.
- Why ambition is not a dirty word in middle age and how to stop feeling invisible in the workplace.
- How to deal with grief and losing loved ones as we age.

### Reviews for Anniki Sommerville

'I loved this book. Full of wit and wisdom, Anniki tells it like it is.' Clover Stroud

'I LOVED this book...a book I couldn't put down...so refreshingly honest...The language used made the book feel like I was talking to a friend...really helpful and full of useful advice...such a brilliant read!' NetGalley reviewer

### Author Biography

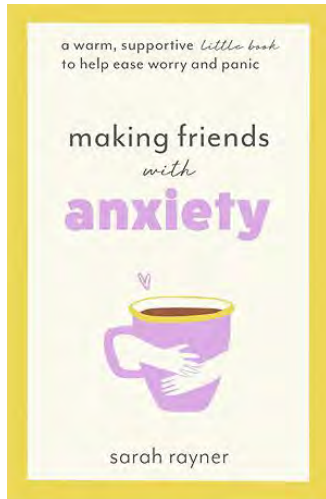
Anniki Sommerville is a podcaster, writer and journalist. She is the author of 'Motherwhelmed' a fiction book that was released in 2019, and 'More Orgasms Please,' which she co-wrote with Lisa Williams - a non-fiction book about sex and modern relationships. She co-hosts the podcast The Hotbed and is the creator of 'How to Be a Boss at Ageing,' - which is currently a podcast series, FB community, events company that also offers online courses with a view to inspiring and supporting women in their forties and fifties. She speaks at events on subjects such as ageing



### Self-Development

290 pages | Pub Date 31/3/2021 | 9781800195165 | John Berlyne, Zeno Agency





## Making Friends with Anxiety

Sarah Rayner

For fans of Matt Haig, Cyndie Spiegel and Louise Hay

**Making Friends with Anxiety has sold 50,000 copies, Making Friends with the Menopause 30,000 and Making Peace with Depression 15,000. Sarah Rayner's books have sold over a million copies**

### Editor's Note

A simple, warm and highly accessible series of books on how to deal with different aspects of mental health, including anxiety, depression and the menopause in kind and gentle way. Sarah writes like an old friend, one with wit and wisdom, and uses her own lived experience of dealing with anxiety to gently guide you through difficult periods. Previously self-published, these books have reviewed very well and Making Friends with Anxiety was praised by Matt Haig: 'Simple, lucid advice on how to accept your anxiety'. Making Friends with Anxiety has approximately 440,000 KOLL reads and has sold 25,000 copies across Kindle and paperback.

### Retail Description

Does anxiety have a hold on you and your life? Do panic and worry tend to dominate every moment? You're not alone – Making Friends with Anxiety is here to help.

In this friendly and supportive little book, bestselling author Sarah Rayner draws on her own experience of living with an anxiety disorder and shares the life-changing coping techniques that have helped her manage her anxiety and panic at home, at work and in all areas of life. Packed with bite-size tips, this must-have handbook has already helped thousands of anxiety sufferers across the world. Sarah takes you by the hand as a friend and explains what causes worry and panic to become such a problem for many of us, including:

- The seven elements that commonly contribute to anxiety, from negative thinking to fear of the future.
- How our bodies physically respond to stress and worry, and how to calm yourself down during a panic attack.
- Tips on how to be kind to yourself when you're having a difficult time, and how to be your own best friend in times of stress.

If you suffer from panic attacks and anxiety, or simply want to spend less time worrying, Making Friends with Anxiety will be your friend in times of need, helping you to feel calmer and happier every day.

### Reviews for Sarah Rayner

'Simple, lucid advice on how to accept your anxiety' Matt Haig, bestselling author of Reasons to Stay Alive.

'Perfect little book that helped me understand what my anxiety entails... better than any therapy session!!!!' Amazon reviewer, 5 stars

### Author Biography

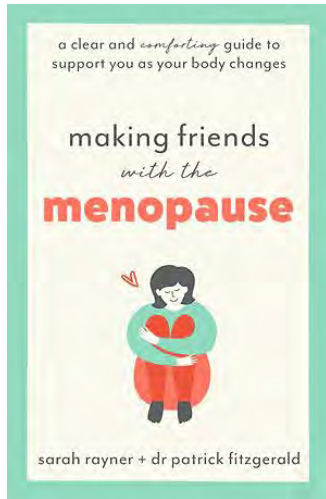
Sarah Rayner is the author of the 'Making Friends' series of non-fiction books including Making Friends with Anxiety, Making Peace with Depression and Making Friends with the Menopause. In these companions to mental health, Sarah has drawn on her own experience of anxiety, depression, and the menopause to help others help themselves. She is the author of the international bestseller One Moment, One Morning and several other novels which have been translated into 12 languages. Her books have sold over one million copies worldwide.



### Self-Development

210 pages | Pub Date 15/6/2022 | 9781803145976 | Gaia Banks, Sheil Land Associates Ltd

Making Friends With



## Making Friends with the Menopause

Sarah Rayner and Dr Patrick Fitzgerald

For fans of Kate Muir, Mariella Frostrup, Alice Smellie and Cyndie Spiegel

**Making Friends with Anxiety has sold 50,000 copies, Making Friends with the Menopause 30,000 and Making Peace with Depression**

### Editor's Note

A simple, warm and highly accessible series of books on how to deal with different aspects of mental health, including anxiety, depression and the menopause in kind and gentle way. Sarah writes like an old friend, one with wit and wisdom, and uses her own lived experience of going through the menopause, coupled with expert advice, to gently guide you through this challenging period. Previously self-published, these books have reviewed very well and Making Friends with Anxiety was praised by Matt Haig: 'Simple, lucid advice on how to accept your anxiety'. Making Friends with the Menopause has approximately 400,000 KOLL reads.

### Retail Description

Night sweats, mood swings, weight gain – the menopause can be a challenging time, leaving us feeling isolated and as if we're losing touch with ourselves. But you are not alone – Making Friends with the Menopause is here to help.

From bestselling author Sarah Rayner, with Dr Patrick Fitzgerald, comes a clear and comforting guide to the menopause that reads like a chat with a good friend. Written with warmth and humour, and packed with practical, bite-size tips from women experiencing menopause themselves, as well as essential insights from Dr Patrick, this life-changing little handbook includes:

- Comprehensive guidance on the range of treatments available including traditional and complementary medicine.
- Tried and tested tips to alleviate the symptoms of menopause including hot flushes, insomnia, forgetfulness, and rising anxiety.
- How to deal with the psychological impact of hormonal changes and lift your self-esteem.
- Suggestions for your sex life and how to talk to your partner about the change you're going through.
- How to find the joy in this period and focus more on yourself and your own wellbeing.

If you're struggling with the symptoms of menopause, simply want to take care of yourself well or if you're looking for support from a friend who knows exactly how you feel, Making Friends with the Menopause will give you the understanding and confidence you need to navigate this profound change and fully embrace this new chapter of your life with open arms.

### Reviews for Sarah Rayner and Dr Patrick Fitzgerald

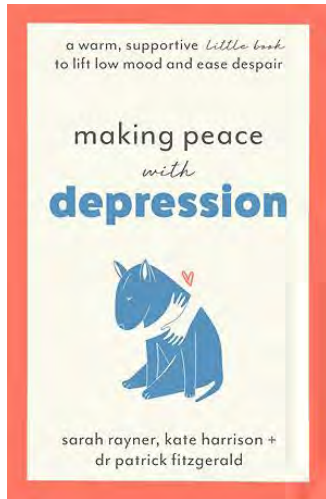
'Would give 10 stars if I could. Love this book.' Amazon reviewer, 5 stars

'The best I have ever read about the menopause. I learnt so much about myself and at what stage I am at.' Amazon reviewer, 5 stars

### Author Biography

Sarah Rayner is the author of the 'Making Friends' series of non-fiction books including Making Friends with Anxiety, Making Peace with Depression and Making Friends with the Menopause. In these companions to mental health, Sarah has drawn on her own experience of anxiety, depression, and the menopause to help others help themselves. She is the author of the international bestseller One Moment, One Morning and several other novels which have been translated into 12 languages. Her books have sold over one million copies worldwide.





## Making Peace with Depression

Sarah Rayner, Kate Harrison and Dr Patrick Fitzgerald

For fans of Matt Haig, Cyndie Spiegel and Louise Hay

**Making Friends with Anxiety has sold 50,000 copies, Making Friends with the Menopause 30,000 and Making Peace with Depression 15,000. Sarah Rayner's books have sold over a million copies**

### Editor's Note

A simple, warm and highly accessible series of books on how to deal with different aspects of mental health, including anxiety, depression and the menopause in kind and gentle way. Sarah writes like an old friend, one with wit and wisdom, and uses her own lived experience of living through depression, coupled with expert advice, to gently guide you through dark times. Previously self-published, these books have reviewed very well and Making Friends with Anxiety was praised by Matt Haig: 'Simple, lucid advice on how to accept your anxiety'. Making Peace with Depression has approximately 120,000 KOLL reads.

### Retail Description

In this comforting and supportive little book, bestselling authors Sarah Rayner and Kate Harrison, with Dr Patrick Fitzgerald, draw on their own experiences of living with depression and share their life-changing coping techniques that have helped them manage low mood and depressive episodes.

They explain that actively trying to fight your depression can actually prolong your suffering – instead, making peace with difficult emotions and compassionately accepting them can restore mental health and happiness. Packed with simple and effective tips, this must-have handbook explores:

- The psychological and physical symptoms of depression and tips to cope.
- How to stop the spiral of negative thinking and boost your self-esteem.
- What to do when you suffer from suicidal thoughts.
- How to seek help and get a diagnosis.
- Different therapies and medications to help you recover.

Uplifting, hopeful and compassionate, Making Peace with Depression will help you on your path to recovery, and shows you how to rediscover joy and contentment every day.

### Reviews for Sarah Rayner and Kate Harrison

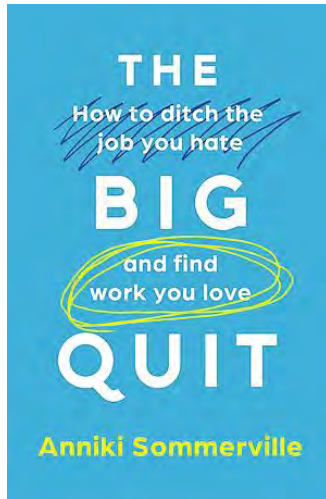
'I ABSOLUTELY loved this... so practical, so down to earth, so non-preachy and so relatable.' Amazon reviewer, 5 stars

'Amazing read!!!!.... I laughed and I cried as I can relate to almost something in every page.' Amazon reviewer, 5 stars

### Author Biography

Sarah Rayner is the author of the 'Making Friends' series of non-fiction books including Making Friends with Anxiety, Making Peace with Depression and Making Friends with the Menopause. In these companions to mental health, Sarah has drawn on her own experience of anxiety, depression, and the menopause to help others help themselves. She is the author of the international bestseller One Moment, One Morning and several other novels which have been translated into 12 languages. Her books have sold over one million copies worldwide.





## The Big Quit Anniki Sommerville

For fans of Caitlin Moran, Sarah Knight, Brene Brown

### Editor's Note

A highly relatable, honest, and fresh perspective on how to find joy in your work life. This book will speak immediately to anyone who is stuck in a rut, desperate for change but doesn't know where to start. Anniki has a growing Instagram community and her no-holds-barred approach to talking about the issues women face, including how to navigate the ever-changing world of work have earned her a loyal and highly engaged following. The Big Quit taps into the very hot topics of The Great Resignation and toxic-positivity and covers so many universal issues related to the world of work. What's so brilliant about Anniki's book is that its packed with so many wise and comforting words of wisdom and excellent tips and advice. It's the kind of book you want to press into the hands of every woman you

### Retail Description

When author, and journalist Anniki Sommerville first landed her dream job, she was overjoyed. But she very quickly felt trapped in a toxic work culture that was making her miserable and anxious. One evening after missing the train home, standing on the cold train platform, exhausted and quietly sobbing as she realized she wouldn't get to see her kids before bedtime for the fourth time that week, she knew it was time for a major change.

We're constantly told we should be doing work that is 100% fulfilling and makes us feel authentic and bursting with joy every moment. But the perfect job doesn't exist. It involves sacrifice and saying goodbye to a healthy work/life balance. But what if there was another way?

From running a company to becoming a freelancer and everything in between, Anniki has learnt some valuable life lessons about her relationship with work and wants to share her experiences with you, including how to spot the signs of burn out, practical tips on dealing with work anxiety, how to create boundaries with work, how to be a working parent (and not feel guilty all the time), the benefits of slowing down and looking after yourself, and how to build your confidence up after a career break or redundancy.

Packed with real advice, tips and including life-changing secrets from women who have learnt to thrive at work without it

### Reviews for Anniki Sommerville

'I loved this book. Full of wit and wisdom, Anniki tells it like it is.' Clover Stroud

'I LOVED this book...a book I couldn't put down...so refreshingly honest...The language used made the book feel like I was talking to a friend...really helpful and full of useful advice...such a brilliant read!' NetGalley reviewer

### Author Biography

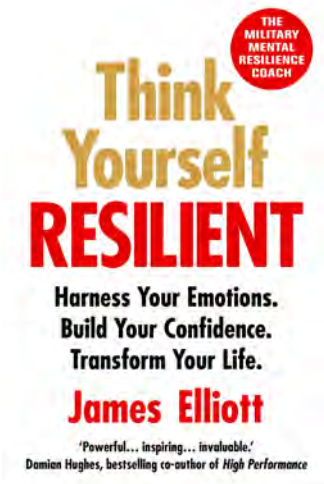
Anniki Sommerville is a podcaster, writer and journalist. She is the author of 'Motherwhelmed' a fiction book that was released in 2019, and 'More Orgasms Please,' which she co-wrote with Lisa Williams - a non-fiction book about sex and modern relationships. She co-hosts the podcast The Hotbed and is the creator of 'How to Be a Boss at Ageing,' - which is currently a podcast series, FB community, events company that also offers online courses with a view to inspiring and supporting women in their forties and fifties. She speaks at events on subjects such as ageing



Self-Development

224 pages | Pub Date 18/8/2022 | 9781803140469 | Unagented





## Think Yourself Resilient James Elliott

For fans of *Mindset*, *Why Has Nobody Told Me This Before*, *Grit*,  
*Cleaning Up Your Mental Mess*

### Editor's Note

Think Yourself Resilient is packed with practical techniques to help us tackle life's daily challenges, overcome self-doubt, and turn surviving into thriving through James's ground-breaking and accessible model of the Five Pillars of Mental Resilience. James initiated and delivered the revolutionary Mental Resilience Training programme (MRT) across the Armed Forces. Having survived childhood abuse and homelessness, James's voice is compelling, relatable and insightful. James has a lot of other high profile contacts who will support the book (James Smith, Nirmal Purja, Ollie Ollerton, Brian Wood et al.). He's great at public speaking and is very charismatic.

### Retail Description

Do you often feel overwhelmed with stress?  
Does fear ever hold you back from your goals?  
Are you constantly struggling with your self-esteem?  
Do you feel like quitting when it gets tough?

James Elliott is no stranger to poor mental health. After escaping an abusive childhood, he found himself homeless at the age of 16 and quickly falling into substance abuse. When he hit rock bottom, James discovered the transformative power of resilience, and it changed his life.

Landing on his feet to serve in the British Army, he developed his own brand of mental resilience, initiating and delivering the revolutionary Mental Resilience Training programme (MRT) across the Armed Forces. James now brings together all his years of experience as an accredited psychotherapist, resilience coach and ex-paratrooper for the first time to show you how resilience can completely transform your life too.

Imagine being in control of your emotional state and being able to deal with any obstacle life throws at you head on. Well now you can.

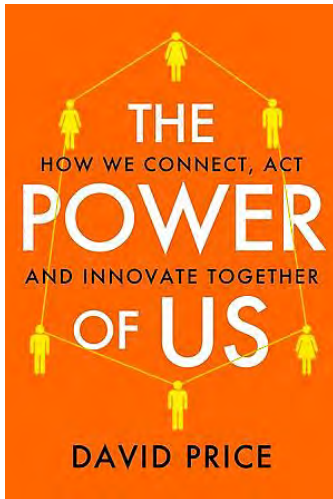
### Reviews for James Elliott

### Author Biography

James Elliott is an accredited psychotherapist and resilience coach. James developed and delivered the Mental Resilience Training Programme currently on offer within the British Army, including the Special Forces. James has served in Afghanistan and has three Guinness World Records. He is now a keynote speaker, supports vulnerable veterans, runs performance coaching for athletes, and mental resilience training for Scottish and Derbyshire Police. He is also completing his Master's degree in Psychiatry and War at Kings College London.



Business



## The Power of Us David Price

For fans of Matthew Syed, Malcolm Gladwell and Simon Sinek

### Editor's Note

As soon as I started reading David's book, I knew I had to publish it. We're witnessing a powerful movement of collaboration and community coming together to solve problems, rooted in a shared desire to make our world a better place in which to live. Thought-provoking and incisive, David shows us how to use our collaborative ingenuity to transform all aspects of our lives and why it's so important – never more so than right now. David is a global thought leader and in this book he draws on first-hand interviews and case studies from across the world. His book has already received critical acclaim and inspired international business leaders everywhere to ask David to speak to their organisations.

### Retail Description

Why do some organisations thrive while others seem paralysed by inaction? How do we become more innovative?

The Power of Us is the result of a three-year journey around the world seeking out highly successful companies from BrewDog and Patagonia to inner city schools and renewable energy co-ops to find the answers.

Cultivating people-powered innovation enables everyone to collaboratively work to figure things out. We just need to nurture the mindset and culture that makes innovation an everyday occurrence.

Consultant, global thought leader and author David Price shows you how with a practical toolkit of ideas centred on 8 key principles:

Trust and Transparency  
Engagement and Equity  
Autonomy and Agency  
Mastery and Meaning

### Reviews for David Price

'PUT THIS ON EVERY LEADER'S DESK NOW!' Jack Milner, Executive Coach

'Brilliant... If you only read one book this year, make it this one.' Jamie Smith, CEO C-Learning

### Author Biography

David Price is an expert in organisational learning for a complex future. He is co-founder of We Do Things Differently, a UK culture consultancy. In 2009 he was awarded an OBE for services to education. His first book Open: How We'll Work, Live and Learn In The Future has sold 40,000 to date. He lives in North Yorkshire.



Parenting





## The Equal Parent Paul Morgan-Bentley

**For fans of Caitlin Moran, The Danish Way of Parenting, The Book You Wish Your Parents Had Read**

### Editor's Note

As Head of Investigations at The Times, Paul Morgan-Bentley specialises in undercover work and in-depth reporting and is also an advocate for men properly sharing responsibility for caring for their children. In *The Equal Parent*, he shares his own personal journey and examines why society and modern culture still need to undergo a major transformation in order to encourage and support equal parenting. Through interviews with Catherine Cho, Nils Bergman, Ziauddin Yousafzai, Freddy McConnell, along with insights from anthropologists, psychologists, and neuroscientists, Paul explores everything from how hospital maternity wards are not designed for modern families, why skin-to-skin contact is scientifically proven to be vital for fathers bonding with their baby, why parental leave policies must change and how equal parenting plays an important part in a child's development.

### Retail Description

Why do mothers wake first when their baby cries at night? Why do fathers take so little time off work to bond with their new-born babies? Why are mothers never praised for being 'hands on'? Is there a biological difference in mothers' and fathers' parenting instincts? Why do nurseries and schools often call mothers first when there is a problem? Why don't we expect fathers to have a more active role in caring for their children?

As a new father and Head of Investigations at The Times, Paul Morgan-Bentley found himself lying awake in bed one night after settling his three-month-old back to sleep. With all these questions buzzing in his mind, he decided to go on a mission to answer them.

Drawing on his own personal experience of fatherhood – from the utter joy and terror Paul and his husband felt caring for their new-born son, to the chemist who calls Paul 'MummyDaddy' and the juggle of nursery pick-ups with work deadlines, Paul delves into what it really means to share the parental load.

With a range of case studies, research from around the world, and conversations with leading scientists, *The Equal Parent* explores the truths behind the falsehoods about parenting roles – and why challenging these myths to achieve parenting equality will benefit all of us: mothers, fathers and, most importantly, our children.

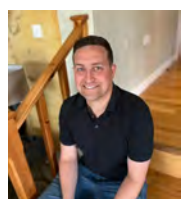
### Reviews for Paul Morgan-Bentley

'All parents and would-be parents should read this book. It will change their lives.' Mary Ann Sieghart, journalist and bestselling author of *The Authority Gap*

'With rigorous research and compelling personal insight, *The Equal Parent* is an essential interrogation of the inequities of modern parenting. This book will change the way you see your family.' Leah Hazzard, Sunday Times bestselling author of *Womb*

### Author Biography

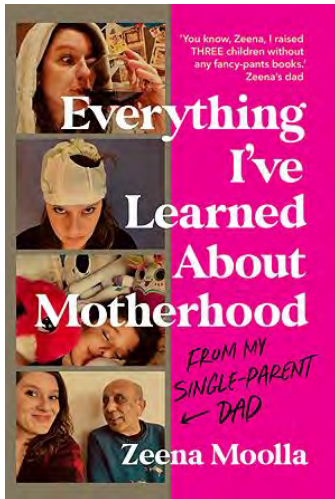
Paul Morgan-Bentley is Head of Investigations at The Times and specialises in undercover work and in depth reporting. He has won The Cudlipp Award for campaigning journalism at the National Press Awards and is among the writers who have been shortlisted the most times for British Journalism Awards. Paul is also an advocate for men properly sharing responsibility for caring for their children. He lives in Buckinghamshire with his husband, Robin, and their son, Solly.



Parenting

270 pages | Pub Date 2/3/2023 | 9781803143972 | Julia Silk, Greyhound Literary

Memoir



## Everything I've Learned about Motherhood (From My Single-Parent Dad) Zeena Moolla

For fans of Candice Brathwaite, Caitlin Moran, Laura Belbin

### Editor's Note

I read the proposal on my phone in bed at 1am after I'd finished uploading stacks of overdue schoolwork to three separate Google Classrooms and Zeena's writing had me crying with laughter. Her honesty, humour and warmth immediately struck a chord with me. Zeena's relationship with her dad and how he's shaped her parenting is a big part of this book and it shines an incredibly important light into the kinds of parenting experiences that we simply don't get to read enough about.

### Retail Description

Motherhood is amazing and the devotion you encounter is staggeringly strong. But when you're in the eye of the shitstorm, veering between love and lunacy, wondering how this tiny, adorable human can wreak so much bedlam in your life, I believe you need a robust sense of humour to help save your sanity.

For Zeena Moolla, the early days of being a new mum were a heady cocktail of sleepless nights, acid reflux and aching boobs. But finding the funny in the chaos buffered so much of the stress. And she has her dad to thank...

Being brought up solely by a single dad, one of a foreign, Muslim background, exemplified beautifully that parenting and families come in all different shapes and sizes. His massive-hearted parenting shaped the kind of mother Zeena is, and as the funniest person she knows, he can also turn any situation around with warmth, wit and a cheese sandwich. If that's not a vital skill in parenting, then what is?

With top tips for surviving sleep-deprivation (spoiler alert: embrace a cantankerous mood and don't buy crap coffee) to dealing with judgy idiots, getting to grips with shitty mum-guilt and returning to work, Zeena will show you that motherhood won't just get better, it'll be incredible. Laugh-out-loud funny, honest, tender and packed with real life advice – this is essential reading for every new mother not cherishing every moment, feeling like a misfit or simply finding this parenting lark all too much.

### Reviews for Zeena Moolla

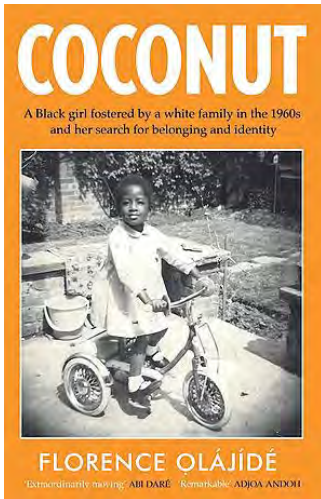
'A refreshing, laugh out loud, real talk, tonic of a book written from the heart...will be a comfort to many new parents.' Laura Dockrill

'Uplifting and inspiring' Jo Middleton, slummysinglemummy

### Author Biography

Zeena Moolla is a journalist, editor, and blogger. As a journalist, Zeena has written for many publications including Marie Claire, The Telegraph, The Mirror, Good Housekeeping and OK! magazine. Her blog wordtothemothers.com was also turned into a TV series for Made Television, in which Zeena hosted a parent-specific chat show. Word is, Claudia Winkleman and Anita Rani were *\*actually\** bricking it, so to spare their careers, Zeena stopped being on telly.





## Coconut Florence Olájídé

For fans of Lemn Sissay and Tara Westover

### Editor's Note

As soon as I started reading Florence's memoir I was immediately swept up in her writing. Her story is deeply personal and shines a light on a piece of British history that need to be told and we know very little about. In the fifties and sixties, a generation of Nigerian children were fostered to white families and then taken to Nigeria by their families. Florence was one of those children. Florence's story is heartbreaking, one of loss and loneliness, surviving poverty, maltreatment and fighting to get an education but most of all, it's an incredibly uplifting and inspiring account of one woman's self-determination to discover who she is and find her way to a place she can call home.

### Retail Description

A generation of Nigerian children were born in Britain in the fifties and sixties, privately fostered by white families, then taken to Nigeria by their parents. Coconut is the story of one of those children.

1963, North London. Nan fosters one-year-old Florence Olájídé and calls her 'Ann.' Florence adores her foster mother more than anything but Nan, and the children around her, all have white skin and she can't help but feel different. Then, four years later, after a weekend visit to her birth parents, Florence never returns to Nan. Two months after, sandwiched between her mother and father plus her three siblings, six-year-old Florence steps off a ship in Lagos to the fierce heat of the African sun.

Swapping the lovely, comfortable bed in her room at Nan's for a mat on the floor of the living room in her new home, Florence finds herself struggling to adjust. She wants to embrace her cultural heritage but doesn't speak Yoruba and knows nothing of the customs. Clashes with her grandmother, Mama, the matriarch of the family, result in frequent beatings. Torn between her early childhood experiences and the expectations of her African culture, she begins to question who she is. Nigerian, British, both?

Florence's story is an unputdownable tale of loss and loneliness, surviving poverty, maltreatment and fighting to get an education. Most of all, it's a moving, uplifting and inspiring account of one woman's self-determination to discover who she is

### Reviews for Florence Olájídé

'Extraordinarily moving...a stunning read, beautifully written with searing honesty and humor about the complexities of race and identity, about culture and belonging, about the discernible quest for self-discovery. This is a testimony of faith, resilience and determination, a wonderful achievement.' Abi Daré, international bestselling author of *The Girl with the Louding Voice*

'A piece of poetic resilience, Coconut is an integral intervention in our understanding of race, identity and belonging.' David Lammy

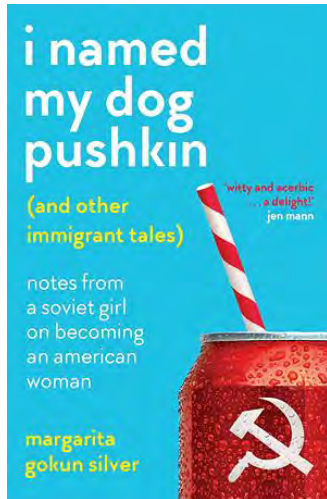
### Author Biography

Florence is an educator and her passion is improving children's lives. In 1981, she graduated from the University of Lagos with a Nigerian Certificate in Education. She was a headteacher of a London inner city primary school. She is the co-founder of Inspired Futures and has a passion for seeing children achieve the best they can and ensuring that schools provide them with a first-class education. Florence was shortlisted to attend Penguin Random House's WriteNow London workshop in 2018.



Inspirational Memoir

384 pages | Pub Date 13/7/2021 | 9781800194656 | Unagented



## I Named My Dog Pushkin (And Other Immigrant Tales)

**Margarita Gokun Silver**

Previous Translation Publishers  
RAO Distributie S.R.L (Romanian)

**For fans of Samantha Irby, Jenny Lawson and David Sedaris**

### Editor's Note

This proposal immediately jumped out at me, and I found myself rereading the sample material over and over again, audibly chuckling. Margarita's writing is simply hilarious and fits in naturally among the heavyweights in this genre like Samantha Irby and Jen Mann. But this book is more than just a series of observations – Margarita shows us a unique perspective on life as an immigrant escaping an oppressive regime and religious intolerance, gives us an insight into a little-known part of history, and shows us – with a sharp sense of humour – what it is like to grow into your newly forged identity.

### Retail Description

Moscow, 1988. After years of antisemitic harassment, countless hours waiting in line for toilet paper, and having zero access to cool jeans, Margarita decides it's time to get the hell out of the Soviet Union. While dreaming of buying the boat-sized Buick she'd seen in a pirated VHS of Miami Vice and getting a taste of whatever it is Bruce Springsteen is singing about, she comes up with a plan to escape Mother Russia for good.

When Margarita arrives in the US with her family, she has one objective – become fully American as soon as possible, and leave her Soviet past behind. But she soon learns that finding her new voice is harder than avoiding the KGB. Because, how do you become someone else completely? Is it as simple as changing your name, upgrading your wardrobe and working on your pronunciation of the word 'sheet'? Can you let go of old habits (never, ever throw anything away), or learn to date without hang-ups ('there is no sex in the Soviet Union' after all)? Will you ever stop disappointing your parents, who expect you to become a doctor, a lawyer, an investment banker and a classical pianist – all at the same time? And can you still become the person you dreamed you'd be, while learning to embrace parts of yourself you've wanted to discard for good when you immigrated?

Absolutely hilarious, painfully honest and sometimes heart-breaking, the award-winning I Named My Dog Pushkin will have fans of David Sedaris and Samantha Irby howling with laughter at Margarita's failures, her victories and the life lessons she learns as she grows as both a woman and an immigrant, in a world that often doesn't appreciate either.

### Reviews for Margarita Gokun Silver

'I thoroughly enjoyed Margarita's witty and acerbic voice. This book was a delight!' Jen Mann, New York Times Bestselling Author of People I Want to Punch in the Throat

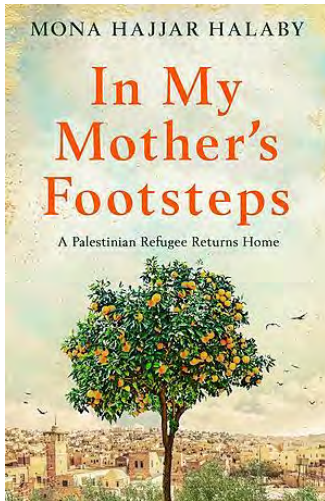
'Hilariously funny, whip-smart and absolutely fascinating...Just amazing.' Caroline Leavitt, New York Times bestselling author of Pictures of You and With or Without You

### Author Biography

Margarita Gokun Silver is a freelance journalist, essayist, and novelist. Her articles and essays have been published in The New York Times, The Washington Post, The Guardian, BBC, NPR and The Atlantic, among others. Her debut novel Who Is Mr. Putin? (under the pseudonym Rebecca Strong) was published in 2015. Find out more about her work on <http://www.margaritagokunsilver.com/> and follow Margarita on Twitter @MGokunSilver.







## In My Mother's Footsteps Mona Hajjar Halaby

**For fans of The Bookseller of Kabul and The Beekeeper of Aleppo**

### Editor's Note

As soon as I started reading Mona's beautifully written and evocative story woven together with her mother's letters and I was completely swept away. It's such an intimate and tender account of Palestinian life as never seen before. It's at once a deeply personal account and a story with universal themes of family, belonging and identity.

### Retail Description

'Refugees are like seeds that scatter in the wind, and land in different soils that become their reluctant homes' my mother once told me. As a small child, I looked up at my mother and clutched her hand. The puffiness of her palm reminded me of a loaf of warm pita bread, and when she laced her fingers into mine like a pretzel, I felt safe. I would have walked with her to the ends of the earth.

When Mona moved from California to Ramallah to teach conflict resolution in a school for a year, she kept a journal. Within its pages, she wrote her impressions of her homeland, a place she had only experienced through her mother's memories.

As she settled into her teaching role, getting to know her students and the challenges they faced living in a militarized, occupied town, Mona also embarked on a personal pilgrimage to find her mother's home in Jerusalem.

Mona had dreamed of being guided by her mother down the old souqs, and the leafy streets of her neighborhood, listening to the muezzin's call for prayer and the medley of church bells. But after fifty-nine years of exile, it was Mona's mother who held her daughter's hand as they visited Jerusalem together, walking the narrow cobblestone alleys of the Old City. Their roles were reversed. Mona had become her Mama's legs and her memory – and the one to tell her story going forward.

### Reviews for Mona Hajjar Halaby

'Utterly heart-breaking, absorbing, and tender...will stay with you long after you finish the last page.' Christy Lefteri, bestselling author of *The Beekeeper of Aleppo*

'With poignant tenderness, Halaby explores the weight of inherited loss...This is an intimately detailed and moving account of what's lost and found when human beings are displaced.' Sahar Mustafah, author of *The Beauty of Your Face*, a 2020 New York Times Notable Book

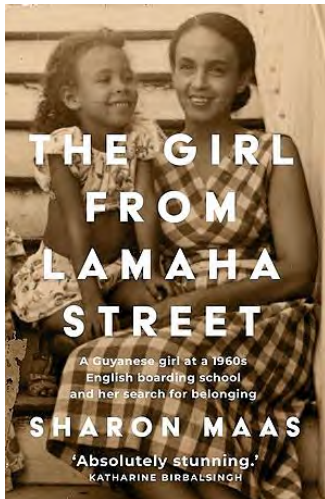
### Author Biography

Mona Hajjar Halaby is a Palestinian-American educator, writer and social historian. In order to preserve Palestinian culture and heritage, she has created "British Mandate Jerusalem Photo Library" on FaceBook, and "The Palestine Ethnographic Society." She collaborated on an interactive documentary "Jerusalem We Are Here". which takes participants on a walking tour of a neighborhood in Jerusalem past and present, and presents a map that documents the houses in the neighborhood with their documents, photos, and stories.



**Inspirational Memoir**

290 pages | Pub Date 5/8/2021 | 9781800196117 | Unagented



## The Girl from Lamaha Street Sharon Maas

Previous Translation Publishers

Fingerprint (Indian), Nouvion Trade Sociedad Anonima (Hungarian), Corint Books (Romanian)

For fans of *My Name is Why*, *Coconut* and *One of Them*

**Sharon Maas has sold over 300,000 books since she started publishing with Bookouture.**

### Editor's Note

A young Guyanese girl, raised by divorced, atheist, liberal parents, flies across the Atlantic to a conservative Christian boarding school in 1960s England. What could possibly go wrong? *The Girl From Lamaha Street* gives the reader an insight into Sharon Maas' extraordinary childhood. It covers topics like identity, family, colonialism, race and class against the backdrop of the British Empire through the eyes of a precocious young girl with a great sense of adventure. The lyrical but accessible quality of Sharon's writing will also pull in her existing fans, who have responded well to previous books by her in the same setting (*The Sugar Planter's Daughter* sold over 25k copies).

### Retail Description

Growing up in British Guiana in the 1950s, Sharon Maas has everything a shy child with a vivid imagination could wish for. She spends her days studying bugs in the backyard of her family home on Lamaha Street, eating fresh mangos straight from the tree and losing herself in books tucked up on her granny's lap, surrounded by her uncles and aunts.

But Sharon feels alone in a house full of adults. Her parents are divorced and her father is busy campaigning for British Guiana's independence. With her mother often away for work, there's a void in Sharon's heart, and she craves rules and structure. The books she devours give her a glimpse of life in a faraway country: England. And although none of the characters in the books she reads look like her, her insatiable curiosity eventually leads Sharon to beg to be sent to boarding school, just like her literary heroes.

Reality comes as a shock. Being the only dark-skinned girl in a sea of posh white girls is a stark contrast to life in her warm homeland, where white people are a small minority. Sharon thrives in her new life. She does well academically, and horse-riding brings her self-discipline and joy in equal measure. But something is not quite right. Writing weekly letters to her mother, she begins to doubt whether this cold country is the right place for her. Is England really her home, and is this where she truly belongs?

### Reviews for Sharon Maas

'If only I could give this book 100 stars rather than 5!... This book is epic, a mesmerizing book of strength through unimaginable losses... Heartbreaking and beautifully written this is a gripping tale of bravery... One of the best and most memorable historical books I've ever read!' Deanne's Book Thoughts

'Astoundingly beautiful, incredibly powerful, a powerhouse of a book. This book is sheer perfection. Please read it. If you don't you're missing out.' NetGalley reviewer

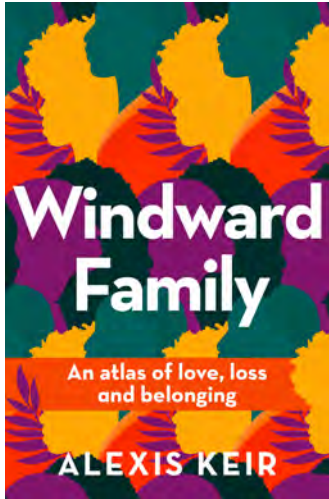
### Author Biography

Sharon Maas was born into a prominent political family in Georgetown, Guyana, in 1951. She was educated in England, Guyana, and, later, Germany. After leaving school, she worked as a trainee reporter with the Guyana Graphic in Georgetown and later wrote feature articles for the Sunday Chronicle as a staff journalist. Sharon has always had a great sense of adventure and curiosity about the world we live in, and Guyana could not hold her for long.



Inspirational Memoir

286 pages | Pub Date 7/4/2022 | 9781800197237 | Unagented



## Windward Family Alexis Keir

For fans of Lemn Sissay, Florence Olajidé, Paterson Joseph, Colin Grant and David Olusoga

### Editor's Note

Alexis Keir is a hugely talented debut author whose star is on the rise. His non-fiction essay 'I Lands', was published by The Selkie. 'From A Distance' was recorded for the podcast We've Chosen Here and 'My Girlfriend Cuts My Hair' was published in The Caribbean Writer. In 2019 he was selected as a participant for the London Writers Award Programme run by Spread The Word, he is one of the 2021 cohort of the London Library's Emerging Writers Programme, and in the same year he was shortlisted for The Cecile de Jongh Literary Prize. Windward Family is Alexis's breakout book, an unmissable read for fans of memoirs on identity and belonging, as well as literary fiction readers as there is a crossover with this audience because of his stunning, lyrical writing style.

### Retail Description

Twenty years after living there as a child, Alexis Keir returns to the Caribbean island of Saint Vincent. He is keen to uncover lost memories and rediscover old connections. But he also carries with him the childhood scars of being separated from his parents and put into uncaring hands.

Inspired by the embrace of his relatives in the Caribbean, Alexis begins to unravel the stories of others who left Saint Vincent, searching through diary pages and newspaper articles, shipping and hospital records and faded photographs. He uncovers tales of exploitation, endeavour and bravery of those who had to find a home far away from where they were born.

A child born with vitiligo, torn from his mother's arms to be exhibited as a showground attraction in England; a woman who, in the century before the Windrush generation, became one of the earliest Black nurses to be recorded as working in a London hospital; a young boy who became a footman in a Yorkshire stately home. And Alexis's mother, a student nurse who arrives in 1960s London, ready to start a new life in a cold, grey country – and the man from her island whom she falls in love with.

From the Caribbean to England, North America and New Zealand, from windswept islands to the rainy streets of London, and spanning generations of travellers from the 19th century to the present, Windward Family takes you inside the beating heart of a Black British family, separated by thousands of miles but united by love, loss and belonging.

### Reviews for Alexis Keir

'Deeply moving' David Lammy

'Honest, poetic and deeply researched excellence.' Paterson Joseph

### Author Biography

Alexis Keir grew up in Luton, a town with a strong history of migrant communities. He spent a year in the Caribbean as a child and returns there regularly. His experiences living in New Zealand, including encounters with Māori communities, inspired him to explore the stories of his own family more deeply. In 2019 he was selected as a participant for the London Writers Award Programme run by Spread The Word, he is one of the 2021 cohort of the London Library Emerging Writers Programme, and was shortlisted for The Cecile de Jongh Literary Prize.

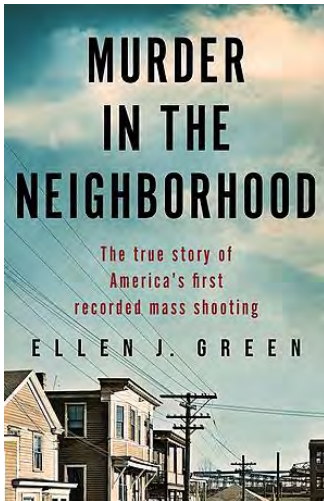


Inspirational Memoir

282 pages | Pub Date 2/2/2023 | 9781800199590 | Unagented



# True Crime



## Murder in the Neighborhood Ellen J. Green

**For fans of Gregg Olsen, Erik Larson and Mindhunter**

### Editor's Note

There has been little written about Howard Unruh and the first recorded mass shooting in the US. Ellen has had exclusive access to surviving family members, police reports and Howard's diaries to build an extraordinary account of what happened on that fateful day in September 1949. This is book that will appeal to crime-fiction and true-crime fans, non-regular book buyers who love true-crime podcasts, true-crime documentaries, and crime dramas.

### Retail Description

On September 6, 1949, twenty-eight-year-old Howard Barton Unruh shot thirteen people in less than twelve minutes on his block in East Camden, New Jersey. The shocking true story of the first recorded mass shooting in America has never been told, until now.

The sky was cloudless that morning when twelve-year-old Raymond Havens left his home on River Road. His grandmother had sent him to get a haircut at the barbershop across the street – where he was about to witness his neighbor and friend Howard open fire on the customers inside.

Told through the eyes of young Raymond who visited Howard regularly to listen to his war stories, and the mother trying to piece together the disturbing inner workings of her son's mind, Ellen J. Green uncovers the chilling true story of Howard Unruh – the quiet loner who meticulously plotted his revenge on the neighbors who shunned him, and became one of America's first mass killers.

With access to Howard's diaries, newly released police reports and psychiatric records alongside interviews with surviving family members, *Murder in the Neighborhood* is a compulsive page-turner that will have you asking – how well do we ever really know those around us? Are we ever really safe?

### Reviews for Ellen J. Green

'An engrossing and utterly fascinating insight into a chilling and untold part of American history... impossible to put down.' Gregg Olsen, the #1 New York Times bestselling author of *If You Tell*

'A phenomenal read... incredible insight to human behavior and the brain. Green did a remarkable job bringing this tragedy to life through a haunting and encapsulating narration. I will recommend this piece of work over and over.' Goodreads reviewer, 5 stars

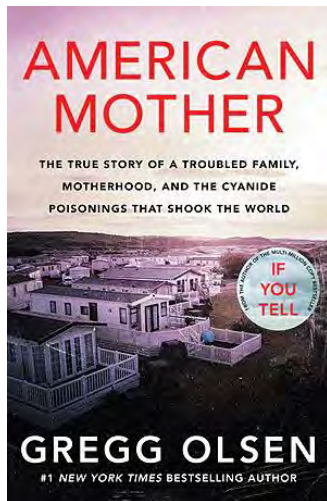
### Author Biography

Ellen J. Green is the Amazon Charts bestselling author of the Ava Saunders novels (*Absolution* and *Twist of Faith*) and *The Book of James*. She attended Temple University in Philadelphia, where she earned her degrees in psychology, and has worked in the psychiatric ward of a maximum-security correctional facility for fifteen years. She also holds an MFA degree in creative writing from Fairleigh Dickinson University. Born and raised in Upstate New York, Ms. Green now lives in southern New Jersey with her two children.



True Crime

316 pages | Pub Date 28/4/2022 | 9781800198067 | Jessica Alvarez, BookEnds Literary Agency



## American Mother Gregg Olsen

Previous Translation Publishers  
Dobrovský (Czech)

**If You Tell has sold over a million copies and was Amazon's bestselling ebook for 2020.**

### Editor's Note

A #1 New York Times, Wall Street Journal, Amazon Charts, USA Today, and Washington Post bestselling author, Gregg Olsen is one of the biggest names in true crime writing. If You Tell has been translated into 18 languages.

From the million-copy bestselling author of If You Tell (Amazon's bestselling ebook for 2020) comes the extraordinary story of Stella Nickell who murdered her husband by lacing his painkillers with cyanide and killed another innocent victim, Sue Snow. With exclusive access to interviews with those that worked on the case, close family members and reports, Gregg pieces together the disturbing and fascinating account. He unravels the secrets and trouble family history of Stella's life, and what

### Retail Description

From the #1 bestselling author of If You Tell comes the shocking true-crime story of a mother and wife, her disturbing family secrets and how she became a cold-hearted killer.

At 5.02 pm on June 5th, 1986, a call came into the local sheriff office in the small town of Auburn, Washington State from Stella Nickell. Her husband Bruce was having a seizure. As the officers arrived on the scene, Bruce was already dead.

Forensics identified that Bruce had consumed headache pills laced with cyanide and in an attempt to cover her tracks, Stella saw to it that a stranger would also become her next victim of the cyanide-tainted painkillers.

What would drive a seemingly normal outgoing and popular mum and wife to kill?

As the investigation began to unfold, Stella's daughter Cynthia notified federal agents of her mother's crimes. But she didn't reveal everything...

An extraordinary and absolutely gripping true-crime story rooted in the secrets of a poor and troubled family, the complex relationship between a mother and daughter and the ambition of one woman to live the American Dream at whatever the cost.

### Reviews for Gregg Olsen

'OMG!!!... I was simply blown away by this... I couldn't look away from my kindle even when I wanted to. The story took me by my throat making me gasp every few chapters...Wow!!!' Shalini's Books and Reviews, ★★★★★

'Holy cr\*p what a complete stunner of a read this is. It had everything, sensational, creepy, addictive with a stunningly complex plot from beginning to end and I loved, loved, loved it !!!' Goodreads Reviewer, ★★★★★

### Author Biography

A #1 New York Times, Amazon Charts, Wall Street Journal and USA Today bestselling author, Olsen has written nine non-fiction books, seventeen novels, a novella, and contributed a short story to a collection edited by Lee Child. The Deep Dark was named Idaho Book of the Year by the ILA, and Starvation Heights was honoured by Washington's Secretary of State for the book's contribution to Washington state history and culture. Olsen, a Seattle native, lives in Olalla, Washington with his wife and twin daughters.



True Crime

498 pages | Pub Date 8/11/2022 | 9781803146188 | Susan Raihofer, David Black Literary Agency

Dangerous Women

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