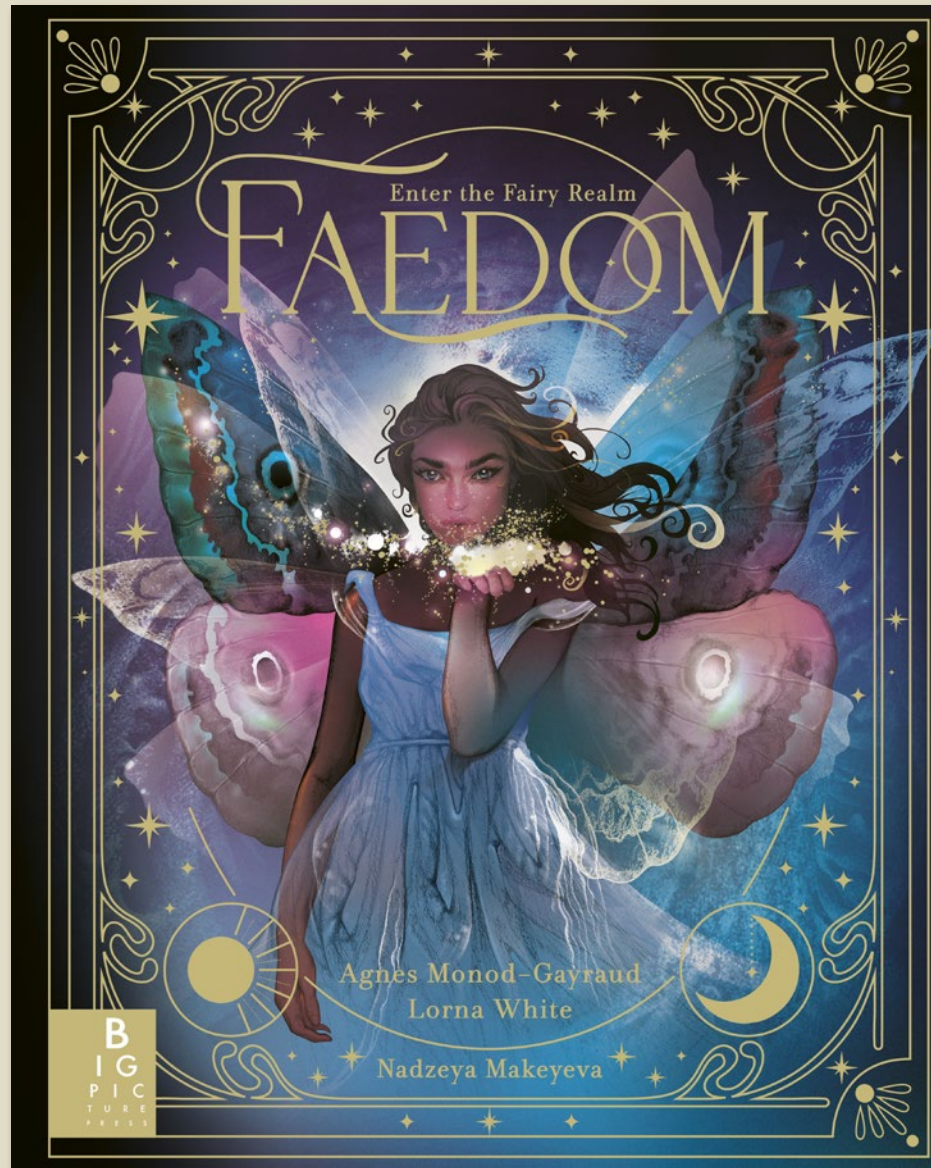




**Munchner Verlagsgruppe –
Mindfulness, lifestyle and**



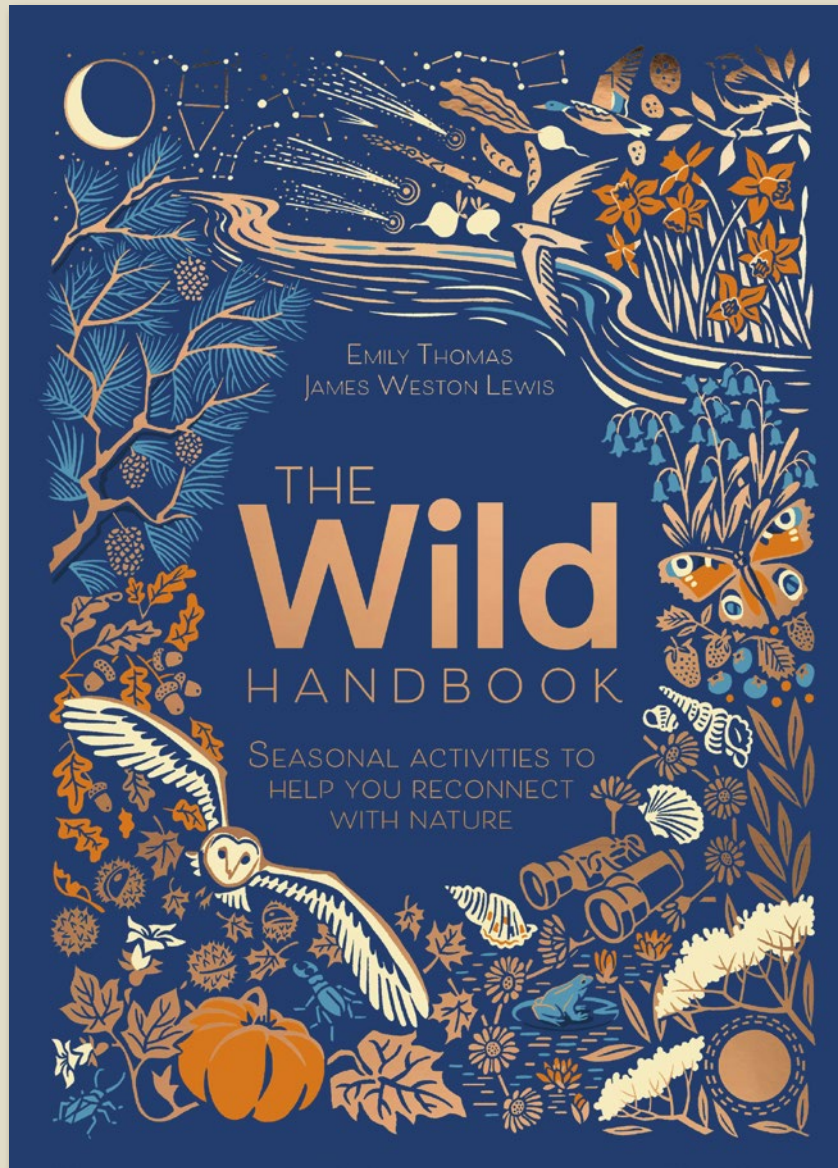
Explore the legendary world of fairies in this stunningly illustrated guide to the mythical realm.

- An incredible collection of fairies to be enjoyed by children and adults alike.
- *Faedom* also includes facts about the natural world including lunar cycles, astrology, crystal healing and herbology, bringing the world of fairies to life.
- Stunning ethereal artwork by debut talent Nadzeya Makeyeva.
- Large format and foil cover finish makes this the ideal gift.
- Agnes Monod-Gayraud is an award-winning translator and editor. Lorna White is a writer and researcher whose focus and expertise is in Ancient Mythology and Folklore.
- **Celebrating 10 Years of Extraordinary Illustrated Books**



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|------------------|------------------------------------|
| Pub Date | 24/10/2024 |
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| ISBN | 9781800784956 |
| H x W | 340 x 270mm |
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| Author | Agnes Monod-Gayraud Lorna White |
| Illustrator | Nadzeya Makeyeva |
| Extent | 96pp |
| Word Count | 30000 words |
| Rights Available | World |

The Wild Handbook



A beautiful, illustrated book full of ideas to get you back in touch with nature.

- Sample content: make a seasonal wreath, go forest bathing, try wild swimming, become a nature conservation volunteer, stargaze, treat yourself to essential oils, celebrate the winter solstice.
- Illustrated by the hugely popular James Weston Lewis, whose other books include *Planting for Honeybees*, *Planting for Butterflies* and *The Natural Gardener*.
- The benefits of spending time in nature include reduced stress, lower blood pressure, lower risk of asthma, allergies, diabetes and cardiovascular disease. It can also help support mental health and increase life expectancy.
- A beautiful hardback gift book with copper foil cover.

bookshelf.bonnierbooks.co.uk/books/9781787419438

Fix Your Fashion



Fashion that won't cost the earth.

- The pandemic has highlighted a huge amount of waste and inequality in the fast fashion industry, and consumers are looking for new ways to shop.
- Living sustainably is a trending topic for 2021, as consumers become increasingly planet-conscious.
- Contents: What's Wrong With Fashion?; Your Fashion Mindset; Clearing Out Your Closet; Garment Care; Shopping Smart; Shopping Alternatives; Fabric Focus; Mending; Making Clothes; Momentum Moving Forward
- Author Laura Strutt is a journalist and former magazine editor with a passion for crafting clothes and sustainable living. She has written 14 books.

Fix Your Fashion



CHAPTER 1

WHAT'S WRONG WITH FASHION?

WHAT IS FAST FASHION?

We all want to look our best without breaking the bank. But at the same time, we don't want to support an industry that doesn't respect our planet or its workforce.

'Fast fashion' is now the most common way people buy clothes. So most of us are already playing a part in supporting practices that we would rather not be encouraging. But we aren't here to play the blame game. The concept that evolved into today's fast fashion business model has been around for decades. It redefined the industry to such an extent that it is now difficult to avoid.

We can trace the roots of fast fashion back to the launch of a number of household brands, which introduced collections of limited availability to keep the production costs down. Shoppers were encouraged to snap up clothes as they came in-store and to pop back more frequently to check for new items. To keep up with this fast turnaround, brands often took control of the entire supply chain, from overseeing the sewing to running the shop floor. New designs were hitting the racks as often as every two weeks. Many brands started to offer the latest trends at lightning speed and, importantly, at purse-friendly prices. This quick-response style of making and selling clothes took off and soon became the norm.

Before this, clothing was made in a very different way and the entire process was much slower. It could take months to create a design, source the fabrics and produce the finished piece. The fast fashion business model sources cheap materials and uses low-cost labour to turn high-end style into inexpensive garments in record times.

With new collections being promoted more frequently, consumers were encouraged to shop for clothing more often, making purchases based solely on trends rather than our needs. We have been told to 'shop it we drop' from an ever-changing selection of affordable collections. And of course when you look great, you feel great, so it's no wonder that the phenomenon caught on and changed our shopping habits.

If it has crossed your mind that having affordable new clothes each month sounds too good to be true, then you are right. According to United Nations News, the fashion industry is the second most polluting industry in the world and is a supporter of unsafe working practices. Fashion consumption has changed rapidly in recent years but by making an effort to change our habits, we can make a positive impact on the fashion industry.

SPEEDY SERVICE

In December 2019, the Financial Times noted that Zara's super-fast supply chain could take products from design to sale in just four to six weeks, developing a whopping 24,000 products a year.



DID YOU KNOW?

It takes around 7500 litres of water to make a single pair of jeans. That equates to the average amount of water we drink over seven years.

PLANET PROBLEMS

Looking at your favourite pair of jeans, it can seem strange to think that the trousers that never fail to make you feel fabulous might be having a negative impact on the planet. Figures reported in 2018 showed that the fashion industry was responsible for emitting an estimated 1.2 billion tonnes of CO2 equivalent (CO2e) per year. This is more carbon than is produced by all international flights and maritime shipping combined. As reported by the UN Environment Programme, the fashion industry is responsible for a staggering 5 percent of global carbon emissions.

The key to solving the entire climate crisis may not be stuffed inside our closets, but one look at our bulging collections might act as a catalyst to bring about positive change. Glossy magazines and catwalk shows give us a sense of what to wear, showcasing perfectly crafted models and collections that inspire, excite and ignite our senses. So it's no wonder we are practically picking our jaws off the floor when told that this is one of the most polluting industries, with the fast fashion sector being a primary contributor.

So why are our clothes such big culprits when it comes to climate change? The production process impacts the environment at every stage. Most garments require vast quantities of water to produce and many fabrics use harmful chemicals in the production process. There are also huge amounts of energy and resources needed for garment production, transportation into stores and, ultimately, the disposal of clothing at the end of its short lifespan. It's true that almost everything we do has an environmental impact of some sort, but the big problem here is the rate at which the production process has been growing.

Activists have been challenging us to think in a new way with 'circular fashion' in mind. Circular fashion means designing and producing clothes in an ethical and sustainable way, using them for as long as possible, before disposing of them without harming the planet. Some fashion designers and brands are now following suit, thinking of innovative ways they can become more sustainable.

PEOPLE MATTER

As well as having an impact on the planet, fast fashion affects people, too. The fashion industry is one of the most labour-intensive sectors and the statistics are mind blowing. There are more than 40 million people working in garment factories worldwide. Some 85 percent of those workers are women and the lowest reported wages are just \$3 a day. With eye-opening statistics coming to light in recent years, it's no wonder people are coming together to make a change.

No matter what your style is, you will be familiar with the term 'sweatshops', which refers to garment factories that are cramped to the point of overcrowding and pay workers a tiny wage. Fast-paced schedules and barebones budgets call for

teams that can produce garments at speed, where safety is often of little concern. Those working in unsafe conditions are risking their lives to make our clothes. These workers are part of communities who often find themselves locked in a cycle of poverty, as they need to earn money but have very few options other than the 'opportunities' presented by global fashion labels.

Sweatshops are most common in South East Asia, China, India and parts of Central and South America, but they also exist in Europe and the UK.

In garment factories in the UK, there have been reports of workers earning hourly rates well under the National Minimum Wage, as well as non-COVID-19 safe environments. Allegations of this type show that we shouldn't confuse a label that says 'Made in the UK' with ethical production methods.

Now is the time to ask the question, 'Who made my clothes?'

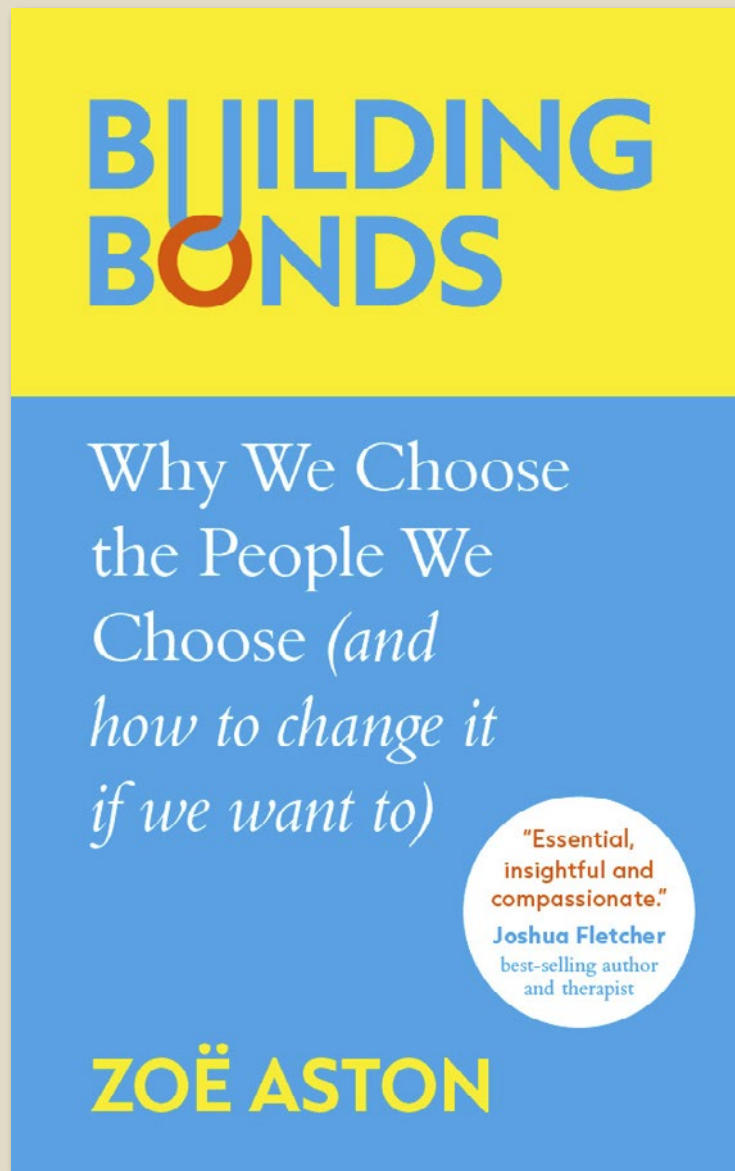
Tragic Timeline

In the last decade alone, there have been several disasters that have rocked garment workers.

| November 2012, Tazreen, Bangladesh | April 2013, Dhaka, Bangladesh | October 2013, Dhaka, Bangladesh | February 2020, Ahmedabad, India | July 2020, Leicester, UK | January 2021, Tamil Nadu, India | February 2021, Myanmar | March 2021, Cairo, Egypt |
|---|--|--|---|---|---|---|---|
| Some 112 workers died and a further 100 were injured in a fire at a multi-storey textile factory. | The Rana Plaza garment factory collapsed, killing 1134 people with 2500 people reported injured. | Seven people died and more than 50 people were injured in the Aswad textile mill fire. | Seven workers were killed in the Nandan denim factory fire. | Allegations of unsafe working environments for garment workers, putting them at risk of COVID-19. | Garment worker Jayasree Kathiravel was found murdered after harassment and abuse. | One thousand workers were locked inside a factory to prevent them from taking part in anti-coup protests. | Some 20 people were killed and 24 injured in a fire at a five-storey garment factory. |

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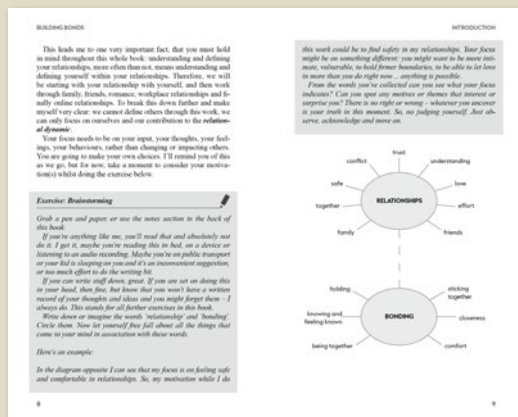
Building Bonds



Learn to navigate relationships

- Hardback book with matt lamination and spot UV cover finishes.
- London based author Zoë Aston has an MSc in Psychology and Counselling and is a registered and accredited member of the BACP (British Association of Counselling and Psychotherapy).
- An accessible and easy-to-follow guide to building healthy relationships in your life, with a focus on a range of different relationships including romantic, friendship, family and professional.
- Includes practical advice, reflective activities and a toolkit of techniques that can be implemented in every day life.

Building Bonds



BUILDING BONDS

Transcendent hope: When hope is part of your daily being and personality. It's a general feeling of optimism and hopefulness about the future. For example, living by the following mantras: 'This too shall pass' and 'One day at a time'.

If you do not identify with any of these definitions of hope, ask yourself the following:

- Is there anyone in your life who you view as hopeful?
- What do you like about the way they express hope about things?
- Can you imagine yourself borrowing a bit of their hope for a while?

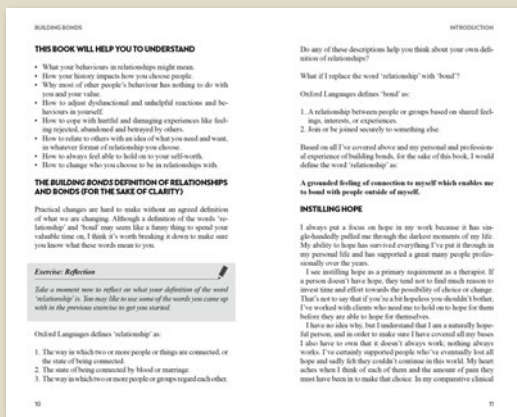
If life feels hopeless a lot of the time, it is a good idea to speak to a therapist or mental health professional. You will find ways of contacting mental health professionals on pages 225-226.

HOW TO USE THIS BOOK

This book is split into six chapters. Chapter One ('Self') looks at your relationship with yourself. Chapter Two is a short chapter which provides essential information about boundaries, wants and needs and attachment styles. Chapter Three focuses on Family Relationships, Chapter Four covers Friendships, Chapter Five looks at Romantic Relationships and dating. Chapter Six is all about Workplace Relationships and Chapter Seven explores On-line and Digital Relationships.

Each main chapter starts with a reflective statement for you to ponder, before providing an in-depth exploration of each type of relationship and several practical exercises. I've structured the information offered to reflect the developmental process of each relationship and the different choices that can be made along the way, and why.

For example: how it begins, what the journey of that relationship generally looks like throughout your lifespan, and the effect that your choices can have on you, both positive and negative. We



INTRODUCTION

will also focus on how to work with difficulties and differences which will include resolving conflict and how to communicate more effectively, as well as support to help you move on from relationships that no longer serve you, should you choose to.

The chapters and indeed the subtitled sections, stand alone in their own right so you can read them in any order and refer to them at any time. I do urge you to read the information in the order I have written it as the book builds on itself. However, if you do choose to read things out of order, I have cross-referenced as much as possible so you can read the connecting information.

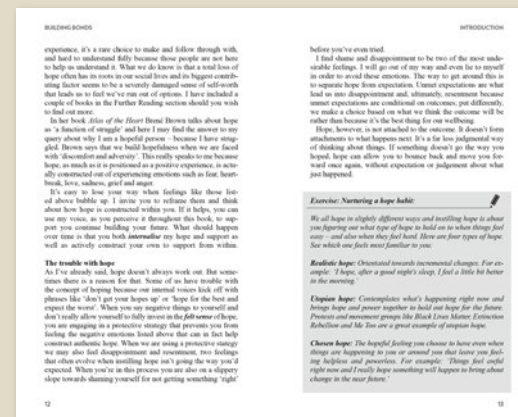
We are going to cover a lot of ground and it's likely that not everything will apply to you right now... At the very end of each chapter is a summary which includes the main messages we've covered. Reading this will help you condense the information so you can come back to it when you feel it is more relevant to you and your life.

It's to be expected, when you are reading about relationships, that you start to think of the people in your life who 'should' know, read, understand or reflect on the same messages. In my experience, it is *impossible* to get someone to read a book if they don't want to. BUT you might just be able to get them to take 60 seconds to read the summary and then, maybe you can share what you learned with them verbally. If they will not even read the summary in their own time, read it to them and see if it sparks any interest. If that's not realistic, do yourself a favour and let it go – focus on yourself.

At the back of the book, you'll find further reading lists and web links for each chapter, as well as guidance on contacting mental health professionals and support teams. On pages 228-232 you will also find a glossary of terms. If I have not defined a term within the main text of the book, the first use of each defined term will appear as **bold italic** text and be defined in the glossary. If you don't know what something means, please read the definition as it'll support your understanding of the content.

Before we get started I need you to know that...

In relationships, and pretty much all of life, there are two types



INTRODUCTION

Do any of these descriptions help you think about your own definition of relationships?

What if I replace the word 'relationship' with 'bond'?

Oxford Languages defines 'bond' as:

1. A relationship between people or groups based on shared faith, interests, or experiences.

2. Bond or be joined securely to something else.

Based on all I've covered above and my personal and professional experience of building bonds, for the sake of this book, I would define the word 'relationship' as:

A grounded feeling of connection to myself which enables me to bond with people outside of myself.

INSTILLING HOPE

I always put a focus on hope in my work because it has single-handedly pulled me through the darkest moments of my life. My ability to hope has sustained everything I've put it through in my personal life and has supported a great many people professionally over the years.

I see instilling hope as a primary requirement as a therapist. If a person doesn't have hope, they tend not to find much reason to move time and effort towards the possibility of change or change. That's not to say that if you're a bit hopeless you shouldn't bother. I've worked with clients who used me to hold on to hope for them before they are able to hope for themselves.

I have no idea who that I understand that I am a naturally hopeful person, and in order to make sure I have covered all my bases I also have to own that it doesn't always work, nothing always works. I've certainly supported people who've eventually lost all hope and sadly felt they couldn't continue in this world. My heart aches when I think of each of them and the amount of pain they must have been in to make that choice. In my comparative clinical

experience, it's a rare choice to make and follow through with, and hard to understand fully because these people are not here to help us understand it. What we do know is that a total loss of hope often has its roots in our social lives and its biggest contributing factor seems to be a severely damaged sense of self-worth that leads us to feel we've run out of options. I have included a couple of books in the Further Reading section should you wish to find out more.

In her book *Gifts of the Heart* Brené Brown talks about hope as 'a function of struggle' and here I must find the answer to my query about why I am a hopeful person – because I have struggled. Brené says that we build resilience when we are faced with 'discomfort and adversity'. This really speaks to me because hope, as much as it is positioned as a positive experience, is actually connected out of experiencing emotions such as fear, heartbreak, loss, sadness, grief and anger.

It's easy to lose your way when feelings like these kind of above bubble up. I write you to reassure them and think about how hope is connected within you. If it helps, you can use my voice, as you peruse it throughout this book, to inspire you continue building your future. What should happen over time is that you both *internalise* my hope and support as well as actively connect your own to support from me.

THE trouble with hope

As I've already said, hope doesn't always work out. But sometimes there is a reason for that. Some of us have trouble with the concept of hoping because our internal voices kick off with phrases like 'don't get your hopes up' or 'hope for the best and expect the worst'. When you see negative things in yourself and don't really allow yourself to fully invest in the *felt sense* of hope, you are engaging in a protective strategy that prevents you from feeling the negative emotions based above that can in fact help construct authentic hope. When we are using a protective strategy we may also feel disappointment and resentment, two feelings that often evolve when instilling hope isn't going the way you'd expected. When you're in this process you are also on a slippery slope towards shaming yourself for not getting something 'right' before you've even tried.

I find shame and disappointment to be two of the most undesirable feelings. I will go out of my way and even be to myself in order to avoid these emotions. The way to get around this is to separate hope from expectation. Unmet expectations are what lead us into disappointment and, ultimately, resentment because unmet expectations are conditional on outcomes, put differently, we make a choice based on what we think the outcome will be rather than because it's the best thing for our wellbeing.

Hope, however, is not attached to the outcome. It doesn't form attachments to what happens next. It's a far less judgemental way of thinking about things. If something doesn't go the way you hoped, hope can allow you to bounce back and move you forward once again, without expectation or judgement about what just happened.

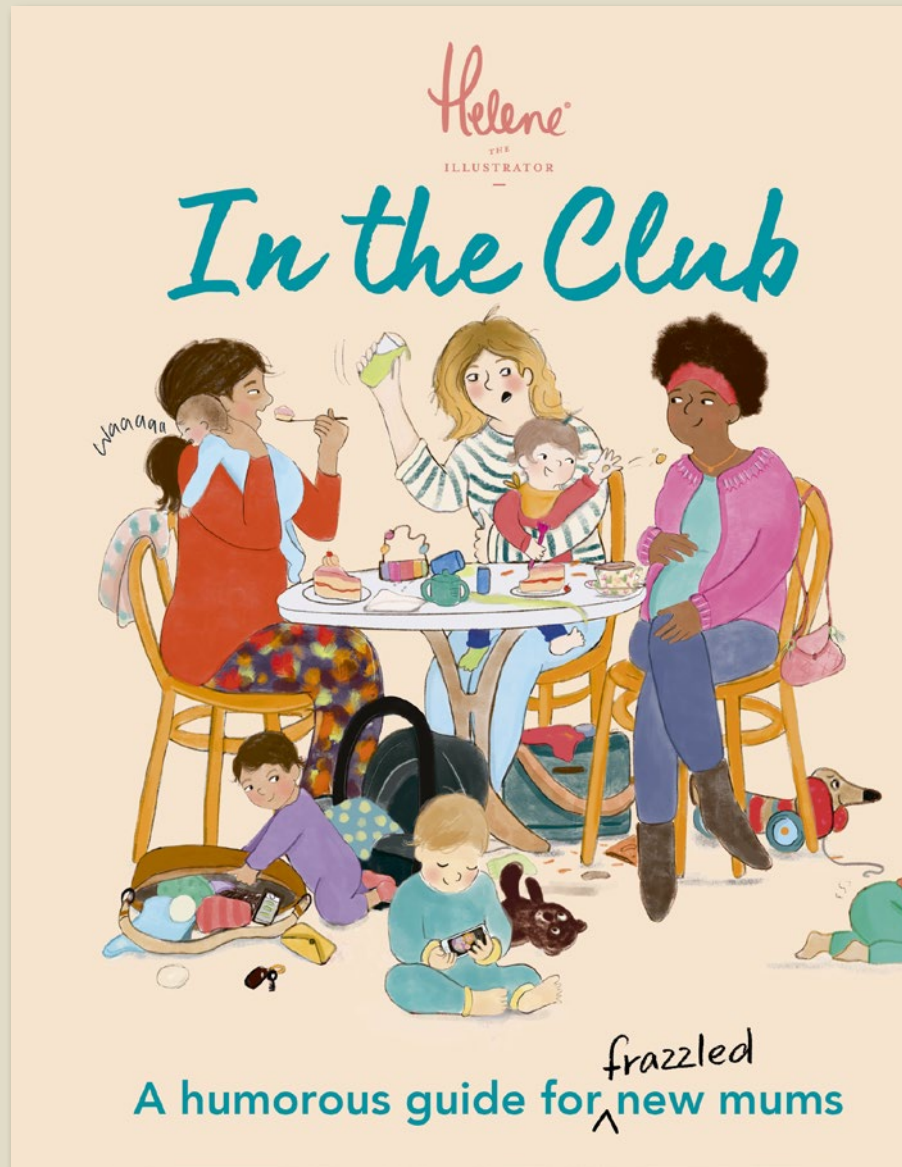
Exercise: Narrowing a hope habit:

We all hope in slightly different ways and instilling hope is about you figuring out what type of hope to hold on to when things feel away – and also when they feel hard. Here are four types of hope. See which one feels most familiar to you.

Realistic hope: Oriented towards incremental changes. For example: 'I hope, after a good night's sleep, I feel a little bit better in the morning.'

Uplifted hope: Contemplates what's happening right now and brings hope and power together to hold on hope for the future. Positive and momentary hopes like Black Lives Matter, Extinction Rebellion and Me Too are a great example of uplifted hope.

Chosen hope: The hopeful feeling you choose to have even when things are happening to you or around you that leave you feeling helpless and powerless. For example: 'Things felt awful right now and I really hope something will happen to bring about change in the near future.'



Honest drawings of the first year of parenthood.

- Written and illustrated by Helene Weston, aka Helene the Illustrator, who has over 74.3K followers on Instagram
- Helene has worked with Marie Curie UK, Kicks Count, Channel Mum, Touchnote, Edx Education as well as midwives, doulas and maternal health advocates across the UK.
- This fully illustrated book offers a much-needed middle ground between the factual titles about birth and beyond and humour titles which paint parenthood as something to endure and not enjoy. Helene's illustrations are praised for their supportive yet honest nature.
- Chapters: Early Days, Sleep... What's That?, It's Definitely a Phase, Is this Normal? and A Brand New You. Be sure to check out the "Five things" at the end of each chapter.
- Cover finish: mat lam and spot UV

You Did It!

No matter how you gave birth, you should be so, SO proud of yourself and your body... You bloody did it!

Maybe you got the birth you wanted or maybe you didn't.

You might have feelings about the birth you'll need to work through later, but right now enjoy that soggy hospital toast and stewed cup of tea. You are a goddess (albeit a bloated, overtaxed, exhausted one).

Some mums feel that overwhelming surge of love, some don't - and that's okay; it doesn't mean you won't.

All I remember thinking was 'Thank fuck that's over, can I go to sleep now please!'

In these first few days, everyone always asks about the baby. Remember to look after yourself too. You've just been through a monumental thing and your body probably won't feel like your own for a while, so be kind to it.



Until... Pop! The Bubble Bursts

The first few weeks (months) of being a new mum are relentless. You've been riding high on adrenaline and then you suddenly feel like you've been hit by a double-decker bus.

I remember sobbing on the phone to my mum in the first few weeks that I couldn't do it, that I felt so out of my depth and just physically and mentally exhausted.

You'll cry A LOT and worry about things you never knew you could. I was terrified that I would drop her, that she would get ill and I wouldn't know what to do, that the room was too hot, or too cold.

With all the stress and hormones, being a new mum is an emotional rollercoaster. Rest assured that every first-time mum feels overwhelmed. For most, it's the hardest thing they've ever done.

You probably won't believe it, but you're doing so well and every day will feel a tiny bit easier.

Brighter days are coming.



If Looks Could Kill

Somewhere, new mums have this built-in function that makes them wake up at the slightest noise from the baby. We can go from the deepest sleep to *PING* wide awake in an instant.

Some people could sleep through a tornado. That's all I'm saying.



Five Things You Won't Believe

We were up every hour last night, you!



1. How little sleep you actually need

2. That you'd do anything to make them happy



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4. How much you love them

3. How many times you can try unsuccessfully to leave the house

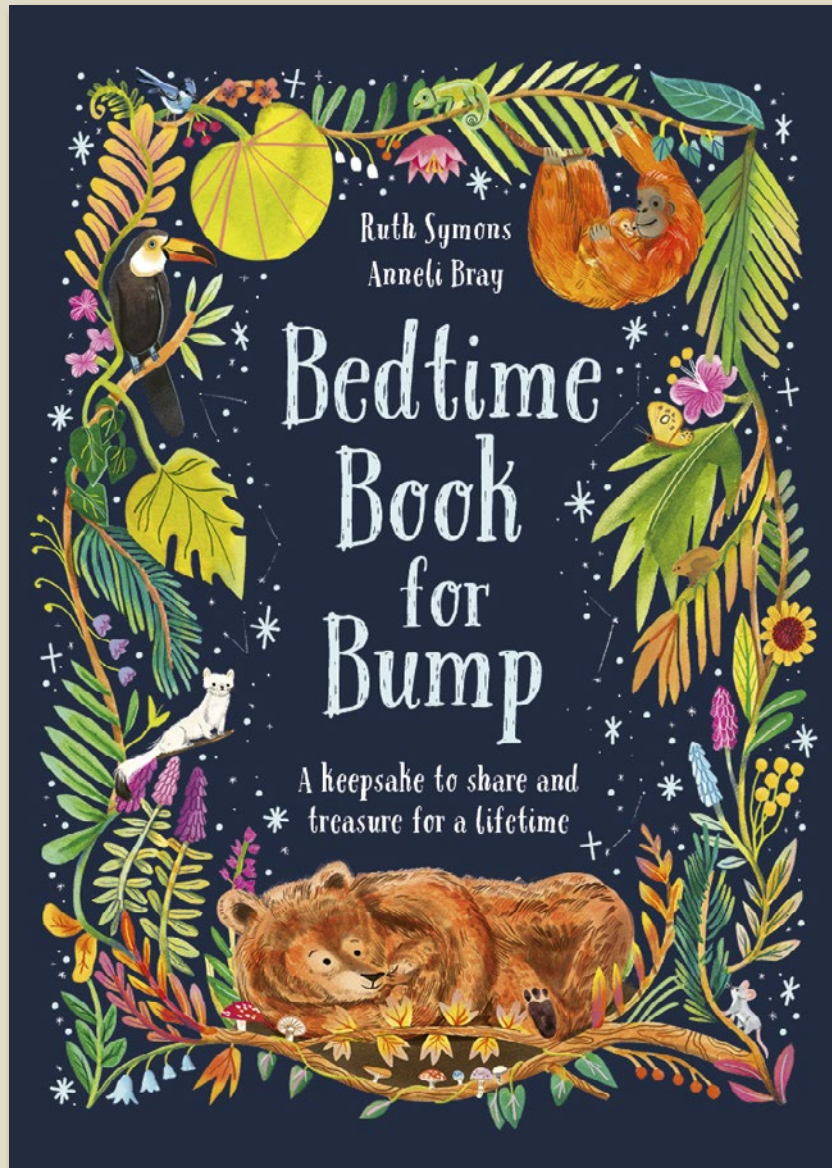


5. How fast it goes... WTF how is she one already?!

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| | |
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| ISBN | 9781800781115 |
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| Author | Helene Weston |
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| Word Count | 13500 words |
| Rights Available | World |

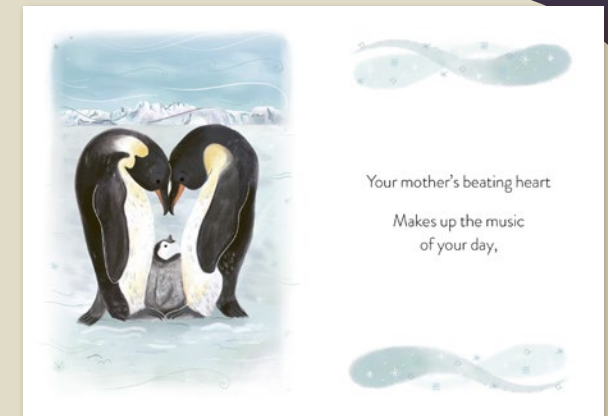
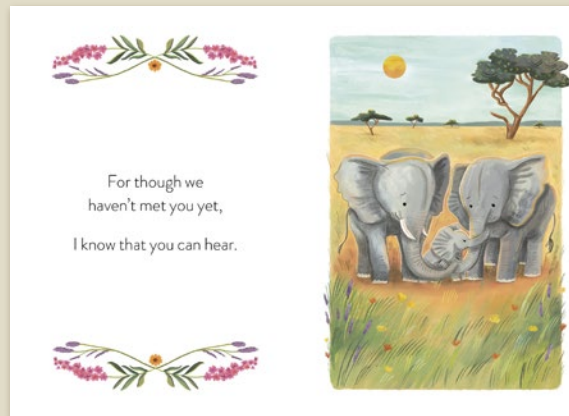
Bedtime Book for Bump



A beautifully illustrated pregnancy keepsake with pages to personalise.

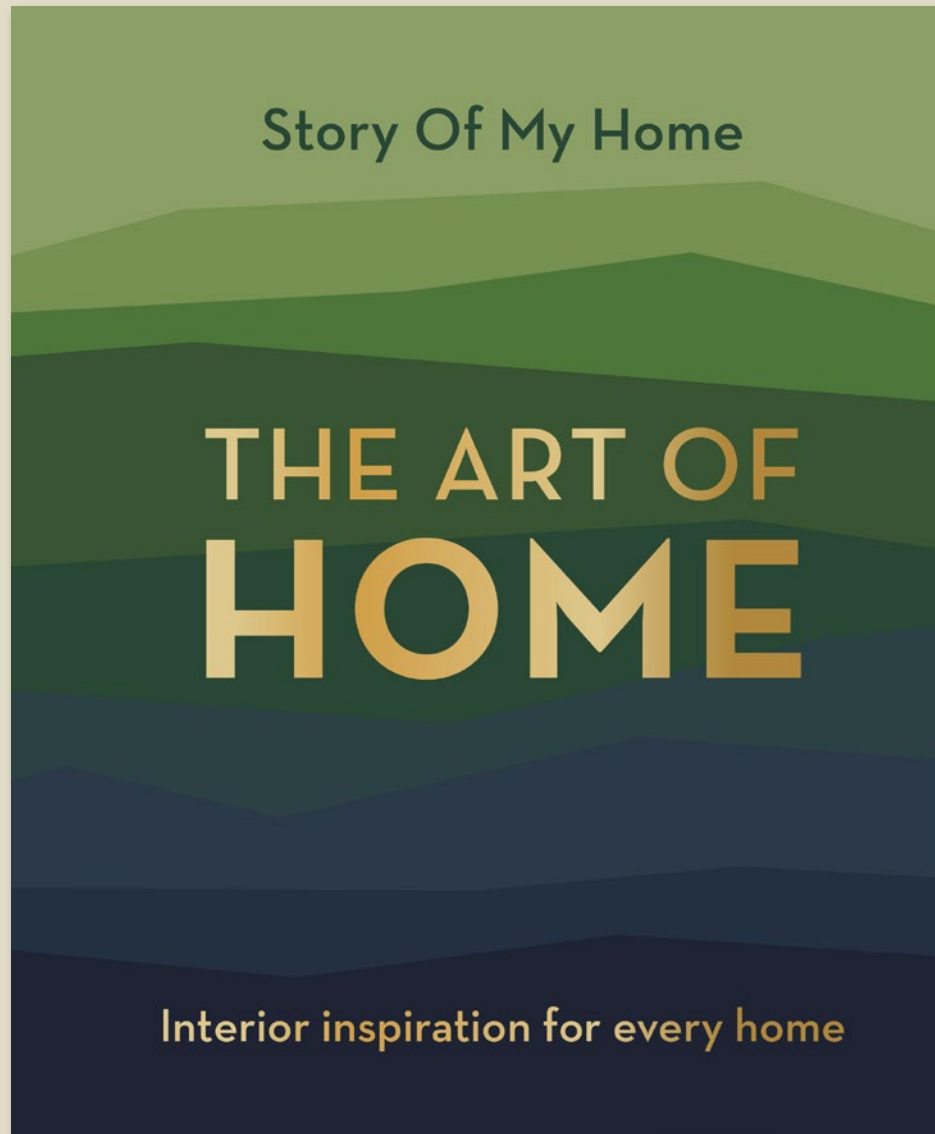
- Hardback keepsake book with an arlin and foil cover finish.
- Includes an introduction by Dr Kimberley Bennett (creator of “The Psychologist’s Child”), backed by research, on the importance of reading to baby in utero.
- The perfect gift for parents-to-be.
- Written in an inclusive manner, to encompass same-sex and single parents.
- Secure envelope affixed to the interior back cover to keep scan photos and other treasured memories.

Bedtime Book for Bump



| | |
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| Author | Ruth Symons |
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Story Of My Home: The Art of Home



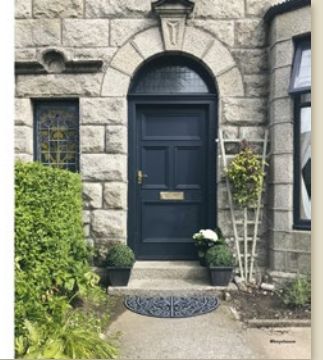
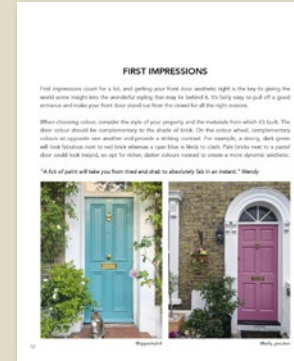
A fun, vibrant home interiors book.

- Contents: Welcome; The Front Door; The Hallway; The Living Room; The Dining Room; The Kitchen; The Bedroom; The Office
- Taps into the current interiors trend which is hugely popular on Instagram. The popularity of interiors has only grown since the events of 2020 left us all spending more time at home.
- An interior design book for the many, not the few - all styles and budgets are catered to.
- Illustrated throughout with photos of the very best Instagram interiors, as showcased on the @storyofmyhome account.
- The @storyofmyhome team have 65k Instagram followers and growing.

Story Of My Home: The Art of Home



THE FRONT DOOR



Strong, bright colours are not to everyone's taste, however, so if you prefer something a little safer then darker tones are usually a great option. Earthy hues from a neutral palette are classic and timeless.



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@homeathemout

The aspect of your door will have an effect on the way your chosen colour appears, so get a tester pot before jumping in headfirst. Apply it to a piece of paper and observe how different light levels change its appearance throughout the day. This will give you a good idea of how well your chosen colour will work in practice.

"I'm not an overly superstitious person, but since I bought my last house I've tried to encourage good fortune by painting my front door in a colour that Feng Shui experts suggest is beneficial. My current door faces west, which means I should choose earthy tones. It's currently painted in Farrow & Ball Lichen: a calm, muted green which works well with nature." Maz

If your door is made from a composite material or aluminium, there are many products available that allow you to alter the colour of your door easily. A quick online search or asking at your local DIY store will usually yield some good advice on which products to use.

"Any door worth its salt deserves to be furnished with a beautiful doorknob and knocker, and to be adorned with a bold number, house name or even your own blue plaque!" Joanne



@broomfieldhouserenovation

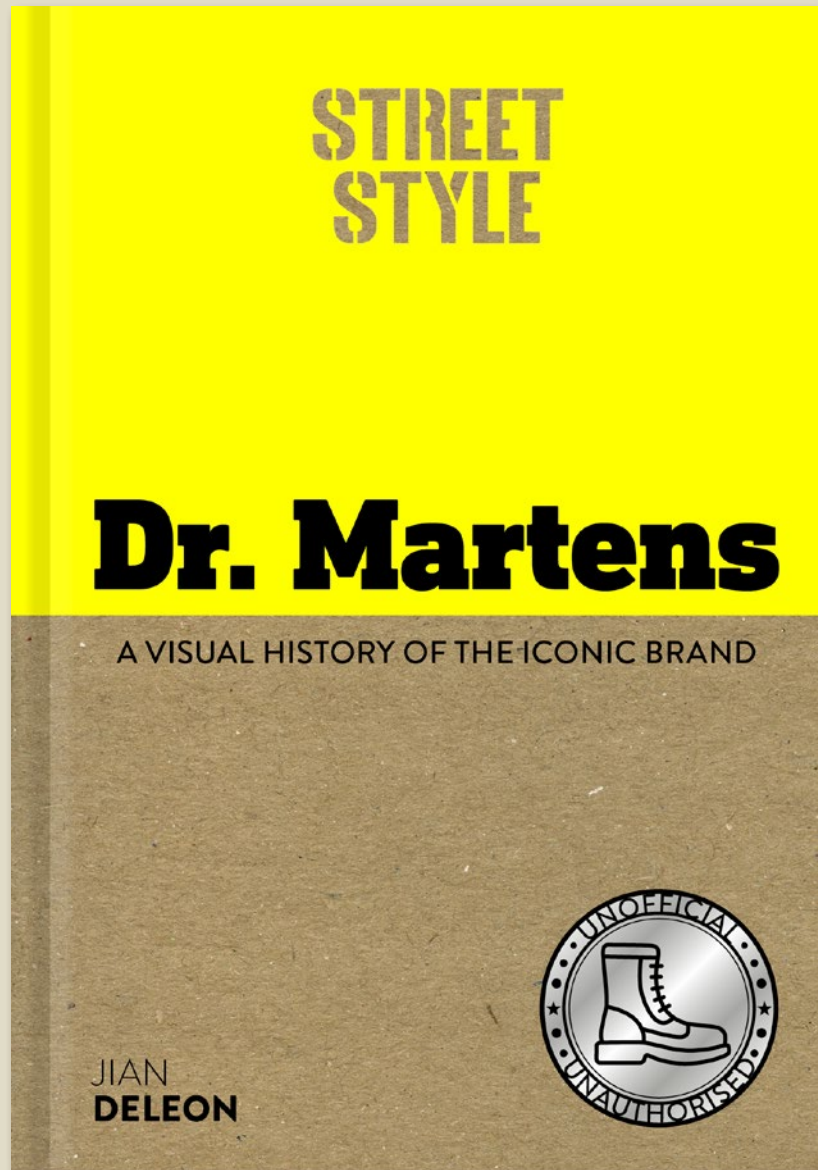


@making_walford_magical

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| Author | Story Of My Home Team |
| Extent | 160pp |
| Word Count | 16000 words |
| Rights Available | World |

Street Style: Dr. Martens



Visual history of the iconic street style brand.

- Illustrated with full colour photographs showcasing the brand's history.
- Cover finishes: mat lam and foil.
- Written by Jian DeLeon, the editorial director for Highsnobiety. Jian is an expert on the intersection of streetwear, sneakers and luxury fashion. He co-hosts 'The Dropcast', Highsnobiety's weekly news podcast,

Street Style: Dr. Martens



The original pair of Dr. Martens' AirWair shoes were still a far cry from the instantly recognisable models the brand is known for today. The uppers were much more minimal in decoration and the soles were much wider with a very visible contrast thanks to a lighter coloured sole.

The first mass produced designs have more in common with a modern-day hybrid dress shoe than the sleek, utilitarian shapes of popular Dr. Martens styles, now set atop a semi-transparent lug sole. Perhaps the unintentionally fashion-forward aesthetic is one of the reasons why women gravitated towards them long before most conservatively-dressed men did. It's hard to imagine one trying to pull these off within the strict dress codes of the 1950s, when leather-soled, dark hard bottom footwear was still the norm for doing business. But looking back now, it set the perfect stage for what Dr. Martens would become: the ultimate anti-dress shoe.

LEFT: A modern pair of Dr. Martens 1460 boots.



The Birth of Bouncing Soles

Now that you've briefly had a glimpse at Dr. Martens' future, it's time to rediscover the past. How did a German town-based business so distinctively British? That story begins in 1901. A man named Benjamin Griggs and his business partner, Ephraim Jones began a company to manufacture boots in Wallaston, north Northamptonshire. By 1901, they had incorporated as R. Griggs & Co. Ltd., eventually becoming the R. Griggs Group.

In just a couple of decades, Wallaston had become one of England's shoemaking capitals. As early as 1881, one of its shoe factories was established as a workers' co-operative of local children (incidentally 'The Buffers'), and it was even today as the Northamptonshire Productive Society, still making shoes as 1920s, where it manufactures many well-known high-end footwear brands.

But the R. Griggs Group continued to flourish well into the 1950s under the leadership of Bill Griggs, who inherited the family business around that time. His fortune would grow even more when he decided to take a risk in 1959. Backing on the success of their fledgling footwear business, Dr. Klaus Martens and Dr. Robert Fark began soliciting advertisements for Dr. Martens' AirWair shoes in international magazines. Griggs saw the fit in this innovative air-cushioned sole by two German doctors and instantly recognised its potential. After

all, having grown up in factories his whole life, he understood the need for sturdy, robust work boots, but also knew how uncomfortable they could be.

Ironically, the rest of his family disagreed with his foresight, seeing the air-cushioned sole as a gimmick, the kind of fad in the past that would fade out over time while leather-soled boots would be around forever. But he treated his intuition and went ahead to meet with Dr. Martens and Dr. Fark, later developing a rapport with them and taking the exclusive licence for their AirWair-soled shoes in the United Kingdom.



ABOVE: The Griggs, longtime owner of the R. Griggs Group that went on to own all of Dr. Martens.

Mod Squad

One of the most prominent British music subcultures to arise in the 1960s and early 1960s was the Mod subculture – or 'Mod' for short. Musical taste was just one part of the complete lifestyle. Mods were dressed with clean-cut fashion pieces like polo shirts, suit jackets and military issue M-51 field jackets, especially ones embellished with the signature roundel of the Royal Air Force. It was a subculture focused on executing everything with intention – the hair you had, the clothes you wore, the music you listened to and the scooter you drove.

As avid fans of The Who, it's no surprise that Dr. Martens became an inimitable part of Mod's uniform. The sleek lines of the boots looked good with suits and usually complemented the minimalist style of the subculture and could also be worn on the Mod vehicle of choice: the Vespa scooter.

RIGHT: Two scooter-riding mods take a breather outside Haringey's Alexandra Road in 1965.



In contrast, the leather-soled subculture of Rockers who favoured leather motorcycle jackets, creepers, engineer boots and R&B as effeminate, and numerous physical altercations between the two groups led to a moral panic about the rise of sexually youth. Boys wore the Mods eventually won out as their way of dress slowly seeped into the British mainstream, leading to the swinging London phase of the 1960s. But as all trends go, as one fad falls out of fashion, another one is right behind it to take its place.



The Spring Behind Every Step

It's hard to believe that an orthopaedic shoe could be synonymous with rebellious style around the world. Yet that is what the Dr. Martens brand continues to represent to millions of its ardent fans.

It can be challenging to maintain one's cool factor over the decades, but by intentionally aligning itself with subcultural style, the nearly octogenarian footwear manufacturer hasn't lost a single step when it comes to cultivating an alternative type of timeless footwear. Considering the United Kingdom also has a rich history of fine Savile Row tailoring, Scottish wools and ruggedly elegant Harris Tweeds, fashion houses like Burberry and tastefully tough outerwear from brands like Barbour, Dr. Martens is singular in that canon of classic British style. Indeed, Dr. Martens is a staunch iconoclast, a bastion of anti-establishment ideals for people who prefer to dress against the grain.

But despite the modern connotation of what Dr. Martens has become, its roots are built on a comfortable foundation. Dr. Klaus Martens first conceived of the footwear's signature 'AirWair' sole while recuperating from a World War II foot injury.

Finding his standard-issue German Army boot severely uncomfortable for his ailing foot, he utilised soft leather for

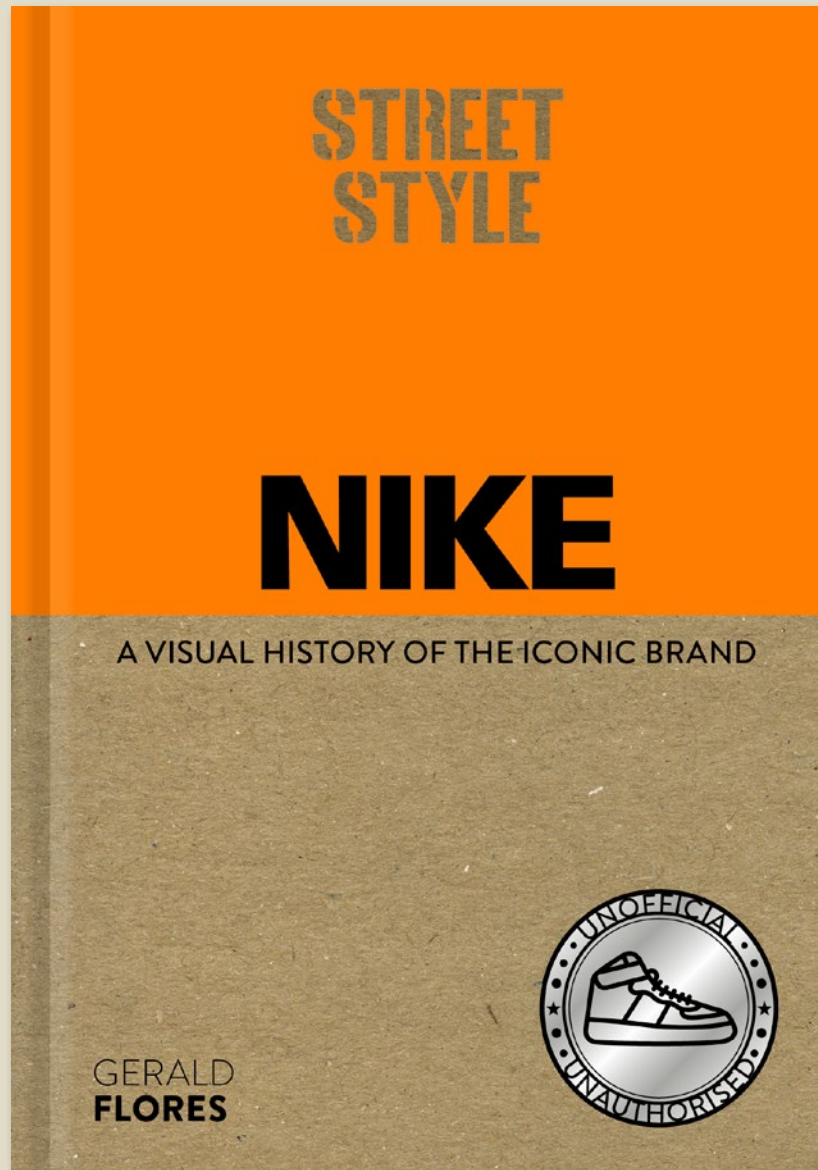
the upper and repurposed tyre rubbers to create an air-padded sole. The resulting shoe is equal parts built to last and equal parts built to live in. It's no wonder that punk rockers and hip-hop artists alike have graced thousands of stages in a pair of Dr. Martens over the years – it's a shoe made for those who live out loud. The story of how a purpose-driven product came to define one of today's most exciting lifestyle brands is one that spans a growing connection between clothing and culture. When you combine a timeless product with a chameleon-like ability to mean different things to different people, you get a shoe that is undeniably trend-proof.



ABOVE: A classic pair of Dr. Martens 1460 boots, broken in with wear.

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| Rights Available | World |

Street Style: Nike



Visual history of the iconic street style brand.

- Illustrated with full colour photographs showcasing the brand's history.
- Cover finishes: mat lam and foil.
- Written by sneaker connoisseur Gerald Flores. With over a decade of journalistic experience, Gerald is fascinated by the people, designers and stories behind sneakers. He has interviewed personalities including Kobe Bryant, Tinker Hatfield and Virgil Abloh.

Street Style: Nike



Nike's terms included \$500,000 in cash for five years, an endorsement figure that was unprecedented in that era. The highest sneaker endorsement before 1984 was New Balance's deal with the Los Angeles Lakers' Larry Nystrom for \$150,000 a year for eight years. Other perks offered to Jordan included stock options and a custom-built shoe for the basketball player to play in.

There were some stipulations, however. Nike wrote a clause in the initial contract that required Jordan to accomplish one of three things - win NBA Rookie of the Year, to become an All-Star, or to average 20 points per game within his first three years. If Jordan didn't, Nike reserved the right to end the deal two years early.

By the time Jordan's first year in the NBA ended, he averaged 28 points per game after playing every game of the season. Not only did he win Rookie of the Year honors during the 1984-85 season, but the rising star became the darling of the League with his acrobatic style of play that made the name of his signature Nike shoe synonymous with Jordan.

Nike made over \$500 million in revenue thanks to the sale of Air Jordans by the end of that first year - a new industry standard for how trends would market, design and storytelling through signature products was set.

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Max Blackman's marketing campaign still made way for new icons to step in to advertise the Air Jordan 7. Bugs Bunny and the Looney Tunes. Among the number three Jordan, Bugs joined Jordan for a series of memorable commercials and print ads promoting the Air Jordan 7. One notable iteration of the shoe was a white-based colorway nicknamed 'Hare', paying homage to Bugs' involvement.

The Air Jordan 7 gained even more mainstream exposure when Jordan showcased the 'Bordeaux' colorway in Michael Jackson's music video for 'Scream'. This collaboration between the two biggest cultural icons of their time further solidified the Air Jordan 7's place in sneaker and pop culture history.



ABOVE: The Nike Air Jordan 7 sneakers, which were released in 1992, were the first Jordan 7 sneakers to feature the 'Hare' colorway. Bugs Bunny also appeared in an original commercial for the shoe in an animated form.

OPPOSITE: Michael Jackson wearing the 'Bordeaux' version of the Air Jordan 7 sneakers in his 1992 music video 'Scream', which many regard as the greatest basketball music video of all time.

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Nike Air Max 180

The Nike Air Max 180 was a collaborative effort between two giants in the footwear design industry: Timberland and Bruce Kilgore. At the time of its creation in 1991, Timberland was renowned for his groundbreaking work on previous Air Max models, pushing the boundaries of sneaker design and technology. Meanwhile, Kilgore had achieved legendary status for his iconic creation, the Air Force 1. Together, they set out to make Air Max bigger and better than it had ever been.

The duo's goal for the shoe was to once again make Nike's patented Air technology larger and more visible than it had ever been. To achieve this, they based it on a horseshoe concept for the Air unit, which allowed for increased visibility along the sides and underfoot of the shoe. They utilized a time molding process to create a version of the bag that provided maximum visibility and impact absorption. Moreover, the Air 180 was the first shoe to feature a swoosh on the outside midsole.

directly to the Air unit, further enhancing its visibility and performance capabilities. The heightened visibility of the Air technology directly inspired the name Air 180.

During a period when Michael Jordan's endorsement could significantly impact any product, he was photographed wearing a pair of Nike Air 180s in the 'Concept' colorway for a photo shoot preceding the 1992 Olympics. This high-profile shoot provided the Air 180 model with exposure to a wider audience and bolstered its mainstream appeal.

While the Nike Air 180 didn't initially receive the same level of fanfare as its contemporaries, its significance and appreciation have grown considerably over the years. As time has passed, the Air 180 has emerged as a standout and essential release within the Nike Air Max series.



OPPOSITE: The Nike Air Max 180 is a unique collaboration of sneaker design and culture.

LEFT: Designer and former Nike collaborator Sean Watters is seen working on the Nike Air Max 180 in 2001.



'Well, I don't love it,' Knight was heard saying upon the first review. 'But it will grow on me.'

The Swoosh definitely grew on Knight as the shape also bore a resemblance to the wings on the Greek goddess that Nike was named after. It would go on to become one of the most well-known logos in the world.

While Davidson was initially paid just \$35 for her design, Knight saw her as one of the original minds behind the brand and wanted to acknowledge this. In 1983, the founder rewarded Davidson with 500 shares of Nike, as well as a golden ring.

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with a Swoosh-shaped diamond, which is possibly the biggest remuneration for any logo design in history.

The marking is such a part of Nike culture that every new athlete that signs with the brand is tasked to draw their own version of the Swoosh. There have been different evolutions of the Swoosh and you can see the various iterations if you look through Nike's back-catalogue of products. Designer and Nike collaborator Virgil Abloh nodded to Davidson's original Swoosh design on the cover of his book *Something's Off* and the marking has been reversed on signature product for eccentric players, like Dennis Rodman's Air Darwin sneaker. But the essence of the Swoosh remains in its simplicity, its elegance and the way it represents movement.

OPPOSITE: Gianni Antetokounmpo's first signature sneaker implemented its performance features in the midsole in the shape of a reverse Nike Swoosh.

ABOVE: A lightning bolt effect on the Nike Swoosh printed on a pair of track spikes.

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| Author | Gerald Flores |
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Icons of Cinema: Baz Luhrmann



A celebration of the iconic movie director behind *Moulin Rouge!* and *Elvis*.

- Written by Emily Maskell, freelance film critic who has written for BBC Culture, GQ, W Mag and more.
- Illustrated with full colour photographs including events and movie stills.
- The next title in this series, **Icons of Cinema: Greta Gerwig**, will publish in 2025.
- With home streaming services expanding and multiplying at an incredible rate, as well as the Barbenheimer Effect of 2023, there is a renewed interest in film and cinema.

Icons of Cinema: Baz Luhrmann

Paso Doble Flare

Though Scott and Fran perform several ballroom dances throughout *Strictly Ballroom*, their rule-breaking paso doble is the most memorable. The Latin ballroom dance initiates a bullfight; the male dancer is the matador, while the female dancer is the red cape of a torero. After another heated argument with his mother, Scott arrives at Fran's house and confesses his desire to dance with her at the competition. However, Fran's Spanish family does not warmly receive his declaration. Fran's father, Ravi (Antonio Vargas, one of the world's leading flamenco dancers), is especially suspicious of the young man and demands to see his paso doble in action.

They gather on the wooden terrace, lit by lanterns with Fran's family playing live instruments, as Scott and Fran's dance is met by rousing laughter. Ravi can't just stand by and watch his son assume the murder position, head held high with smug confidence and effervescent flame. The family forms a ring in which Ravi challenges Scott with a "this is how it's done" glare. They look like two bullfighters facing off. Luhrmann holds an extreme close-up on the intensity of Ravi's forehead, while the sound design focuses on the increasingly loud clicking of his heels. Rapid fire editing cuts jump between close-ups of Ravi's dancing and Scott's wonderment. The fiery



moment multiplies into a scene of schooling between the two men, who are very different from one another.

Ravi becomes Scott and Fran's unofficial dance coach to help them perfect their paso doble. Fran's grandfather Yi Yi (Antonio Bandini) also assists, the film Scott's chore to engage the rhythm of the music into his soul to help him "dance from the heart". Their nightly rehearsals are brought forward into the daylight, no longer hiding in the dark – it's a subtle callback to Fran's sentiment that "a life lived in fear is a life half lived". Luhrmann characterises such scenes with a narrative soundtrack composed of the noisy railway station, dramatic setting, the family's chugging, and the humming of maps.



OPPOSITE TOP: Fran (Dance) and Scott (Dance) perform together.
OPPOSITE BOTTOM: Scott (Dance) and Fran (Dance) perform together.
ARCHIVE: Scott (Dance) and Fran (Dance) perform together.

A 21-year-old DMCaptain pulled the character's complicated bundle of emotions, cycling through all of these emotions in a few seconds. His anger is tangible in his animated gaze and towering expression as he faces the gun, but then comes shame. Luhrmann cuts to an extreme close-up of Ravi's expression. DMCaptain faces the only thing visible in the frame. Ravi's father enters to see as men spill from his mother's car and blood trickles down his cheeks. There is no soundtrack for Ravi's breakdown, just the patter of falling rain as he screams: "I am Ravi's son!"

Luhrmann jumps so quickly between the tranquil love and agonised violence that there is no character left untouched by the threat of death. The murder of both Mercutio and Tybalt demonstrates that this burning desire to defeat the enemy household is all in vain. Through Tybalt killing Mercutio and Romeo killing Tybalt, Romeo has not only lost his best friend but left a devastating mark on the household's identity. The self-destruction of youth infatuation with Romeo's Juliet's heartbreaking conclusion as the two lovers tragically take their lives in each other's arms.



ARCHIVE: Romeo (Dance) and Juliet (Dance) perform together.

Luhrmann's Outback

On home soil, Luhrmann's epic drama captures the landscape of Australia with wonder. This vast summer romance over the landscapes as much as *Lady Sarah* and *Dorothy's* infatuation. As the pair roam across endless miles of land, driving cattle, cinema-ographer Mandy Walker highlights the non-blended Outback's outgrowing nature.

Luhrmann's signature style of visual splendour infuses with Walker's long domes of dusty scrubbed plains, incalculable sunsets and formidable mountains. As Walker sweeps over various terrains, the aerial shots are breathtakingly powerful. The cinematography focuses from the classic American western – capturing cattle drives like *Hombre* and *Red River* – with grand scale infused to the expansive Outback. Further bolstering *Australia*, unlike *Bill Blodgett's* hyperactive editing, Dody Dorn and Michael McClellan take a more restrained approach. The Outback lingers on the screen as viewers can properly absorb its grandeur.

Light is a central component of Luhrmann's storytelling. Walker's wide frames find each character under the blinding Australian sun, but the exposure quality of light and the noticeable absence of it imbues *Australia's* frames with a fantastical quality. Filming in Kunzea, a remote region of northern Western Australia, temperatures soared to a grueling 43°C and the intensity of sunlight hardened the cattle driving scenes. The sun is a guiding light but a punishing force in the trenches and sun-baked New South Wales which the horses traverse.

Luhrmann's lens appreciates Australia's landscapes, whether observing King George atop a mountain or *Lady Sarah* trudging through the sands. The film explores through several characters and their differentiating methods as Luhrmann examines the beauty of the desert and plains while contemplating the harsh reality of the country's history.



TOP: Outback (Dance) in the Outback.

MIDDLE: Lady Sarah (Dance) and Dorothy (Dance) in the Outback.

BOTTOM: Lady Sarah (Dance) in the Outback.

THE CURTAIN RISES...

The Showman

Over three decades, Mark Anthony Luhrmann, who goes by the moniker Baz Luhrmann, has cemented himself as one of cinema's most recognisable filmmakers. The Australian film director, producer, writer and actor has worked across television, opera, theatre and music, but it is in the cinematic realm where he has really flourished. He is regarded as a contemporary auteur renowned for his theatrical aptitude, opulent aesthetic and sweeping romances.

Luhrmann is a showman as much as a director, known for conducting dramatic narratives that play out on a flamboyantly grand scale. Culturally, his significance spans the arts as he takes classic narrative structures and morphs them through new perspectives, not limiting himself to the boundaries of realism. This signature style marks the Australian filmmaker as a pioneering storyteller where the fusion of high and low pop culture creates an entirely singular body of films.

OPPOSITE: Luhrmann on the set of *Moulin Rouge!*

6



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|------------------|---------------|
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| Author | Emily Maskell |
| Extent | 160pp |
| Word Count | 16500 words |
| Rights Available | World |

Icons of Cinema: Greta Gerwig



A celebration of the iconic movie director behind *Barbie* and *Little Women*.

- Written by Laura Venning, film critic specialising in feminist cinema who has written for BBC Culture, Empire Magazine and Little White Lies.
- Illustrated with full colour photographs including events and movie stills.
- Barbie earned more than \$1.38 billion worldwide to become Warner Bros' highest grossing film ever, as well as the highest grossing film ever from a female filmmaker at the domestic box office, and was the largest global film release of 2023.
- Will publish simultaneously with **Icons of Cinema: Wes Anderson**.

Icons of Cinema: Greta Gerwig

| | |
|------------------|----------------------|
| Pub Date | 09/10/2025 |
| Pub Price | £13.99 |
| ISBN | 9781800789845 |
| H × W | 181 × 126mm |
| Binding | Hardback |
| Age Range | Adult |
| Author | Laura Venning |
| Extent | 160pp |
| Word Count | 16500 words |
| Freight On Board | 07/08/2025 |
| Rights Available | World |

Icons of Cinema: Wes Anderson



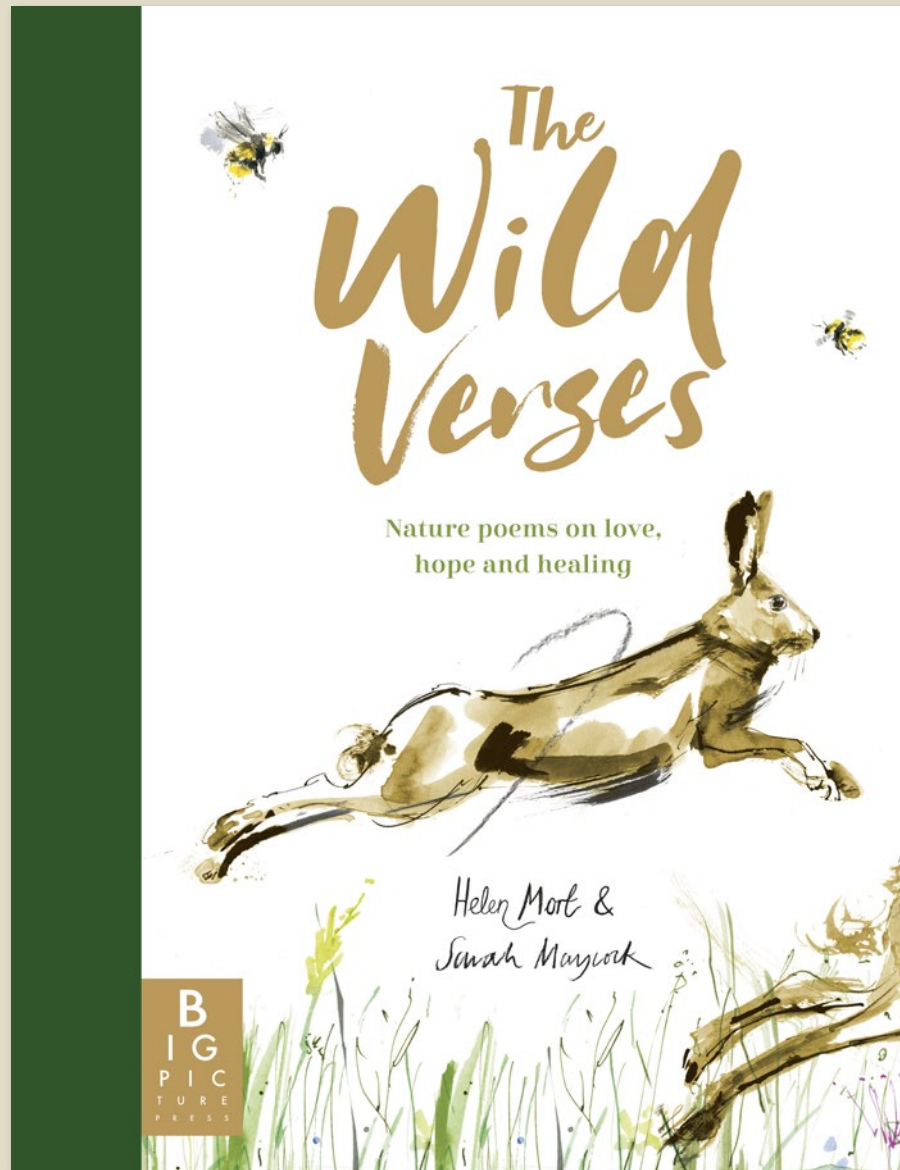
A celebration of the iconic movie director behind *The Grand Budapest Hotel* and *Moonrise Kingdom*.

- Written by Emily Maskell, author of **Icons of Cinema: Baz Luhrmann** and freelance film critic who has written for BBC Culture, GQ, W Mag and more.
- Illustrated with full colour photographs including events and movie stills.
- Will publish simultaneously with **Icons of Cinema: Greta Gerwig**.
- With home streaming services expanding and multiplying at an incredible rate, as well as the Barbenheimer Effect of 2023, there is a renewed interest in film and cinema.

Icons of Cinema: Wes Anderson

| | |
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| Pub Date | 09/10/2025 |
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| Author | Emily Maskell |
| Extent | 160pp |
| Word Count | 16500 words |
| Freight On Board | 07/08/2025 |
| Rights Available | World |

The Wild Verses



A striking poetry collection by Helen Mort.

- The book will be split into different sections/feelings - joy, hard times, love, loss etc.
- Tapping into the phenomenal success of books like *The Boy*, *the Mole*, *the Fox and the Horse* and *The Poetry Pharmacy*.
- An opportunity to reuse Sarah Maycock's artwork in a new format - for an adult audience
- The perfect offering for the Christmas gift market
- Luxy cover finishes - quarter binding and foil
- With poems by award-winning Helen Mort

The Wild Verses



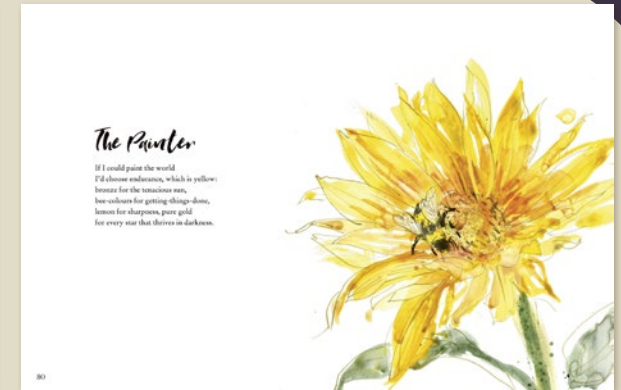
Safely In Numbers

Why meet trouble halfway
when you can run
to greet it, offer it
the best part of the day?
Watch them surge
towards their problems:
this band of rebels
tackling life head-on
moving, always moving
as one.



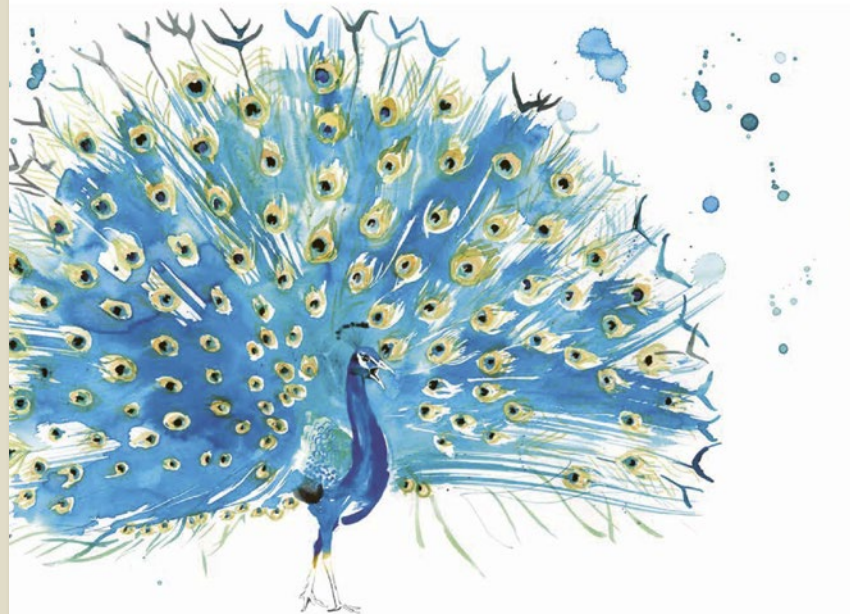
The Bull

Today, you want
to stomp outside and face
the day bull-strong.
Stand firm
and uncertainties
cannot make you stop.
Stay proud. Zip up
your audaciousness
right to the top.



The Painter

If I could paint the world
I'd choose endearment, which is yellow:
blossoms for the sun-drenched vine,
bee-colours for getting things done,
lemons for sharpness, pure gold
for every star that shines in darkness.



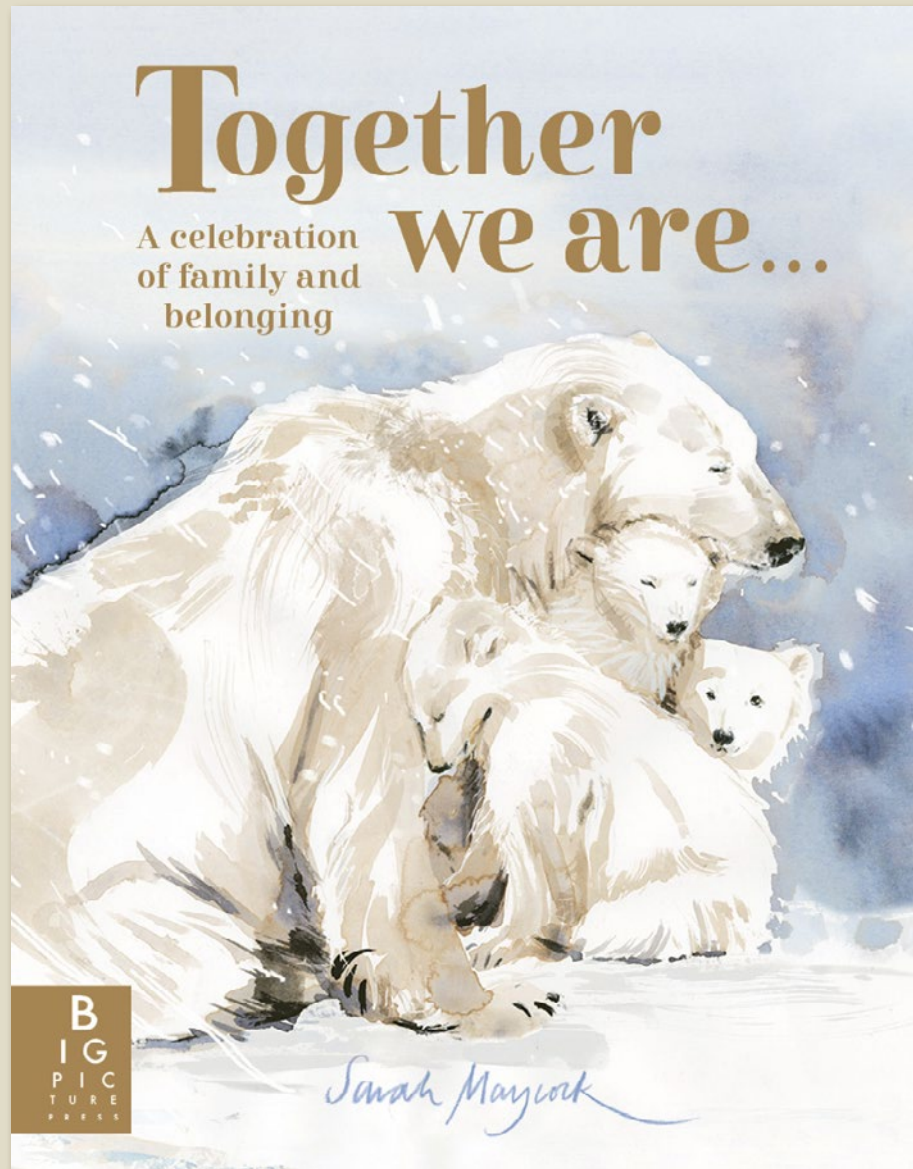
Unfurl

Sometimes you want to hide
your crimson, teal and green.
Sometimes you fold.

It's time to catch the light. Be bold.
You open the fan of yourself
and you brim with gold.

| | |
|------------------|---------------|
| Pub Date | 10/11/2022 |
| Pub Price | £16.99 |
| ISBN | 9781800784765 |
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| Binding | Hardback |
| Age Range | Adult |
| Author | Helen Mort |
| Illustrator | Sarah Maycock |
| Extent | 112pp |
| Rights Available | World |

Together We Are...



A beautiful poetic picture book about family connection, from award-winning artist Sarah Maycock.

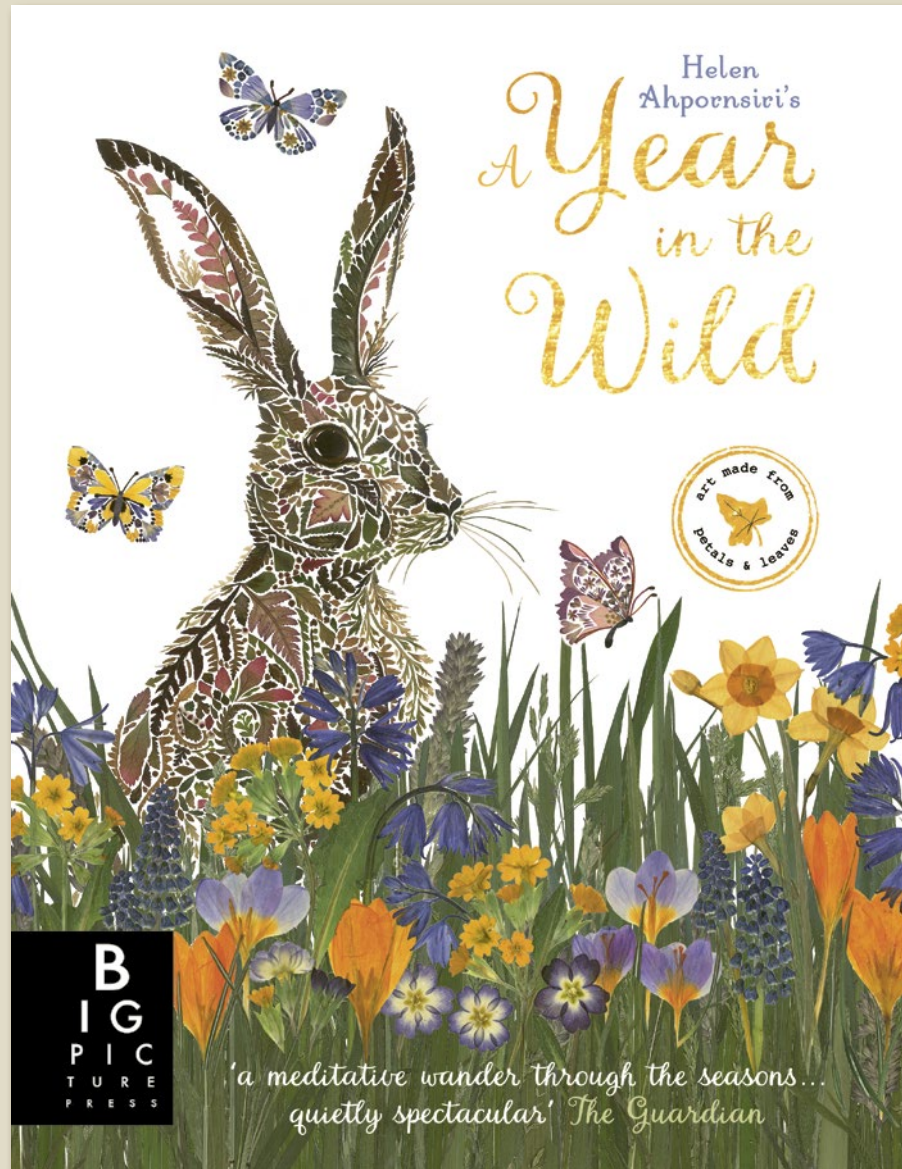
- A beautiful one-off picture book that brings poetry and nature together in the most stunning of ways
- Sarah's bold, expressive artwork captures a creature's characteristics or the forces of nature in just a few swoops of ink, bringing each page to life
- Sarah was selected as an It's Nice That Graduate in 2011 and her work includes illustrations for the Natural History Museum's 2018 Whales exhibition
- Perfect for readers of all ages, it's a captivating celebration of the bonds that tie us together
- Cover treatments: Graining with gold foil

Together We Are...



| | |
|------------------|-------------------------|
| Pub Date | 02/10/2025 |
| Pub Price | £14.99 |
| ISBN | 9781800789524 |
| H x W | 300 x 235mm |
| Binding | Hardback |
| Age Range | 0-5 years |
| Author | Christina Sutton |
| Illustrator | Sarah Maycock |
| Extent | 48pp |
| Word Count | 400 words |
| Files To Printer | 14/07/2025 |
| Freight On Board | 24/08/2025 |
| Rights Available | World |

A Year in the Wild



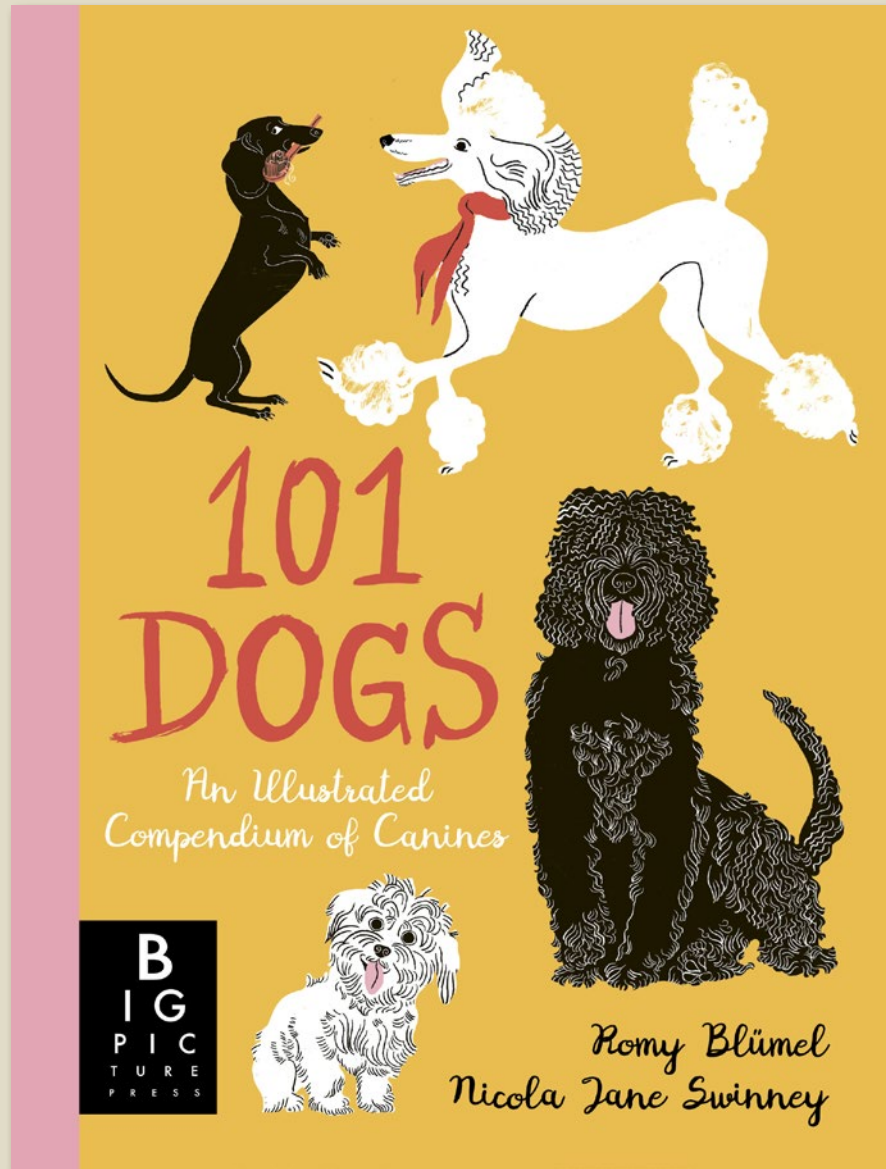
Take a journey through the seasons in this large-format paperback edition of Helen Ahpornsiri's stunning debut.

- This pair of books from Helen Ahpornsiri has sold a combined quantity of over 78,000 copies worldwide (as of July 2022)
- Winner of the Dapeng Natural Children's Book award
- All the artwork is crafted from carefully picked and hand-pressed plants
- With a lyrical yet informative text, this is a book to share together as the seasons change
- Helen Ahpornsiri has over 70,000 followers on Instagram
- Luxe feel: woodfree paper and quality cover finishes

A Year in the Wild



| | |
|------------------|-------------------------|
| Pub Date | 19/03/2020 |
| Pub Price | £9.99 |
| ISBN | 9781787416659 |
| H x W | 305 x 235mm |
| Binding | Paperback |
| Age Range | 7-9 years |
| Author | Ruth Symons |
| Illustrator | Helen Ahpornsiri |
| Extent | 64pp |
| Word Count | 4648 words |
| Rights Available | World |



Gorgeous canines of every shape, size and colour bound through this book – all 101 of them!

- The perfect gift for dog lovers big and small
- Beautiful cover treatments including foil and ribbon
- Humorous and engaging text written by dog expert Nicola Jane Swinney

101 Dogs

Japanese Chin



In Japan, the Chin was regarded not as a dog (inu) but as a separate being (shishi), bred to have a higher status among dogs and ideal for noble companionship. Modern Chinese make charming pets as they are loving and playful, and are one of the most out-like breeds. They like to climb, and often climb their face with their paws. Looking at their lovely, long fluffy coat, you might think this pretty little creature needs lots of brushing. Not so – the Chin is a 'wash and go' kind of dog, only needing a weekly tidy up.

Life Expectancy 12-14 Years | **Height** 20-25cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

Akita



A strong and sturdy dog, the Akita was developed in Japan. It is a fiercely loyal, not for much an imposing breed, very loving. One Akita famously waited for his owner at the train station every day for nine years after he had died. One thing that can be startling is its habit of holding things in its mouth, including your wrist! It isn't going to bite you, it simply wants to take you to where it wants you to go – often to its bed to go for a walk or to its bed because it wants feeding. The Akita doesn't often bark but it does make a lot of noise when those visitors say their dog masters under its breath!

Life Expectancy 12-14 Years | **Height** 50-60cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

Shiba Inu



The smallest of six dog breeds native to Japan, the Shiba Inu greets the world with quiet dignity. It's like a little stoic warrior, moving quickly and nimbly. The Japanese have three words to describe this breed, none it required boldness, elegant (good nature) and noble (adornment). It also tends to be passionate – like a sturdy toddler, the Shiba Inu doesn't like to share and if it could speak, its first word would be 'mine'. It's also a natural hunter, so if you let it off the lead while out on a walk, it will probably disappear in the direction of the nearest squirrel.

Life Expectancy 12-14 Years | **Height** 35-40cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

Pharaoh Hound



This elegant breed was developed to hunt gazelle with pharaohs in ancient Egypt, more than 4,000 years ago. Despite its noble past, the Pharaoh loves people and simply loves life. It's a natural clown – you can even teach a Pharaoh to smile! And it's possibly the only breed that can blink – when it's happy or excited, its nose and ears will turn a deeper shade of pink. But as a hunting breed, it has a strong prey drive and is likely to chase anything it sees, so keep it on the lead at all times.

Life Expectancy 12-14 Years | **Height** 50-60cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

Shar-Pei



This strange-looking breed looks like it needs ironing! These deep wrinkles serve a purpose, though. The Shar-Pei breed name translates as 'sand skin' – was sometimes called the 'Chinese lightning dog' and any attacker would have a tough job biting through those loose, thick folds and tough skin. They were once known as 'lion dogs' – an obvious nod to their lion-like appearance. They were used as 'lion dogs' – an obvious nod to their lion-like appearance. They were used as 'lion dogs' – an obvious nod to their lion-like appearance.

Life Expectancy 12-14 Years | **Height** 50-60cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

Greyhound



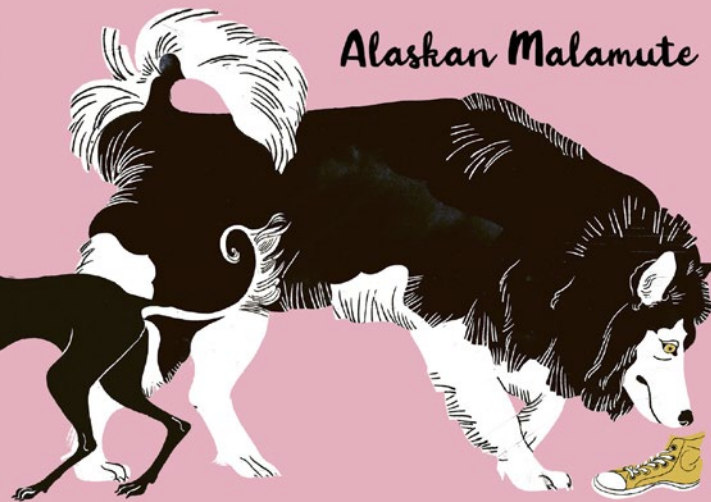
This sleek and elegant creature is known as the Ferrari of the dog world. And this is no idle boast! The Greyhound can run at speeds of more than 70 kilometres per hour. Greyhounds were bred for Chaperos as well as Britain's great monarch, Elizabeth I. Their love of this breed led to greyhound racing being dubbed the 'Sport of Queens'. From that title, you might think the breed needs masses of exercise, but the Greyhound is surprisingly laid-back. It is a sprinter, not a long-distance runner, so a daily walk is enough. It is, however, most plenty of belly rubs!

Life Expectancy 12-14 Years | **Height** 50-60cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

Saluki



Alaskan Malamute



Prized by the travelling people of the Middle East, this exotic breed is thought to take its name from the Arabian city of Saluk. To the sheikhs, it was a noble dog indeed and they kept precise records of breeding and hunting prowess. They hunted hare, fox and gazelle from horseback, so their hounds had to be fleet of foot. There were once two different types of Saluki – desert and mountain – but the two have merged into the modern breed. It has, however, retained its beauty and some of its speed, so be prepared to do a lot of jogging...

Life Expectancy 12-14 Years | **Height** 58-71cm | **Trainability** Intelligent but opinionated | **Grooming** Weekly brushing | **Exercise** Daily run | **Most likely to say** Make sure you get my best side | **Least likely to say** I'll sleep on the floor

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This impressive breed is one of the oldest in the world and has changed very little, still resembling its wolf ancestors. It was used by the Mahlemut people to pull sleds and hunt seals. It is a strong and imposing animal, but it isn't much use as a watchdog – Malamutes regard everyone they meet as friends. They rarely bark, but make a charming 'woo-woo' noise. They're intelligent too, which means they can easily get bored... and a bored Malamute is trouble in waiting. They love to dig holes in the garden, or sniff across the kitchen counters for something tasty, so keep them busy!

Life Expectancy 12-15 Years | **Height** 53-64cm | **Trainability** Easy, but can get bored | **Grooming** Needed every day | **Exercise** None! This is an energetic breed | **Most likely to say** This looks like a good spot to dig! | **Least likely to say** (to anyone) You shall not pass

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