

## Danni Menzies Presenter Model

Real life parents talk real life parenting! Joining the parenting club in our thirties and beyond means that we are spinning an extraordinary amount of plates, often including a career at its peak. Most of us co-parent or fly solo in the true sense of the word, relying solely on our partners and/or friends when more often than not, extended family are too far away to help on a regular basis. Our parents could look to their parents for the usual guidance and extra support, but our situation is new, modern and unique. We are winging it! This book isn't a guide or a parenting manual - it's more of a support group for parents who are having their children in their thirties and forties to get together, to celebrate, share experiences, laugh and find joy in what is still the biggest life changing experience any of us will ever go through. It's the book I looked for when I was pregnant, that spoke to me as a working parent and that I couldn't find so I've had a go at writing one myself. Featuring: - Expert advice from Zita West, Clemmie Hooper, Dr Sarah Jarvis, Mother Pukka, Zoe Williams, Selfish Mother and more. - Hilarious and heart-warming anecdotes plus tips and tricks from parents winging it too. We're re-writing the rule book and winging it, but we are winging it together! Love, Alex

The life story of vet Peter Wright, as he walked in the footsteps of the famous 'James Herriot', from work experience with him as a lad - to taking over his practice in the beautiful Yorkshire Dales. Packed full of laugh-out loud moments, heartbreaking stories and transporting tales of his love for working with the animals and people of this breath-taking part of the country. Covering his bucolic childhood growing up on a farm right through to the heady days of his successful Channel 5 TV series, Peter's warm nature and professional attitude shine through every page.

In the golden half light of a midsummer's evening, the sort where any kind of magic can occur, and often does, in the midst of a party held in a wild and rambling garden stood Pierre, teetering on highly unsuitable heels, surrounded by a symphony of overripe roses. Pierre is the heroine of this loveable love story, and the magic takes the form of a tap on her shoulder which induces her to look into the most wicked and dancing eyes she'd ever seen. These are the eyes of her future beloved, and the book charts the course of their romance, from the streets of London to the streets of New York. There are waltzes and sweet peas and bubbles, a tragic breakup, a romantic makeup, and whimsical line drawings to accompany it all. Delightfully silly, occasionally serious, The Man with the Dancing Eyes is all about love-its beginnings, its endings, and its wonderful re-kindlings. It is a hopeful tale about the place of old-fashioned romance in a modern-day world, and will warm the hearts of romantics the world over.

Nicknamed Mr. Show Business, Sammy Davis Jr. was a consummate performer who sang, danced, and acted on film, television, radio, and the stage for over six decades. In this uniquely intimate volume, the entertainment legend's story comes to life through rare family photos and a compelling narrative based on conversations between Sammy Davis Jr. and his daughter, Tracey Davis. The story of a future superstar unfolds beginning with his bittersweet childhood days, raised primarily by his grandmother in Harlem. On the stage by age three, he first became a star in vaudeville with the Will Mastin Trio. Davis was already an up-and-coming performer by the time he was recruited into the Army during World War II. As Tracey Davis candidly relates, it was there that her father first learned to use his talent—singing and dancing—as a weapon against racial bigotry. Davis's career took off in the 1940s through his sheer determination, talent, and the support of friends like Frank Sinatra. With tenderness and humor Tracey describes her father's friendship with Sinatra, and how he stood by him when Davis married Tracey's Swedish actress mother. In a time when interracial marriages were forbidden by law in thirty-one states, both bride and groom endured an onslaught of negative press and even death threats. Complete with rare personal and professional photos, Sammy Davis Jr. recounts Davis's adventures through the Rat Pack era, and the extraordinary obstacles he overcame to become a 5'6", 120-pound legend who across six decades packed in more than forty albums, seven Broadway shows, twenty-three films, and countless nightclub and concert performances.

What emerges from the pages of this loving, but utterly frankly written book, is a uniquely personal perspective on one of the greatest pop culture icons of the twentieth century.

Spring Chicken

Ruthless Women

How to Be an Activist

The Last New Wave

A Deep Look Into the World of Prison

Confessions of a hopeless modern romantic - THE SUNDAY TIMES BESTSELLER

My Journey from the BBC Breakfast Sofa to GB Team Triathlete

**A showstopping quirky gift book for budding magicians, filled with mind-blowing removable magic tricks. Prepare to be amazed!Elliot is crazy about magic. It's all he talks about, all he thinks about, and even all he dreams about! And it's not surprising, because magic is in Elliot's blood. His great-grandfather had once been known as The Greatest Magician in the World and Elliot is desperate to follow in his footsteps. But it's hard when the only magic book in the library is missing half its pages, and there's no one around to teach you. But all that's about to change, when Elliot discovers a long-lost letter from his great-grandfather and embarks on a magical adventure that could change his life forever!Be bamboozled by the Mind-Reading Underpants Trick, or wowed with the Disappearing Object Trick! Written by former professional magician Matt Edmondson, The Greatest Magician in the World is an incredible interactive novelty gift book featuring a brilliantly witty and exciting quest story, a cast of personality-packed magicians and everything you need to perform seven jaw-dropping magic tricks. Abracadabra!**

**A dazzling insight into what gives meaning to our life and to us as a species. What makes us human? From Carlo Rovelli on the particles of dust that make us, to Caitlin Moran on the joy of Friday nights, and A C Grayling on how we express ourselves through culture: this illuminating book shares 130 mind-expanding answers to that question. We all want to understand our place in the universe and find a sense of purpose in the life. This book will help the reader navigate that journey with the help of leading names from the worlds of literature, history, philosophy, politics, sport, comedy and popular culture. Originally broadcast as a popular feature on the Jeremy Vine Show, What Makes Us Human? includes short essays from: Andrew Marr, Carlo Rovelli, Marian Keyes, Alain de Botton, Robert Webb, Richard Dawkins, Stephen Fry, and many more.**

**Implement machine learning and deep learning methodologies to build smart, cognitive AI projects using Python Key FeaturesA go-to guide to help you master AI algorithms and concepts8 real-world projects tackling different challenges in healthcare, e-commerce, and surveillanceUse TensorFlow, Keras, and other Python libraries to implement smart AI applicationsBook Description This book will be a perfect companion if you want to build insightful projects from leading AI domains using Python. The book covers detailed implementation of projects from all the core disciplines of AI. We start by covering the basics of how to create smart systems using machine learning and deep learning techniques. You will assimilate various neural network architectures such as CNN, RNN, LSTM, to solve critical new world challenges. You will learn to train a model to detect diabetic retinopathy conditions in the human eye and create an intelligent system for performing a video-to-text translation. You will use the transfer learning technique in the healthcare domain and implement style transfer using GANs. Later you will learn to build AI-based recommendation systems, a mobile app for sentiment analysis and a powerful chatbot for carrying customer services. You will implement AI techniques in the cybersecurity domain to generate Captchas. Later you will train and build autonomous vehicles to self-drive using reinforcement learning. You will be using libraries from the Python ecosystem such as TensorFlow, Keras and more to bring the core aspects of machine learning, deep learning, and AI. By the end of this book, you will be skilled to build your own smart models for tackling any kind of AI problems without any hassle. What you will learnBuild an intelligent machine translation system using seq-2-seq neural translation machinesCreate AI applications using GAN and deploy smart mobile apps using TensorFlowTranslate videos into text using CNN and RNNImplement smart AI Chatbots, and integrate and extend them in several domainsCreate smart reinforcement, learning-based applications using Q-LearningBreak and generate CAPTCHA using Deep Learning and Adversarial Learning Who this book is for This book is intended for data scientists, machine learning professionals, and deep learning practitioners who are ready to extend their knowledge and potential in AI. If you want to build real-life smart systems to play a crucial role in every complex domain, then this book is what you need. Knowledge of Python programming and a familiarity with basic machine learning and deep learning concepts are expected to help you get the most out of the book**

**The escapist Sunday Times bestselling debut from the nation’s best loved TV presenter, Carol Kirkwood. ‘Loved it! It sizzles with secrets and passion. A real page turner!’ Jo Thomas ‘Utterly engaging, deliciously escapist, with a heart as warm as its author’s’ Cathy Kelly, bestselling author of The Family Gift**

**Twelve Years a Slave**

**Why a Top-Ranked Secret Service Agent Walked Away from It All**

**Parenting in the Middle of Life!**

**Giada's Italy**

**The Greatest Games**

**The ultimate book for football fans inspired by the #1 podcast**

**39 Ways to Save the Planet**

*'Effortless humour and bucketloads of charm. It's impossible not to be bowled over by the ending. Most definitely my favourite celebrity memoir in a long time. Brilliant.'* - THE SUN
\*\*The hilarious debut from I'm A Celeb star Joel Dommett (Live at the Apollo, 8 Out of 10 Cats, Impractical Jokers), for fans of Joe Lycett, James Acaster and Sarah Millican\*\*
As a 17-year-old virgin working . . . for Virgin, Joel Dommett has grand ambitions. Firstly, he is going to swap suburbia for the bright lights of Showbiz. Secondly, he is going to find 'the one' in the first forty people he's going to sleep with. What follows is a series of disastrous romantic encounters, including carpets mistaken for toilets, futile grand gestures and the catfishing to end all catfishing. Featuring genuine teenage diary entries and told in Joel's trademark self-deprecating style, this is the brilliant first book from the UK's most exciting comedian.

*A lively, inside look at how Bollywood, Turkish soap operas, and K-Pop are challenging America's cultural dominance around the world.*

*Peek into the magic of Diwali in this heart-warming picture book about Diwali, siblings and how very special this celebration can be. This year, Ariana has plans to make Diwali an extra special celebration, with yummy sweets, divas around the house, pretty clothes, fireworks and... the rangoli competition, of course. "This year, I am DEFINITELY going to win the rangoli competition." Everything would go perfectly to plan if it weren't for Rafi, her annoying little brother, always up to mischief...and always being clumsy!*

*Will he ruin Diwali too? Includes a non-fiction spread at the back about Diwali and how it is celebrated around the world and in different religions Touches on what it's like to be a big sister or brother, the annoying parts and the extra special parts*
Written by Sonali Shah, ambassador for the British Asian Trust and BBC broadcaster Bright and rich colours on every page truly bring the magic of Diwali to life

*We got ourselves into this. Here's how we can get ourselves out. We know the problem: the amount of biodiversity loss, the scale of waste and pollution, the amount of greenhouse gas we pump into the air... it's unsustainable. We have to do something. And we are resourceful, adaptable and smart. We have already devised many ways to reduce climate change - some now proven, others encouraging and craving uptake. Each one is a solution to get behind. In 39 Ways to Save the Planet, Tom Heap reveals some of the real-world solutions to climate change that are happening around the world, right now. From tiny rice seeds and fossil fuel free steel to grazing elk and carbon-capturing seagrass meadows, each chapter reveals the energy and optimism in those tackling the fundamental problem of our age. Accompanying a major BBC Radio 4 series in collaboration with the Royal Geographical Society, 39 Ways to Save the Planet is a fascinating exploration of our attempt to build a better future, one solution at a time. A roadmap to global action on climate change, it will encourage you to add your own solutions to the list.*

*Intelligent Projects Using Python*

*The Cookbook*

*Clodagh's Suppers*

*The Happy Dog Cookbook*

*What Makes Us Human?*

*Till the Cows Come Home*

*A practical guide to organising, campaigning and making change happen*

'Essential reading for players, fans and coaches' - Steven Gerrard
'A cracking read' - Chris Evans
'I couldn't put it down' - Joey Barton
What are the greatest games ever played? From Jurgen Klopp to Gary Neville, Xavi to David Beckham, Jamie Carragher to Steven Gerrard, speaks with teammates, rivals, managers and legends of the sport to identify and analyse football's greatest encounters. As Carra and his contributors take you into the dressing rooms and out onto the pitches of the world's most celebrated clubs, you will relive some of the defining moments of their playing careers as well as many more from the greatest football matches ever played - from title deciders and cup finals to against-all-odds comebacks, tactical masterclasses and old school club rivalries. From the hilarious stories, exclusive anecdotes and refreshing appraisals, in The Greatest Games Jamie Carragher takes you into the heart of these matches, revealing new insights into the teams, players and coaches that have shaped football.

Part political thriller, part meditation on social change, part love story, The Children of Harvey Milk tells the epic stories of courageous men and women around the world who came forward to make their voices heard during the struggle for equality. Featuring LGBTQ icons from America to Ireland, Britain to New Zealand; Reynolds documents their successes and failures, heartwarming stories of acceptance and heartbreaking stories of ostracism, demonstrating the ways in which an individual can change the views and voting behaviors of those around them. The book also includes rare vignettes of LGBTQ leaders in Africa, Asia, Latin America and the Caribbean who continue to fight for equality in spite of threats, violence, and homophobic touchstone narrative of the tumultuous journey towards LGBTQ rights, The Children of Harvey Milk is a must-read for anyone with an interest in social change.

From experienced campaigner Vanessa Holburn and with a foreword by award-winning animal welfare campaigner Lorraine Platt, this is the essential guide to activism. 'Essential reading for anyone looking to start a grassroots campaign - a guide to reading for some of our political parties too' - Hannah Beckerman, Guardian
How To Be an Activist covers everything you need to know to create a successful social campaign and bring about positive change no matter what your cause. This inspirational book covers topics ranging from identifying your central issue and setting meaningful milestones and goals, to learning how to use the media effectively and stay safe and within the law. It will help you with every step of your campaign, from how you motivated through periods of self-doubt and staving off burnout as you celebrate milestones on the way to creating meaningful change in the world. With contributions from influential campaigners including Natasha Devon MBE, Fresh Politics, and the Green Party, you will see how you can make a difference. Banners in the pouring rain, journalist and campaigner Vanessa Holburn passes on the lessons she has learned so the reader can fast track their movement to success. This is the age of activism and everyone is invited to join the movement. Escape into nature with Matt Baker's fascinating journey through the natural year and family life on the farm 'A delight' Countryfile Magazine
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Matt Baker finds his calm on the farm. Surrounded by nature with his family, dogs, arras and ponies, Mediterranean miniature donkeys and a whole host of wildlife in the farm's ancient woodland, Matt shows us how the power and beauty of the countryside can bring joy to us all. Following the ever-changing seasons of the year, we see wildflowers emerge after a long winter of hibernation and lambs begin to gambol in April. We hear the dawn chorus in the height of summer and see the preparations unfold for the harsh and wild winter months. Peppered with hand drawn sketches, photographs and moments from Matt's TV career and stories of a landscape you'll fall in love with - from its sun-soaked pastures to 6ft snow drifts - Matt reveals how the outdoors has made him who he is today.

The Amazing True Story of How Babies Are Made

How LGBTQ Politicians Changed the World

Dare to Tri

New Kings of the World

The groundbreaking guide for parents with children aged 0-5: THE #1 SUNDAY TIMES BESTSELLER

How the Countryside Made Me

The Amritsar Massacre

**THE GO-TO BOOK FOR PARENTS WANTING HELP WITH THAT TALK ... SHORTLISTED FOR THE 2016 CHILDREN'S BOOK COUNCIL BOOK OF THE YEAR AWARDS**
*It's one of the most amazing stories ever told – and it's true! Funny, frank and embarrassment-free, THE AMAZING TRUE STORY OF HOW BABIES ARE MADE gives a fresh take on the incredible tale of where we all come from. REVIEWS: 'If you're looking for a book for children that's accessible but honest, sex positive and inclusive, THE AMAZING TRUE STORY OF HOW BABIES ARE MADE is pretty much perfect.' -- Child Magazine 'Common sense, facts, the delightful humour and illustrations will enable this book to be universally accessible and a joy to be shared. A must buy for all parents.' -- Buzzword Books 'Highly recommended ... a necessary addition to every parent library' -- ReadPlus.com.au 'It's the inclusive nature of the book as well as its light touches of humour that make it a worthy update of a perennially interesting subject' -- Sydney Morning Herald 'terrific, funny and explicit-in-a-good-way ... Destined to become a classic.' -- Weekend West*

**THE UPLIFTING AND HEARTWARMING LOVE LETTER TO FAMILY AND THE GREAT OUTDOORS**
*'Cox is a natural storyteller... she brings that authentic voice to bear in her memoir. The tone is so intimate, chatty and friendly, so you feel as though she could be sitting next to you'*
Hannah Beckerman, Daily Express
*'endearing, engaging and very funny'* Mirror
*'Cox's memoir about growing up on a farm is as funny as you'd expect, genuinely touching and has some excellent 80s and 90s details. Her love of animals is infectious'* Alexandra Heminsley, Grazia
*'The book is like a big warm hug, full of local characters and misadventures'* Sophie Heawood, Observer
*'Made me laugh out loud...I loved it!'* Lynda La Plante
*'Glorious springtime, haystacks and a herd of cows can all be found in this'* Sunday Times Bestseller
*'Warm and witty' - Express*
*A funny and heart-warming love letter to childhood, family and growing up. Till the Cows Come Home is DJ and TV presenter Sara Cox's wonderfully written, funny coming of age memoir of growing up in 1980s Lancashire. The youngest of five siblings, Sara grew up on her father's cattle farm surrounded by dogs, cows, horses, fields and lots of 'cack'. The lanky kid sister - half girl, half forehead - a nuisance to the older kids, the farm was her very own dangerous adventure playground, 'a Bolton version of Narnia'. Her writing conjures up a time of wagon rides and haymaking and agricultural shows, alongside chain smoking pensioners, cabaret nights at the Conservative club and benign parenting. Sara's love of family, of the animals and the people around them shines through on every page. Unforgettable characters are lovingly and expertly drawn bringing to life a time and place. Sara later divided her childhood days between the beloved farm and the pub she lived above with her mother, these early experiences of freedom and adventure came to be the perfect training ground for later life. This funny, big-hearted and often moving telling of Sara Cox's semi rural upbringing is not what you'd expect from the original ladette, and one of radio's most enduring and well loved presenters.*
*The shocking massacre of 379 unarmed Indians in the enclosed Jallianwala Bagh park on the command of a British army officer on April 13th, 1919 is considered a brutal example of colonial abuse. Immediately afterwards martial law was established with harsh penalties and punishments. Often considered as the darkest period of the Raj, the massacre helped galvanize the Indian Nationalist movement, making full independence inevitable. Yet both the Queen and former Prime Minister David Cameron have side stepped calls for an apology for the mass shooting during official visits to Amritsar. One hundred years on, is it time to say sorry? This book examines the context in which the infamous event took place – and asks why something that happened 100 years ago remains so controversial. Did the order to fire prevent further native and imperialist bloodshed in the Punjab? Was enough done at the time to investigate if General Robert Dyer acted alone or with the full support of his superiors? Who was ultimately responsible for the 1,650 rounds of ammunition discharged that day? Readers will discover how tensions within the region – and political and professional ambitions on both sides – combined to create a chain of events that signaled the beginning of the end for the British Raj.*

*Ambition can be deadly... A glamorous thriller following three passionate women determined to revive the ratings of a TV soap.*

*The Humorist*

*Winging It!*

*How To Pick a Puppy*

*Her Journey Home*

*A Year on Our Farm*

*The Sunday Times bestselling book of life lessons from superstar presenter Holly Willoughby*

*The Greatest Magician in the World*

Survivor, genius, critic. Murderer. Meet Benjamin Davids White, blessed since his infancy with an extraordinary gift: to understand humour at its deepest level. Yet Benjamin is cursed, too: in all his life, he has never laughed or smiled. At the heart of his comedy is a sharp wit, and a keen eye for the absurd. As a comedy critic, yet lacking any kind of human empathy, Benjamin discovers a formula that will allow him to construct the most powerful joke the world has ever known. A joke that has the power to kill...

Featuring Britain's most delicious but threatened ingredients THE GREAT BRITISH FOOD REVIVAL celebrates local produce in classic recipes written by Britain's favourite cooks Britain is home to the tastiest fruits and vegetables, fish, meat, and more. From the world but many of our original species and breeds are under threat by foreign invaders. British food needs us! From West Country apples, rare breed bacon, Baldwin blackcurrants and Scottish heather honey, THE GREAT BRITISH FOOD REVIVAL is a nation's definitive collection of British recipes. Combining traditional ingredients with modern flair, these dishes provide every reason why we should be eating and cooking local produce from the British Isles. With big flavours and simple ingredients, this is a star. And to celebrate with true cooking magic the Hairy Bikers, Clarissa Dickson-Wright, James Martin and many other top chefs take the reader on a gastronomic journey and rediscover the jewels of our great food heritage.

**SHORTLISTED FOR THE TELEGRAPH SPORTS HEALTH & FITNESS BOOK OF THE YEAR AWARD 2019 RUNNING AWARDS 2019 – TOP BOOK**
Dare to Tri is the amazing story of TV presenter Louise Minchin's journey from the BBC Breakfast sofa to representing Great Britain at the World Triathlon Championships. This is a warmly written and wonderfully honest adventure-through-sport that will both entertain and inspire. 'I didn't even know what a triathlon was before 2012... When I was 10 years ago I didn't imagine for a second then, that, one day, I would be able to represent my country internationally.' Louise Minchin
What started out as a fun BBC Breakfast cycling stunt in 2012 culminated in Louise Minchin wearing the

the World Triathlon Championship in 2015 – this is the story of how a newly discovered sport became a passion and then an obsession. Dare to Tri charts Louise Minchin's incredible journey as she rediscovers competitive sport after 30 y tentative steps as a triathlete. As her performances improve, there's a realisation that representing the Great British team in her age group is a possibility and the book tells of her plucky attempt to achieve this almost-unthinkable goal. It its challenges as Louise has to overcome personal nerves, a brutal training regime, the odd bike crash and the occasional drama. Enjoy the ride as Louise Minchin challenges herself to represent Great Britain in triathlon.

NEW YORK TIMES BESTSELLER • Giada De Laurentiis lavishly explores her food roots and the lifestyle traditions that define la bella vita, with the contemporary California twist that has made her America's most beloved Italian chef. For Giad more than just delicious food—it's taking pleasure in cooking for those you love, and slowing down to embrace every moment spent at the table. In Giada's Italy, she returns to her native Rome to reconnect with the flavors that have inspi shares what it means to live la dolce vita. Here she shares recipes for authentic Italian dishes as her family has prepared them for years, updated with her signature flavors. Her Bruschetta with Burrata and Kale Salsa Verde is a perfect lig Grilled Swordfish with Candied Lemon Salad can be prepared in minutes for a quick weeknight meal. Sartu di Riso is a showstopping entrée best made with help from the family, and because no meal is complete without something sweet, desserts like Pound Cake with Limoncello Zabaglione and Chianti Affogato will keep everyone at the table just a little bit longer. Filled with stunning photography taken in and around Rome, intimate family shots and stories, and more recipe Giada's Italy will make you fall in love with Italian cooking all over again.

Stay Young Forever (or Die Trying)

Ottolenghi

The Best Diwali Ever

How to Pick a Puppy

9 real-world AI projects leveraging machine learning and deep learning with TensorFlow and Keras

The Children of Harvey Milk

It's Not Me, It's Them

Why would a successful, twelve-year Secret Service agent resign his position in the prime of his career to run for political office against all the odds? How does the Washington DC “Bubble”—a haze of lobbyists, cronyists, staff, acolytes, consultants, and bureaucrats—surrounding the President distort his view of the world? Take the journey with Dan Bongino from the tough streets of New York City where he was raised, and later patrolled as a member of the NYPD, to the White House as a member of the elite Presidential Protective Division, through his ultimate decision to resign from the Secret Service in the prime of his career to run for the United States Senate against the feared Maryland Democratic machine. Follow his experiences inside the Washington DC “Bubble” and uncover why a government that includes the incredibly dedicated people he encountered while within it continues to make tragic mistakes. Learn how...
• Bureaucratic laziness allows the NSA collection scandal to continue
• The Department of Justice’s unwillingness to take on the tough cases allowed “Fast & Furious” to arm criminals
• The Obama administration allowed US citizens to die in Benghazi in the worst dereliction of responsibility over security ever
• The “Politics of Protection” leads to dangerous policies that weaken our country and cost American lives
“A rare peak inside the DC ‘Bubble’ which should be a wake-up call to every American.” —Sean Hannity

Looks at the growth of mass air tourism and the consequent increase in greenhouse gas emissions from aircraft. The effects on cities such as Venice, subject to frequent flooding, and the climate of Europe and Africa could become much worse as new airline markets such as India and China continue to expand.

Her Journey Home was written on a journey through the rediscovery of herself in the midst of motherhood and self love, while falling heavily in love with Nature.

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested

that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

In the Footsteps of Herriot

Under a Greek Moon

The Autobiography

Great British Food Revival

The Man With the Dancing Eyes

Reflections

The British Empire's Worst Atrocity

From a council house in Kent to her first home in the Hollywood hills, from being told she was too big to model to becoming an inspiration for curvy girls everywhere, Kelly's life has taken many unexpected turns. As a child she just wanted to be an actress - she never imagined she'd also become a hugely popular pin up girl or that she'd be romanced by film stars and pursued by paparazzi. Now, in her deeply personal and honest autobiography, Kelly opens up about the men she has loved and the tragic loss and heartache she has overcome. And she reveals how, by refusing to be limited by other people's perceptions of her, she has forged a successful career as an actress, model and business woman. In Close Up we see the real Kelly. The girl behind the gloss. A funny, feisty woman who lives life on her own terms.

From acclaimed journalist Bill Gifford comes a roaring journey into the world of anti-aging science in search of answers to a universal obsession: what can be done about getting old? SPRING CHICKEN: Stay Young Forever (or Die Trying) SPRING CHICKEN is a full-throttle, high-energy ride through the latest research, popular mythology, and ancient wisdom on mankind's oldest obsession: How can we live longer? And better? In his funny, self-deprecating voice, veteran reporter Bill Gifford takes readers on a fascinating journey through the science of aging, from the obvious signs like wrinkles and baldness right down into the innermost workings of cells. We visit cutting-edge labs where scientists are working to "hack" the aging process, like purging "senescent" cells from mice to reverse the effects of aging. He'll reveal why some people live past 100 without even trying, what has happened with resveratrol, the "red wine pill" that made headlines a few years ago, how your fat tissue is trying to kill you, and how it's possible to unlock longevity-promoting pathways that are programmed into our very genes. Gifford separates the wheat from the chaff as he exposes hoaxes and scams foisted upon an aging society, and arms readers with the best possible advice on what to do, what not to do, and what life-changing treatments may be right around the corner. An intoxicating mixture of deep reporting, fascinating science, and prescriptive takeaway, SPRING CHICKEN will reveal the extraordinary breakthroughs that may yet bring us eternal youth, while exposing dangerous deceptions that prey on the innocent and ignorant.

THE SUNDAY TIMES BESTSELLER 'From the heart. It feels so authentic . . . Encompassing and inclusive . . . Reads beautifully and fluidly and feels like having a chat with your best friend' - Elizabeth Day on HOW TO FAIL 'The book is a triumph...an accessible insight into the woman behind the brand' Grazia \_\_\_\_\_ Have you ever found yourself in that moment where you just wonder - what's next? I could carry on as I am but there's a yearning for something else. That's where this book started for me... Presenter. Fashion icon.

Wife. Mother. Holly Willoughby lights up the nation's TV screens every day but, like all of us, she has struggled with moments of self-doubt, feelings of guilt, anger and detachment. Here she shares how she has learned to reconnect with herself in order to face her fears head on.

With her trademark warmth, Holly shows how listening to her inner voice and celebrating life's little moments of beauty and joy - like looking up at the moon or finding the perfect red lipstick - helped her feel whole again. Reflections is an empathetic, encouraging book that will inspire you to live your most beautiful, authentic life. WHAT READERS ARE SAYING: -'I rarely read and read this book in two days! Much of what Holly wrote about resonated with me and I've taken so much practical advice away with me.' -'Like little snippets of therapy' -'This book is brilliant. Holly addresses many things that we all face in life and gives her best advice on how to overcome them. Fantastic for anyone but mostly anyone who suffers any kind of anxieties or self consciousness. -'Amazing . . . Holly is just fabulous and I can't put it down, so nice to know we aren't in this journey alone' -'So beautifully written and relatable in lots of ways. It will be a book that I am sure I will keep taking off of my book shelf to keep going back to read for a long time'

THE #1 SUNDAY TIMES BESTSELLER 'This book has changed my life' Joe Wicks 'As a parenting support book this is in a class of its own . . . It is perhaps the most helpful book for parents of children of any age' Professor Peter Fonagy, CEO Anna Freud National Centre for Children & Families 'This is a book that will change lives' Dr Suzanne Zeedyk, Infant Psychologist 'This book is absolutely brilliant! I love that it is about parenting a healthy brain' Dr Guddi Singh, Paediatrician and Health Campaigner Want to know the secret to tackling tantrums and tears, stopping squabbles in seconds AND lay the foundations for your child's good mental health in the process? In There's No Such Thing As 'Naughty', mum to two young children, journalist and children's mental health advocate Kate Silverton shares her groundbreaking new approach to parenting under-fives that helps to make family life so much easier and and certainly a lot more fun! Kate's unique strategies, easy-to-follow scripts and simple techniques will enable you to manage those tricky everyday challenges with ease - and help you to enjoy the strongest bond possible with your child, both now and in the years ahead. Endorsed by leading figures in the field of children's mental health, at the heart of the book is a simple and revelatory way to understand how your child's brain develops and how it influences their behaviour. Rooted in the latest science - explained really simply - this engaging, accessible and warm parenting guide will redefine how you see and raise your children, with a new understanding that for under-fives, there can be no such thing as 'naughty'.

Life Inside the Bubble

Rick Stein's Secret France

The Australian Film Revival

the bestselling memoir from a beloved presenter

The Yorkshire Vet

Sammy Davis Jr.

A Personal Journey with My Father

On March 11, 1994, nineteen-year-old Matt Wright was sentenced to serve forty-one years in the Washington State Department of Corrections for first-degree murder. Wright shares his honest perspectives and sometimes shocking personal experiences as he takes a fascinating look into the real world of prison life. Wright pulls no punches as he tells about an institution manipulated by drugs, politics, violence, gangs, and fear, where every action is scrutinized. He doesn't sugarcoat his vivid descriptions about long nights, hollow cells, strip searches, and predators, yet he also manages to show the good side of prison by sharing lessons learned, betterment programs offered, and heartfelt actions by generous staff. By including the stories of five prisoners with different backgrounds, Wright proves that each inmate experiences prison life very differently. Finally, he shares the touching words of his now-deceased sister, Katie, who provides a firsthand account of the trauma she suffered after his arrest and the strength she subsequently gained as a result. One day Matt Wright will go home, and this will not be his life. For those about to enter prison and for their families they left behind, Wright has provided the information needed to help ease into a new life behind walls.

'Whether it's for friends, family or strangers, my heart fills with joy when I see everyone sat around my table enjoying my food'. A regular on ITV's This Morning and a columnist for London's Evening Standard, Clodagh's expert advice is in high demand on her daily IGTV cookery series

@clodagh\_mckenna. In this book she shows how you too can create stunning suppers using the very best seasonal produce, including the most efficient ways to prepare, what to serve and her handy tips for finishing your meal in style. Clodagh covers:
\* Part 1 - how to create a well-balanced and delicious menu, writing your shopping lists and creating a beautiful table to set the scene
\* Part 2 - 120 recipes to take you through the year from Wild Garlic & Potato Soup to start a spring supper to autumnal comfort food like Roast Butternut Squash, Cashel Blue & Saffron Pappardelle and warming winter treats such as Star Anise & Orange Rice Pudding
\* Part 3 - ideas for easy nibbles to serve as soon as guests arrive, simple cocktails and even edible gifts to ensure everyone leaves with something to remember the evening by.

Real French home cooking with all the recipes from Rick's new BBC Two series. Over fifty years ago Rick Stein first set foot in France. Now, he returns to the food and cooking he loves the most ... and makes us fall in love with French food all over again. Rick's meandering quest through the byways and back roads of rural France sees him pick up inspiration from Normandy to Provence. With characteristic passion and joie de vivre, Rick serves up incredible recipes: chicken stuffed with mushrooms and Comté, grilled bream with aioli from the Languedoc coast, a duck liver parfait bursting with flavour, and a recipe for the most perfect raspberry tart plus much, much more. Simple fare, wonderful ingredients, all perfectly assembled; Rick finds the true essence of a food so universally loved, and far easier to recreate than you think.

From animal welfare campaigner Vanessa Holburn and with a foreword by dog lover and presenter of 'A Place in the Sun' Danni Menzies, this book has everything you need to know to help you pick the perfect pooch for your home and lifestyle. How To Pick a Puppy is the essential handbook to finding a 'forever' dog and ensuring that you have many happy and healthy years together. It contains practical advice on how to research the types and breeds of dog available. It considers the pros and cons of puppies, senior, pedigree and rescue dogs, and explains why one might suit an individual more than another. The book equips the reader with all the right questions they need to ask before they choose a dog and shows them how to find a responsible breeder or rescue centre. It teaches how to avoid the pitfalls of getting the wrong dog from the wrong place, and shows you how to spot and avoid a puppy farmer. It also explains the legal responsibilities of dog ownership and covers the range of hobbies and activities owners and dogs can enjoy together. At each stage of the book, Vanessa's advice is complemented by comment from canine experts such as trainers, behaviourists, breeders and those involved in rescue. Happy dog owners and foster carers also add their experience. In the final section the book guides you through the settling in period, discussing early training, socialisation and vet care, so your first month together can be as smooth as possible.

State Raised

Blanche Vaughan, Michel Roux jr, Angela Hartnett, Gregg Wallace, Clarissa Dickson Wright, Hairy Bike

An Ethical Guide to Choosing the Perfect Pet

My Recipes for La Dolce Vita: A Cookbook

An Ethical Guide To Choosing the Perfect Pet

130 answers to the big question

Suppers to celebrate the seasons

**Available for the first time in an American edition, this debut cookbook, from bestselling authors Yotam Ottolenghi and Sami Tamimi of Plenty and Jerusalem, features 140 recipes culled from the popular Ottolenghi restaurants and inspired by the diverse culinary traditions of the Mediterranean. Yotam Ottolenghi’s four eponymous restaurants—each a patisserie, deli, restaurant, and bakery rolled into one—are among London’s most popular culinary destinations. Now available for the first time in an American edition and updated with US measurements throughout, this debut cookbook from the celebrated, bestselling authors of Jerusalem and Plenty features 140 recipes culled from the popular Ottolenghi restaurants and inspired by the diverse culinary traditions of the Mediterranean. The recipes reflect the authors’ upbringings in Jerusalem yet also incorporate culinary traditions from California, Italy, and North Africa, among others. Featuring abundant produce and numerous fish and meat dishes, as well as Ottolenghi’s famed cakes and breads, Ottolenghi invites you into a world of inventive flavors and fresh, vibrant cooking.**

**The Sunday Times bestseller**

**There's No Such Thing As 'Naughty'**

**Dispatches from Bollywood, Dizi, and K-Pop**

**Close Up**