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RACHEL MILLS LITERARY

London Book Fair 2019

WINDSWEPT: Why Women Walk

Annabel Abbs

**UK Publisher:** Two Roads (John Murray)**UK Editor:** Lisa Highton**US Agent:** Stuart Krichevsky**Extent:** 300 (approx.)**Rights Sold:**

Germany: btb

Italy: Mondadori

Netherlands: Karakter

WINDSWEPT: WHY WOMEN WALK is a beautifully written feminist meditation on the power of walking in nature, for the readers of Rebecca Solnit, Olivia Laing, Cheryl Strayed, Robert Macfarlane and Amy Liptrot.

After a scary accident, novelist Annabel Abbs realises that she, like so many of us, had begun to take the simple act of walking for granted. She vows to walk more, and to get her four children out into the countryside.

As she revisits her lost love of long, wild hikes, she becomes fascinated by the art, literature and philosophy of walking - which is glaringly dominated by men. But Annabel can't believe she is the only woman who has used walking to feel like herself, to overcome the stresses of family life and to think and imagine. So she starts to research the women who walked - to discover why they did.

Windswept: Why Women Walk follows the lives and walks of five remarkable but often marginalised women - Gwen John, Georgia O'Keeffe, Frieda von Richthofen, Simone de Beauvoir, and Nan Shepherd. In retracing their steps she combines beautiful nature writing with insights into how women in particular relate to nature and the wild.

Along the way, Annabel discovers that the science of movement, nature, memory and emotion is in the midst of a revolution. For the first time researchers are beginning to understand why and how movement and nature work on our minds and bodies, at the cellular, microbiotic and neuroscientific levels. Annabel is fascinated by this scientific basis for the release she and the women have intuitively found in walking, and interweaves these findings into her narrative.

Annabel Abbs is the award winning author of *The Joyce Girl* (Impress), *Frieda* (Two Roads) and the forthcoming *The Age Well Project* (Piatkus).

THOSE WHO CAN, TEACH

Andria Zafirakou



UK Publisher: Bloomsbury

UK Editor: Alexis Kirschbaum

Extent: tbc

Pub date: Spring 2020

US Agent: Park & Fine

Audio: Bloomsbury

In March 2018 Andria Zafirakou was awarded the \$1 million Global Teacher Prize.

Andria, the daughter of immigrant Greek Cypriot parents, loved art and loved teaching, and always knew this was the career for her. However, nothing could have prepared her for the extreme deprivation and difficulty faced by the children at Brent's Alperton Community School in London. Andria has been at the forefront of this school's transformation into one of the most successful in the country, despite the incredible poverty and traumatic background of many of its students.

Andria is filled with energetic common sense, and has reservoirs of compassion, and fundamentally believes that art should be at the forefront of education. Since winning the award she has become a global spokesperson for a new approach to education, speaking to diverse organisations including Harvard, MIT, the Met Museum, the FA and governments worldwide,

THOSE WHO CAN, TEACH is her story and her vision, a poignant homage to all the unsung heroes nurturing the next generation around the world, a testament to the difference an individual can make, and an inspiration to us all.

ANDRIA ZAFIRAKOU is an Arts & Textiles teacher and Associate Deputy Headteacher at Alperton Community College in Brent, London. In 2018, she won the Global Teacher Prize. THOSE WHO CAN, TEACH is her first book. She founded Artists in Residence charity and is a global speaker on education.

Catherine Gray

THE SUNDAY TIMES BESTSELLING AUTHOR WITH OVER 80,000 COPIES SOLD



PRAISE FOR CATHERINE GRAY'S WRITING:

"Fascinating." Bryony Gordon.

"Not remotely preachy." *The Times*

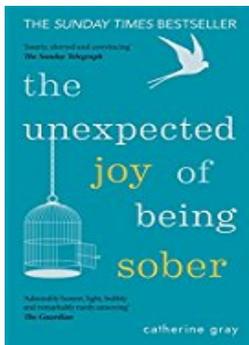
"Jaunty, shrewd and convincing." *The Telegraph*

"Admirably honest, light, bubbly and remarkably rarely annoying."
The Guardian

"Truthful, modern and real." *Stylist*

"Brave, witty and brilliantly written." *Marie Claire*

"Haunting, admirable and enlightening." *The Pool*



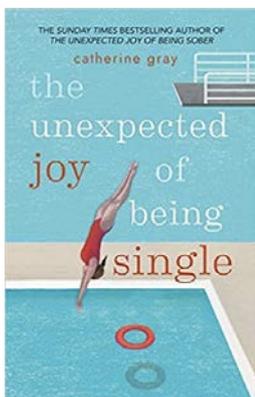
THE UNEXPECTED JOY OF BEING SOBER (Jan 2018)

World English: Aster Books (Hachette)

French: Editions L'Opportune

German: Riva

Russia: AST



THE UNEXPECTED JOY OF BEING SOBER - JOURNAL (Jan 2019)

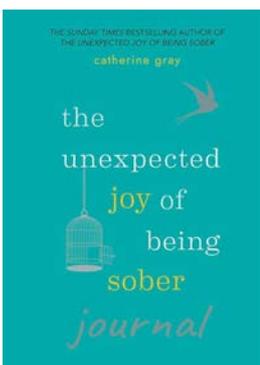
World English: Aster Books (Hachette)

THE UNEXPECTED JOY OF BEING SINGLE (Jan 2019)

World English: Aster Books (Hachette)

Russian: Eksmo

Catherine Gray's books have captured the public's imagination with their humour, practicality, warmth, honesty and research, as she rebrands topics we think of as negative, and shows us how to fill our lives with joy.



Catherine Gray is an award-winning writer and editor who worked on staff for magazines such as *Cosmopolitan*, *GLAMOUR* and *Fabulous*, for nearly a decade.

She went freelance in 2011 and works for *Stylist*, *The Telegraph*, *Marie Claire*, *Stella*, *The Pool*, *The Guardian*, *Emerald Street*, *Women's Health*, *BBC Earth*, *Mr & Mrs Smith* and *YOU* magazine.

She is the founder of Sober Spring.

THE UNEXPECTED JOY OF THE ORDINARY

Catherine Gray



On submission

We're told that happiness is in the extraordinary. It's on a Caribbean sun lounger, in the driving seat of a luxury car, inside an expensive golden locket, watching sunrise from Machu Picchu. We strive, reach, push, shoot for more. Contentment is a moving target we never quite reach.

When we do brush our fingertips against the extraordinary, by going on the trip of a lifetime, buying a house or getting married, a deeply inconvenient psychological phenomenon called the 'hedonic treadmill' means that after a surge of joy, our happiness level returns to the baseline it was at before the 'extra' event.

So, what's the answer? This book theorises that the solution is: rediscovering the joy in the ordinary that we now forget to feel. Because we expect the pleasure of a croissant, a hot shower, a yoga class, someone delivering our shopping to our door, we no longer feel its buzz. The joy of it whips through us like a bullet train, without pause.

Learning how to be exalted by the everyday is the most important lesson we can possibly learn. In this hilarious, insightful, soulful (and very ordinary) book, you may learn to do just that.

Catherine Gray is an award-winning writer and editor who worked on staff for magazines such as Cosmopolitan, GLAMOUR and Fabulous, for nearly a decade.

She went freelance in 2011 and works for Stylist, The Telegraph, Marie Claire, Stella, The Pool, The Guardian, Emerald Street, Women's Health, BBC Earth, Mr & Mrs Smith and YOU magazine.

She is the founder of Sober Spring.

HOW TO BE SURPRISINGLY GOOD AT YOUR JOB

Lucy Mullins



On submission

A business book for people who don't read business books - perfect for a PA trying to work out how to deal with a difficult boss or a mum on a mission to develop a freelance career, *HOW TO BE SURPRISINGLY GOOD AT YOUR JOB* is an entertaining and energetic guide to making the best of business and life, presented in highly accessible, fun soundbites.

Many business books are written for a typical MBA market, with the assumption that readers want to climb the corporate ladder, become a CEO or launch a multi-million pound company. This simply isn't true for many people. Yet the principles you learn on an MBA course are relevant to you in your job whatever your version of success looks like - and Lucy Mullins, business coach and MBA graduate of Saïd Business School at Oxford University, demystifies the business secrets that people pay £50,000 to learn and shows how to apply them in day to day life.

In her bright and breezy style, Lucy guides readers through essential frameworks, concepts and life hacks that they need to enhance and enjoy their working life. The book imparts witty wisdom and essential know-how based on key research from psychology, business and management science, neuroscience and physiology, but in an entirely fresh, funny and accessible style.

Lucy Mullins combines her formal education at a world-leading business school with over 20 years working within companies from start-ups to global corporates, and the experience of setting up and running her own successful consulting company Strategically Blonde Consulting, to engage, energise and educate others. She graduated with distinction from the University of Oxford's Executive MBA programme, and has a first-class honours degree in Exercise, Psychology & Health Science from the University of Bath. She worked as a researcher at the University of Oxford's Diabetes and Endocrinology Centre studying the impact of exercise, nutrition and psychological interventions on patients with diabetes.

Her corporate career is equally impressive. She was recruited onto a very competitive executive graduate scheme at HSBC and was consistently rated as a top performer. She was then headhunted to set up and run the world's first academic-industry collaborative research centre for the finance industry at the University of Oxford.

ROOT BOUND

Alice Vincent

**UK Publisher:** Cannongate**UK Editor:** Jo Dingley**Rights Sold:**

Germany: Goldmann

Netherlands: Hapercollins NL

Italy: Harpercollins IT

Poland: Muza

Czech Republic: Host

The fact that gardening is restorative is well-known to its practitioners. But to those unfamiliar with soil, roots, and growth, gardening's healing powers are revelatory. **ROOT BOUND** shows how plants and nature not only shaped one woman's recovery in the aftermath of a breakup, but taught her how to connect with her past in order to define the person she would grow into.

Alice unpicks her, and her generation's fascination with plants – despite small, gardenless, rented flats, the craze for planting is growing. We are turning to plants as part of the 'slow' movement, for mindfulness, and maybe as we are having children later to fulfil a desire to nurture, or create.

Alice looks at the history of women growing things – botany was both the only science acceptable for women to take an interest in, but also one they were excluded from in professional capacities. Europe's gardens and landscapes were designed with male sensibilities – Alice rediscovers the many incredible female botanists from around the world and gives them a belated voice.

ROOT BOUND is a pure joy to read, for nature-starved urbanites and keen gardeners alike.

ALICE VINCENT is a writer, author and journalist. A senior writer on the arts desk of The Telegraph, where she has worked since 2013, she writes award-nominated features, profiles and reviews and is considered one of the paper's leading young voices. She writes a popular gardening column for the paper, an acclaimed blog *Noughticulture* and has published a practical gardening book **HOW TO GROW STUFF** (Ebury). IG = @noughticulture

THE FIVE POWERS: A TOOLKIT FOR TRANSFORMATION

Dr Stephen Fulder, illustrated by Alessandro Sanna



UK Publisher: Aster Books
(Hachette)

UK Editor: Kate Adams

Publication date: May 2020

Extent: 304

Trust - Mindfulness - Energy - Serenity - Wisdom

A Toolkit for Transformation. Designed and packaged as a precious gift to bring insight and inspiration to ourselves and others.

Dr. Stephen Fulder, an ex-Oxford academic is a prolific author, and has been active in bringing Eastern wisdom to the West for over forty years. Through his teachings, he has introduced Buddhist meditation, wisdom, and inner practices to thousands of people. In this groundbreaking work he introduces the Five Powers of Buddhism, and shows how together they provide the key to transformation.

With crystal-clear, elegant, evocative text and exquisite illustrations, it brings the genre of inner guides to a new level. Its teachings will help readers to dance with the unexpected, to successfully cope with the challenges of each day.

Stephen's text, written with humour and warmth is accompanied by stunning artwork by the acclaimed artist Alessandro Sanna, created specially to enhance and amplify the message. Words and illustrations together make each volume a fascinating adventure.

DR STEPHEN FULDER has a PhD in molecular biology and was a lecturer at London University. He is also an expert in herbal and complementary medicine, on which he has published fourteen books. Stephen has been involved in dharma practice since 1975. He has been studying and teaching mindful meditation for a quarter of a century all over the globe. He currently lives in Israel.

ALESSANDRO SANNA has won the Andersen Prize three times for book illustration. His creations have been published by Rizzoli, Einaudi, Emme, MeMo, Corraini, Mondadori and in "Gioia" and Vanity Fair". He lives in Italy.

THE MIND-BLOWING SCIENCE OF ALCOHOL

David Nutt



World-renowned Professor of Neuropsychopharmacology, David Nutt breaks down the science and effect of alcohol on our health, mood, sleep, productivity, how it travels through our bodies and brains - and explains on a practical level what we can do about it. He will examine what the future holds for this normalised drug that governs our society and lives but is becoming increasingly unpopular in a world where its detrimental impact and correlation to our wellbeing and culture is finally being recognised.

THE MIND-BLOWING SCIENCE OF ALCOHOL by David Nutt will do what Matthew Walker did for Sleep and Giulia Enders did for our Gut - and help us make informed choices about our usage of this most prevalent of drugs.

UK Publisher: Hodder

UK Editor: Lauren Whelan

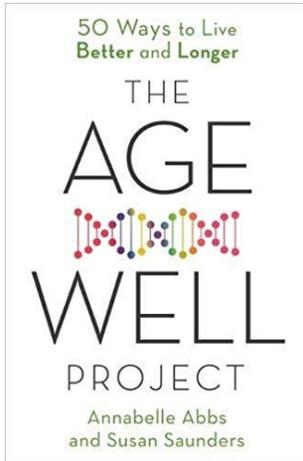
Pub date: January 2020

David Nutt is Professor of Neuropsychopharmacology and director of the Neuropsychopharmacology Unit in the Division of Brain Sciences at Imperial College, London.

He is currently Chair of DrugScience (formally the Independent Scientific Committee on Drugs (ISCD) and President of the European Brain Council. In addition, he is a Fellow of the Royal Colleges of Physicians and of Psychiatrists and a Fellow of the Academy of Medical Sciences. He is also the UK Director of the European Certificate and Masters in Affective Disorders Courses and a member of the International Centre for Science in Drug Policy. He has edited the Journal of Psychopharmacology for over two decades and acts as the psychiatry drugs advisor to the British National Formulary. He has published multiple academic books on aspects of the brain, and lectures all over the world.

THE AGE-WELL PROJECT**Easy ways to a longer, healthier, happier life**

Annabel Streets and Susan Saunders

**UK Publisher:** Piatkus**UK Editor:** Zoe Bohm**Extent:** 288**Pub date:** 2 May 2019 (PB)**Audio:** Piatkus**Rights Sold:**

Italy: Vallardi

Portugal: 2020

Estonia: Suur Puu

What does it take to have a healthy and joyful old age?

Researchers say it's not too late to make changes at 50 to get the 'retirement years' we want. But what should we change and how do we do it?

Annabel Abbs and Susan Saunders spent their 30s climbing the career ladder, having children and caring for elderly parents - all at the same time. By their 40s, they were exhausted, stressed, sleeping too little and rushing too much. They began to ask whether the prolonged ill health and dementia suffered by their parents was their inevitable future too - could they do anything to avoid requiring their own children to care for them in old age?

Thus began THE AGE-WELL PROJECT. With incredible tenacity, Annabel and Susan read 50,000 scientific research papers on all aspects of ageing to find what advice cutting-edge research can offer us on how to ensure the longer lives we're living are healthy and happy. Putting their findings into practice, they found that the lifestyle changes they made were having incredible benefits on their health and wellbeing now - as well as for the future.

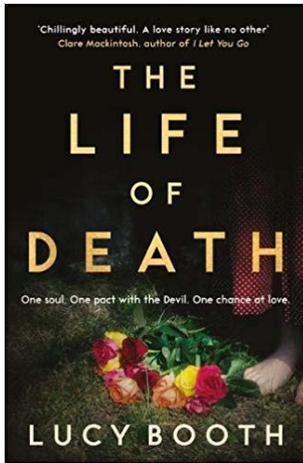
Told with empathy and humour, in THE AGE-WELL PROJECT Annabel and Susan share the key lessons they learned, to make

ANNABEL STREETS is the author of award-winning novels THE JOYCE GIRL, and FRIEDA which sold in 14 countries and was selected for the 2017 Berlin Film Festival. Since then she has written regularly for a range of titles including the Daily Telegraph, Psychologies, The Author, the Guardian, The Irish Times, and Elle.

SUSAN SAUNDERS is a TV producer, her credits include Gordon Ramsay's The F Word and Raymond Blanc's The Restaurant. She is also the author of two cookbooks: A SURVIVAL GUIDE TO THE STUDENT KITCHEN and FUN FOOD GOURMET GAMES. She now works as a documentary producer with many BAFTA, RTS and Broadcast Awards to her credits.

THE LIFE OF DEATH

The Estate of Lucy Booth



UK Publisher: Unbound

UK Editor: John Mitchinson

"Chillingly beautiful. A love story like no other."

Clare Mackintosh

A dark compelling tale in which Death makes a pact with the Devil. THE LIFE OF DEATH is stunning debut novel: part gothic horror story, part murder mystery, part modern romance.

It begins in medieval Scotland where Elizabeth Murray is condemned to burn at the stake as a witch. As she hangs from the wall of her cell she is visited by a strange, handsome man who offers her a deal: her soul in return for eternal life. But what he offers is not a normal life: to survive she must become Death itself.

Elizabeth must ease the passing of all those who die. appearing at the point of death and using her compassion to guide them over the threshold. She accepts and for 500 years whirls from one death to the next, never stopping to think of the pain of her missed life. Until one day, everything changes. She - Death - falls in love. Desperate to escape the terms of her deal she summons the man who saved her. He agrees to release her on one condition: that she gives him five lives. These five lives she must take herself, each one more difficult and painful than the last. The Life of Death is the story of those five deaths. It is a novel that combines great beauty with great pain, and profound insight into the nature of love and death.

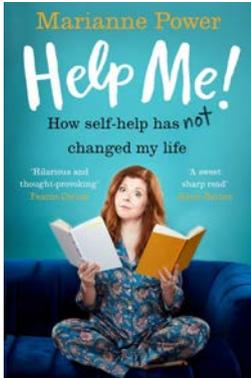
Lucy Booth studied Behavioural Sciences at Nottingham University. On graduating Lucy moved to London to pursue her career as a freelance producer for various top of the range adverts & music videos.

In 2011 Lucy was diagnosed with breast cancer resulting in surgery, chemotherapy and radiotherapy. Undaunted, and with the great assistance of her friends, Lucy not only continued working and writing her blog (lucifersboob.blogspot.co.uk) of her 'cancer experience' in a typically forthright and humorous fashion but felt the urge to write a novel. The Life of Death is the result.

In 2014 the aggressive cancer returned. However, Lucy was determined to live her life to the full and to finish her novel before she died in August 2016.

HELP ME!

Marianne Power

**UK Publisher:** Picador**UK Editor:** Kris Doyle**Extent:** 352**Pub date:** 6 Sept 2018 (HB)**US Publisher:** Grove Atlantic**Film/TV:** Sony**Audio:** Picador**Rights Sold:**

Brazil: Record
 Bulgaria: Locus
 Canada: HarperCollins
 Catalan: PRH
 Denmark: People's Press
 Estonia: Sinisukk
 Finland: Gummerus
 France: Editions Stock
 France (PB): Livres de poche
 Germany: Goldmann
 Holland: Het Spectrum
 Hungary: Cor Leonis
 Israel: Kinneret
 Italy: Giunti
 Japan: SB Creative Corp
 Korea: Thenan
 Lithuania: Alma Littera
 Poland: Muza
 Portugal: 2020
 Russia: Eksmo
 Spain: Grijalbo
 Sweden: Polaris
 Taiwan: Pcuser
 Turkey: Epsilon
 Ukraine: Vivat

Marianne Power was stuck in a rut. Then one day she wondered: could self-help books help her find the elusive perfect life?

She decided to test one book a month for a year, following their advice to the letter. What would happen if she followed the 7 HABITS OF HIGHLY SUCCESSFUL PEOPLE? Really felt THE POWER OF NOW? Could she unearth THE SECRET to making her dreams come true?

What begins as a clever experiment becomes an achingly poignant story. Because self-help can change your life – but not necessarily for the better . . .

Help Me! is an irresistibly funny and incredibly moving book about a wild and ultimately redemptive journey that will resonate with anyone who's ever dreamed of finding happiness.

Praise for HELP ME!

'I love it! Hilarious and thought-provoking!' - Fearnie Cotton

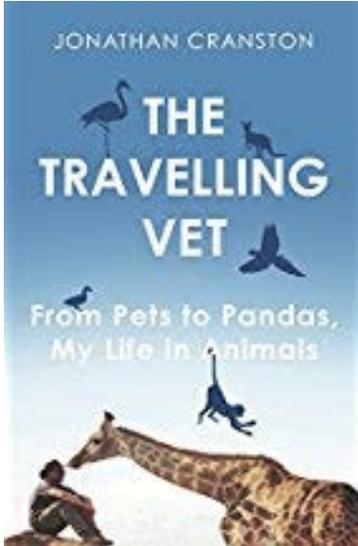
'A sweet sharp read' - Jessie Burton

'A laugh-out-loud funny book.' - Lucy Diamond

MARIANNE POWER is a writer and journalist who lives in London. *HELP ME!* is her first book.

THE TRAVELLING VET

Jonathan Cranston

**UK Publisher:** Allen & Unwin**UK Editor:** Clare Drysdale**Extent:** 336**Pub date:** 1 Nov 2018 (HB)**Audio:** Allen & Unwin**Rights Sold:**

China: Shanghai 99

Estonia: Uhinenu

Russia: Eksmo

Taiwan: Rye Field Publications

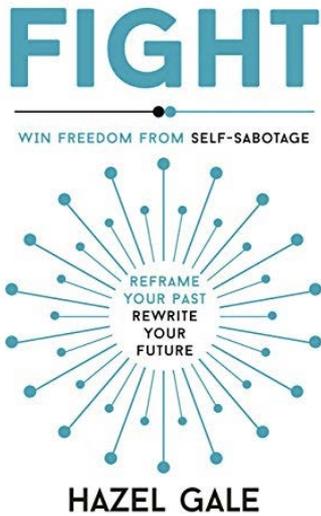
Jonathan Cranston is no ordinary vet. In addition to his day job in the Oxfordshire countryside treating cows, dogs, pigs and cats, he's also worked with an astonishing range of species around the world, including crocodiles, rhinos and pandas. In this charming collection he introduces us to some of his favourite patients, ranging from beloved family pets through to magnificent creatures of the wild.

Whether microchipping armadillos, anaesthetising giraffes or birthing a calf, Jonathan's love for his work and the entire animal kingdom is infectious. From the preposterous (castrating a sugar glider) to the poignant (encountering victims of rhino poaching), the stories in THE TRAVELLING VET will delight and enthral every animal lover.

JONATHAN CRANSTON is a veterinary surgeon based in the Cotswolds who has treated over a hundred different species across five continents including giant pandas in China and all variety of wildlife in South Africa.

FIGHT: WIN FREEDOM FROM SELF-SABOTAGE

Hazel Gale

**UK Publisher:** Yellow Kite**UK Editor:** Lauren Whelan**Extent:** 400**Pub date:** 21 Mar 2019 (PB)**Audio:** Yellow Kite**Rights Sold:**

France: Belfond

Spain: Roca

We all do things that we wish we wouldn't in life. We underperform, procrastinate, push people away and say the wrong things. But what if we could find a way to beat our destructive tendencies at their own game? *Fight* explains the psychology of self-sabotage and offers techniques for taking control of your thoughts, to maximise success and thrive.

Cognitive hypnotherapy understands that the unconscious and conscious minds have different priorities and that the unconscious governs a large percentage of our behaviour. It is this part of the mind that is responsible for self-sabotage and in order to tackle unwanted emotional or behavioural issues, we need to communicate with it. *Fight* is a one-to-one therapy session with Hazel that will show you how to address the psychological blocks that hold you back, equip you with the tools to manage negative emotions, overcome them and emerge victorious.

You'll learn how to battle those inner monsters and let go of limitations, to reach your true potential and live a happier, more

HAZEL GALE is a master practitioner of cognitive hypnotherapy, a former world kickboxing champion and a multiple national and open European ABA boxing-title winner. Following a physical and psychological burnout during her first few years of competitive fighting, cognitive hypnotherapy helped Hazel to rebuild her physical strength and achieve a balanced, healthy emotional state. Empowered by the changes she made for herself, Hazel trained as a therapist so that she could devote her time to helping others win their own emotional battles. She currently practises in London and specialises in performance-related issues and the pursuit of creative and professional goals.

THE WHOLE VEGETABLE

Sophie Gordon



An effortless, mindful and joyous approach to a more sustainable, conscious way of cooking, from chef Sophie Gordon. From using the whole food to tips on organising your pantry, shopping smart, using leftovers and batch cooking, Sophie shows you how when you waste less, you'll be healthier, happier, richer, calmer and reconnect with cooking.

The Whole Vegetable contains 150 delicious, easy recipes dedicated to the art of wasting less - using core fruit and vegetables to create simple, creative meals throughout the seasons.

Sophie Gordon is a chef renowned for plant-based, low waste, supper clubs in the UK and for cooking on retreats all over the globe with some of the world's most famous wellbeing stars and brands, including Lulu Lemon and Soho House.

OYSTER ISLES

Bobby Groves



Bobby Groves has been involved with the oyster industry since he was a small boy. Born in Maldon, Essex, famous for salt production and oysters, he grew up harvesting oysters, his small hands freezing in the icy water.

Now, he runs the world-renowned oyster programme at Chiltern Firehouse in London, with Michelin star chef Nuno Mendez for the American hotelier Andre Balazs.

Oysters are interwoven into the stories that made the British Isles – we've been eating oysters for thousands of years – oyster shell remains have been found cast aside in a Neolithic village from 5000 years ago

There is something primal we experience when holding an oyster in front of our mouths. The jagged shell and smooth flesh of the animal is a world away from the processed plastic food of today.

Bobby decided to set off on his motorbike, and ride round the coast of the British Isles, in pursuit of the story of the oyster, and the story of our islands' history.

Delightfully quirky, eye-opening and full of warmth and humour, in Oyster Isles he shares his magical journey.

Bobby Groves is the head of the oyster program at Chiltern Firehouse in London with Michelin star chef Nuno Mendez for the American hotelier Andre Balazs. He runs oyster stands at festivals and markets throughout the country and he is a globally sought-after expert on oysters.

UK Publisher: Constable

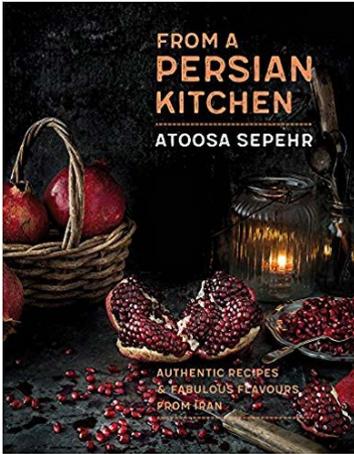
UK Editor: Claire Chesser

Extent: 320

Pub date: 29th August 2019

FROM A PERSIAN KITCHEN

Atoosa Sepehr



UK Publisher: Little Brown

UK Editor: Duncan Proudfoot

Publication date: 6 September 2018

Extent: 240

Born and brought up in Iran, Atoosa came to work in the UK in 2007, but she never left behind the wonderful flavours of her family and childhood. Cooking these dishes for her family and friends over here has given her the passion to share the authentic, home cooked Persian cuisine with an international readership. The book contains traditional recipes handed down the generations, but converted to fit into Atoosa's busy life. They are delicious and easy to prepare, using ingredients you can get in any supermarket.

FROM A PERSIAN KITCHEN is an impressively practical recipe book, but it is a photographic celebration of an entire country, too.

Atoosa Sepehr is both author and photographer, offering not just mouthwatering traditional Iranian recipes, but also her own sumptuous photographs of both her food and the people and landscapes of Iran.

'Every time I cook a Persian dish, I feel connected to this long and varied history, knowing that despite changing geographical and political boundaries, Persian cuisine has survived and thrived, bringing people together, sharing and celebrating.'

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