

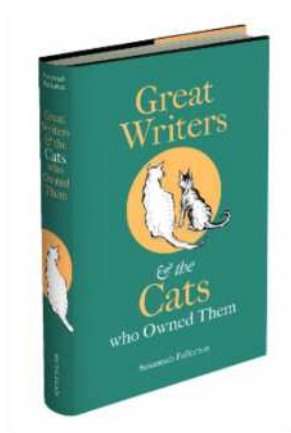
Natural Healing : Staying Well Naturally in the Modern World

Peter Jackson-Main

Aeon Books Ltd (IPS UK) | 9781801521932

£19.99 | Paperback| 228pp. | September 2025

An empowering handbook exploring ways to take command of our own health through natural methods.



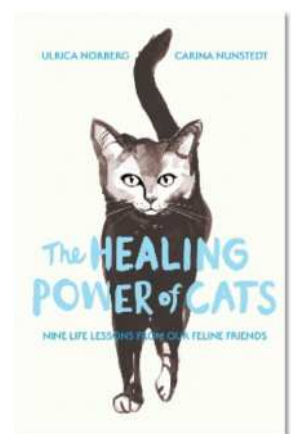
Great Writers and the Cats who Owned Them

Susannah Fullerton

Bodleian Library (John Wiley & Sons Ltd) | 9781851246540

£16.99 | Hardback| 280pp. | October 2025

The relationships between much-loved writers and their cats are explored in this fun book.



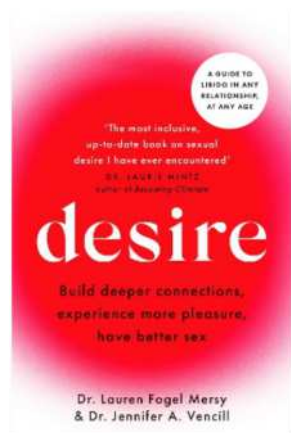
The Healing Power of Cats : Nine Lessons from Our Feline Friends

Ulrica Norberg

Canelo (Macmillan Distribution (MDL)) | 9781835983638

£12.99 | Hardback| 224pp. | September 2025

Nine Life Lessons from our Feline Friends.



Desire : A guide to libido in any relationship, at any age

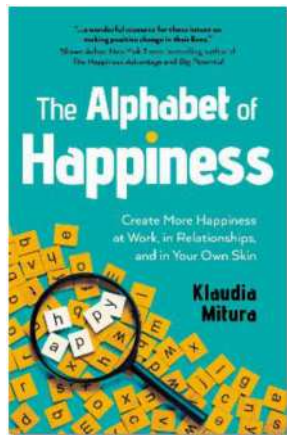
Lauren Fogel Mersy

Canelo (Macmillan Distribution (MDL)) | 9781804369715

£14.99 | Paperback / softback| 288pp. | January 2025

A radically inclusive, sex-positive guide to managing the inevitable libido differences in our relationships, authored by two certified sex therapists who are passionate about good sex.





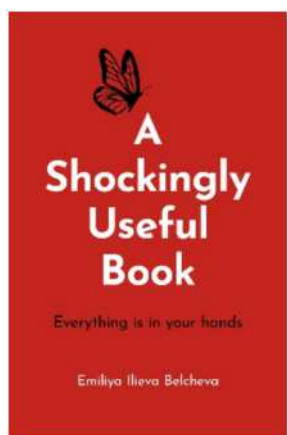
Alphabet of Happiness, The : Create More Happiness at Work, in Relationships, and in Your Own Skin

Klaudia Mitura

Collective Ink (John Wiley & Sons Ltd) | 9781803417561

£18.99 | Paperback| 336pp. | September 2025

What does it take to live a happier life? Discover your path to fulfillment with The Alphabet of Happiness, a real, refreshing, science-backed guide to living a more joyful life.



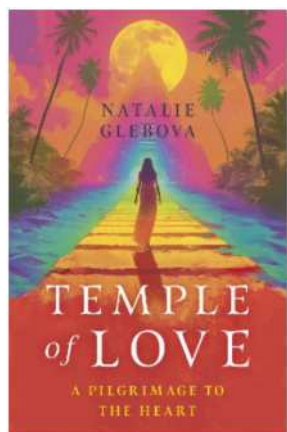
Shockingly Useful Book, A : Everything Is in Your Hands

Emiliya Ilieva Belcheva

Collective Ink (John Wiley & Sons Ltd) | 9781803416441

£16.99 | Paperback / softback| 312pp. | May 2025

A wellness bible of 88 topics connected to our physical health and habits.



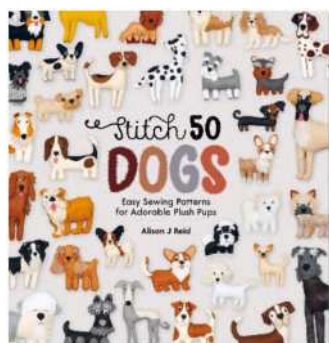
Temple of Love : A Pilgrimage to the Heart

Natalie Glebova

Collective Ink (John Wiley & Sons Ltd) | 9781803417844

£15.99 | Paperback / softback| 296pp. | April 2025

The secret to true love is closer than you think.



Stitch 50 Dogs : Easy Sewing Patterns for Adorable Plush Pups

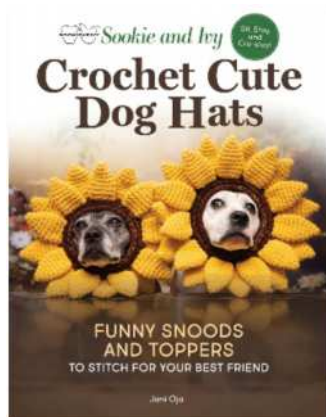
Alison J Reid

David & Charles (Macmillan Distribution (MDL)) | 9781446317259

£12.99 | Paperback / softback| 128pp. | August 2025

50 easy, full-size felt dog sewing patterns for brooches, bag charms, plushies, and more, perfect for all skill levels – no sewing machine required!





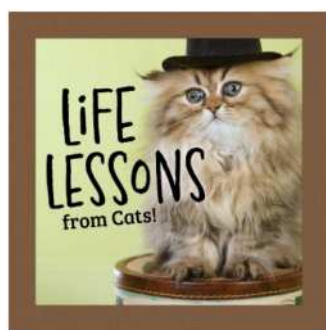
Sookie and Ivy Crochet Cute Dog Hats : Funny Snoods and Toppers to Stitch for Your Best Friend

Jani Oja

Fox Chapel Publishing (Macmillan Distribution (MDL)) | 9781639811250

£16.99 | Paperback / softback| 136pp. | December 2025

If you recognize rescues Sookie and Ivy, it's probably thanks to their millions of online followers--where they show off the crochet dog hat creations of their owner, Jani Oja. Now, in *Crocheting Original Hats for Dogs*, Oja reveals the secret behind 16 popular amigurumi-inspired pattern requests that have captured the Internet's imagination.



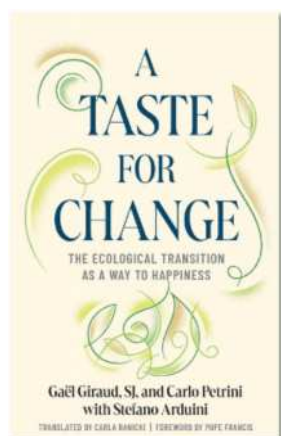
Life Lessons from Cats

Grace Peterson

Fox Chapel Publishing (Macmillan Distribution (MDL)) | 9781497105591

£10.99 | Hardback| 64pp. | June 2025

Life Lessons from Cats is filled with funny advice from our feline friends, accompanied by adorable photos of cats. The perfect gift book for cat lovers of all ages.



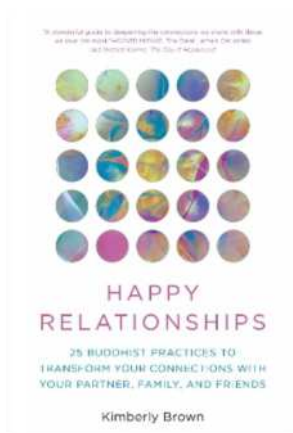
A Taste for Change : The Ecological Transition as a Way to Happiness

Gaël Giraud

Georgetown University Press (IPS UK) | 9781647125967

£16.00 | Paperback / softback| 176pp. | August 2025

A new paradigm for developing a sustainable solution for the economy and the food chain.



Happy Relationships : 25 Buddhist Practices to Transform Your Connections with Your Partner, Family, and Friends

Kimberly Brown

Globe Pequot Press (IPS UK) | 9781493086603

£16.99 | Paperback / softback| 208pp. | April 2025

Happy relationships are possible—for everyone. Even if you've been married for twenty years and your routine is boring and stressful; although your mom has always been a help-resistant complainer; and despite the fact that your dearest friend moved across the country — all of us can create lasting and joyful connections with the people we care about the most.





Love : Brief Books about Big Ideas

Anne Marie Pahuus

Johns Hopkins University Press (John Wiley & Sons Ltd) | 9781421447858

£7.50 | Paperback / softback| 60pp. | June 2025

A brief but engaging look at love.



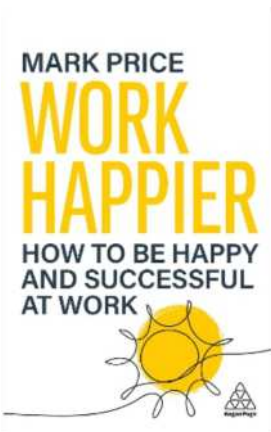
Trust : Brief Books about Big Ideas

Gert Tinggaard Svendsen

Johns Hopkins University Press (John Wiley & Sons Ltd) | 9781421447810

£7.50 | Paperback / softback| 60pp. | June 2025

A brief but engaging look at the importance of trust.



Work Happier : How to be Happy and Successful at Work

Mark Price

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398623651

£14.99 | Paperback / softback| 248pp. | September 2025

Take control of your own workplace happiness story, with this guide to helping you ensure that you're in the very best job in the very best organization.



Unlocking Happiness at Work : How a Happiness Strategy Fuels Purpose, Passion and Performance

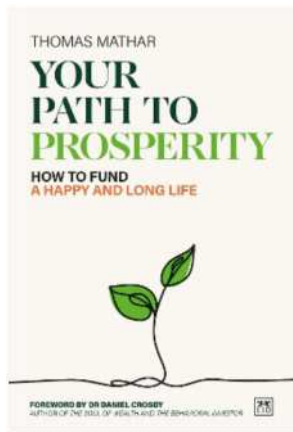
Jennifer Moss

Kogan Page Ltd (John Wiley & Sons Ltd) | 9781398619463

£19.99 | Paperback / softback| 200pp. | April 2025

Improve the performance and wellbeing of your workforce through psychological strategies and expert insights that will improve happiness at work.





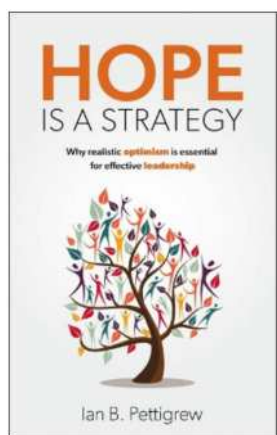
Your Path to Prosperity : How to fund a happy and long life

Thomas Mathar

LID Publishing (Hachette UK) | 9781917391351

£16.99 | Paperback / softback| 224pp. | June 2025

Every money move you make today shapes your future. Whether you're spending, earning or saving: • Cut back hours to be with the kids? Or keep pushing for that promotion? • Order takeaway again? Or save a little more for retirement? • Take a leap into your dream job? Or stay put and play it safe?



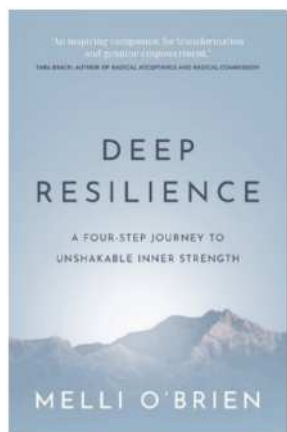
Hope is a Strategy : Why realistic optimism is essential for effective leadership

Ian B. Pettigrew

Practical Inspiration Publishing (IPS UK) | 9781788606615

£15.99 | Paperback / softback| 220pp. | December 2025

There's a global hope crisis. Here's how to fix it.



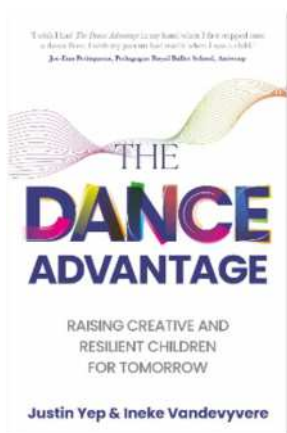
Deep Resilience

Melli O'Brien

Rethink Press (Macmillan Distribution (MDL)) | 9781781338827

£17.99 | Paperback / softback| 334pp. | February 2025

A guide to help readers overcome life challenges, and feel calmer, stronger and more confident in the face of uncertainty.



The Dance Advantage : Raising creative and resilient children for tomorrow

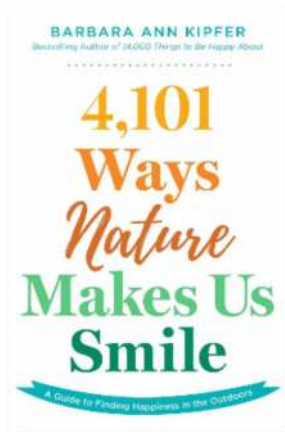
Ineke Vandevyvere

Rethink Press (Macmillan Distribution (MDL)) | 9781781338995

£16.99 | Paperback / softback| 206pp. | February 2025

Is your child anxious, uncertain and struggling to find their place? Do you want to help them be happy, self-confident, and reduce their screen time?





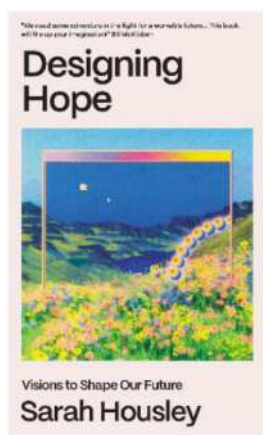
4,101 Ways Nature Makes Us Smile : A Guide to Finding Happiness in the Outdoors

Barbara Ann Kipfer

Rowman & Littlefield (IPS UK) | 9781493084265

£14.99 | Paperback / softback| 232pp. | June 2025

Part love letter, part invitation, 1,001 Ways Nature Makes You Smile is an informative celebration of the outdoors in simple, classic, fun, illustrated list-style chapters.



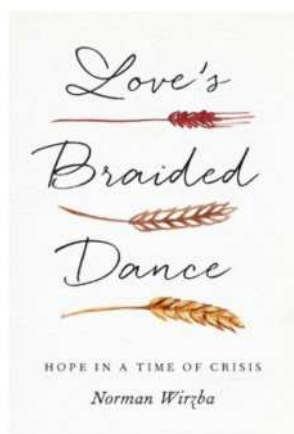
Designing Hope : Visions to Shape our Future

Sarah Housley

The Indigo Press (Turnaround Publisher Services) | 9781911648970

£14.99 | Hardback| 192pp. | September 2025

When did we stop dreaming of a better future?



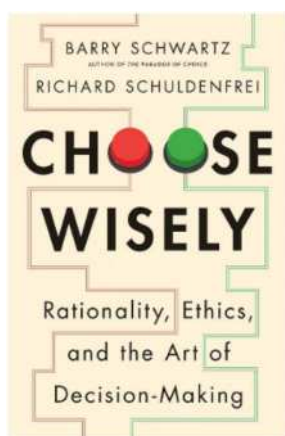
Love's Braided Dance : Hope in a Time of Crisis

Norman Wirzba

Yale University Press (John Wiley & Sons Ltd) | 9780300285611

£12.99 | Paperback / softback| 200pp. | November 2025

A moving exploration of the place of hope in the world today, drawing on agrarian principles



Choose Wisely : Rationality, Ethics, and the Art of Decision-Making

Barry Schwartz

Yale University Press (John Wiley & Sons Ltd) | 9780300283990

£20.00 | Hardback| 296pp. | October 2025

A leading psychologist and philosopher challenge the shortcomings of rational choice theory—and propose a new framework for understanding decision-making

