bold type agency

LONDON BOOK FAIR 2026

For rights queries contact
Agence littéraire Lora Fountain & Associates

agence@lorafountain.com +33 1 43.56.21.96

Australian Government

Creative Australia

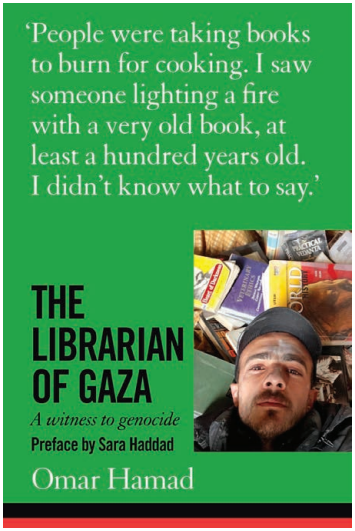
This project has been assisted by the Australian Government through Creative Australia, its arts funding and advisory body.

Non-Fiction

Frontlist and
Forthcoming
Literary & Narrative
Non-Fiction

The Librarian of Gaza

Omar Hamad



A passionate young writer recounts his experience of the Gazan genocide and how he is painstakingly building the first post-genocide library.

Before Gaza was reduced to rubble, Omar Hamad was a pharmacist. He is also a skilled tailor. But above all, he is a reader – and a writer shaped by books.

When he was forced to flee his home on 8 October 2023, Omar carried with him what mattered most: as many books as he could salvage from his personal library. As Israel systematically destroyed Gaza's schools, universities, libraries and cultural institutions, Omar began rescuing books from beneath the ruins, refusing to let knowledge be erased along with lives.

Displaced twelve times over two years of genocide, Omar has now turned his personal project into an international campaign to protect what remains of Gaza's intellectual and cultural life. The Phoenix Library, as it has become known, will not just be a place for books: it is a symbol of hope, knowledge and resistance.

Why this book?

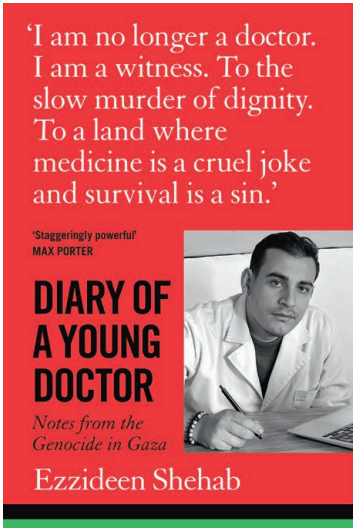
- A first-hand account of genocide told not from the frontlines of medicine or journalism, but through books – reading, rescuing, preserving – offering a strikingly original lens on cultural erasure and survival.
- Doubles as testimony and archive. Written in real time, it captures lived experience as it is unfolding, giving the text long-term historical and documentary significance.
- The recurring image of the library – carried, abandoned, rescued, rebuilt – provides a powerful structural and symbolic spine, transforming private grief into a collective act of resistance.

OMAR HAMAD is a Palestinian writer from Northern Gaza. Trained as a pharmacist, he is also a tailor and lifelong reader. He is the co-founder of the Phoenix Library, an initiative to preserve Gaza's literary and cultural heritage, and continues to write from Gaza.

PUB DATE: April 2026 • **PUBLISHER:** Readers and Writers Against the Genocide
RIGHTS HELD: WEL (excl ANZ), Translation

Diary of a Young Doctor:
Notes from the Genocide in Gaza

Ezzideen Shehab



A powerful first-hand account of one of the most devastating chapters in recent history.

Five days before 7 October 2023, a young Palestinian doctor returned home to Gaza to celebrate completing his medical studies. Within a week, seventy-five members of his extended family were killed in an airstrike.

In Diary of a Young Doctor, Dr Shehab recounts his extraordinary story of survival and service: months volunteering in the besieged Indonesian Hospital, treating catastrophic injuries under relentless bombardment and severe shortages. When the hospital was destroyed, he co-founded the Al-Rahma Medical Centre to provide free care in northern Gaza until it too was forced to close after repeated attacks.

Throughout, Dr Shehab's dispatches capture both the brutality and the enduring humanity of Gaza's doctors and patients. His voice, measured, compassionate, and unflinching, bears witness to a people's suffering and resilience. This is a document of courage and conscience from a doctor who refused to look away.

Why this book?

- A rare first-person medical account from inside Gaza, written by a young doctor who lived, worked and made life-or-death decisions under siege.
- Written with restraint and moral clarity; the voice is calm and compassionate allowing the facts and lived experience to carry their own weight.
- Beyond documenting destruction, it foregrounds agency and humanity from improvised surgery and ethical dilemmas to the founding of the Al-Rahma Medical Centre in the face of repeated attacks.
- This is not a polemic but a document of witness, conscience and survival which sits alongside the strongest traditions of war diaries and medical memoir.

Dr EZZIDEEN SHEHAB is a young doctor from northern Gaza. He went to Arafat Gifted Secondary School and did his medical training in Iran at the University of Isfahan. He returned to Gaza just a few days before 7 October 2023 and has provided medical care to its people ever since.

PUB DATE: November 2025 • **PUBLISHER:** Readers and Writers Against the Genocide

RIGHTS HELD: WEL (excl ANZ), Translation

RIGHTS SOLD: WEL (excl ANZ) (Scribe Publication), Spain (Seix Barral), Italy (Mimesis Edizioni)

The Hurt

Catherine de Saint Phalle

A luminous work of literary memory about love, pain, and the making of a mind.

In *The Hurt,* Catherine de Saint Phalle offers a luminous work of creative non-fiction that traces the formation of a self through memory, reading and first love.

Moving between childhood, education, and an intense relationship at eighteen, the book unfolds as a series of finely observed reflections rather than a conventional memoir.

Books, rather than classrooms, become her true teachers, shaping her understanding of the world and her place within it.

Drawn to outsiders, marginal figures and moments of quiet revelation, de Saint Phalle writes with wit, tenderness and philosophical clarity.

Infused with Parisian light and moral curiosity, The Hurt is an intimate meditation on love, pain, and the fragile, beautiful ways we make sense of being human.

Why this book?

- Sits firmly within the European tradition of literary creative non-fiction: reflective, philosophical, and driven by consciousness rather than plot, appealing to editors and readers who value language, thought and interior life.
- The author writes with a distinctly French sensibility – attentive to nuance, moral ambiguity and the life of the mind.
- Explores first love and emotional rupture not as confession, but as a moment of existential fracture, allowing memory, time and identity to collapse and reform on the page.
- Six of the authors previous titles have been published in France.

CATHERINE DE SAINT PHALLE was born in London, spent her first years in Sussex, England and lived in Paris and the South of France. She moved to Melbourne in 2003 where she works as a translator. She has had six books published in France with Actes Sud, Buchet/Chastel and Sabine Wespieser Editeur and four with Transit Lounge including the Stella shortlisted *Poum and Alexandre*.

PUB DATE: August 2026 • **PUBLISHER:** Transit Lounge

RIGHTS HELD: WEL (excl ANZ), Translation

Post-Mortem

Tim Booth

Tales of the macabre, hilarious and downright bizarre from those who work with death, by former paramedic and bestselling author Tim Booth.

Death is a certainty, but what happens leading up to it – and in its aftermath – is anything but predictable.

In *Post-Mortem*, paramedic-turned-author Tim Booth dives headfirst into the darkly humorous, often bizarre, and sometimes downright horrifying experiences of those who work with death every day. From forensic investigators piecing together unspeakable tragedies to morticians who've seen it all (and then some), this book takes you inside the minds of the professionals who deal with the dead – and the living left behind.

Blending razor-sharp wit with gut-punching reality, this portrait of our inevitable mortality is as absurd as it is profound.

If you thought calling an ambulance for a stubbed toe was bad, wait until you hear the reasons people have ended up on a mortuary slab.

Why this book?

- If you thought calling an ambulance for a stubbed toe was bad, wait until you hear the reasons people have ended up on a mortuary slab.
- Gallows humour and absurd situations make a taboo subject surprisingly entertaining.
- Built on interviews with professionals across 25 fields, sharing raw, first-hand stories.
- From Sydney paramedics to American morticians to London investigators, the perspectives span the world.
- Readers laugh, cringe, and reflect, sometimes all within the same story.
- Exposes how bureaucracy, resilience, and absurdity collide in organ donation, disaster response, and more.
- Tim Booth writes with wit and empathy, drawing on his own paramedic background.

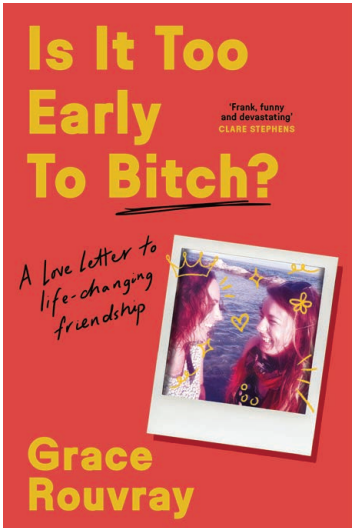
TIM BOOTH is an intensive care paramedic who worked for six years in south-west Sydney, patching up the sickest, strangest, and silliest of patients who called 000 for all manner of trauma and triviality. Prior to his career in healthcare, Tim was a motoring journalist who worked for *Top Gear Australia* magazine.

PUB DATE: August 2026 • **PUBLISHER:** Pan Macmillan Australia

RIGHTS HELD: WEL (excl ANZ), Translation

Is it Too Early to Bitch

Grace Rouvray



Hilarious, honest and heartbreaking, *Is It Too Early to Bitch?* is a moving tribute to the power of friendship.

Grief is most often framed around the loss of a partner or parent. But what happens when the person you lose is 'just' a friend – the friend who shaped who you became?

Writer and actor Grace Rouvray met Katie Lees in the first week of drama school. What followed was a fierce, joyful, life-defining friendship that spanned thirteen years – from early adulthood and ambition to love, failure, and becoming oneself – until Katie's sudden death in 2021.

Part memoir, part love letter, this is an intimate exploration of friendship as a central relationship, and of grief that is rarely named or given space. Moving, funny and painfully honest, the book captures the ordinary moments that make a life and asks what it means to carry someone forward when the future no longer includes them.

Why this book?

- A grief book about friendship which sets it apart and taps into a loss many readers carry quietly but rarely see reflected.
- The voice is intimate, funny, and unfiltered in a way that feels contemporary and emotionally trustworthy.
- Captures the small, ordinary details of intimacy – shared routines, shorthand jokes, half-remembered conversations.
- At its heart, this is a love story that challenges the hierarchy of relationships, asking why friendship is so often treated as secondary when it can be the relationship that defines a life.

GRACE ROUVRAY is a writer, actor and comedian with an eclectic career across film, television, theatre, and digital media. In 2016, after documenting her dating adventures on a blog that gained viral attention, Grace created the hit series *600 Bottles of Wine.*

PUB DATE: May 2026 • **PUBLISHER:** Pan Macmillan Australia

RIGHTS HELD: WEL (excl ANZ), Translation

Non-Fiction

Science, History and Big Ideas

Cricket Book

Malcolm Knox

From Bradman to Bodyline to India's rise, the definitive story of Test cricket's enduring soul.

In March 1877, at Melbourne's MCG, Australia and England played the first-ever Test match. One hundred and fifty years later, the anniversary Test will be staged on the same ground – bringing the story of cricket full circle.

In this landmark book, Malcolm Knox – Australia's most celebrated cricket writer – tells the rich, turbulent, and surprising history of Test cricket. From Bradman and Bodyline to India's rise as the sport's powerhouse, Knox shows how a five-day game became a global obsession, reflecting the cultures, politics, and passions of nations bound together by bat and ball.

With authority, insider access, and literary flair, Knox celebrates Test cricket's past while asking tough questions about its future. Published ahead of the 150th anniversary, this is both a definitive history and a provocative reckoning with the game's enduring

Why this book?

- England vs. Australia at the MCG – the anniversary match itself guarantees huge visibility in both the UK and India, where cricket history is passionately followed!
- Combines deep knowledge of cricket with literary flair, appealing not just to sports fans but to general readers interested in history and culture.
- Test cricket's story is inseparable from the histories of England, Australia, and the Indian subcontinent.
- Not just a history, but a sharp, questioning look at the sport's soul, its traditions, and its uncertain future.
- Beyond sport, Knox is a Walkley Award–winning journalist and award-winning novelist, bringing narrative richness to his nonfiction.

MALCOLM KNOX has won three Walkley Awards and a Human Rights Award. His novels include *A Private Man* (Ned Kelly Award) and *Jamaica* (Colin Roderick Award). His nonfiction, including *Boom* and *Bradman's War*, has won major prizes and critical acclaim.

PUB DATE: November 2026 • **PUBLISHER:** Pan Macmillan Australia

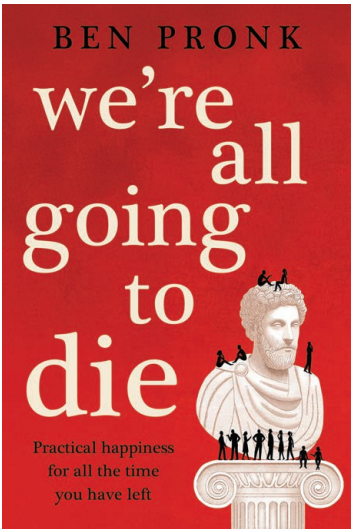
RIGHTS HELD: WEL (excl ANZ), Translation

Non-Fiction

Wellbeing, Lifestyle & Food

We're All Going to Die

Ben Pronk



Mortality shouldn't feel morbid – it's the ultimate motivator for a happier life.

We're All Going to Die is practical happiness for the time you have left. The Stoics knew tempus fugit – time flies – and saw our ticking doomsday clocks not as a curse but as a reminder to embrace every second.

In this insightful, warm, and witty book, Ben Pronk distils philosophy, psychology, and neuroscience into an accessible toolkit for modern readers. From Socrates, Seneca, and Marcus Aurelius to contemporary science, he reveals the secrets of happiness and equips readers with tangible, immediate tools to increase it.

Rather than empty affirmations, Pronk offers experiments, reflections, and a dose of tough love to help you define and pursue your own version of joy.

Irreverent yet wise, this book dismantles self-pity, skewers clichés, and insists that confronting mortality is the most life-affirming practice of all.

Why this book?

- Dismantles clichés and self-help jargon with wit, candour, and clarity.
- Balances humour and depth, making profound ideas engaging and memorable.
- Shakes readers out of autopilot and into conscious, intentional living.
- Encourages resilience by embracing life's limits rather than denying them.
- Equally relevant to younger readers seeking direction and older readers reflecting on meaning.
- Cuts through toxic positivity with honesty, reminding us that discomfort and uncertainty are part of being alive.
- Leaves readers energised, not fearful – an empowering call to make the most of every fleeting day.

BEN PRONK is a former Australian Army Special Forces officer, a combat veteran, a corporate crisis management consultant, an international resilience expert, the bestselling co-author of *The Resilience Shield*, an artist, and a passionate philosopher.

PUB DATE: July 2026 • **PUBLISHER:** Pan Macmillan Australia

RIGHTS HELD: WEL (excl ANZ), Translation

The Attention Recovery Plan

David Gillespie

Winning the battle for focus in a world built to break it

Bestselling author and researcher David Gillespie exposes how powerful tech titans are harnessing our attention to maximise their profits at our expense. The reliance on screens, resulting in constant dopamine spiking, is wreaking havoc on our mental health, and eroding our capacity to become deeply immersed in problem-solving or creativity.

Gillespie explores how at every life stage, from childhood to adulthood, we are being targeted and our biology hijacked to keep our attention on screens.

The good news is there's a way we can harness technology for our own benefit, and achieve the deep, focused life we all crave. Packed with cutting-edge research and practical advice, *The Attention Recovery Plan* arms us with the tools we need to break our reliance on screens, reset our dopamine levels and achieve our goals.

Why this book?

- Tackles one of today's most pressing issues—the mental health cost of our screen-saturated lives.
- David Gillespie is a trusted voice with a proven track record of making complex research accessible and compelling.
- Draws on the latest neuroscience and psychology to show how dopamine-driven design is hijacking our biology.
- Offers a clear recovery plan with actionable steps to reduce reliance on screens, reclaim focus, and boost creativity.
- Perfect for readers of James Clear (*Atomic Habits*) and Johann Hari (*Stolen Focus*).
- David Gillespie's titles have sold close to 400,000 copies in ANZ alone.

DAVID GILLESPIE is the bestselling author of *Toxic at Work, Taming Toxic People, Brain Reset*, the *Sweet Poison* books, *BigFat Lies, Toxic Oil, Eat Real Food, The Eat Real Food Cookbook, Teen Brain, The Good Fat Guide*. He is a former corporate lawyer, co-founder of a software company and technology investor.

PUB DATE: April 2026 • **PUBLISHER:** Pan Macmillan Australia

RIGHTS HELD: WEL (excl ANZ), Translation • **RIGHTS SOLD *Toxic at Work*:** Czech Republic (Triton), Slovakia (Grada), Japan (Toyo Keizai, Inc) and Poland (Świat Książki)

Something Sweet:

Cookies, cakes & slices anyone can make

Jessica Holmes

The go-to friendly baking guide for home cooks, filled with cake-stall classics and simple, failsafe sweets.

Welcome to the joyful world of baking.

This cookbook is a warm, practical guide to creating dependable, delicious desserts at home – no matter your level of experience. From chewy chocolate chip cookies and perfectly fudgy brownies to simple one-bowl tea cakes, lunchbox-friendly treats and impressive showstopping desserts, every recipe is designed to work.

Clear instructions, helpful tips and a friendly, encouraging tone make baking feel achievable rather than intimidating. Whether you're baking for the first time or building confidence with classic favourites, this collection offers recipes you'll return to again and again.

Approachable, reliable and deeply satisfying, this is a baking book made to be used – and loved – in kitchens everywhere.

Why this book?

- Speaks directly to home bakers who want recipes that work – not aspirational, cheffy projects or trend-driven healthy baking.
- Taps into a return to nostalgia baking: familiar flavours, simple methods, and the comfort of making something you already love – done well.
- The recipes are deliberately unfussy and achievable, making this a book readers will actually cook from, not just admire on a shelf.

JESSICA HOLMES is a self-taught home baker and the creator of *Sweetest Menu*, a trusted online baking resource used by millions worldwide. Known for no-fuss recipes that reliably deliver, she helps home cooks bake everyday treats and special-occasion desserts with clear guidance, practical tips and consistently delicious results.

PUB DATE: July 2026 • **PUBLISHER:** Pan Macmillan Australia

RIGHTS HELD: WEL (excl ANZ), Translation

EASY / NO CHILL / NO MIXER / UNDER 1 HOUR

Brownie cookies

One of the first recipes I ever mastered was a good homemade brownie. Since then, I've eaten countless brownies on my quest for the perfect one (more on that later). But once I conquered a traditional brownie, I then took all the must-have elements – think crinkly, shiny top and fudgy chocolate-laden middle – and turned it into the ultimate chocolate-lover's cookie. All the elements of a brownie in portable cookie form, complete with chewy edges and a rich chocolate centre. Oh, and did I mention that these brownie cookies can be ready to eat in just 30 minutes? Dangerous I know!

PREP TIME 20 minutes
BAKE TIME 13 minutes
MAKES 15–16

150 g (1 cup) dark chocolate (45–55% cocoa), broken into pieces
75 g (⅓ cup) unsalted butter, roughly chopped
200 g (1 cup) caster sugar or granulated sugar
2 large eggs, room temperature
105 g (¾ cup) plain flour or all-purpose flour
40 g (⅓ cup) cocoa powder
½ teaspoon baking powder
¼ teaspoon salt
75 g (½ cup) milk chocolate chips
sea salt flakes, to decorate

1. Preheat the oven to 160°C (320°F) fan-forced. Line two large baking trays or cookie sheets with baking paper or parchment paper.
2. In a medium microwave-safe bowl, add the chocolate and butter. Heat in the microwave, stirring every 30 seconds, until melted and smooth. Set aside to cool for 2 minutes.
3. In a separate large mixing bowl, add the sugar and eggs. Whisk by hand for 20–30 seconds until combined.
4. Add the melted chocolate mixture to the egg mixture, along with the flour, cocoa powder, baking powder and salt and stir until a smooth brownie-like batter forms. Finally, stir through the chocolate chips.
5. The cookie dough will be too soft to roll using your hands, so use a cookie scoop or dessert spoon to portion out roughly 40 g (2 tablespoons) of dough per cookie. Place the cookie dough on the prepared trays, leaving room for them to spread as they bake.
6. Bake the cookies for 13–14 minutes or until they've flattened and cracked on top. Leave the cookies on the baking trays to cool completely – they will be VERY fragile straight out of the oven.
7. Generously sprinkle sea salt flakes on top of the cookies.

NOTES

Store cookies in an airtight container at room temperature. See page XX for more make-ahead and storage instructions including how to freeze cookie dough.

NO CHILL / UNDER 1 HOUR

Tiramisu cookies

While I'm personally not a big coffee drinker, I am married to one and I can definitely get around a creamy dessert like tiramisu. And when you take all the dreamy elements of tiramisu and transform them into a cookie, you really do have something special. These cookies are soft, chewy and toasty, celebrating the mouthwatering marriage of chocolate and coffee. When you top that cookie with a homemade mascarpone cream and sprinkle on some cocoa powder, you have something that is surprisingly reminiscent of traditional tiramisu.

Once frosted, these cookies keep well for a few days in the fridge – and are just as delicious cold!

PREP TIME 40 minutes
BAKE TIME 12 minutes
MAKES 15

115 g (½ cup) unsalted butter, softened
90 g (½ cup) brown sugar
50 g (¼ cup) caster sugar or granulated sugar
1 teaspoon vanilla extract
1 large egg, room temperature
210 g (1½ cups) plain flour or all-purpose flour
½ teaspoon bicarbonate of soda
1 tablespoon finely ground espresso coffee powder
¼ teaspoon salt
100 g (½ cup) milk chocolate chips

Mascarpone cream frosting
240 ml (1 cup) thickened cream or heavy cream
165 g (⅔ cup) mascarpone cream
1 teaspoon vanilla extract

To decorate
cocoa powder

1. Preheat the oven to 160°C (320°F) fan-forced. Line two large baking trays or cookie sheets with baking paper or parchment paper.
2. In a large mixing bowl, add the butter, brown sugar and caster sugar and beat using an electric mixer on medium speed until smooth and creamy.
3. Add the vanilla and egg and beat on medium speed until combined.
4. Add the flour, bicarbonate of soda, coffee and salt and beat on low speed, just until a soft cookie dough forms. Stir through the chocolate chips.
5. Scoop out roughly 40 g (2 tablespoons) of cookie dough and roll the dough into a smooth ball using your hands. Place the cookie balls on the prepared trays, leaving room for them to spread as they bake.
6. Bake the cookies for 11–12 minutes or until golden brown.
7. Transfer the cookies to a wire rack to cool completely. (To speed up the process, put the cookies in the fridge to chill.)
8. Make the mascarpone cream frosting. In a large mixing bowl, add the cream, mascarpone and vanilla. Beat with an electric mixer on medium speed until you reach soft peaks. The cream should be thick and creamy.
9. Transfer the frosting to a piping bag fitted with a large round tip, approximately 1.5 cm (¾ inch) in diameter, or simply use a spoon to apply an even layer of frosting onto the cooled cookies.
10. Use a fine sieve to lightly dust the top of the cookies with cocoa powder.

NOTES

Coffee drinkers can bump up the coffee to 2 tablespoons.

If you don't have a piping bag and tip, you can use a ziplock bag and snip off the corner.

Store frosted cookies in an airtight container in the fridge. See page XX for more make-ahead and storage instructions.

NO CHILL

Pistachio cake with lemon cream cheese frosting

Oh pistachio! I love you so. Is there anything better than a soft, nutty, sponge brightened with lemon zest and topped with a cream cheese frosting? I think not. This darling pistachio loaf cake was tough to develop with many of my initial test cakes being too wet, too dry or too rubbery. But I finally found the ideal blend of ingredients that results in a wonderfully light pistachio-filled sponge. It is now my go-to loaf cake.

PREP TIME 40 minutes
BAKE TIME 1 hour 10 minutes
SERVES 8–10

70 g (½ cup) pistachios
230 g (1 cup) unsalted butter, softened
200 g (1 cup) caster sugar or granulated sugar
1 teaspoon vanilla extract
3 large eggs, room temperature
245 g (1¾ cups) plain flour or all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
finely grated zest of 1 large lemon
120 ml (½ cup) buttermilk, room temperature

Cream cheese frosting
150 g (¾ cup) full-fat cream cheese, softened
finely grated zest of 2 large lemons
30 g (¼ cup) icing sugar or powdered sugar, sifted
1 tablespoon fresh lemon juice

To decorate
35 g (¼ cup) pistachios, roughly chopped

1. Preheat the oven to 150°C (300°F) fan-forced. Grease and line a 23 × 13 cm (9 × 5 inch) loaf tin with baking paper or parchment paper, ensuring two sides overhang.
2. Use a food processor to pulse the pistachios until they become fine crumbs. Try not to over-mix or the pistachios will turn into a paste.
3. In a large mixing bowl, add the butter, caster sugar and vanilla. Beat with an electric mixer on low speed until combined, then increase the speed to medium and beat until the butter turns pale, creamy and almost fluffy.
4. Add the eggs, one at a time, and beat briefly to combine – don't worry if the mixture goes a little bit lumpy at this stage. Scrape down the sides of the bowl.
5. Add the flour, baking powder, salt, lemon zest and buttermilk. Beat on low speed, then add the pistachio crumbs. Stir until the cake batter is smooth and creamy (but try not to over-mix). It will be quite thick – this is fine.
6. Spoon the batter into the prepared tin and smooth the surface.
7. Bake the cake for approximately 1 hour and 10 minutes or until a skewer inserted into the middle of the cake comes out clean. If the cake is very brown after 50 minutes, loosely cover the top with aluminium foil.
8. Leave the cake to cool in the tin for 10 minutes before using the overhanging baking paper to carefully lift it out of the tin and putting it on a wire rack to cool completely.
9. Make the cream cheese frosting. Place the cream cheese in a large mixing bowl. Beat with an electric mixer on medium speed until smooth and creamy.
10. Add the lemon zest, icing sugar and lemon juice. Beat on low speed until combined. Turn the mixer up to medium speed and continue to beat until fluffy.
11. Spread the cream cheese frosting on top of the cooled cake. Sprinkle the extra pistachio nuts on top.

NOTES

If you aren't going to serve this cake straight away, consider toasting the pistachios that are scattered on top, otherwise they will lose their crunch. Place the pistachios in a shallow frying pan on medium heat, shaking occasionally for 5–7 minutes or until they smell nutty. Remove from the pan and set aside to cool completely before decorating the top of the cake.

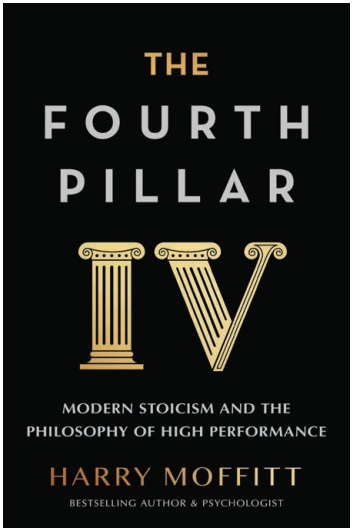
Pistachio cake is best served on the day it is made. Once frosted, store the cake in an airtight container in the fridge. See page XX for more storage and freezing instructions.

Non Fiction

Recent Non-Fiction and Backlist Highlights

The Fourth Pillar

Harry Moffitt



Take command and control of your life by remembering the most crucial ingredient of what makes us human: our identity, values and purpose

The Fourth Pillar takes a no-nonsense approach to philosophy coupled with a human performance angle. Part deeply contemplative, part deeply irreverent, part deeply informed by science and lived experience, Harry is determined to equip us with the framework 'critical and fundamental to change, to overcome the inherent inertia and entropy, and to buffer the self-doubt'.

The core of Harry's message is that we all know self-help, we get it: eat right, sleep well, don't be lonely and you're on the right track. But as a society, we've lost a core element of our wellbeing, our psyche, our foundation and our purpose, and finding this again will do more than just a patchwork fix – philosophy. He calls our philosophical self the fourth pillar of our wellbeing.

Why this book?

- Harry Moffitt is Australia's answer to this personal development section of the market, an irreverent, trailblazing Aussie response to James Clear, Jordan Peterson and David Goggins.
- Challenges readers with the question: 'With self-help, are we self-improving, or self-soothing?'
- Moffitt served as a consultant for Chris Hemsworth's movie *Extraction* and appears in the series *Limitless* with Chris Hemsworth
- Moffitt's extensive experience as an SAS soldier provides genuine insights into resilience, leadership and focus

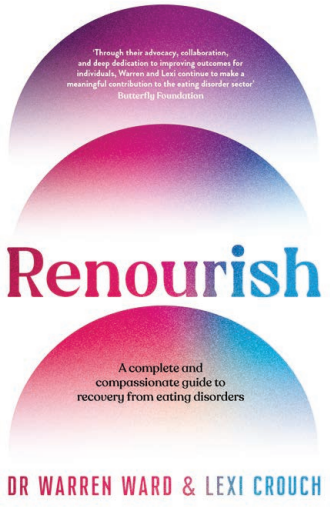
ANTHONY 'HARRY' MOFFITT served in the Australian Defence Force for almost thirty years completing his time with the SAS as its Human Performance Manager. He's a Registered Psychologist and runs a human performance consultancy, Stotan Group, working with sports teams, the military and celebrities in high performance – including Chris Hemsworth in the *Limitless* Disney+ documentary.

PUB DATE: August 2025 • **PUBLISHER:** Pan Macmillan Australia
RIGHTS HELD: WEL (excl ANZ), Translation • **RIGHTS SOLD:** Ukraine (Yakaboo)

New to rights list

Renourish

Warren Ward & Lexi Crouch



A step-by-step guide to resetting your relationship with food, renourishing your body and brain, and finding mental freedom from eating disorders.

Renourish is a compassionate, practical guide to recovering from anorexia nervosa, bulimia nervosa, binge eating disorder and ARFID.

Dr Warren Ward and clinical nutritionist Lexi Crouch draw on the latest scientific research, clinical practice and lived experience to help you reset your relationship with food, your body and your mind. Focusing on how a malnourished brain drives rigid thinking, rules and rituals, *Renourish* shows how to break free from patterns that steal joy and agency.

With patient stories, reflection activities and three proven recovery steps, Ward and Crouch offer a clear path to both physical healing and emotional freedom.

Why this book?

- Covers anorexia, bulimia, binge eating disorder, and ARFID – making it one of the few resources addressing the full spectrum.
- Combines psychiatrist Dr Warren Ward's clinical authority with Lexi Crouch's authentic recovery journey for credibility and hope.
- A unique three-step framework (Resetting the Brain; Re-friending the Body; Re-nourishing the Soul) offers structure that readers and carers can immediately apply.
- Uses practical language, reflection activities, and patient stories to cut through shame and isolation.
- Up to date with clinical evidence, neuroscience, and best practices
- Useful not just for sufferers but for family, friends, caregivers wanting to understand or support.

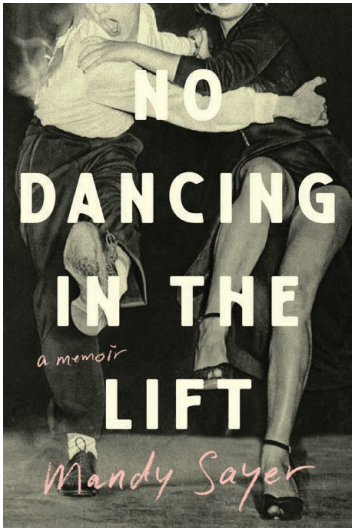
Dr WARREN WARD, Associate Professor of Psychiatry at the University of Queensland and Director of the Ramsay Clinic New Farm Eating Disorders Program, is a Fellow of the Academy for Eating Disorders and recipient of ANZAED's Distinguished Achievement Award. LEXI CROUCH, clinical nutritionist and eating disorder coach, draws on her own recovery to support others.

PUB DATE: August 2025 • **PUBLISHER:** Pan Macmillan Australia

RIGHTS HELD: WEL (excl ANZ), Translation

No Dancing in the Lift

Mandy Sayer



Mandy Sayer's unique follow up to her internationally published and acclaimed *Dreamtime Alice*

'When I was a kid, you'd introduced me to a comic routine, inspired by scenes in an old black and white movie: a couple of vaudeville performers live in a large hotel and, just as they are about to enter an elevator, the manager calls across the lobby, *No dancing in the lift!* But as soon as the doors close, the only way the couple can make the lift work is to tap dance maniacally until it shifts and rises. Ever since then, whenever we walked into one, we'd automatically turn to one another, exclaim, *No dancing in the lift!* And break out into an improvised up-tempo tap routine until we reached our intended level.'

Filled with both laughter and tears, *No Dancing in the Lift* is a superlative bookend to *Mandy's Dreamtime Alice* first published in 1998.

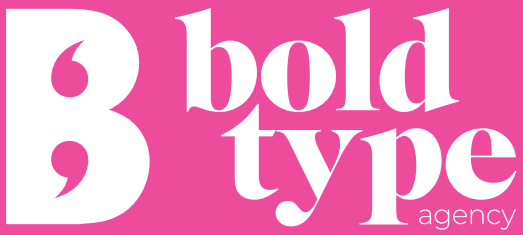
Why this book?

- *Dreamtime Alice* was published to acclaim in Australia, the United States, the United Kingdom, Germany, and Brazil, and won the 2000 National Biography Award.
- An unforgettable and nuanced recounting of Mandy Sayer's father's later life, his illness and death and their enduring relationship
- A beautifully written standalone memoir: evocative, funny, uplifting and heartbreaking
- The loss of a dear parent is an experience that many readers will identify with

In the early eighties MANDY SAYER travelled to the United States with her father Gerry, a jazz drummer. To earn a living, they busked on the streets of New York City and New Orleans for three years; Gerry played drums and Mandy tap danced. Her first memoir, *Dreamtime Alice* (1998), was based on these experiences.

PUB DATE: September 2025 • **PUBLISHER:** Transit Lounge

RIGHTS HELD: WEL (excl ANZ), Translation



Nerrilee Weir
DIRECTOR

Design by Christa Moffitt,
Christabella Designs