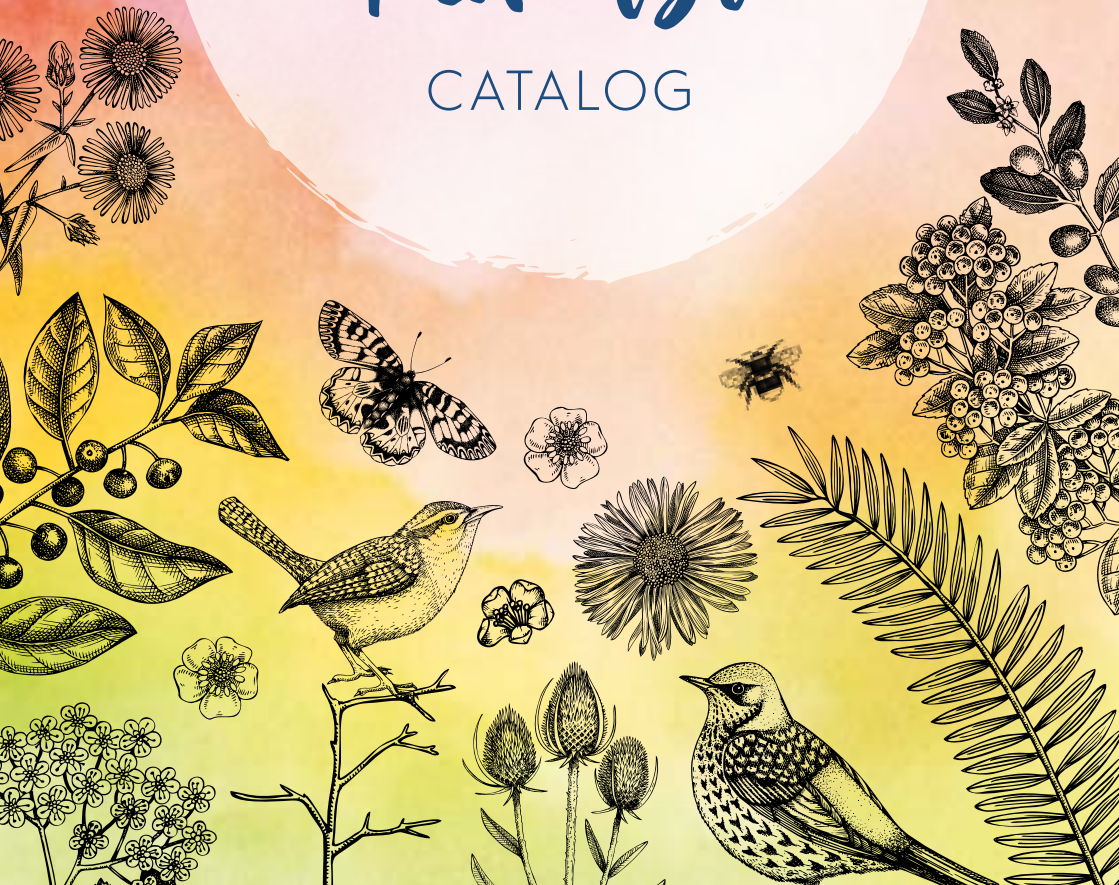


DAVID & CHARLES

Wellbeing & Lifestyle

CATALOG





Welcome

I'm thrilled to be introducing our Spring 2023 Wellbeing list, and seeing this new chapter in the David & Charles story come to life. We wanted that story to be one of creativity, nature, and a little sprinkling of magic...

In these pages you'll find books that dabble in the esoteric with *The Tarot Spreads Yearbook* and *The Witch's Yearbook* - perfect for aspiring witches. *The Magic of Seeds* and *The Wildlife Gardener's Almanac* will call out to the green-fingered gardeners and nature lovers alike.

Mindfulness and play are explored in books like *The Handmade Grimoire* - a guide to making a magickal journal - which comes complete with the papers needed to get started right away in a handy tear-out format. In *Snippets*, autobiographical comics take centre stage, teaching readers how to draw their own comics diaries over the course of a year.

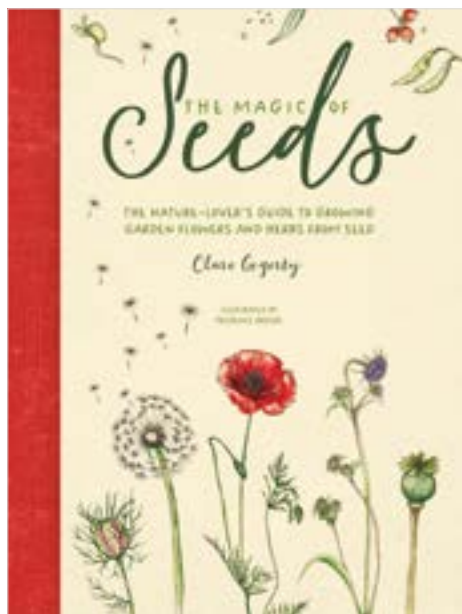
We hope you'll find something that makes you smile within these pages and you'll enjoy discovering the new David & Charles Wellbeing titles as much as the team have enjoyed making them.

Lizzie

Lizzie Kaye
Senior Commissioning Editor

THE MAGIC OF SEEDS

Clare Gogerty



THE NATURE-LOVER'S GUIDE TO GROWING GARDEN FLOWERS AND HERBS FROM SEED

The ultimate reference to growing plants from seed. Seeds are magical. Each one has the potential to become a new plant and create more seeds; connecting us to the circle of life and nature's endless ability to surprise and delight. This beautifully illustrated guide will show readers how and when to harvest the seeds of 100 different garden plants and flowers, with advice on when and how to sow them, and where and when to plant them out. Alongside this hands-on guidance, the reader will be engaged with snippets of folklore and traditions that further enhance their appreciation of nature and help them discover the inherent magic of seeds. Whether the reader is a practising green witch, or simply an amateur gardener with a spiritual affinity with nature, this book will give them everything they need to successfully make a garden from seed and unlock the wonders of nature.

Publication Date: Mar-23 | 9781446309544 | £16.99 | \$24.99
 227mm x 170mm | Hardback | 144 pages | 25000 words
 Sales Rights: WORLD



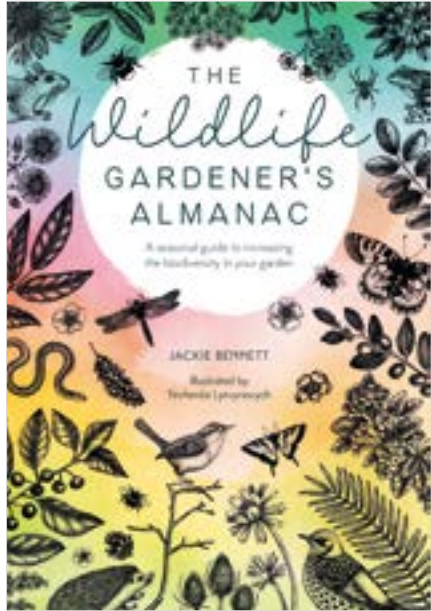
Join Clare on Instagram:
 @claregogerty

Meet the Author

Clare Gogerty lives on a smallholding in Herefordshire, England. A member of the Order of Bards, Ovates and Druids, she has been interested in magick, druidry and folklore since childhood. She is a freelance journalist and author, writing about spirituality, travel, homes and gardens for magazines and newspapers. She is the author of *Beyond the Footpath: mindful adventures for modern pilgrims* (Piatkus, 2019) and *Sacred Places: where to find wonder in the world* (Aster, 2020).
claregogerty.co.uk

THE WILDLIFE GARDENER'S ALMANAC

Jackie Bennett



A SEASONAL GUIDE TO INCREASING THE BIODIVERSITY IN YOUR GARDEN

The ultimate guide to encouraging wildlife into the garden all year round. Taking a month-by-month approach, *The Wildlife Gardener's Almanac* is packed with ideas, advice, tips and checklists, to give gardeners the best chance to make their contribution to conserving our native flora and fauna, no matter what size their garden. Each chapter of this beautifully illustrated book presents an introduction to the wild plants and creatures to expect at that time of the year, lists of seasonal tasks with straightforward instructions on how to carry them out, detailed profiles of plants in bloom, and a practical project aimed at encouraging more wildlife into the garden, including making a wildlife pond, building a nest box, planning a herb bed, planting a wildflower meadow and more. With appendices covering wildlife gardening in containers and suggested garden layouts, this guide offers a wealth of gardening information in an accessible format, allowing gardeners to find the advice they need, exactly when they need it.

Publication Date: Mar-23 | 9781446309537 | £14.99 | \$19.99
 244mm x 170mm | Paperback | 144 pages | 60000 words
 Sales Rights: WORLD



THE TAROT SPREADS YEARBOOK

Chelsey Pippin Mizzi



52 TAROT SPREADS FOR GETTING TO KNOW YOURSELF

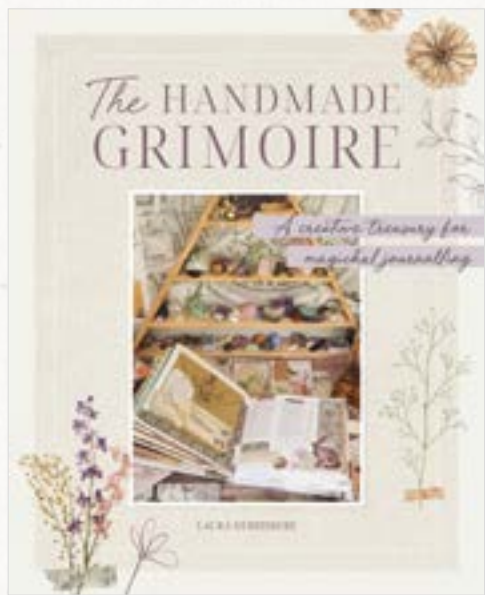
A guidebook to the art of using Tarot. *The Tarot Spreads Yearbook* features 52 spreads that allow beginners to get to know their decks and cards, build confidence, and find the reading methods that are most comfortable for them; all while having fun and honing their intuition. Featuring simple spreads for quick and easy readings, as well as more complex in-depth spreads for longer readings, the book is an easily accessible handbook for readers just setting out on their Tarot journey, the more experienced Tarot reader looking to expand and explore new ways of using their cards, or even just the casual Tarot reader who is looking for a fun way to experiment. With 52 ideas for spreads that cover all areas of life, *The Tarot Spreads Yearbook* introduces readers to using the tarot as a tool for mindfulness, allowing the reader to feel more in tune with the world around them and develop trust in their own instincts.

Publication Date: Apr-23 | 9781446309643 | £14.99 | \$19.99
 235mm x 190mm | Paperback | 144 pages | 25000 words
 Sales Rights: WORLD



THE HANDMADE GRIMOIRE

Laura Derbyshire



A CREATIVE TREASURY FOR MAGICKAL JOURNALLING

The path of a modern witch is filled with learning and discovery, and that knowledge is recorded in a grimoire – a Witch’s personal journal of their craft. Essentially, a grimoire is a magical encyclopaedia, and a living document that is an extension of the witch creating it.

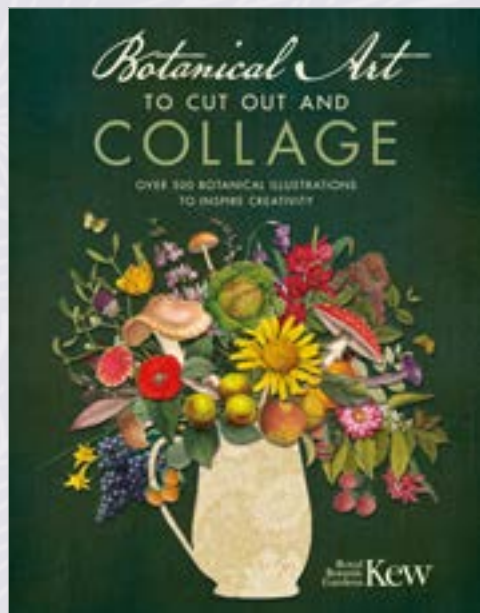
In this book, readers are introduced to the joy of creating a personal grimoire from scratch, and encouraged to seek out new ways to engage with their craft through creative self-expression. Filled with suggested layouts, tips and tricks for where to find materials and guidance and ideas on what to include, author Laura Derbyshire gives the reader permission to experiment and have fun with crafting their own grimoire, and to really engage with it as a mindful activity, that carves out space for their practice in a busy, distracting world. Also included are beautiful papers and images to be cut up by the reader, starting them out on the crafting path.

Publication Date: Jul-23 | 9781446309681 | £16.99 | \$24.99
 235mm x 191mm | Paperback | 160 pages | 25000 words
 Sales Rights: WORLD



BOTANICAL ART TO CUT OUT AND COLLAGE

Royal Botanic Gardens, Kew



OVER 500 BOTANICAL ILLUSTRATIONS TO INSPIRE CREATIVITY

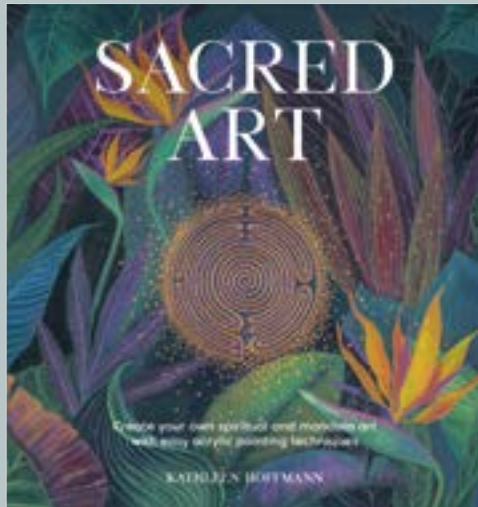
Inject a wealth of botanical beauty into creative projects with this sumptuous collection of images from the Royal Botanic Gardens Kew archive. Whether crafters are looking for vintage botanical ephemera to enhance their journal or scrapbook pages, want to make their own collage art, or simply have a range of botanical elements at their fingertips for gift-wrapping, card-making, vision-boarding and more – this stunning collection has over 500 images to cut out and create with, in whatever way they choose. The images are printed on one side only so that all images can be used, and each page is backed with lovely botanical patterns that can also be used as paper elements, so no scrap is wasted.

Publication Date: Jul-23 | 9781446309933 | £16.99 | \$24.99
273mm x 210mm | Paperback | 128 pages | 2000 words
Sales Rights: WORLD



SACRED ART

Kathleen Hoffmann



CREATE YOUR OWN SPIRITUAL AND MANDALA ART WITH EASY ACRYLIC PAINTING TECHNIQUES

A creative toolbox of techniques and ideas to take painting to a new spiritual dimension. All of nature is permeated by a hidden geometric creative power. From the spiral growth of ferns, fractal branching systems in trees, and symmetries in leaves and flowers: everything in nature is connected and follows universal principles. In this exquisite book, artist Kathleen Hoffman shares her fascination with mandalas, sacred symbols such as the triskele and the labyrinth, and nature's endless wonder, through a collection of 12 step-by-step painting projects, accessible to painters of all abilities. Hoffman begins with the basic techniques of acrylic painting and then builds on this with each project, showing new design elements that are used in her pictures and how she implements them in terms of colour and composition. This book is an invitation for readers to connect with the power of nature and symbols, discover the infinite variety of these structures and unfold this beauty in their paintings.

Publication Date: Apr-23 | 9781446309636 | £12.99 | \$17.99
 229mm x 216mm | Paperback | 96 pages | 10000 words
 Sales Rights: WORLD ENGLISH LANGUAGE



SNIPPETS

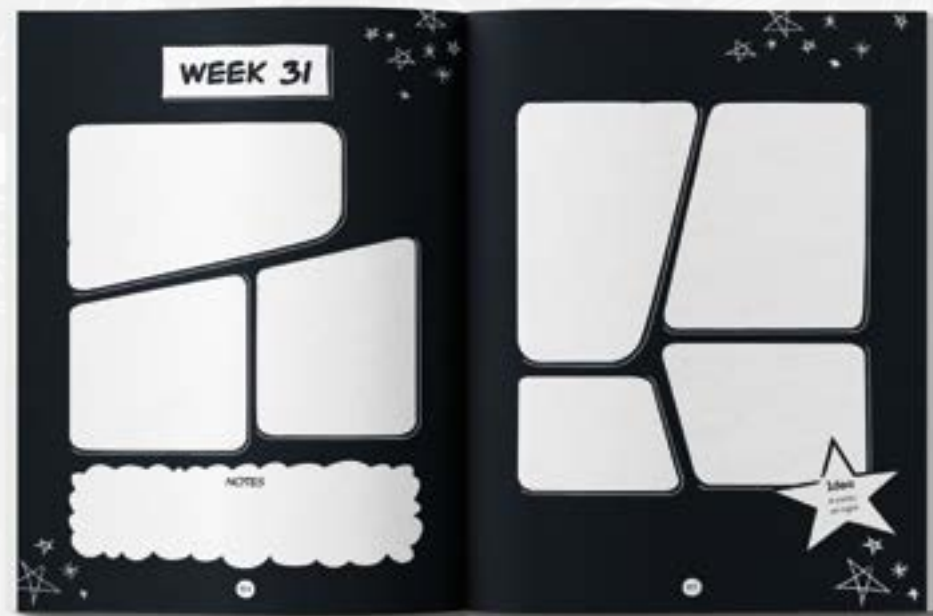
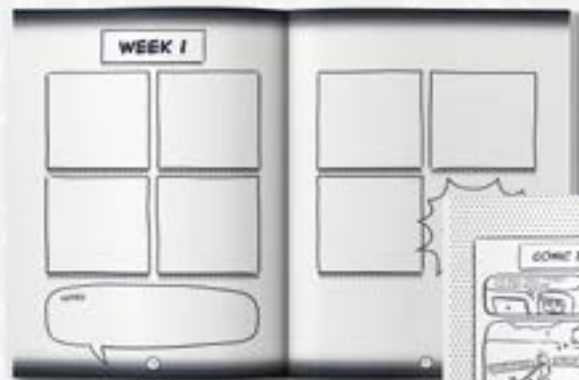
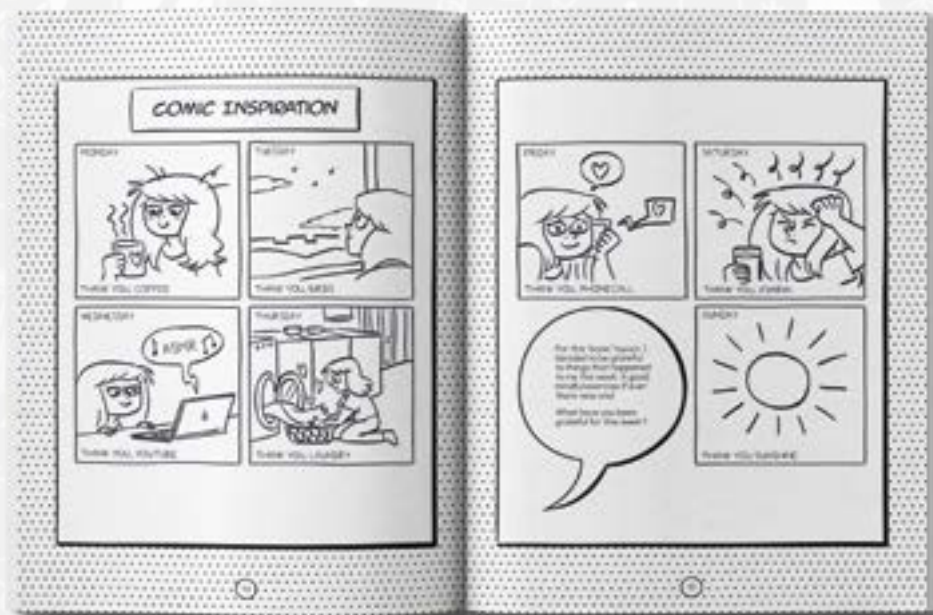
Rachael Smith



52 WEEKS OF DIARY COMICS

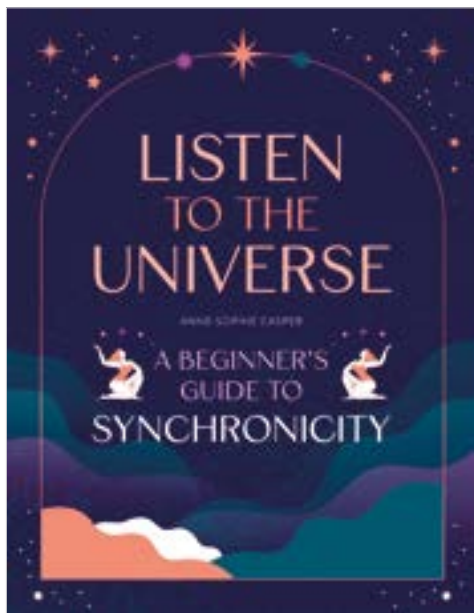
Rachael Smith teaches the basics of writing and drawing comic strips in a diary format that provides a record of the user's year, their growth as an artist and storyteller, and a place for the user to experiment and explore their creativity. For artists and non-artists alike, each week a new prompt will inspire users with suggestions of stories they can tell, or tips they can try. Extremely accessible and undemanding, the diary is designed for only one panel a day to be drawn, making it easy to fit into your life while at the same time allowing the use to establish a new hobby and skill. At the end of the week, the user has a completed comic strip to share with others, use as the basis for a bigger, longer story, or simply a private record of their life and growth as an artist.

Publication Date: May-23 | 9781446309698 | £16.99 inc VAT | \$19.99
244mm x 170mm | Hardback | 136 pages | 2500 words
Sales Rights: WORLD



LISTEN TO THE UNIVERSE

Anne-Sophie Casper



A BEGINNER'S GUIDE TO SYNCHRONICITY

A practical guide to synchronicity and being in tune with the universe. Arranged over the course of 24 hours, Montreal-based life coach Anne-Sophie Casper shares what she has learned by letting go of the illusion of control she felt she had over her life – an illusion that was ultimately making her miserable. Written in an engaging tone, the book introduces the idea of synchronicity, exploring the meaning of the word and its genesis, and providing examples of what a synchronicity may be. It then goes on to explore ways that listening to and noticing the messages from the universe can ultimately lead us to greater contentment and connection. Throughout the book are moments for the reader to pause and engage with questionnaires and quizzes to help unpack the lessons and concepts outlined. Rooted firmly in the personal experience of the universe, it is the ultimate practical toolkit and guide for personal self-development and how to live a better life.

Publication Date: May-23 | 9781446309872 | £14.99 | \$19.99
220mm x 170mm | Paperback | 128 pages | 28000 words
Sales Rights: WORLD ENGLISH LANGUAGE



Coming Soon



SIMPLE ACTS OF KINDNESS

Jacqueline Snowden
Publication Date: Sep-23
9781446310137 | £16.99 inc VAT
Hardback
210mm x 148mm | 196 pages
Sales Rights: World English Language



UPDATED EDITION

THE MET OFFICE POCKET CLOUD BOOK UPDATED EDITION

Richard Hamblyn
Publication Date: Sep-23
9781446310113 | £9.99 | Hardback
140mm x 106mm | 144 pages
Sales Rights: WORLD



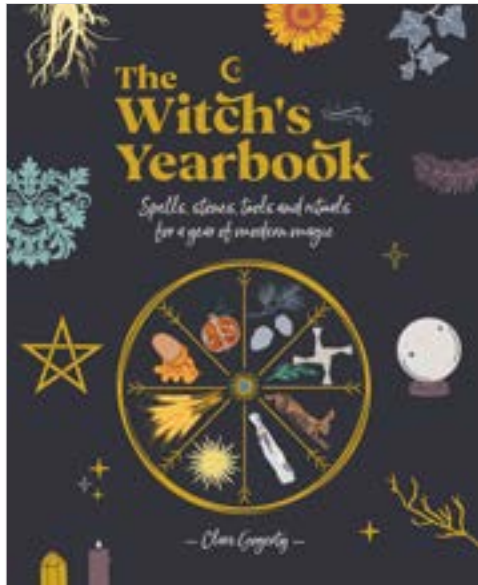
FIND YOUR SOUL PATH

Emma Griffin
Publication Date: Oct-23
9781446310021 | £16.99 | Hardback
244mm x 170mm | 160 pages
Sales Rights: WORLD



THE WITCH'S YEARBOOK

Clare Gogerty

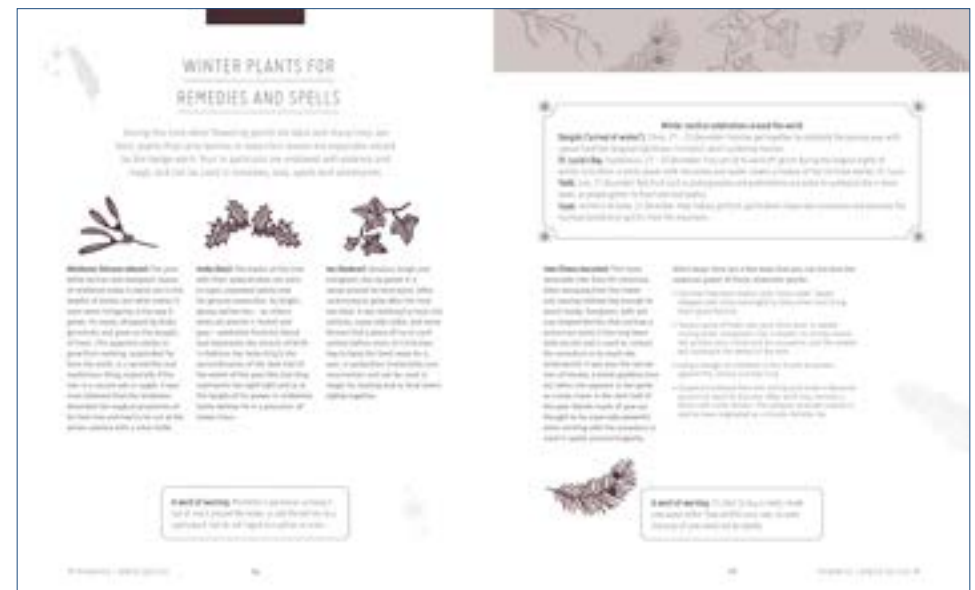


EVERYTHING THE MODERN WITCH NEEDS TO DEVELOP THEIR WITCHY PRACTICE!

This book will guide you through a year of magic. Based on the cycles of nature and guided by the seasons, it will give you the tools and knowhow to unveil the magic that surrounds us. By celebrating the eight sabbats of the Wheel of the Year, you will work with nature to activate your hidden power and trigger miraculous happenings. Witchcraft can attract love, give your career a boost, protect your home and help with healing. It will enrich your life.

Packed with information and inspiration, this book boosts well-being, self-worth and happiness by tapping into the healing power of nature, the cycle of the seasons, the pull of the moon, the wisdom of ancient trees and forgotten paths, and the spiritual rewards of creativity.

Publication Date: Aug-21 | 9781446308806 | £14.99 | \$19.99
235mm x 190mm | Paperback | 144 pages | 25000 words
Sales Rights: WORLD



THE ANTI-BURNOUT JOURNAL

Bex Spiller



A 12-WEEK MULTI-PLATFORM WELLNESS PLANNER FOR SELF-CARE AND STRESS RELIEF

A multi-platform solution to the growing problem of burnout caused by prolonged stress. This updated journal spans 12 weeks with weekly lessons delivered through the pages of the journal alongside an online dashboard with lifetime access to video lessons in yoga, mindfulness, meditation, nutrition and breathwork.

The only multi-platform journal addressing burnout.

A 12 week plan that can be started at any time with lifetime access to the online content.

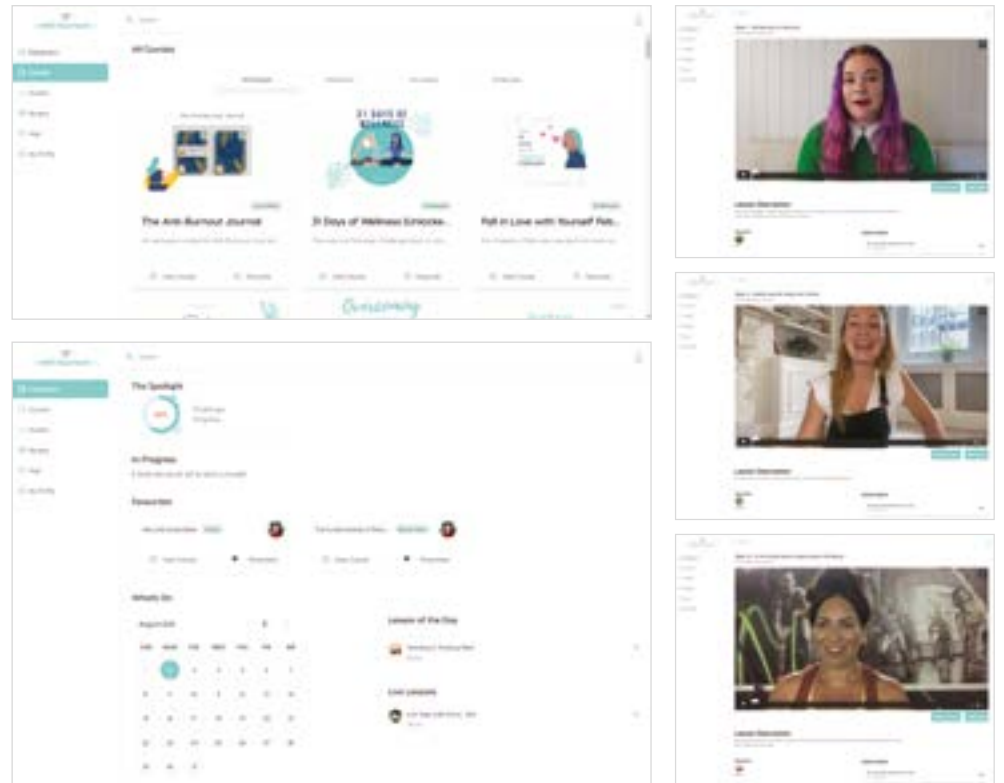


Publication Date: 01-Jan-22 | 9781446309155 | \$22.99
 210 mm x 148 mm | Hardback | 256 pages
 Sales Rights: WORLD

SAMPLE PAGES

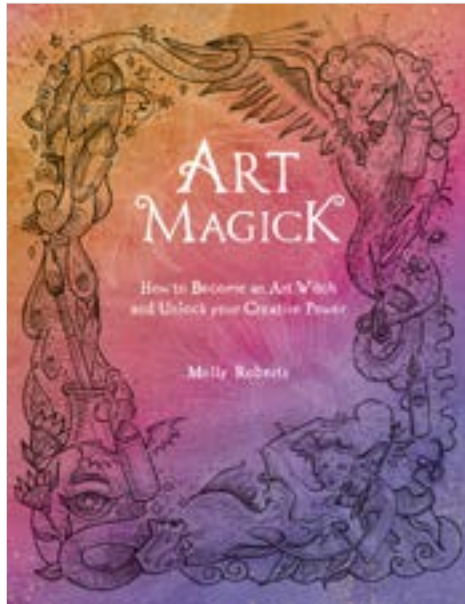


SAMPLE ONLINE CONTENT



ART MAGICK

Molly Roberts

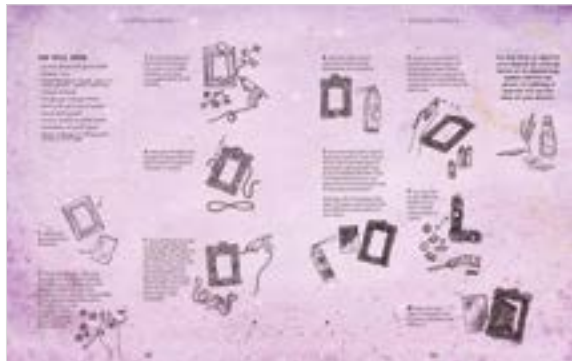


HOW TO BECOME AN ART WITCH AND UNLOCK YOUR CREATIVE POWER

This inspirational grimoire conjures a space where the arts and magical traditions mingle to unlock the creative potential that has been alive in you all along.

Discover the basics of art magick: what art magick is, ways to enrich your life with art magick, cast successful art magick spells, become the art witch you were born to be and have fun along the way.

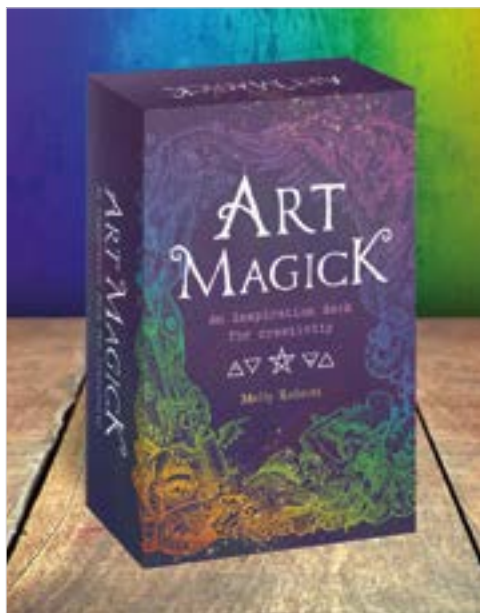
Reclaim your birthright to joyful making with step-by-step instructions and illustrations for over 15 projects, Art Magick reveals how to make an array of potent tools, bewitched objects and empowered spaces to establish your very own art magick practice, including making your own oracle deck, creating magical mandalas, protection sculptures, green magick planters, micro travel altars, dream flags, potion bottles, votives and lanterns, wands and more.



Publication Date: 08-Mar-22 | 9781446308899 | \$22.99
 273 mm x 210 mm | Paperback | 128 pages
 Sales Rights: WORLD

ART MAGICK

Molly Roberts



AN INSPIRATION DECK FOR CREATIVITY

This new card deck from illustrator and art witch Molly Roberts is the perfect inspirational tool to kickstart creativity and imbue magickal practice. Perfect for all art witches, whether experienced or aspiring, this deck helps readers unlock their creative potential and enter a state of magickal flow. Inspired by the colour spectrum, the deck is made up of 45 cards arranged by the five elements: Earth, Air, Water, Fire and Ether. Users can let intuition be their guide in choosing a card, revealing to themselves what creative practice might suit their needs at that time, or seek out a specific card or practice to bolster and boost their mood. The deck is accompanied by a 16-page booklet that explores the power of colour and the way readers can bring it into their lives and magickal practice, as well as introducing the concepts that underpin the deck, and suggested ways to use it.

Publication Date: Jun-23 | 9781446309995 | £14.99 | \$16.99 (prices include VAT)
153mm x 98mm | Cards | 45 cards plus 16 page booklet | 7500 words
Sales Rights: WORLD



KITCHEN MAGICK

Carla Torrents Murcia



A RECIPE DECK FOR WITCHES

A recipe deck for all who want to capture the magic of cooking and baking. Presented in a beautiful box with an accompanying instructional booklet, there are 50 recipe cards for savoury meals and sweet treats inspired by the Wheel of the Year. Perfect for aspiring kitchen and hearth witches, this deck makes it easy to add new magical meals to every menu. Using seasonal ingredients, there are recipes for both the mid-week supper and the festival feast with suggestions for how to celebrate the passing of the seasons with family and friends.

The accompanying booklet provides excellent tips and tricks, as well as practical information about weight conversions between imperial and metric measurements, and introduces the Wheel of the Year. Internationally minded, the dates of festivals and Sabbats are given for both northern and southern hemisphere witches so everyone can start making magic in the kitchen.

Publication Date: Jun-23 | 9781446309964 | £14.99 | \$16.99 (prices include VAT)
153mm x 98mm | Cards | 52 cards plus 16-page booklet | 7500 words
Sales Rights: WORLD



THE WITCH'S YEAR

Clare Gogerty



MODERN MAGIC IN 52 CARDS

There is a new wave of people being drawn to witchcraft who are looking for ways to explore and expand their understanding of magic and the natural world. Friendly and accessible, this card deck is based on the Wheel of the Year, with rituals, spells, herbs, crystals and crafts that will enhance the user's spiritual practice. Arranged by the Sabbats, it focuses on earth-based magic, the healing power of nature, the cycle of the seasons, the moon, and the magic all around us. Perfect for beginners, or the seasoned witch alike. Includes a 16-page booklet.



Scan for more



9781446309490
£14.99 | \$16.99 (prices include VAT) | 153mm x 98mm
Cards | 52 cards plus 16 page booklet | 7500 words
Sales Rights: WORLD

MOOD CRYSTALS

Christel Albez & Nerissa Alberts



FIND THE RIGHT CRYSTAL FOR EVERY EMOTION IN 50 CARDS

This unique card deck helps you identify your feelings and guides you towards crystal choices to enhance your mental wellbeing. It includes practical exercises to help readers consciously engage with the stones and tap into their emotional frequencies. The cards explore 14 different emotional states and offer a suggested practical ritual to engage with crystals to balance these emotions. Authors Christel Albez and Nerissa Alberts are certified in the vibrational healing modality of Crystal Resonance Therapy™ and regularly share content on their blog, Gemstone Stories. Includes a 16-page booklet.



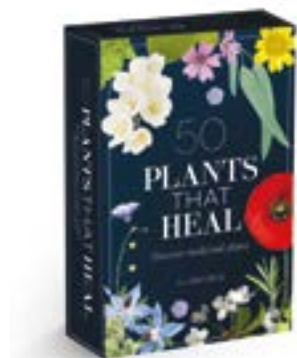
Scan for more



9781446309506
£14.99 | \$16.99 (prices include VAT) | 153mm x 98mm
Cards | 50 cards plus 16 page booklet | 7500 words
Sales Rights: WORLD ENGLISH LANGUAGE

50 PLANTS THAT HEAL

François Couplan & Gérard Debuigne, Pierre Vignes & Délia Vignes



DISCOVER MEDICINAL PLANTS: A CARD DECK

A sumptuously illustrated card deck detailing 50 medicinal plants and their healing properties, tapping into trends for plant-based remedies, natural health, beauty and green witchcraft. The detailed botanical plates offer a precise view of the plant's different parts, making identification easy when out foraging. Includes recipes for topical and ingestible remedies for minor ailments, use in the kitchen and natural beauty products. The accompanying booklet serves as a practical guide for budding herbalists, featuring useful tips for picking and preserving plants while being an environmentally responsible picker. Written by a respected ethnobotanist and doctor specialising in phytotherapy. Includes a 16-page booklet.

Scan for more



9781446309513
£14.99 | \$16.99 (prices include VAT) | 153mm x 98mm
Cards | 50 cards plus 16 page booklet | 7500 words
Sales Rights: WORLD ENGLISH LANGUAGE





DAVID & CHARLES

INGRAM PUBLISHER SERVICES

