



# **RIGHTS GUIDE 2023**

**Gill Books** is an Irish publisher which produces an eclectic list of award-winning and bestselling titles from agenda-setting current affairs to absorbing history, page-turning biography to beautifully produced lifestyle.

We are a division of Gill, Ireland's largest publisher. Its origins date back to 1856 when M.H. Gill & Son, whose portfolio included printing and bookselling, was founded in Dublin. The bookshop, which stood on Dublin's O'Connell Street for 123 years and is referenced in James Joyce's *Ulysses*, can now be found online at [www.gillbooks.ie](http://www.gillbooks.ie).

In collaboration with some of Ireland's best writers, brands and a network of creative talents, Gill Books creates a dynamic publishing proposition, which builds on a 150-year heritage whilst looking excitedly to the future.

The following pages showcase titles we hope will find an international audience.



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**NEW FOR 2023**

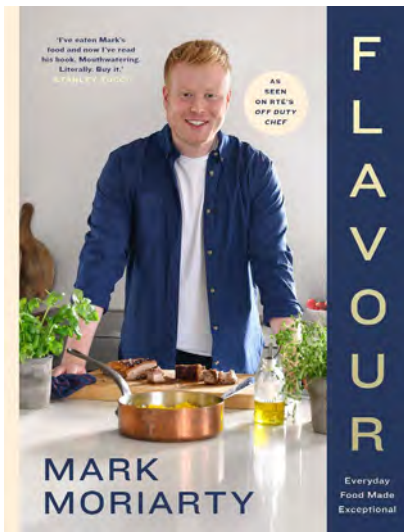
**FLAVOUR**

Everyday Food Made Exceptional

Mark Moriarty

**The much-anticipated first cookbook from Ireland’s most exciting new TV chef.**

Everyday food, refreshed and packed with flavour. This is Mark Moriarty’s cooking.



In his first cookbook, Mark brings restaurant know-how into your home, making everyday food exceptional.

Filled with delicious yet very achievable recipes, this book will be your go-to for everything, from the very basics of cookery to quick midweek fixes, weekend specials and classic desserts and sweets.

**‘I’ve eaten Mark’s food and now I’ve read his book. Mouthwatering. Literally. Buy it.’ Stanley Tucci**

**Mark Moriarty** is a 31-year-old chef based in Dublin. He worked most recently at the Greenhouse, which held two Michelin stars, alongside head chef Mickael Viljanen and the small kitchen brigade. With 15 years’ experience in professional kitchens, Mark is a former San Pellegrino World Young Chef of the Year and was included in the Forbes ‘30 under 30’ list for innovation in the arts. He presents the hugely popular RTÉ One TV series Off Duty Chef.

Cookery | September 2023 | Hardback | 224 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at office@printcompany.co.at





Serves 4

### For the tomato jam

1 tbsp olive oil  
4 garlic cloves, sliced  
1 large onion, sliced  
1 tbsp tomato paste  
100ml white wine vinegar  
50g castor sugar  
400g tin of chopped tomatoes  
1 courgette  
1 red pepper  
1 yellow pepper  
1 aubergine  
2 medium courgettes  
1 large disc of sticky-midge puff pastry, about 25cm in diameter  
1 egg yolk  
50g halloumi, sliced

### For the glaze

5 tbsp olive oil  
1 tbsp Dijon mustard  
1 tbsp white wine vinegar  
1 handful of fresh leaves in garnish

## Ratatouille tart

Ratatouille is steeped in culinary folklore; it was also a fantastic film! Served as a tasty puff pastry tart, this is perfect for a light lunch or dinner party starter. The jam can also be made in a large batch and will keep in the fridge for weeks.

- 1 Preheat the oven to 200°C. Place a baking tray in at this point to warm it up.
- 2 Begin by making the tomato jam. Put the olive oil in a pan over a low-medium heat and cook the garlic for a few minutes until golden brown.
- 3 Add the onion and cook for a few minutes to colour, then follow with the tomato paste, vinegar and sugar. Simmer, stirring, until thickened and reduced by half.
- 4 Once reduced, add the chopped tomatoes and cook until it is a thick jam-like texture. Cool, then chill; this can keep in the fridge for weeks.
- 5 Slice the courgette, peppers, aubergine and tomatoes into even discs, about 2cm thick.
- 6 Place the pastry disc on a circular sheet of baking parchment. Brush the disc with an egg yolk and cover the base with the cooled tomato jam.
- 7 Using the jam circle as a guide, assemble the vegetable slices in a ring, continuing until they meet in the centre.
- 8 Carefully move the tart onto the preheated tray in the oven. Use the baking parchment under it to move it. Cook for 25 minutes until the pastry is golden brown and the vegetables are soft and golden brown.
- 9 Whisk the olive oil, mustard and vinegar in a bowl, then brush over the top of the tart.
- 10 Place the halloumi on a dry pan and chargrill on both sides. Add this to the top of the tart and garnish with basil leaves.
- 11 Serve in the centre of the table to share.

PART TWO: LIGHTER DISHES

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Serves 4

900ml chicken stock  
50g butter  
50g plain flour  
400g heat-stabilised chicken soup  
1 tsp Dijon mustard  
1 tbsp curry powder  
juice of 1 lemon  
Handful of tarragon leaves, chopped  
500g leftover mixed bread, sliced pan, sourdough, brioche, frozen bread  
2 tbsp vegetable oil  
100g butter  
100g Parmesan, grated  
400g chicken breast, sliced  
200g Bacon lardons  
400g broccoli, floretted  
sea salt and freshly ground black pepper  
baked potato and salad, to serve

## Chicken, broccoli and bacon crumble

Another single from my mother's greatest hits, this dish was regularly rolled out at important family events. It remains a hit in our house today, usually served with a baked potato swimming in butter. Be mindful not to use a dish that's too deep or else it won't cook evenly in the centre.

- 1 Preheat the oven to 200°C and warm the chicken stock.
- 2 Melt the butter with the flour in a large saucepan over a high heat and cook for 1 minute until the mix is bubbling, stirring continuously. Pour in all the chicken stock and whisk constantly until the mix comes to the boil and thickens.
- 3 Remove from the heat, add the condensed soup, mustard, curry powder, lemon juice and tarragon, then season to taste with salt and pepper.
- 4 Using a food processor, blend the leftover bread until it forms chunky breadcrumbs.
- 5 Heat a non-stick pan, then add the oil. Add the breadcrumbs and butter, season with salt and pepper and cook for a few minutes, stirring, until light golden brown. Drain off any excess oil, then grate in the Parmesan.
- 6 To assemble, put the diced chicken breast, bacon lardons and broccoli into a shallow casserole dish; the depth is important so that it cooks evenly.
- 7 Spoon over the sauce, and then top with the fried breadcrumbs.
- 8 Cook at 200°C for 1 hour. If the topping begins to colour too much, cover with kitchen foil for the rest of the cooking time. Leave to rest for 15 minutes before serving. Perfect with a baked potato and simple salad.

PART THREE: QUICKER DISHES

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Serves 4

## Baked quinoa salad with pomegranate, yogurt, lime and mint

2 tbsp vegetable oil  
1 onion, diced  
1 red pepper, sliced  
250g quinoa  
1 tbsp ground cumin  
2 tbsp coriander seeds  
1 tbsp dried chilli flakes  
1 litre chicken or vegetable stock  
50g feta  
1 pomegranate, seeds removed  
zest and juice of 1 lime  
60g yogurt  
50g toasted sunflower seeds  
1 handful of mint  
1 handful of dill  
sea salt

I usually make this for a platter alongside some grilled or barbecued meats. It's also a handy one to have in the fridge to bulk up lunches or light dinners. You can even try it with a fried egg for brunch.

- 1 Preheat the oven to 200°C.
- 2 Heat a heavy-based, overproof pan with the oil over a medium heat, add the onion and pepper and fry for 3 minutes until soft.
- 3 Add the quinoa, season with salt, then add the cumin, coriander and chilli and cook for a further 1 minute.
- 4 Add the stock and bring to the boil, place a lid on the pot and cook for 30 minutes in the oven until all the liquid has evaporated and the quinoa is fluffy to touch and soft. Remove from the pot at this point and allow the quinoa to chill in the fridge.
- 5 Once cold, spoon the quinoa onto a large plate. Dress the salad with the feta, pomegranate seeds, lime zest and juice. Drizzle with yogurt, then sprinkle with sunflower seeds, mint leaves and dill.

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FLAVOUR



Serves 2

## Steamed sticky toffee pudding with clotted cream

200g medjool dates  
2 vanilla pods, split in half and seeds scraped out  
100g unsalted butter, softened, plus extra for greasing  
150g dark muscovado sugar  
170g plain flour  
2 tsp bicarbonate of soda  
1 tsp ground nutmeg  
2 whole eggs

**For the toffee sauce:**  
100g caster sugar  
400ml double cream  
50g butter  
juice of ½ lemon

**To serve:**  
1 vanilla pod, split in half and seeds removed  
100g clotted cream

I love sticky toffee pudding, and it's surprisingly easy to make. Steaming the pudding results in a softer texture as opposed to the crispy, baked finish. Here, I've made one large pudding that can be portioned after cooking. I always add a touch of lemon juice to the caramel sauce to liven it up a bit; a touch of salt helps, too. Ice cream is more than acceptable on top, but there's something a little grander about our vanilla clotted cream!

- 1 Place the dates, vanilla seeds and empty pod in a small saucepan. Just cover with water and bring to the boil over a medium heat. Turn down the heat and simmer gently for 30 minutes until soft the whole way through. Remove the vanilla pod, then transfer the softened dates to a blender and blend to a smooth purée, or use a hand blender. Leave to chill in the fridge.
- 2 Put the butter and sugar in a mixing bowl and blend to a paste using a hand mixer. Add the flour, bicarbonate of soda and nutmeg, then work in the eggs and mix together into a thick batter.
- 3 Fold the date purée through the mixture until smooth, then chill in the fridge until cold.
- 4 Grease the inside of a non-stick, heatproof 700ml pudding bowl heavily with butter, or prepare individual pudding moulds in the same way.
- 5 Fill the mould with the batter until three-quarters full. Seal the bowl with a layer of clingfilm, followed by kitchen foil.
- 6 Place the bowl in a saucepan and fill the pan with boiling water to come halfway up the side of the bowl. Cover and simmer gently for 1 hour until a metal skewer comes out clean from the pudding. Remove the foil and clingfilm, cool, then chill in the fridge until cold. >

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FLAVOUR



**NEW FOR 2023**

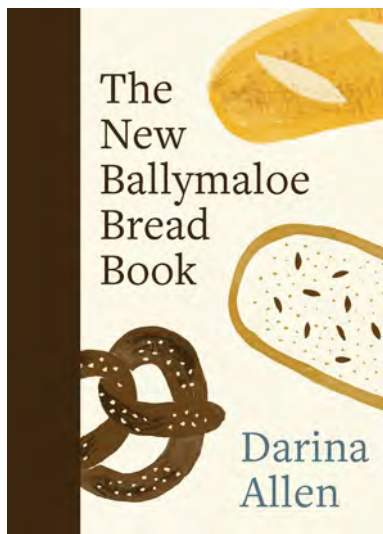
**THE NEW BALLYMALOE BREAD BOOK**

Darina Allen

**A masterclass in bread making from the founder of The Ballymaloe Cookery School.**

*The Ballymaloe Bread Book* is a modern classic, selling thousands of copies all over the world for the past 20 years.

Now completely revised and updated, *The New Ballymaloe Bread Book* contains 180 master



recipes including soda breads, yeast breads, sourdough breads, flatbreads, breads from all over the world, breads for celebrations and sweet treats for special occasions.

Join Darina Allen as she brings a new generation of home bakers on a journey to learn all the breadmaking techniques, demystifying the science and passing on the knowledge needed to bake beautiful bread every day.

**Darina Allen**, Ireland’s best-known food ambassador, is the co-founder of the Ballymaloe Cookery School in East Cork, which has been delivering a first-class culinary education to students from all over the world since 1983. She is the author of 20 cookbooks and has won many awards for her work including Outstanding Contribution to the Irish Culinary Sector from Euro-Toques in 2007, the 2013 UK Guild of Food Writers Lifetime Achievement Award and the Guaranteed Irish Food Hero Award in 2018.

Cookery | October 2023 | Hardback | 352 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



# THE BALLYMALOE BREAD BOOK

## PIZZA AND FOCACCIA



## SOURDOUGH



### HOW TO STRETCH PIZZA DOUGH BY HAND

Divide your dough into 250g pieces. Cover and rest overnight - it will be easier to stretch.

The next day, dip the ball of dough in strong white flour. Flour the countertop.

Lay the floured dough on the floured counter. Press it into a round with your fingers and palm until it's about a finger thick - approx. 12.5cm across. Pick up by the top edge, pinch and turn to form an edge, then lay it back down on the counter. With both hands, turn and stretch the dough until it's about the size of a dinner plate - approx. 25.5cm. Using the knuckles of both hands, lift it up in the centre and rotate so it hangs down and stretches naturally. It will be about 35.5cm in diameter. Transfer to a pizza paddle dusted with semolina (if cooking in a domestic oven) or flour (if cooking in a wood-fired oven). It will contract to about 25.5cm.



Lift and pinch the edges as you turn the dough

Lift and rotate so it stretches

Lay the dough on counter and press it into a round

Lay it back down on the counter and continue to stretch

Transfer to a pizza paddle

Pizza and Focaccia 103

### HOW TO ROLL OUT PIZZA DOUGH

Lay the ball of floured dough on a lightly floured countertop. Roll and turn, roll and turn until the pizza is approx. 35.5cm. Transfer to a floured or semolina-dusted pizza paddle. Brush the edges with extra virgin olive oil if you like, then top as you fancy.



### HOW TO USE A PIZZA PADDLE

Sprinkle a pizza paddle with semolina or cornmeal if using a domestic oven or flour if cooking in a wood-fired oven. Roll or stretch the pizza, then transfer it to the paddle. Arrange the toppings on the base. Hold the paddle over where you want to place it in the oven, then flick the pizza into position with a sharp forward movement. Use a short-handled pizza paddle for a domestic oven and a long-handled pizza paddle for a wood-fired oven so that the pizza can be placed anywhere inside the oven. To remove it from the oven, slide the pizza paddle under the cooked pizza.



Place the dough on a well-floured pizza paddle

Flick the pizza into position with a sharp forward movement

104 The New Ballymaloe Bread Book

**NEW FOR 2023**

**THE FOOD PHARMACY**

Easy delicious, nutritious recipes to fuel good health

Jess Redden

**Use Food to Fight Disease from The Comfort of Your Own Kitchen.**

Through first-hand experience and counselling her clients as a pharmacist, Jess Redden understands the power of food to impact our mood, sleep and energy levels.



In her debut cookbook, Jess shares her knowledge of the most common ailments that present at the pharmacy counter and explains how food can be our first line of defence when we want to feel our best and fight symptoms of disease.

Discover over ninety easy, delicious and nutritious recipes that demonstrate the power of your plate to optimise heart-, gut-, and bone-health, to balance hormones and blood sugars, and much more!

**Jess Redden** has a degree in psychology, is a Pharmacy graduate and a qualified personal trainer. She works as a pharmacist in Dublin and is passionate about taking a holistic approach to health. She shares her recipes, fitness and wellbeing tips on her Instagram page, which has over 80,000 followers.

Cookery/Health | October 2023 | Hardback | 256 pages

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Contact: Gabriela Scolik at office@printcompany.co.at

# THE FOOD PHARMACY



## Walnut-crusted salmon with sundried tomato couscous



### Serves 4

Prep: 15 minutes

Cook: 15 minutes

### Nutrients per serving

Calories (kcal) 580

Carbohydrates (g) 38

Protein (g) 41

Fat (g) 25

### Ingredients

1 clove garlic, minced  
1 tsp lemon zest  
1 tsp lemon juice  
1 tsp chopped rosemary, fresh or dried  
1 tsp honey  
3 tbsp walnuts, blitzed in a food processor  
3 tbsp breadcrumbs  
1 tsp olive oil  
4 salmon fillets  
200g couscous  
3 tbsp sundried tomato pesto  
1 lemon, sliced into wedges  
fresh dill, chopped, to serve (optional)

*Salmon and walnuts are great sources of omega-3 fatty acids, and this marinade and walnut crust add a lovely flavour and texture. For couscous I usually use the rule of 1:1; if you are cooking 80g couscous, add 80ml boiling water (or vegetable stock), and cover with a plate for 10-12 minutes, then fluff it up with a fork. A versatile dinner that the whole family will love.*

- 1 Preheat the oven to 200°C/180°C fan/gas mark 6 and line a baking tray with parchment paper.
- 2 Combine the garlic, lemon zest and juice, chopped rosemary and honey in a small bowl. In a separate bowl combine the crushed walnuts, breadcrumbs and oil.
- 3 Put the salmon fillets on the baking tray and spread the garlic mixture evenly on each fillet. Sprinkle the breadcrumb mixture over the garlic mixture and bake in the oven for 12-15 minutes or until the fish flakes easily with a fork.
- 4 Put the dry couscous in a heat-proof bowl, pour over 200ml boiling water, put a plate or tea towel over the bowl and allow to sit for 10 minutes. Then fluff it up with a fork, add the tomato pesto and mix well.
- 5 Serve the salmon fillets on the couscous with lemon wedges on the side and a sprinkling of fresh dill, if desired.

SkinHealthy 205



## Hoisin duck noodles



### Serves 2

Prep: 5 minutes

Cook: 15 minutes

### Nutrients per serving

Calories (kcal) 490

Carbohydrates (g) 53

Protein (g) 39

Fat (g) 12

### Ingredients

1 tbsp olive oil  
2 skinless duck breast fillets, sliced  
8 spring onions, sliced  
2 cloves garlic, sliced  
1 courgette, sliced  
2 tbsp low-salt soy sauce  
2 nests wholewheat noodles  
4 tbsp hoisin sauce  
1 cucumber, spiralsised or sliced into thin ribbons with a vegetable peeler  
sesame seeds (optional)

*It's nice to switch up your protein sources and I find duck an underrated member of the poultry family! A nice change from chicken or turkey, these duck noodles are so easy to make and full of flavour. Duck is also a source of heart-healthy omega-3 fatty acids and it contains the amino acid taurine, which is essential for heart function.*

- 1 Put the olive oil in a wok or large frying pan over a medium heat and add the duck. Allow the duck to sizzle for 5-6 minutes, then add the spring onions, garlic, courgette and soy sauce, along with 2-3 tbsp water and stir-fry for 5 minutes.
- 2 Cook the noodles according to the instructions on the packet. Take the wok off the heat, drain the noodles and add them to the wok. Then add the hoisin sauce and mix through.
- 3 Divide between two plates and top with the cucumber and sesame seeds, if desired.

HeartHealthy 143



# THE FOOD PHARMACY



## Five-minute no-bake protein bars



### Makes 12 bars

Prep: 5 minutes, plus 30 minutes in the fridge

### Nutrients per serving

Calories (kcal) 210

Carbohydrates (g) 23

Protein (g) 12

Fat (g) 8.5

### Ingredients

220g rolled oats  
2 scoops protein powder of choice  
200g almond butter  
100ml maple syrup  
100g dark chocolate, melted  
Toppings of choice, e.g. bee pollen, coconut flakes, chopped nuts, goji berries

Why protein is an easy way to increase protein intake, and it can be easily incorporated into baking. These bars take only 5 minutes to whip up and use minimal ingredients, so are one of my go-to recipes to have stored in the fridge or freezer. I like to cover them with dark chocolate and goji berries, but you could top them with coconut flakes, pecans, bee pollen ...

- 1 Line a 20 x 20 cm baking tin with baking paper.
- 2 Mix together the rolled oats and protein powder in a large bowl.
- 3 In a Pyrex bowl over a pot of simmering water, gently melt the almond butter and maple syrup and mix until combined.
- 4 Combine the wet ingredients with the dry ingredients and mix well. Transfer the mixture into the baking tray, top with melted dark chocolate and toppings of your choice, if desired, and refrigerate for at least 30 minutes before slicing.

Fitnes 27



## White and dark chocolate mousse



### Serves 4

Prep: 20 minutes, plus 1 hour chilling

### Nutrients per serving

Calories (kcal) 375

Protein (g) 11

Carbohydrates (g) 23

Fat (g) 27.5

### Ingredients

100g dark chocolate, chopped  
250g low-fat cream cheese  
100g white chocolate, chopped  
2 tsp caster sugar  
1 tsp vanilla extract

One of my cravings throughout pregnancy was white chocolate. One of my favourite desserts is a chocolate mousse, but since most recipes contain raw egg I created one that is egg-free and can be eaten during pregnancy. I use cream cheese, but you can use whipped cream instead. While we should eat a varied nutrient-dense diet, we are also human, so never feel guilty about having the odd bit of chocolate!

- 1 Melt the dark chocolate in a heat-proof bowl over a saucepan of simmering water and add half of the cream cheese (125g). Remove from the heat and whisk well. In a second heat-proof bowl, melt the white chocolate and add the remaining cream cheese. Remove from the heat and whisk well.
- 2 Add ½ tsp of vanilla extract to each bowl and mix well. Taste for sweetness and add up to 1 tsp of caster sugar to each bowl if the mixtures are not sweet enough.
- 3 Spoon the mixtures, alternating the dark and white, into 4 serving glasses. Use a knife to swirl the mixtures together and chill for at least an hour.

**NEW FOR 2023**

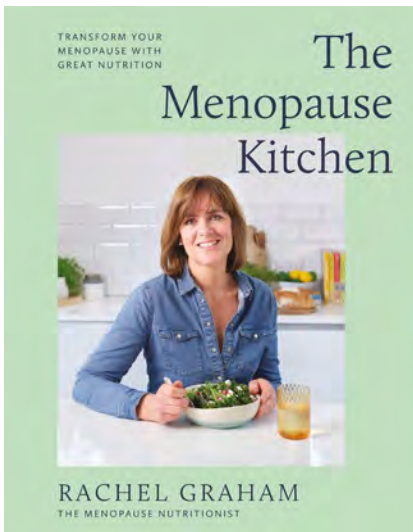
**THE MENOPAUSE KITCHEN**

Transform Your Menopause with Great Nutrition

Rachel Graham

**Transform your menopause with expert nutritional advice and medicinal recipes.**

How you nourish your body during perimenopause and menopause will directly impact how well you feel journeying through it.



This medicinal cookbook is filled with expert nutrition advice and inspiring recipes that will arm you with the knowledge to manage unwelcome symptoms, feel your best and future-proof your health as you embark on this new phase in your life.

The delicious recipes are packed with flavour and have health benefits beyond basic nutrition, enabling you to make daily healthy choices to boost bone, brain and heart health, balance hormones, manage weight and thrive in mid-life and beyond.

**Rachel Graham**, the Menopause Nutritionist, is a practicing Nutritional Therapist and Medicinal Chef with over 25 years’ experience. She works predominantly in Women’s Health with an emphasis on Menopause and is an accredited Menopause educator from The British Menopause Charity.

Cookery/Health | July 2023 | Hardback | 304 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



# THE MENOPAUSE KITCHEN

## Roasted Med Veg Lasagne

with aubergine, spinach, mushroom and ricotta cheese

### SAUCE

- 2 red peppers
- 2 tbsp olive oil
- 2 red onions, finely chopped
- 3 cloves of garlic, minced
- 800g tinned chopped tomatoes
- 1 tsp maple syrup
- 1 tsp pink Himalayan salt

### LASAGNE LAYERS

- 2 aubergines, finely sliced lengthways
- 55ml olive oil
- 2 punnets of mushrooms (any kind), finely sliced
- 2 bags of baby spinach leaves
- 1 small clove of garlic, minced
- 2 x 250g packets of fresh lasagne sheets
- 3 x 150g tubs of ricotta cheese
- 90g Parmesan cheese, grated
- 1½ tsp pink Himalayan salt

### MAKE 8 PORTIONS

This is a good, tasty option to feed a crowd. It has many elements (some of which you can prepare in advance), but it's well worth the effort. It is made with fresh lasagne sheets, roasted aubergine slices and ricotta cheese (instead of bachelme), with a sweet red pepper and tomato sauce.

1. Preheat the oven to 180°C, and line a roasting tray and three baking sheets.
2. Follow steps 3–5 of my sweet potato gnocchi recipe (see p204) to make the roasted red pepper and tomato sauce, and set aside.
3. Place the aubergine slices on the baking sheets, brush with a little olive oil and sprinkle with a grind of salt. Roast for 20+ minutes, keeping an eye on them so they don't burn.
4. While the aubergine slices are roasting, put the mushrooms in a frying pan with 1 tablespoon of olive oil and a little salt, and cook on a medium heat. When ready, move to a bowl and set aside.
5. Pan-fry the spinach with the minced garlic and 1 teaspoon of olive oil. Pour off any excess liquid.
6. Now it's time to assemble everything in a large ovenproof lasagne dish. Brush some olive oil all over the base and sides.
7. Add a couple of spoons of the roasted red pepper and tomato sauce to the base, followed by a layer of fresh lasagne sheets to cover the base and sides. (This will overlap up the side of the dish, which is fine.)
8. Add a few spoons of ricotta cheese, spreading it around the base.
9. Add a layer of roasted aubergine slices, followed by some spinach and some mushrooms.
10. Grate some Parmesan over the top, then repeat each ingredient until you have completed three layers in total.
11. Finish with a layer of fresh pasta topped with tomato sauce and grated Parmesan.
12. Place in the oven for 30–40 minutes, or until golden brown. >

PART FOUR: RECIPES - ANTIOXIDANTS 207



## Moroccan Spiced Chicken Tagine

This recipe requires overnight marination of the chicken thighs to tenderise them and maximise their flavour. It's the perfect family dinner: bursting with taste and quick and easy to prepare.

### MARINADE

- 1 tsp ground ginger
- 2 tsp cinnamon
- 1 tsp smoked paprika
- black pepper
- grated zest of 1 lemon
- 50ml olive oil

### TAGINE

- 800g chicken thighs, skinless and boneless
- 280g olive oil
- 2 red onions, finely chopped
- 4 cloves of garlic, minced
- 800ml chicken stock
- 2 cinnamon sticks
- 400g tinned peeled chopped tomatoes
- 60g raisins
- 400g tinned chickpeas, drained
- 1 tsp ras el hanout
- 1–2 star anise
- 2 tbsp honey
- 1 tsp harissa paste
- 1 cup dried red lentils
- pink Himalayan salt and ground black pepper, to taste

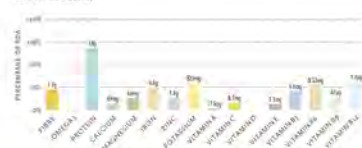
### TO SERVE

- Moroccan quinoa (see p242) or wholegrain brown basmati rice
- large handful of coriander leaves, chopped
- handful of flaked almonds, toasted

SERVES 4+

1. Combine all the marinade ingredients in a large glass food storage container and mix well.
2. Add the chicken thighs to the container and coat them well with the marinade. Cover and refrigerate overnight.
3. The next day, preheat the oven to 180°C.
4. Put the olive oil, onion and garlic in a heavy-based, ovenproof saucepan, and cook with the lid on, on a medium heat, until soft and translucent.
5. Add the chicken stock and stir to loosen any sediment from the bottom.
6. Add the chicken pieces to the pan, along with the cinnamon stick. Season with salt and pepper.
7. Add the tinned tomatoes, raisins, chickpeas, ras el hanout, star anise, honey, harissa paste and red lentils. Cook for 1.5 hours in the oven with the lid on, until the chicken is tender and the sauce has thickened.
8. Serve with Moroccan quinoa or wholegrain brown basmati rice, topped with coriander and toasted flaked almonds.

### PER 800g PORTION



PART FOUR: RECIPES - PROTEIN 211



# THE MENOPAUSE KITCHEN

## Lime Chia Pudding

with raspberry mousse

### CHIA PUDDING

3 tbsp whole chia seeds  
250ml plant-based milk (soy or organic soy milk)  
zest of 1 lime  
1 tsp vanilla essence  
½ tsp of fresh ginger, grated

### RASPBERRY MOUSSE

100g frozen raspberries, slightly thawed  
2 large Medjool dates, stone removed and chopped small  
½ large ripe avocado, flesh scooped out  
1 tbsp chopped fresh mint

### SUGGESTED TOPPINGS

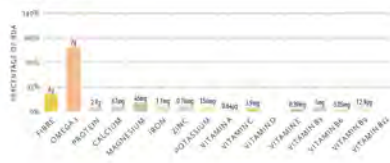
goji berries  
desiccated coconut  
pecan cinnamon granola (see p107)  
roasted pistachios, chopped

MAKES: 3 PORTIONS

High in protein, fibre and omega-3 essential fats, this is so tasty, it almost feels like a dessert! I make these in Kilner jars, and they keep well in the fridge for several days. They're perfect for breakfast or as a snack.

- 1 Make the chia pudding by combining all the ingredients. Mix well to prevent the chia seeds from clumping together.
- 2 For the raspberry mousse, put all the ingredients in a food processor and blend until everything is well combined, smooth and thickened.
- 3 To serve, scoop 2–3 spoons of chia mix into a glass container or bowl, add the same amount of raspberry mousse and finish with the suggested toppings.
- 4 If you want to keep until later, cover the pudding and mousse and refrigerate. Add the toppings when you are ready to eat.

### PER 125G PORTION



114 THE MENOPAUSE KITCHEN



## Hazelnut Butter Brownies

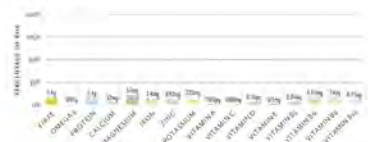
170g hazelnut butter (home-made yields the best results, see p107)  
250ml organic maple syrup  
2 organic eggs  
1 tsp vanilla extract  
50g raw cacao powder  
1 tsp baking powder  
pinch of pink Himalayan or sea salt  
dark chocolate chips (optional)

MAKES: 16 PORTIONS

These are so delicious, you may have to hide them! No nasty ingredients, no refined sugar and no flour – just good fats, antioxidant-rich cacao and heart-healthy almonds. Hands down one of my favourite treats.

- 1 Preheat the oven to 180°C.
- 2 Combine the hazelnut butter and maple syrup in a bowl. Set aside about one-third of this mixture in a separate bowl until later.
- 3 Add the eggs and vanilla extract to the remaining two-thirds of the mixture.
- 4 Add the cacao powder, baking powder and salt and mix thoroughly.
- 5 Line a 20–22cm baking tin with parchment paper and pour in the mixture, then swirl the reserved hazelnut butter/maple syrup mixture over it. Use a cocktail stick to swirl this around, creating a pretty marbling effect.
- 6 Bake for exactly 22 minutes (in a fan oven) to ensure a fudgy centre.
- 7 Remove from the oven and leave to cool before cutting up into squares.
- 8 Store in a glass container (putting parchment paper between layers) and keep in the fridge. Warning: they may not last long!

### PER 14G PORTION



PART FOUR: RECIPES – CALCIUM AND MAGNESIUM 127

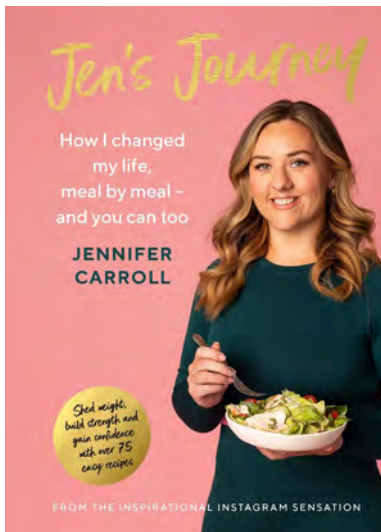
**NEW FOR 2023**

**JEN'S JOURNEY**

How I Changed My Life, Meal by Meal and You Can Too

Jennifer Carroll

**Instagram slimming sensation Jennifer Carroll shares her remarkable personal story as well as the recipes and habits that have led to her incredible weight loss.**



After years of emotional eating, made worse by a bad relationship, Jennifer Carroll weighed almost 26 stone (165 kg). When her son was born, she made the decision to leave the abusive situation, move home and drastically overhaul her lifestyle.

By changing her eating habits and working with a personal trainer, she lost 12 stone (76 kg). As she got stronger physically and mentally, every part of her life improved.

In this book, Jen shares her remarkable story and describes how she overcame her struggles with emotional eating and learned to love exercise. Included are over 75 calorie-counted recipes that are simple, quick to make and packed with flavour, to fill you up while helping you to reach your goals, one meal at a time.

**Jennifer Carroll** is best known for her Instagram page @jens\_journey\_ie, in which she documents her journey to healthier living. She has over 100,000 followers.

Cookery/Health | March 2023 | Hardback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at office@printcompany.co.at

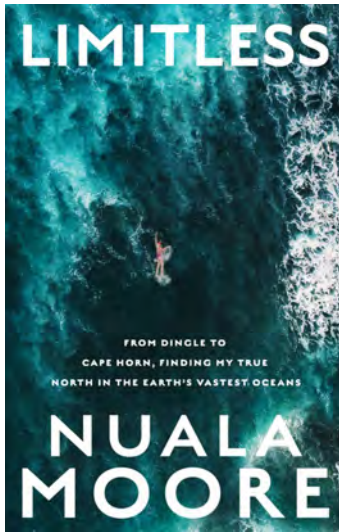


# JEN'S JOURNEY



Inspirational recipes from Instagram sensation Jennifer Carroll

## NEW FOR 2023



## LIMITLESS

From Dingle to Cape Horn, Finding My True North In The Earth's Vastest Oceans

Nuala Moore

**An awe-inspiring reminder of the greatness inside everyone.**

The sea has always been a part of Nuala Moore's life: her earliest memory is of jumping off her father's fishing boat in Dingle Harbour and swimming back to shore. Since then, she's swum

in some of the coldest, most remote and dangerous waters in the world, from the Bering Strait to the Drake Passage.

After years of marathon swimming, Nuala struggled to balance sacrifice and achievement. Her work-life balance, coupled with caring for her father, forced a change in her pathway. She turned to ice swimming. For Nuala, these extreme situations offered freedom and a chance to find her true north.

Nuala believes that everyone is capable of greatness, whatever shape that might take. *Limitless* is her breathtaking memoir, detailing what goes through her mind when she's in the water and how, when she returns home, she processes the fallout of pushing herself to the brink.

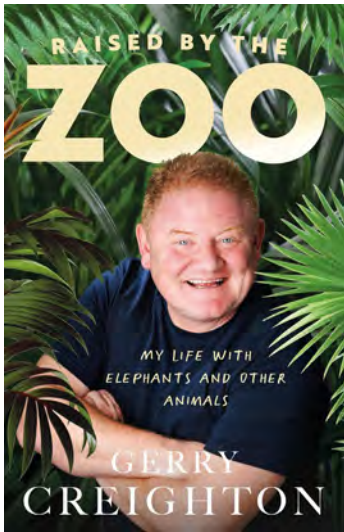
**Nuala Moore** is an Irish open water swimmer and adventurer. She has spent decades as a scuba-diving professional and has been involved in developing standards and procedures both in ice and channel swimming. She holds two Guinness World Records for extreme cold-water swimming. She is a pioneer, a cold-water safety specialist, a coach, a mentor, an event organiser and an endurance swimmer who has pushed the boundaries for women in extreme sports. She is the first swimmer in the world to swim a mile from the Pacific Ocean to the Atlantic Ocean, in the Drake Passage, and the first Irish swimmer to swim 1,000m at 0 degrees (as well as the third woman in the world). Nuala was awarded the Frank Golden scholarship for her work on cold water safety education. She founded the Ocean Triple R, a water safety initiative for sharing information around messaging. She has been listed three times in the World Open Water Swimming Association's list of top 50 most adventurous women in open water swimming and twice shortlisted for the World Open Water Woman of the Year.

Memoir | September 2023 | Paperback | 336 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

## NEW FOR 2023



## RAISED BY THE ZOO

My Life With Elephants and Other Animals

Gerry Creighton

**The story of a life spent in service to elephants, and how by watching and listening to them – how they interact and care for each other, form relationships and teach the next generation – they can show us what it really means to be human .**

People have been enchanted by elephants for centuries. For Gerry Creighton, this fascination began at an early age. His father was a keeper at Dublin Zoo, who instilled in him a love and respect for animals. It wasn't long before Gerry followed in his footsteps, joining the zoo at 15, where he would spend the next 36 years.

Elephants have the ability to learn throughout their lives, constantly acquiring new skills, new ways of interacting and new ways of communicating. This is the story of a boy from Dublin's inner city who found himself inspired by elephants. Here he shares what elephants have taught him and what we can all learn from them.

**Gerry Creighton** worked in Dublin Zoo for over 36 years and was the face of the popular tv series *The Zoo*. Gerry now acts as an international elephant care consultant, advising zoos and wildlife parks about providing optimal wellness for elephants in human care. He lives in Dublin with his family.

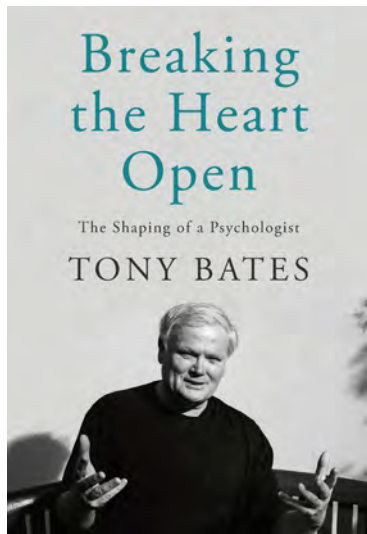
Memoir | September 2023 | Hardback | 296 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## NEW FOR 2023



## BREAKING THE HEART OPEN

The Shaping of a Psychologist

Tony Bates

**An illuminating examination of trauma, mental illness and the power of compassion.**

Bestselling author and psychologist Tony Bates has spent his whole career examining and seeking to understand the lives of others. Here, he turns his therapeutic eye on himself and describes the

events and people in his own life that have made him the insightful thinker and teacher that he is today.

Tony recalls traumatic events in his childhood that reverberated throughout his life for many years and describes how, with therapy and time, he was eventually able to heal those internal wounds. He recounts the stories of people in pain that affected him most deeply and informed both the direction of his work and his philosophy as a psychologist.

By interweaving his own life story with reflections on how psychology and society treat people with mental health vulnerabilities, Tony invites us to reflect with compassion on the meaning of emotional struggles in all our lives.

**Dr Tony Bates** is a clinical psychologist and Adjunct Professor of Psychology at University College Dublin. He was Head of the Department of Psychology for 30 years at St James's Hospital Dublin. Following psychotherapy training at the University of Pennsylvania and the University of Oxford, he established the MSc in Cognitive Psychotherapy at Trinity College Dublin. In 2006, he created Jigsaw (The National Centre for Youth Mental Health). He trained as a mindfulness teacher at the University of North Wales, Bangor, in 2001 and is patron of the Mindfulness Teachers Association of Ireland.

Memoir | September 2023 | Hardback | 336 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

**NEW FOR 2023**

**BRIAN AND ARTHUR'S MODERN FAMILY**

**Births, Marriages, Deaths and Everything in Between**

Brian Dowling-Gourounlian and Arthur Gourounlian



**Brian Dowling and Arthur Gourounlian share the secret to a happy family**

When Brian Dowling and Arthur Gourounlian announced they were expecting their first child, with Brian’s sister Aoife acting as their surrogate, it felt like their family dream was finally coming true. Their daughter, Blake, was born in

September 2022, but their happily-ever-after has not been without its troubles.

Now Brian and Arthur detail their crazy journeys and the sliding-doors moments that brought them together to create a family of their own.

Following Arthur’s journey to escape war-torn Armenia and Brian’s path to self-acceptance after being forced into the spotlight as a young gay man in the early noughties, and the sudden death of his mother, this is a story of the pain that life can sometimes bring, but ultimately it is a story about love in all its many magical forms.

From births to deaths to marriages, and everything in between, this heartfelt memoir brings Arthur and Brian’s positive and inspiring attitude to the page.

**Brian Dowling-Gourounlian** rose to fame after winning the second season of reality series *Big Brother* in 2001 and went on to win *Ultimate Big Brother* in 2010. He then went on to host *Big Brother* after Davina McCall in 2011, when the hugely popular show moved to Channel 5. Brian has also worked with channels including ITV1, ITV2, and ITVBe in the UK and is a regular face on Virgin Media in Ireland. Brian’s grief podcast, *Death Becomes Him*, has 2 million downloads and he currently presents Dublin’s 98FM mid-morning show with Suzanne Kane.

**Arthur Gourounlian** is a professional dancer, choreographer and creative director who has worked with some of the world’s biggest music stars, including Beyoncé, Kylie Minogue and One Direction. He is a judge on RTÉ’s *Dancing with the Stars* and was also a judge representing Armenia on the American show *The World’s Best* hosted by James Corden.

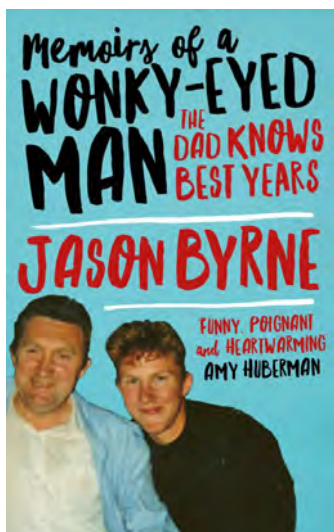
**Memoir | October 2023 | Paperback | 272 pages**

**Translation Rights Available: World, all languages**

**Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)**



**NEW FOR 2023**



**MEMOIRS OF A WONKY-EYED MAN**

The Dad Knows Best Years

Jason Byrne

**A hilarious and heartfelt memoir about fathers, and sons from the biggest selling comedian at the Edinburgh Fringe Festival.**

Jason Byrne is 17. He has finished school but has no idea what to do next. Who better to ask for advice than his dad, Paddy Byrne?

There's a (very) short stint studying accountancy (he was asked to leave); a course with juvenile prisoners to become a waiter (his wonky eye was not an advantage); and a job in a lighting warehouse (it ended with a collapsed lung). But no matter the problem, Paddy is always there with a whiskey, a smoke and a wise word: 'Sure, that's life, son. Just don't tell your mother.'

Follow Jason's hilarious journey to becoming the kind of live comedy in a laugh-out-loud book that is a celebration of a generation, of life and of Jason's wonderful relationship with his dad, Paddy Byrne – the man who never gave a b\*llix

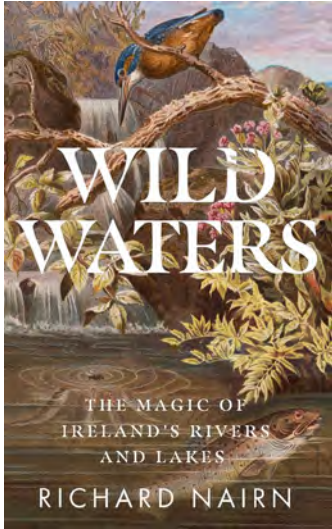
**Jason Byrne** is one of Ireland's best-loved comedians. He is consistently the biggest-selling act at the Edinburgh Fringe, and sells out venues across America, Australia, the Middle East, Europe and Asia. He has many television credits to his name including Live at the Apollo (BBC One), Comedy Annual (ITV1), Dave's One Night Stand (Dave), The Channel 4 Comedy Gala, and John Bishop's Only Joking (Sky One). Jason's radio credits include Just A Minute (BBC Radio 4), And The Winner Is...(BBC Radio 2) and of course, Father Figure (BBC2). He has also hosted three series' of The Jason Byrne Show (BBC Radio 2), for which he won the Sony Radio Gold Award for Best Comedy in 2011. Jason's first book, *Wonky-Eyed Boy*, which covers his younger years, was a bestseller.

Memoir/Humour | October 2023 | Hardback | 368 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

**NEW FOR 2023**



**WILD WATERS**

**The Magic of Ireland’s Rivers and Lakes**

Richard Nairn

**In a unique mix of nature, history and personal experience, ecologist Richard Nairn explores and celebrates the rivers and lakes of Ireland.**

Richard Nairn is an ecologist who has been visiting waterways around Ireland for over half a century, fascinated by how they enrich our lives.

Here, he sets out to explore Ireland’s rivers, lakes, wet woodlands, ponds and canals, starting with the Avonmore River in his own county of Wicklow.

From source to sea, Richard submerges himself in the wildlife, history and people connected to Ireland’s waterways. Detailing encounters with dragonflies, dippers, otters and great flocks of migratory waterbirds, he finds himself awestruck by the sense of a lost wilderness he discovers.

Historically, Ireland’s waterways were treated with respect, yielding valuable resources vital to everyday life, but now they are under serious threat.

Wild Waters is a love letter to Ireland’s rivers and lakes, a reminder of what we stand to lose, and a powerful case for the role that well managed waterways can play in the future.

**Richard Nairn** is an ecologist and writer who has published six previous books. This is the third volume of his memoirs following the acclaimed titles *Wild Woods* (2020) and *Wild Shores* (2022). With a master’s degree in Zoology, he previously worked as a nature reserve warden and was the first Director of BirdWatch Ireland.

Nature | April 2023 | Paperback | 336 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

**NEW FOR 2023**



**A HISTORY OF IRELAND IN 250 EPISODES**

Ancient, Medieval and Modern Ireland

Dr Jonathan Bardon

**A sweeping accessible history of Ireland.**

This authoritative and comprehensive history of Ireland covers the entire history of the island from the Ice Age to the peace process in 100 short episodes. In this thoughtful analysis of Irish

society, Bardon integrates the significant cultural and literary history of Ireland with its political and social past.

Based on the hugely popular BBC series *A Short History of Ireland*, each episode stands alone, providing a snippet of Irish history in five minutes' reading. In turn, to read each episode in sequence from beginning to end provides a magisterial history of Europe's most western land.

**Dr Jonathan Bardon** was one of Ireland's most eminent historians. A former lecturer in history at Queens University, Belfast, he presented several radio documentary series for BBC Ulster and was the author of numerous books now widely acknowledged as classic works of Irish historiography, including *A History of Ulster* (2001), *The Plantation of Ulster* (2011) and *A History of Ireland in 250 Episodes* (2008). In 2002, he was awarded an OBE (Order of the British Empire) for his 'services to community life' in Northern Ireland. Jonathan died in 2020.

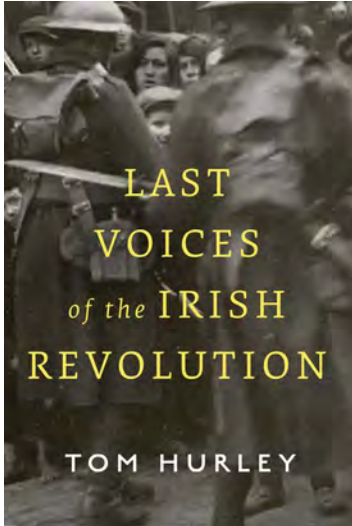
**Fergal Tobin**, Jonathan's previous editor, completed the work shortly before his own death in 2023.

History | October 2023 | Hardback | 392 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

**NEW FOR 2023**



**LAST VOICES OF THE IRISH REVOLUTION**

Tom Hurley

**Recorded to coincide with the 80th anniversary of the end of the Irish civil war, civilians and combatants discuss their experiences of the 1919-23 period, its prelude and aftermath.**

The Irish Civil War ended in 1923. Eighty years on, documentary-maker Tom Hurley wondered if there were many civilians and combatants left

from across Ireland who had experienced the years 1919 to 1923, their prelude and their aftermath. What memories had they, what were their stories and how did they reflect on those turbulent times?

In early 2003, he recorded the experiences of 18 people, conducting two further interviews abroad in 2004. Tom spoke to a cross-section (Catholic, Protestant, Unionist and Nationalist) who were in their teens or early twenties during the civil war. The chronological approach he has taken spans fifty years, beginning with the oldest interviewee's birth in 1899 and ending when the Free State became a republic in 1949.

100 years after the Civil War ended, these 20 interviews come together to create a unique oral account of the revolutionary period and the tensions that were brewing in the run-up and aftermath. Together, theirs are *The Last Voices of the Irish Revolution*.

**Tom Hurley** is a radio documentary maker and producer from West Cork whose particular focus is on conducting research into what he terms 'neglected incidents' from Ireland's past. This is his first book.

History | August 2023 | Hardback | 368 pages

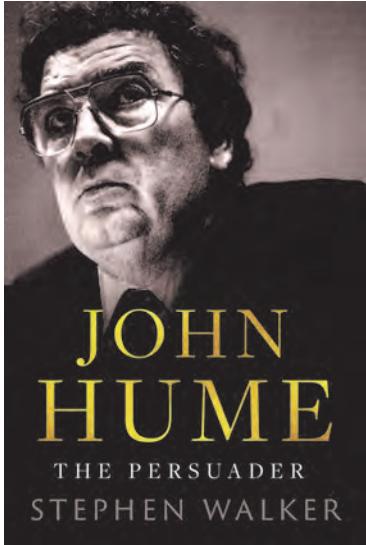
Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

**NEW FOR 2023**

**JOHN HUME: THE PERSUADER**

Stephen Walker



**A monumental biography of one of the most significant Irish politicians of the twentieth century.**

John Hume was a political giant – a peacemaker, a politician, a Nobel Laureate – who ushered in peace to Northern Ireland after decades of conflict. One of the most significant Irish figures

of the twentieth century, even his critics admit that without his unrelenting efforts, there would be no peace process. But who was the real John Hume? What motivated this former history teacher to work towards reconciliation? What sustained him during the bloody years of violence and how did he convince the IRA to end its long-running campaign? How did he persuade presidents and prime ministers to take risks and back his vision for Northern Ireland? And how should John Hume be viewed and remembered?

In this monumental biography, political journalist Stephen Walker offers a fresh insight into the remarkable life of a man who commanded respect across the world. Combining extensive archival research; interviews with family members, friends and political colleagues; and transcripts from never-before-published interviews with Hume himself; JOHN HUME: THE PERSUADER charts the personal and public life of a unique politician who dominated the political stage for half a century.

**Stephen Walker** is an award-winning BBC journalist and one of Northern Ireland's best-known broadcasters. His journalism awards include honours from the Association of European Journalists and the Royal Television Society. His previous books include *Forgotten Soldiers*, Gill Books (2007), *Hide and Seek: The Irish Priest Who Defied the Nazi Command*, Harper Collins (2011) and *Ireland's Call: Irish Sporting Heroes Who Fell in the Great War*. Merrion Press (2015)

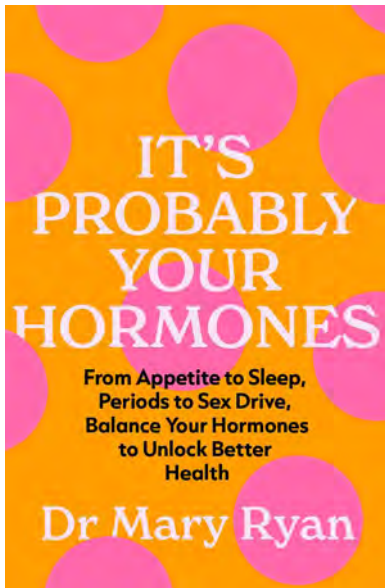
Biography/History | September 2023 | Hardback | 352 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## NEW FOR 2023

**IT'S PROBABLY YOUR HORMONES**

From Appetite to Sleep, Periods to sex drive, balance your hormones to unlock better health

Dr Mary Ryan

**An essential guide to hormone health.**

Weight gain, insomnia, libido loss, fertility issues and acne are just some of the possible signs that something is not right with your hormones.

Consultant endocrinologist Dr Mary Ryan explains how good hormone health is important throughout our lives, not just at menopause, and how, by tackling problems when they arise, we can take control and improve our wellbeing.

The unfortunate truth is that many women struggle to have their hormone health taken seriously and fail to get the support needed to manage debilitating symptoms. In this essential handbook, Dr Mary Ryan shows us how we can recognise hormonal issues and how to balance our hormones with various treatment options, including HRT, diet, sleep, and exercise, so that we can live happy, healthy, and balanced lives at any age.

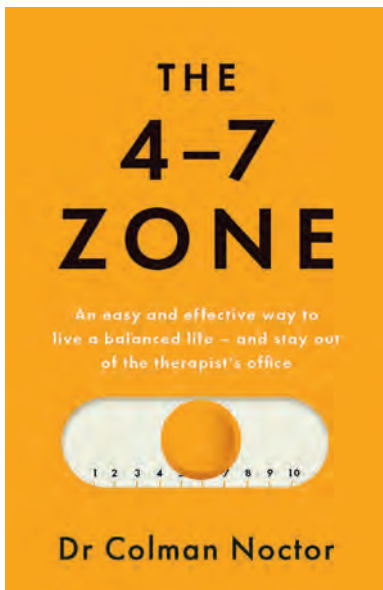
**Dr Mary Ryan** trained at Trinity College Dublin and obtained her MB BCH BAO in 1992. She then specialised in Endocrinology and General Medicine. She is on the Specialist Registrar and is a regular contributor to the media and health podcasts. This is her first book.

Self-Help/MBS | Pub: June 2023 | Paperback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

## NEW FOR 2023

**THE 4-7 ZONE**

An easy and effective way to live a balanced life -and stay out of the therapist's office

Dr Colman Noctor

**Psychologist Colman Noctor helps you stay out of the therapist's office with a simple method derived from his clinical practice. Discover how to get in the 4–7 zone and find lasting balance and contentment!**

People think that achieving balance means implementing big changes. But psychotherapist Colman Noctor has developed a simple solution. Get ready to discover the 4 – 7 Zone!

Over many years in his therapy practice, Colman began to notice a pattern: no matter the issue – mood, anxiety, eating, exercise or alcohol use – problems occur when people are doing too much or too little of something. Every one of his clients was in the 0–3 or 8–10 zone.

By getting your life in the 4 – 7 Zone, you will nurture your relationship with yourself, better negotiate life's challenges and discover a happy, harmonious life.

**Dr Colman Noctor** is a psychotherapist and a clinical practitioner. He is a weekly columnist with the *Irish Examiner*, resident psychotherapist on RTÉ Radio 1's *Ray Darcy Show* and the author of the parenting self-help title *Cop On*.

Self-Help/MBS | Pub: April 2023 | Paperback | 318 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

## NEW FOR 2023

**WISE**

Finding Meaning, Purpose and Inner Power in Midlife

Elaine Harris

**An empowering book to help women live their best midlife, awakening them to what they can gain as they age rather than what they lose.**

In recent years there has been a welcome shift in the way we think and talk about midlife. Conversations around menopause and ageing are no longer taboo, and women are embracing a more positive approach to this phase of their lives and demanding a more informed transition.

This empowering book will guide women on a deep dive inward to live their best midlife, awakening to what they can gain as they age rather than what they lose. With sections on the physical body, movement, energy, mental wellbeing, inner power, spiritual connections, creative expression and courage, Elaine Harris encourages us to rediscover the things that give our life meaning and purpose, and to proudly and confidently own the wisdom we gain in our middle years.

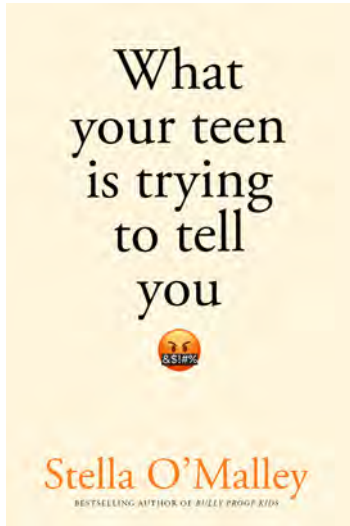
**Elaine Harris** is a social scientist, yoga therapist, energy worker, blogger and a mother. She is living and experiencing this rite of passage to midlife at the time of writing this book. Elaine has two children and is married to Irish professional football manager Damian Duff.

Self-Help/MBS | Pub: June 2023 | Hardback | 348 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





**NEW FOR 2023**

**WHAT YOUR TEEN IS TRYING TO TELL YOU**

Stella O'Malley

**From the bestselling author of *Bully Proof Kids***

Leading psychotherapist Stella O'Malley understands difficult teenagers – she was one herself, and as a psychotherapist she has spent many hours working alongside unhappy adolescents.

Stella takes parents inside the teenage brain and provides practical advice for each of the key milestones teenagers need to tackle during adolescence to become happy, healthy adults.

Parents will learn how to navigate many issues, including anxiety, obsession with technology, body confidence and the sexual self.

Rather than always looking to 'fix' the situation, this book will instead empower them to know when and how to intervene and when to allow their teen to work it out for themselves.

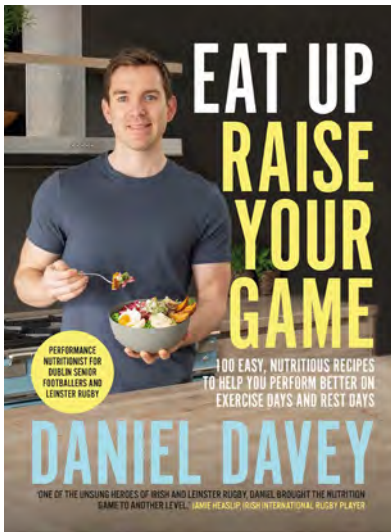
Ultimately, this book will help parents understand their teenager better and learn to rekindle the joy in their relationship.

**Stella O'Malley** is a psychotherapist, best-selling author, public speaker and a parent with many years' experience working in counselling and psychotherapy. She lives in Birr, Co. Offaly, where she runs her private practice. Stella is often invited to give talks to teens and parents.

Parenting | March 2023 | Paperback | 368 pages

Translation Rights Available: World, excluding UK and British Commonwealth and Romania

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## EAT UP RAISE YOUR GAME

100 easy, nutritious recipes to help you perform better on exercise days and rest days

Daniel Davey

**Easy nutritious recipes from Daniel Davey, a performance nutritionist for Leinster Rugby and Dublin senior footballers. This no.1 bestseller has sold over 30,000 copies so far.**

Daniel Davey is the man who fuels many of Ireland's elite athletes. As a performance nutritionist he has seen first-hand how consistently eating good food can lead to trophies, personal bests and incredible physiques.

The good news is that it's not just in elite sport that you can raise your game through diet. Here, Daniel translates the science of nutrition into easy-to-follow information and simple, delicious recipes that will help you align your food choices with your nutrition and energy requirements.

In this book, you can choose from lower carbohydrate, lower calorie recipes for rest and recovery days and higher carbohydrate, higher calorie recipes to energise and fuel your body on exercise days. Whether you want to reduce body fat, increase muscle mass or simply eat food that makes you feel healthy, energetic, strong and confident, the recipes and information in this cookbook will ensure you are primed to reach your personal best.

**Daniel Davey** received his BSc in Science from UCD and holds an MSc in Nutrition, Physical Activity and Public Health from the University of Bristol. Daniel is also a Certified Strength and Conditioning Specialist (CSCS) with the NSCA and has completed the national qualification in Exercise and Health Studies. Daniel is currently the performance nutritionist for Leinster Rugby and Dublin senior footballers.

Cookery | September 2019 | Hardback | 254 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

# EAT UP RAISE YOUR GAME

## Eggy Bacon Muffins

SERVES	PREP TIME	COOKING TIME	CALORIES per serving (est.)	CARBS (g)	PROTEIN (g)	FAT (g)	FIBRE (g)
6	10 mins	12 mins	120	17	8.7	0.5	1.2

### Best Day Recipe

These little bites are the perfect choice for a healthy and convenient snack. They are easy to eat and can be made in advance for a quick grab-and-go option. They are also a great way to use up any extra eggs you have in the fridge.

#### INGREDIENTS

1 red pepper, deseeded and chopped  
2 spring onions, sliced  
2 handfuls of baby spinach, washed and chopped  
2 slices of cooked bacon, or good quality ham, chopped into small pieces  
4 free range eggs  
sea salt and freshly ground black pepper  
a pinch of cayenne pepper (optional)

#### PREPARATION

- Preheat the oven to 180°C, use a small, shallow 10cm round pan with a good base, mix the peppers, spring onions, spinach and bacon or ham together.
- Beat a large amount of free range eggs, season with sea salt and cayenne pepper.
- Beat the eggs in a bowl with salt, pepper and cayenne pepper.
- Place the mixture into the pan and cook for 10-12 minutes until the mixture is set.
- Remove the pan, let it cool and then serve with a pinch of cayenne pepper, if you like.

#### Tips

- A low-calorie breakfast with a protein kick to set you on your way.
- Ideal for night recovery snack.
- Leave out the bacon for a vegetarian option.

78 | EAT UP RAISE YOUR GAME



## Super Green Frittata

SERVES	PREP TIME	COOKING TIME	CALORIES per serving (est.)	CARBS (g)	PROTEIN (g)	FAT (g)	FIBRE (g)
2	5 mins	10 mins	373	6.5	26	26	41

### Best Day Recipe

This recipe is a great way to use up any extra eggs you have in the fridge. It's also a great way to get your daily dose of greens and protein. The frittata is a versatile dish that can be served hot or cold, and it's perfect for a quick and easy meal.

#### INGREDIENTS

1 tbsp coconut oil  
1 clove of garlic, peeled and chopped  
1/2 a red onion, peeled and finely chopped  
1 red chili, deseeded and chopped (optional)  
1/2 a red pepper, deseeded and finely chopped  
1/2 a yellow pepper, deseeded and finely chopped  
3 handfuls of spinach, washed  
1 handful of baby kale, washed and roughly chopped  
5 free range eggs, beaten  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
sea salt and freshly ground black pepper to taste  
50g feta or mozzarella cheese, chopped

#### PREPARATION

- Preheat the oven to 180°C.
- Heat the oil in a large non-stick frying pan over a medium heat. Add the garlic, onion, chili and pepper and cook for 5 minutes until softened.
- Add the spinach, kale and peppers to the pan and cook for 2-3 minutes until wilted.
- Beat the eggs in a bowl with salt and pepper.
- Pour the egg mixture into the pan and cook for 5-7 minutes until the top is set.
- Remove the pan from the heat and top with the feta or mozzarella cheese.

#### Tips

- A low-calorie breakfast that will keep you feeling full for hours.
- Low in carbohydrates, but great on taste.
- Great for omnivores and vegetarians.

EAT UP RAISE YOUR GAME | 79



## Spicy Prawn Noodle Salad

SERVES	PREP TIME	COOKING TIME	CALORIES per serving (est.)	CARBS (g)	PROTEIN (g)	FAT (g)	FIBRE (g)
2	5 mins	10 mins	322	59	26	26	4.2

### Overnight Recipe

This recipe is a great way to use up any extra prawns you have in the fridge. It's also a great way to get your daily dose of protein and healthy fats. The salad is a versatile dish that can be served hot or cold, and it's perfect for a quick and easy meal.

#### INGREDIENTS

200g noodles  
1 tbsp sesame oil  
1 tsp cooking oil  
1 red chili, deseeded and sliced  
100g mango chutney  
100g baby corn, halved lengthways  
1 red pepper, deseeded and sliced lengthways  
200g cooked prawns  
a handful of fresh coriander, chopped

#### For the dressing:

2 tsp olive oil  
1 tsp sesame oil  
2 tsp white wine vinegar  
1 tsp honey

#### PREPARATION

- Cook the noodles in boiling water for the amount of time it says on the packet. Drain well with cold water.
- Heat the oil in a large frying pan over a medium heat. Add the chili and cook for 2-3 minutes until softened.
- Add the mango chutney, baby corn, red pepper and prawns to the pan and cook for 2-3 minutes until the prawns are heated through.
- Combine the cooked noodles with the dressing and fresh coriander.

#### Tips

- Simple, quick to cook and tastes great.
- Can be used as a pre-competition fuel-up option if you drop the chili and reduce the portion of vegetables.
- Great fuel-up or recovery meal option.
- For a vegetarian alternative, replace the prawns with tofu or a tin of chickpeas.

Over 30,000 copies sold to date



# EAT UP RAISE YOUR GAME

## Burrito Bowl

**11 Best Day Recipe**

SERVES	PREP TIME	COOKING TIME	CALORIES per serving	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
2	10 mins	25 mins	732	150	35	22	33

**INGREDIENTS**

- 3 cups quinoa
- 3 tbsp olive oil
- 2 carrots, chopped
- 2 sweet potatoes, roughly chopped
- 1 onion, peeled and chopped
- 1 clove of garlic, peeled and chopped
- 10 mushrooms, chopped
- 1 red pepper, deseeded and chopped
- 1 yellow eggplant, sliced and chopped
- 10g quinoa
- 1.420g tin of chickpeas
- 1.420g tin of black beans
- 50g frozen peas
- piece of 1 tomato
- a handful of fresh cornucopias, chopped
- 8 oz (227g) cheddar, chopped
- 50g feta cheese

**PREPARATION**

1. Wash the rice in 200ml water.
2. Place the corn oil and level ground, low-powered flour, along with quinoa and chickpeas, onion with a little extra oil, in the oven for 30 minutes.
3. Wash 1 tbsp salt in a measuring cup or medium bowl, and wash the onion, garlic, chickpeas and sweet potato.
4. Cook the quinoa for 15 minutes, add water for 25 minutes and the water...

**For the dressing:**

- 50g ground tomatoes
- 1 tsp corn powder
- a drizzle of honey
- 50g Greek yogurt

**For the guacamole:**

- 1 ripe avocado
- piece of 1 tomato
- sea salt and freshly ground black pepper



## Action-Packed Chicken Broccoli Bake

**11 Best Day Recipe**

SERVES	PREP TIME	COOKING TIME	CALORIES per serving	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
4	10 mins	25 mins	507	10	55	38	5.4

**INGREDIENTS**

- 100g quinoa
- 2 tbsp olive oil
- 1 white onion, peeled and sliced
- 1 clove of garlic, peeled and crushed
- a pinch of sea salt
- 4 large organic chicken breasts, chopped
- 100g dried spaghetti
- 100g dried coriander
- 1 red pepper, chopped
- 8 mushrooms, chopped
- 1 large head of broccoli, chopped
- 1.420g tin of chopped tomatoes
- 140ml tin of coconut milk
- 2 handfuls of fresh spinach, washed
- 1 red onion, peeled and sliced
- 10g reduced fat Cheddar cheese, grated

**PREPARATION**

1. Wash the rice in 200ml water.
2. Wash the quinoa in 200ml water and place in a saucepan with 1.420g tin of chickpeas, onion with a little extra oil, in the oven for 30 minutes.
3. Wash the onion, garlic, chickpeas and sweet potato.
4. Cook the quinoa for 15 minutes, add water for 25 minutes and the water...

**Tips**

- Rich source of fibre
- Low-salt/high-fibre dinner option



## Chocolate Protein Squares

**11 Best Day Recipe**

MAKES	PREP TIME	SETTING TIME	CALORIES per square	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
10 squares	10 mins	2 hours	525	21	12	18	4.9

**INGREDIENTS**

- 3 large tbsp peanut butter
- 3 tbsp honey
- 100g dark chocolate (70% cocoa solids), chopped
- 50g desiccated coconut
- 200g oats
- 100g mixed nuts
- 2 scoops of chocolate whey protein powder
- 100ml milk
- 20g dark chocolate for topping (optional)

**PREPARATION**

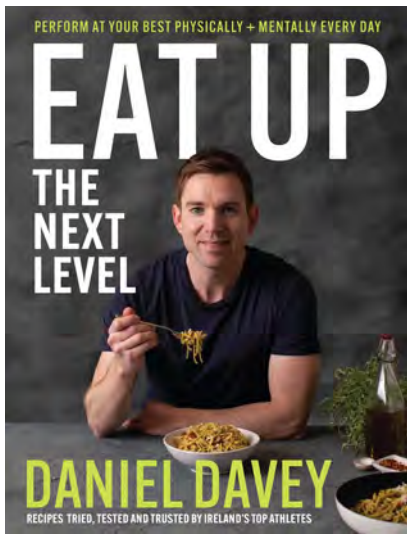
1. Preheat the oven to 180°C (350°F).
2. Melt the chocolate in a microwave or over a double boiler.
3. Mix the peanut butter, honey, and protein powder.
4. Add the desiccated coconut, oats, and nuts.
5. Press the mixture into a 10x10cm square tin.
6. Chill for 2 hours.

**Tips**

- Great mid-morning or mid-afternoon snack with a cup of coffee or tea to fuel your workout
- A practical way to achieve your daily protein target
- Delicious healthy treat
- If you want to reduce the number of calories per portion, simply reduce the portion size by increasing the number of squares you cut at Step 6.



Over 30,000 copies sold to date



## EAT UP THE NEXT LEVEL

**Perform at Your Best Physically and Mentally Every Day**

Daniel Davey

**Ireland's top performance nutritionist returns with another hit cookbook full of recipes tried, tested and trusted by top athletes.**

Next Level eating means prioritising food in your routine. It means understanding the power that food has to nourish, heal, support and energise your body.

Daniel Davey is a performance nutritionist who has helped Ireland's most successful athletes raise their game. In this book, Daniel draws on everything he has learned in order to demonstrate the science of how food can help us perform at our best physically and mentally every day.

The recipes in this cookbook are simple, delicious, nutrition packed and uniquely designed to help you unlock the key to an enhanced life. They can be used to support specific training goals, to help you recover from injury or if you are in need of an immune system boost. Daniel also reveals how he has helped his top clients develop the right mindset to make consistently good food and lifestyle choices – and reap the rewards.

This is a transformative cookbook that will bring your health and performance to the next level.

**Daniel Davey** is a performance nutritionist who has worked with Leinster Rugby and the Dublin senior football team for almost a decade. He has also worked with athletes in other sports, including golf, hockey, soccer, boxing, athletics, motorsport and cycling. He is author of the no.1 bestselling nutrition and recipe book *Eat Up, Raise Your Game* and founder of the online platform daveynutrition. With almost 100,000 fans on Instagram, Daniel's mission is translating the latest nutrition science into practical advice and showing people how to prepare simple, nutritious recipes in a fun way.

Cookery/Health | October 2022 | Hardback | 320 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

# EAT UP THE NEXT LEVEL

## FRENCH TOAST WITH GREEK YOGHURT

CALORIES PER SERVING	CARBS (G)	PROTEIN (G)	FAT (G)	FIBRE (G)
300	45	15	10	5

**INTENSE ENERGY DAY**  
**50 MINUTE RECOVERY**

**INGREDIENTS**

**For the base:**  
 2 cups whole milk  
 1 egg  
 1/2 tsp cinnamon  
 1/2 tsp vanilla extract

**For the toppings:**  
 3 slices French toast  
 1/2 cup Greek yogurt  
 1 banana (sliced)  
 1 tsp honey  
 1 handful fresh berries

**TOOLS:**  
 PREPARATION TIME: 5 MINUTES  
 COOKING TIME: 10 MINUTES  
 TOTAL TIME: 15 MINUTES  
**EQUIPMENT:** NON-STICK PAN, SMALL BOWL, TART OR SHALLOW BOWL

French toast works incredibly well with yoghurt and honey, making a delicious and satisfying breakfast or lunch. This recipe is brilliant to whip up when you're short on time but in need of something tasty and substantial to keep you going for a few hours.

1. Preheat the oven or a non-stick pan.
2. Whisk the milk, egg and cinnamon together in a small bowl.
3. Dip the egg mix into a flat tart or shallow bowl.
4. Soak the slices of bread in the egg mix, turning them over to absorb all the liquid.
5. Place the slices of bread on the pan and cook on each side for 3-4 minutes or until lightly browned. This may take to do this in batches, depending on the size of your pan.
6. Remove the French toast from the pan and put onto plates for serving.
7. Serve with a dollop of yoghurt, some sliced banana, honey and fresh berries.

**Each portion provides:**  
 • selenium 89% RDI (20µg)  
 • vitamin D 36% RDI (7.2µg)  
 • iron 39% RDI (2.5mg)

Having adequate carbohydrate stores (glycogen) in the body's muscle tissue and liver supports performance by delaying the onset of fatigue and maintaining energy levels.

## PETER'S QUESADILLA

CALORIES PER SERVING	CARBS (G)	PROTEIN (G)	FAT (G)	FIBRE (G)
300	35	15	10	5

**EXERCISE DAY**  
**50 MINUTE RECOVERY**

**INGREDIENTS**

**For the base:**  
 1/2 tsp olive oil  
 1 small red onion (sliced)  
 1 tsp garlic  
 1/2 tsp paprika  
 salt and pepper  
 1 small red bell pepper (sliced)  
 1 egg  
 1/2 cup shredded cheddar  
 1/2 cup shredded mozzarella  
 1/2 cup cottage cheese  
 1/2 tsp garlic powder  
 juice of 1/2 lime  
 1 tsp fresh coriander

**TOOLS:**  
 PREPARATION TIME: 10 MINUTES  
 COOKING TIME: 10 MINUTES  
 TOTAL TIME: 20 MINUTES  
**EQUIPMENT:** NON-STICK PAN, CHIPPING BOARD

Peter Tierney has brought all his creative skills to this delicious dish – a Mexican-inspired recipe combining a toasted tortilla wrap with melted cheese layered over scrambled eggs and vegetables. Quesadillas are a quick and versatile breakfast option that are a big hit with families, and you can vary the vegetables inside.

1. Heat a tablespoon of oil on a large non-stick pan.
2. Add the onion, cumin, paprika and a pinch of salt and pepper to the pan, and fry on a medium heat for 2-3 minutes.
3. Add the red pepper and sweetcorn to the pan and cook for a further 3-4 minutes.
4. Remove the veg from the pan and set aside.
5. Crack the eggs into the pan and lightly scramble.
6. Remove the eggs from the pan and set aside with the veg.
7. Add a half tablespoon of rapeseed oil to the pan. Place a wrap on the pan to soak up the oil and flavour. Turn the wrap over and add a layer of grated mozzarella.
8. Spoon the egg and vegetables on top, then add another layer of mozzarella.
9. Place the second wrap on top and cover the pan with a lid for 2 minutes.
10. Remove the lid, place a chipping board on top of the pan and turn quickly to flip the quesadilla as on the board. Then slide the quesadilla back into the frying pan with a little oil so it cooks the other side. Place the lid on again for 1-2 minutes.
11. Meanwhile, mix the 1/2 tablespoon of cottage cheese with the garlic powder, juice of half a lime and pinch of salt and pepper.
12. Garnish with coriander and serve on a chipping board with the cottage cheese.

**Each portion provides:**  
 • vitamin C 10% RDI (2mg)  
 • selenium 77% RDI (19µg)  
 • calcium 54% RDI (54mg)

Selenium is an essential trace element with antioxidant and immune functions and may potentially improve athletic performance and training recovery for physically active people.

## CREAMY CHORIZO PASTA

CALORIES PER SERVING	CARBS (G)	PROTEIN (G)	FAT (G)	FIBRE (G)
300	45	15	10	5

**EXERCISE DAY**  
**50 MINUTE RECOVERY**

**INGREDIENTS**

**For the sauce:**  
 1/2 cup olive oil  
 1/2 cup Greek yogurt  
 1/2 tsp paprika  
 1/2 tsp garlic powder  
 1/2 tsp onion powder  
 1/2 tsp salt  
 1/2 tsp black pepper

**For the pasta:**  
 1/2 cup olive oil (chopped)  
 1/2 cup chorizo (chopped)  
 1/2 cup onion (chopped)  
 1/2 cup sun-dried tomatoes (chopped)  
 1/2 cup wholemeal spaghetti  
 salt and pepper  
 1/2 cup fresh coriander  
 1/2 cup Greek yogurt

**TOOLS:**  
 PREPARATION TIME: 10 MINUTES  
 COOKING TIME: 10 MINUTES  
 TOTAL TIME: 20 MINUTES  
**EQUIPMENT:** FOOD PROCESSOR, NON-STICK PAN, MEDIAN-SIZED POT

This phenomenal pasta dish is full of flavour and sure to hit the spot when you're in need of something packed with energy and taste! The creamy avocado sauce complements the saltiness of the bacon and chorizo, while the sun-dried tomatoes add a lovely sweetness to the dish.

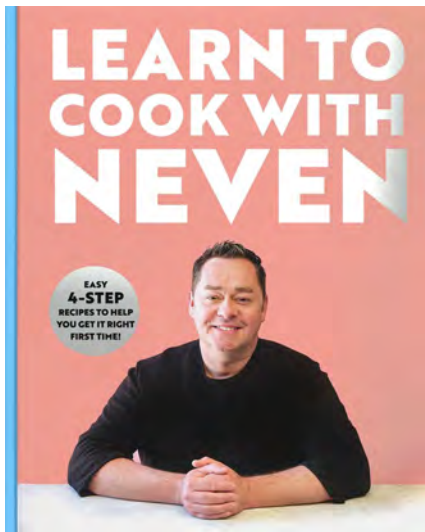
1. Place all the ingredients for the sauce in a food processor with some water (add more if you want the sauce a little thinner).
2. Blitz until smooth. Add salt and pepper to taste.
3. Heat some oil in a medium-sized pan.
4. Add the chorizo, onion, and sun-dried tomatoes to the pan and fry until lightly browned.
5. Bring a pot of water to the boil and cook the spaghetti for 10-12 minutes.
6. Drain the spaghetti. Pour the spaghetti onto the pan with the chorizo, bacon, onion and tomatoes, pour over the creamy avocado sauce and mix.
7. Season with chili flakes, salt and pepper and garnish with fresh coriander.

**Each portion provides:**  
 • manganese 49% RDI (12.2mg)  
 • zinc 37% RDI (3.5mg)  
 • selenium 39% RDI (2.5µg)

Manganese is a trace mineral, which your body needs in small amounts for the normal functioning of your brain and your nervous and enzyme systems.

From the bestselling author of Eat Raise Your Game





## LEARN TO COOK WITH NEVEN

**Easy 4-Step Recipes to Help You Get it Right First Time!**

Neven Maguire

**The perfect first cookbook for children with easy 4 step recipes and skills for life.**

With many aspiring young chefs getting into the kitchen, it's clear that children can cook and love to cook!

*Learn to Cook with Neven* is the perfect first cookbook for kids of all ages. It will give them their first 80 step-by-step recipes, accompanied by colourful photography and basic kitchen how-tos. Whilst creating favourites from egggy bread to salmon parcels, fluffy pancakes to homemade pizza, kids will also learn culinary techniques as they go along -- with explanations for chopping, beating, whipping and baking -- ensuring they learn the right way from the get-go.

*Learn to Cook with Neven* will become a treasured family favourite as it helps children of all ages to discover the endless fun to be had in the kitchen and to learn skills which will stay with them for life.

**Neven Maguire** is Ireland's favourite chef, having sold over a quarter of a million cookbooks in Ireland. He lives in Blacklion, Co. Cavan, with his wife and young twins, where he runs the perennially popular MacNean House and Restaurant and the Neven Maguire Cookery School.

Cookery/Health | September 2021 | Hardback | 240 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

# LEARN TO COOK WITH NEVEN

## LAMB SAUSAGE PIZZA BIANCA

There is a strong tradition in Italy of making pizza bianca (white pizza) and this combination is a particularly good one. Press the sage leaves into the toppings so they don't catch and burn.

Serves 4

- 1
- 2
- 3
- 4

1 Sift the flour into a bowl and season (tip in the bucket to fine breadcrumbs). Quickly stir in the mashed potatoes and milk until you have a soft dough (use 1 tablespoon of cold water if necessary). Wrap in cling film and chill for 30 minutes.

2 Preheat the oven to 200°C (400°F/gas mark 6). Heat the oil in a frying pan over a medium heat, then add the sausage and sauté for 5 minutes. Take the sausages out of their casing and snipe into small irregular meatballs.

3 Roll out the dough on a lightly floured work surface to a circle about 30cm (12in) in diameter. Using the rolling pin, transfer to a large baking sheet lined with non-stick baking paper. Pinch the edges to make a rim.

4 Sprinkle the mozzarella over the base and place dollops of the ricotta on top. Add the leeks, lamb meatballs and sage. Scatter over the Pecorino and drizzle with oil. Bake for 15–20 minutes, until golden brown. Cut into slices and serve with salad.

- 100g (4oz) plain flour, plus extra for dusting
- 75g (3oz) crushed butter, cold
- 100g (4oz) leftover washed potatoes
- 100g (4oz) ricotta cheese, plus extra for drizzling
- 3 small leeks, trimmed and finely sliced
- 2 lamb sausages (about 350g (12oz))
- 100g (4oz) grated mozzarella cheese
- 100g (4oz) ricotta cheese
- 4 large fresh sage leaves
- 2 tbsp freshly grated Pecorino cheese
- sea salt and freshly ground black pepper
- olive oil, to serve



## OMELETTE FLORENTINE

The secret to a light, fluffy omelette is to barely whisk the eggs and to only do it as you are heating the pan. The omelette continues to cook once it has left the pan, so cook it until you can still see a little runniness in the middle before adding the filling.

Makes 1

- 1
- 2
- 3
- 4

1 Heat a non-stick frying pan over a medium heat. Break the eggs into a bowl and whisk lightly with salt and pepper, then lightly beat with a fork.

2 Add the butter to the heated pan and gortly swirl until it melts and coats the bottom. Add the eggs and repeat the gentle swirling motion so that the eggs are in an even layer.

3 Using a spatula, stir the egg mixture just once in a figure of eight. Cook for about 2 minutes, until the eggs are set and the edges look a little crisp and golden.

4 Scatter the spinach leaves over one half of the omelette, then sprinkle the Parmesan on top. Using the spatula, fold the omelette in half and slide onto a plate to serve.

- 3 eggs
- 2 tsp salted butter
- handful of baby spinach leaves
- 1 tbsp freshly grated Parmesan cheese
- sea salt and freshly ground black pepper



## VEGGIE BOSS BURGERS

These are my favourite veggie burgers and can easily be popped on the barbecue. They're so packed full of goodness and flavour that no one will miss the meat! The ingredient list might look a little long, but the recipe really doesn't take much time to prepare.

Serves 4

- 1
- 2
- 3
- 4

1 Melt the butter in a non-stick frying pan over a medium heat. Add the onion and sauté for 5 minutes, until golden. Add the carrot and courgettes and sauté for another 5 minutes, until soft. Leave to cool.

2 Place the chickpeas in a large bowl and roughly mash with a potato masher. Add the vegetable mix, then add the breadcrumbs, egg yolk, garam masala and nut butter. Shape into a 10cm (4in) patties. Put on a plate and chill for at least 1 hour.

3 Return the frying pan to a medium-high heat. Brush the burgers with a little oil and cook for 5–6 minutes on each side, turning once.

4 Split the buns and toast under a medium grill. Smear the mayonnaise on the buns, then add a layer of lettuce and a veggie burger to serve.

- 100g (4oz) butter
- 1 onion, finely chopped
- 1 large carrot, grated
- 2 courgettes, grated
- 1 x 400g (14oz) tin of chickpeas, drained and rinsed
- 120g (4oz) fresh chickpea breadcrumbs
- 1 egg yolk
- 1 tbsp garam masala
- 2 tbsp crunchy nut butter (smooth, cashew or peanut)
- rapeseed oil, for brushing
- 4 round-bottomed or conical buns
- 4 tbsp mayonnaise
- good handful of crisp lettuce leaves
- sea salt and freshly ground black pepper





# LEARN TO COOK WITH NEVEN



## SNICKERS SHORTBREAD

This recipe is from Emily Stafford, who developed it for a school cookery competition and has very kindly shared it with me. It makes plenty so it's perfect for a party or bake sale. Any leftovers keep well in an airtight container for up to three days.

- 175g (6oz) plain flour
- 75g (3oz) bicarbonate of soda
- 75g (3oz) caster sugar
- 25g (10oz) butter, cut into cubes, at room temperature
- 100g (4oz) light brown sugar
- 2 x 400g (14oz) tins of condensed milk
- 60 top sea salt flakes
- 100g (3oz) peanuts, salted, peanuts, shelled
- 500g (1lb) milk-chocolate, broken into squares

- 1** Preheat the oven to 180°C (350°F) gas mark 4. Mix the flour, bicarbonate and caster sugar in a bowl. Rub in 175g (6oz) of the butter to resemble fine crumbs. Press into a 37.5cm x 25.5cm (15in x 10in) baking tin lined with non-stick baking paper.
- 2** Prick with a fork and bake for 16–18 minutes, until firm and golden. Put the rest of the butter in a heavy-based pan with the light brown sugar and condensed milk and heat gently until the sugar has dissolved. Bring to the boil, stirring.
- 3** Reduce the heat and simmer gently, stirring, for about 20 minutes, until the mixture has thickened and darkened. Stir in the salt until dissolved. Scatter the peanuts over the shortbread, then pour over the caramel. Cool for 15 minutes.
- 4** Melt the chocolate in a bowl set over a pan of simmering water. Cool, then pour it over the caramel and spread the top very gently. Cool, then remove from the tin, carefully peel off the baking paper and cut into bars. Cool for 15 minutes.

Baking & Pastry

## RHUBARB & PLUM CRUMBLE

I think everyone in Ireland has good childhood memories of a rhubarb crumble straight out of the oven with lashings of custard. I've added in the orange as it complements the tartness of the rhubarb perfectly.

Serves 4

- 1** Preheat the oven to 200°C (400°F) gas mark 6. Trim and cut the rhubarb into 3cm (1 1/2in) pieces and put in a bowl. Quarter the plums, removing the stones, and add to the rhubarb.
- 2** Split the vanilla pod lengthways, scrape out the seeds and add both to the fruit with the orange juice and granulated sugar. Put into a baking dish and roast for 10 minutes. Remove the vanilla pod to use again.
- 3** Meanwhile, to make the crumble topping, place the flour and salt into a bowl and rub in the butter until it resembles breadcrumbs. Stir in the caster sugar.
- 4** Lightly scatter the crumble topping over the fruit and bake for 25 minutes, until crisp and golden. Serve warm with the cream, if liked.

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## HOW TO CHOP AN ONION



How To 101

## HOW TO CHOP A TOMATO INTO SLICES AND WEDGES



How To 101



## THE DALY DISH

Gina and Karol Daly

**Ireland's fastest selling cookbook of 2020  
with over 45,000 copies sold so far**

Gina and Karol Daly have always been larger than life, there just isn't as much of them anymore. Together they've lost over nine stone, and they've done it by eating food that looks like it could have come straight from the local takeaway.

Just over a year ago they started sharing their recipes on Instagram and have since garnered over 100,000 followers between them.

*The Daly Dish* is the first collection of these recipes that have made the couple an Instagram sensation. From sections including Dishy Dinners, Ask Me Airfryer, Savage Snacks and Saucy Sauces, this book is for anyone who wants to eat the food they love and slim at the same time.

**Gina and Karol Daly** live in County Meath with their two children. Gina is an illustrator who, with Karol, runs The Bitch Box, an online greeting card company that shares their sense of humour. Working together and cooking together, there's never a dull moment in the Dish household.

Cookery/Health | March 2020 | Hardback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



# THE DALY DISH



## Terrifically Tasty BEEF SATAY

This is the perfect weekend treat. No, scrap that - it's an any-day-of-the-week treat and I guarantee you will have it more than once in the week! One of my favourite dishes is a good satay. Only problem is that it's loaded with calories, so I made it my mission to make a satay just as good, or actually better than I could get from my local takeout. So here it is, in all its glory, my terrifically tasty beef satay.

### SERVES 2

**For the satay sauce:**  
1 tbsp olive oil  
1/2 cup peanut butter  
1/4 cup soy sauce  
1/4 cup brown sugar  
1/4 cup lime juice  
1/4 cup fish sauce  
1/4 cup rice vinegar  
1/4 cup water  
1/4 cup chili sauce  
1/4 cup garlic  
1/4 cup ginger

### For the satay sauce:

1/2 cup peanut butter  
1/4 cup soy sauce  
1/4 cup brown sugar  
1/4 cup lime juice  
1/4 cup fish sauce  
1/4 cup rice vinegar  
1/4 cup water  
1/4 cup chili sauce  
1/4 cup garlic  
1/4 cup ginger

1 Heat up your wok with a little spray oil, throw in the veg with the soy sauce and cook until tender but still retaining a little bite. Remove from the wok and transfer to a plate nearby.

2 Next up, add all the sauce ingredients into your wok. Stir everything together and bring to the boil until thickened.

3 If you need to loosen it, add a dash of water.

4 Next, fry up your steaks on a separate non-stick frying pan. Like sauce sauce to give only a quick blast on each side. Remove from the pan when cooked to your taste and leave to rest for a few minutes.

5 Return the veg to the wok and stir into the sauce.

6 Now get your rice ready. Divide between two plates, pour the satay over your steak and place steaks on top of the rice, then pour over your sauce and veg, topping with some sliced chilli if you like. Enjoy every bite - if you're anything like me you'll lick the plate clean!

## DISHY DINNERS



## Sweet and Sour CHICKEN

This will serve you a trip to the takeaway and won't leave you with the takeaway blizz. Quick and easy to make and ideal for batch cooking.

### SERVES 4

**For the satay chicken:**  
1/2 cup instant noodle (or the dry kind)  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle

### For the sauce and veg:

1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle

### For the garnish:

1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle  
1/2 cup instant noodle

1 If not using an airfryer, preheat the oven to 220°C.  
2 Mix the instant noodle and instant pepper together in a bowl, then add the chopped chicken and stir well until coated.

3 Lay out on a baking tray, spray lightly with the oil and cook for 15-20 minutes until golden and crisp, turning and spraying halfway through. If using an airfryer, pop them in for 15 minutes at 220°C, shaking and respraying halfway through.

4 Drain your wok, spray with some oil and place on a medium heat. Add the peppers and fry off, remove from the wok and set aside.

5 Spray the wok again and add in the garlic and chilli, allow to cook for a minute or two.

6 Add in the orange soda and the rest of the ingredients (except the cornflour!).

7 Bring everything to a boil for 2-3 minutes then bring down the heat and simmer to let the sauce thicken.

8 If the sauce tends to be thickened, mix the cornflour with cold water and add it into the sauce gradually until you have the consistency you want.

9 Turn in your crisp chicken and coat with the sauce. Serve sprinkled with a few sesame seeds and with the spring onion and chilli scattered over.



Over 45,000 copies sold so far

# THE DALY DISH

**Spice Bag  
BURGER**

I love a spice bag and I love a burger, so it was only inevitable that this was going to happen, combining two of my favourite things to make one epic creation. This crispy chicken burger layered in a bun with veg and chips and drizzled with creamy cheese sauce is just deadly!

**SERVERS:**  
 100g chicken, peeled and cut into strips  
 100g chicken wings cut  
 1 egg, beaten  
 200g sweet potato or the fry sticks for breadcrumb  
 1 tbsp beaten egg  
 1/2 tsp ground garlic  
 1/2 tsp Chinese five spice powder  
 1 tsp salt  
 2 tsp olive oil  
 2 tsp soy sauce  
 2 tsp sesame oil  
 1 tsp white vinegar  
 1 tsp ground mustard  
 1 tsp salt  
 1 medium onion, finely sliced  
 1/2 tsp salt  
 1/2 tsp ground mustard  
 1 tsp salt  
 1 tsp white vinegar  
 1 tsp ground mustard  
 1 tsp salt  
 1 tsp white vinegar  
 1 tsp ground mustard  
 1 tsp salt

1. Heat using an airfryer, preheat the oven to 200°C.  
 2. Start with the chips. Boil and drain well before popping them in a microwave safe bowl and popping in the microwave for 12-15 minutes. Then spray with the oil, pop on a tray and put in the preheated oven for 20 minutes. If using an airfryer, pop them in for 15 minutes at 200°C, shaking and repositioning halfway through. When ready, leave to rest.  
 3. Put the chicken egg in a shallow bowl, then in another bowl mix the instant mash (or breadcrumb, if using) with the beaten pepper, ginger, five spice, salt, onion and garlic powder. Mix it together. Now dredge your chicken pieces (which should be quite thin) in the beaten egg, followed by the spice mix, making sure each piece is coated evenly.  
 4. I like to cook the chicken pieces in the airfryer with a spray of oil for 20-25 minutes at 180°C or you can pop them on a tray in the preheated oven for 20 minutes, turning and repositioning halfway through until golden and crisp.  
 5. While the chicken is cooking, prep your veg. Spray a little oil into a wok and add the garlic. Fry until turning brown then add the pepper and onion. Cook until the onion is translucent and the pepper softened.  
 6. Now throw your chips into the wok, with the veg, give a good twist of salt and toss them around for about 8 minutes to heat back up.  
 7. Mix the mayo and the cheese together in a small pot with the water and curry powder and stir over a medium heat until melted - this is going to be poured over the burger for extra moisture.



Over 45,000 copies sold so far





## THE DALY DISH RIDES AGAIN

Gina and Karol Daly

**The follow up to their phenomenal bestselling first cookbook. Over 45,000 copies sold since March 2020.**

Gina and Karol Daly have become an Instagram sensation with over 300,000 subscribers between them.

After releasing the fastest selling cookbook in Ireland in 2020 they are back with more food that looks so decadent, you will find it hard to believe it will help to achieve your slimming goals. Just ask Gina and Karol – between them they have lost over 10 stone (64 kg) and feel better than ever!

Compatible with the principles of many popular diet programmes it includes fan favourites such as Tasty Tacos, No Stress Stew and Perfect Pizza. *The Daly Dish Rides Again* will have you looking forward to dinner every night and looking forward to weighing in on the scales too!

**Gina and Karol Daly** live in County Meath with their two children. Gina is an illustrator who, with Karol, runs The Bitch Box, an online greeting card company that shares their sense of humour. Working together and cooking together, there's never a dull moment in the Dish household.

Cookery/Health | April 2021 | Hardback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

# THE DALY DISH RIDES AGAIN



## ♥ Cheesy Corn CHOWDER

Thick and creamy sweetcorn soup is absolutely delicious, and garnishing it with crunchy bacon crumbs and charred sweetcorn gives it an extra depth of flavour. Expect this to become a weekly winner in your pan. For extra protein add in some cooked, shredded chicken.

### SERVES 4-6

4 medium bacon rashers or  
American-style bacon  
1 x 400g can of sweetcorn, drained  
100g sweetcorn (frozen or  
frozen baby corn)  
1 x onion, finely diced  
2 slices of celery, diced  
1 x carrot, sliced  
1 x courgette, peeled and cut  
into cubes  
100g cheddar cheese, grated  
100g parmesan  
100g ricotta cheese  
100g cream cheese  
100g soft cheese  
100g soft cheese to taste

- 1 Pop your choice of bacon under the grill or in the airfryer at 180°C until crispy and brown, finely chop and set aside.
- 2 Pop half a tin of sweetcorn in the airfryer at 180°C until golden and crisp or spread out on a baking sheet and put under the grill, turning occasionally so it doesn't burn, until charred and golden. Set aside until the soup is ready.
- 3 Next sauté the onion, celery and carrot in a large pot with a little spray of oil, stirring until tender. Sprinkle over the flour which will thicken the soup, and mix.
- 4 Add in the cubed potato and the remaining sweetcorn, and top off to 2-3 centimetres.
- 5 Add in the chicken stock, milk, Cheddar, grated parmesan, garlic powder and thyme and season with salt and pepper to taste.
- 6 Simmer for 10-12 minutes until the cheese has melted in and combined with the stock, and the potatoes are tender enough to blend.
- 7 Taste and add more seasoning if needed, thicken a little blender to blend until smooth.
- 8 Serve in warm bowls and sprinkle the bacon crumbs and charred sweetcorn on top.

LIBERTY FOOD COMPANY



## ♨️ Roasted Cauliflower and Garlic SOUP

Cauliflower is one of my favourite vegetables, and roasting it gives it such a beautiful, smoky flavour. Roasting the garlic, as we do in this recipe, brings everything to a whole new level with its subtle sweetness. This is one soup you'll be recommending for sure.

### SERVES 6

1 x cauliflower, washed, peeled in  
1 bowl of garlic (top and bottom),  
chopped into cloves  
1 x onion, sliced  
1 x carrot, sliced  
1 x courgette, sliced  
1 x potato, sliced  
1 x celery, sliced  
1 x parmesan, grated  
1 x olive oil  
1 x salt and pepper to taste

To garnish:  
1 x soft cheese (optional)  
1 x parmesan (optional)

- 1 Preheat the oven to 200°C.
- 2 Lay out the cauliflower on a baking tray lined with greaseproof paper and pop the garlic on three rows, cut side up. Spray it all with olive oil and roast on the preheated oven for 40 minutes, until the cauliflower is tender and slightly charred and the garlic is golden and softened.
- 3 In a large pot, sauté with olive oil, fry off the onion until translucent. Throw in the roasted cauliflower and season the garlic out of the skin, being careful not to burn your hands. Pop in the stock, bring to a boil, then cover and simmer for 20-22 minutes.
- 4 Add the cream and salt and pepper to taste, then blitz until smooth. If it's too thick, add a little water.
- 5 Serve in warm bowls with a sprinkling of parmesan and some Parmesan Grapeseed.

LIBERTY FOOD COMPANY



## ♨️ Slow-cooked BEEF RAGÙ

Grab the slow cooker, load it all in and all you have to do is wait! I make a 'soffritto' for the base of this. This is a typical medley of onion, celery and carrot used in a lot of Italian cooking. I make my own but you can buy a frozen version in some supermarkets.

### SERVES 4

1 x onion, finely diced  
1 x carrot, finely diced  
1 x celery, finely diced  
100g soft cheese  
1 x olive oil  
1 x salt and pepper to taste  
1 x onion, sliced  
1 x carrot, sliced  
1 x celery, sliced  
1 x parmesan, grated  
1 x olive oil  
1 x salt and pepper to taste

- 1 I start by making a soffritto with the onion, celery and carrot. Spray a hot pan with some oil and add the veg - you want to cook them down until they become soft. I add 'oil' - that's what every fine cuisine to help speed it up (traditionally a lot of oil would be used but we want to keep this a little healthier). Transfer the soffritto to your slow cooker.
- 2 Then brown the meat in a pan to seal in the juices and add this to the slow cooker too. Then just add all the rest of the ingredients (except the pasta), give it a good stir and cook for 4 hours on high, then a further 2 hours on low. If you are going to be out all day, you can just put it on low for 8 hours. When the cooking time is complete, the meat should be super tender and will break up or shred really easily.
- 3 When your ragù is ready, cook the pasta according to the packet instructions, drain and pop into the slow and give it a good run. You want the meat and the sauce to stick to the pasta so you get a bit of everything in each bite.

LIBERTY FOOD COMPANY

Follow up to The Daly Dish which has sold over 45,000 copies to date



# THE DALY DISH RIDES AGAIN

## TACO FRIES

You'll never have to feel like you are missing out ever again with this take-away essential you can make right in the comfort of your own pan! Crispy, cheesy goodness with crumbly bacon bits.

**SERVES 4**

**For the fries:**  
 1kg potatoes  
 1 tsp salt  
 1 tsp olive oil  
 1 tsp paprika  
 1 tsp onion powder  
 1 tsp garlic powder  
 1 tsp chili powder  
 1 tsp Worcestershire sauce

**For the taco sauce:**  
 1 cup tomato (1/2 pint)  
 1/2 cup onion  
 1/2 cup tomato paste  
 1/2 cup chili powder  
 1/2 cup Worcestershire sauce  
 1/2 cup vinegar  
 1/2 cup oil

**To serve:**  
 Cheddar cheese, guacamole, sour cream, jalapeños

- If you are not using an airfryer, preheat the oven to 220°C. Wash and peel your spuds and cut into chips, tip into a microwave-safe bowl and rinse and drain thoroughly. Pop into the microwave for 6-7 minutes until slightly soft. Sprig the chips with oil, pop on a tray and put in the preheated oven for 15-20 minutes, shaking and turning after 10 minutes, or pop in the airfryer at 200°C for 15 minutes shaking and spraying halfway through until golden and crisp.
- While the chips are cooking, heat a little oil in a wok. Fry off the onion then add the sauce and soy sauce and cook, stirring until the meat turns brown. Then stir in the garlic and chili and cook for another 1-2 minutes.
- Add in the passata, tomato purée and Worcestershire sauce and simmer on a medium heat for 10 minutes until the mixture is starting to reduce.
- Time to get messy: mix all the ingredients for the taco sauce together in a bowl.
- To assemble your taco fries, pop your chips in a bowl and spoon on a layer of the taco sauce. Drizzle with the two sauces then sprinkle over some grated Cheddar and soulmate... then mix them!



## Buffalo Chicken and Waffles with ROASTED SWEETCORN

A midweek treat or weekend getaway, this delectable recipe will be loved by everyone, and is super easy to recreate! You'll need a waffle maker to make it.

**SERVES 4**

**For the buffalo chicken:**  
 1kg chicken breasts  
 1/2 cup hot sauce  
 1/2 cup butter  
 1/2 cup vinegar  
 1/2 cup Worcestershire sauce  
 1/2 cup onion powder  
 1/2 cup garlic powder  
 1/2 cup chili powder  
 1/2 cup Worcestershire sauce

**For the waffle batter:**  
 200g plain flour  
 1/2 tsp salt  
 1/2 tsp baking powder  
 1 egg  
 1/2 cup milk  
 1/2 cup oil

**To serve:**  
 Buffalo sauce, waffle batter

- Preheat the oven to 220°C.
- In a bowl, mix the buffalo sauce with the butter and vinegar. Preheat the waffle maker with the waffle batter. Lay out a baking sheet lined with greaseproof paper and pop in the preheated oven for 20-25 minutes, turning halfway through. Five minutes before it's cooked, spread your sweetcorn out on a small baking tray and pop in the oven until golden.
- When the chicken is nearly ready, heat the hot sauce in a high-sided pan with the vinegar, tomato and butter. When the chicken is cooked, cook it into the sauce until fully coated. Set aside while you prepare the waffles.
- Pop the flour, salt, baking powder and egg into a blender and blitz until smooth.
- Preheat your waffle maker and give it a light spray with the oil. Pour the batter into the waffle maker being careful not to overfill it.
- Cook for 8-10 minutes until golden and brown.
- Once the chicken is ready, serve on top of the hot sauce and sprinkle over the roasted sweetcorn and the soulmate.

Follow up to The Daly Dish which has sold over 45,000 copies to date





## THE DALY DISH BOLD FOOD MADE GOOD

Gina and Karol Daly

**The latest book from the bestselling authors of The Daly Dish with 100 more simple delicious recipes for all the family.**

The bestselling duo are back with 100 more simple, delicious and slimming recipes that are sure to be loved by everyone in the family and won't blow your shopping budget!

When Gina and Karol set out to lose weight, they wanted to create recipes that everyone in their busy home could enjoy, whether they were keeping an eye on their waistline or not.

From breakfast inspiration like Italian Baked Eggs to speedy midweek meals like Crispy Beef Tacos and Buttermilk Chicken Burgers, and from slow-cooker and air-fryer favourites to recipes that kids can cook themselves, every dish is packed full of Gina and Karol's trademark bold flavours.

This book is all about creating comforting food that is big on taste but easy on the waist – and on the wallet!

**Gina and Karol Daly** live in County Meath with their two children. Gina is an illustrator who, with Karol, runs The Bitch Box, an online greeting card company that shares their sense of humour. Working together and cooking together, there's never a dull moment in the Dish household.

Cookery/Health | October 2022 | Hardback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

# THE DALY DISH BOLD FOOD MADE GOOD



More delicious recipes from the bestselling authors of The Daly Dish



## THE DALY DISH DIARY

Gina Daly

**A gorgeous meal planner to track your progress and achieve your goals**

Get your weight loss goals on track with this inspirational planner from the people who brought you the phenomenal cookbook, *The Daly Dish*.

This stylish food diary will allow you to chart your weekly progress as you log details of your meals and weight, alongside motivational quotes, new recipes and cooking tips from a pair who know what they're talking about, having lost almost 10 stone between them.

Full of practical advice for setting targets, maintaining focus and achieving results, this handbag-friendly planner will help you stay on course to a healthier you.

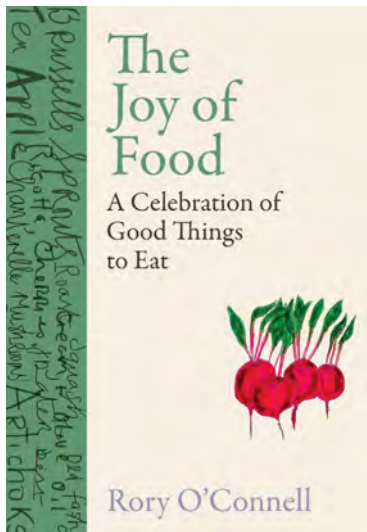
**Gina and Karol Daly** live in Meath with their two children. Together they also run The Bitch Box. Their first cookbook, *The Daly Dish*, was an Irish publishing phenomenon.

Cookery/Health | December 2020 | Paperback | 160 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## THE JOY OF FOOD

A Celebration of Good Things to Eat

Rory O'Connell

**The Ballymaloe Cookery School teacher and TV chef celebrates everything he is passionate about in his latest cookbook.**

'What a gift *The Joy of Food* is. The recipes, the illustrations (which I want to frame), the knowledge are all, indeed, a total joy. Rory is a masterful teacher but it is his love of

ingredients that will send you straight into the kitchen.' **Yotam Ottolenghi**

This is the book Rory O'Connell was born to write. Not only is it a collection of good things to eat, showcasing the best of Irish seasonal produce from Rustic Chicken, Swiss Chard and Tarragon Tart to Blackberry and Sweet Geranium Posset, *The Joy of Food* is also a celebration of everything that Rory is passionate about: first-rate ingredients, simple and respectful cooking techniques, and the absolute pleasure that comes from enjoying and sharing the result.

Accompanying the recipes are Rory's charming original illustrations and personal essays in praise of everything from hazelnuts to the humble hen.

*The Joy of Food* is, quite simply, a book for every food lover's home.

**Rory O'Connell** founded the Ballymaloe Cookery School with his sister Darina Allen and is one of its most-loved teachers. He worked for many years with Myrtle Allen as chef at the Ballymaloe House Hotel in Cork, as well as with Alice Waters at Chez Panisse in California. In his thirty years of teaching he has taught many of the current stars of the British and Irish cooking scene: Thomasina Miers, Rachel Allen and Stevie Parle. He is the author of two previous cookbooks: *Cook Well, Eat Well* (Gill Books) won the Cookbook of the Year Award at the Irish Book Awards and *Master It* (Fourth Estate) won the André Simon Food Book Award.

Cookery/Health | October 2020 | Hardback | 368 pages

Translation Rights Available: World, all languages excluding Korea

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



# THE JOY OF FOOD



## Bramley Apples Baked with Chocolate, Hazelnuts and Sultanas

God, how times have changed. When we were growing up, we were occasionally allowed to bring a Bramley apple in from the orchard, slice it thinly and dip the cold pieces in granulated white sugar before eating it. Mind you, my mother did keep an eye on us to make sure we did not eat too many of these wincingly bitter-sweet treats, as she knew – and indeed, we knew – that too many slices could definitely lead to a pain in my tummy. I vividly remember the crunchy texture of the sugar and the almost lemony tang of the bitter apple. It was without doubt what would nowadays be called a taste sensation. I wonder how many children taste such a thing these days – not too many, I suspect, in a world full of terrifying and mixed messages about food. We must not forget the joy of food, the joy of remembered moments around the table, the joy of sharing and of memories made.

*There is something rather lovely about a baked apple though. They have a retro appeal, certainly, but much more importantly, when properly cooked at the correct time of the year, they are a joy. The best time as far as I am concerned is when they are either still on the trees or shortly afterwards. When they are fresh off the tree, they are full of juice and this yields the fluffiest and lightest baked apple. The apple I always bake is the crimson variety of the Bramley, which has the most delicate pink hue to the steaming flesh within.*

The timing of a baked apple is all-important. The flesh of the cooked apple needs to be cooked through and almost like froth, and at the same time, the apple should look as plump as a pigeon at harvest time. An overcooked baked apple is a sad, shrivelled and dishevelled sight. I am still as amazed by the pale marshmallow-pink midriff of the cooked apple just beginning to ooze out of the stretched and shrinking skin as I was when I watched them coming out of the oven at home as a child.

*There is something rather lovely about a baked apple though. They have a retro appeal, certainly, but much more importantly, when properly cooked at the correct time of the year, they are a joy. The best time as far as I am concerned is when they are either still on the trees or shortly afterwards. When they are fresh off the tree, they are full of juice and this yields the fluffiest and lightest baked apple. The apple I always bake is the crimson variety of the Bramley, which has the most delicate pink hue to the steaming flesh within.*

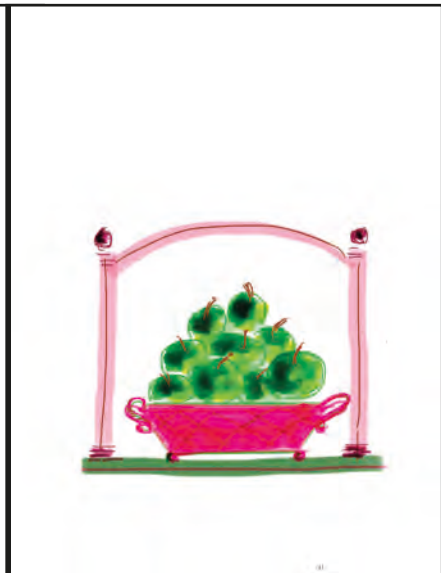
By the time these apples are cooked, the chocolate will have melted into a sauce that combines beautifully with the juices in the bottom of the roasting dish, with the sultanas and hazelnuts adding further texture and flavour. I like cold softly whipped cream with the hot apples, which I serve on hot plates. Others will perhaps like this instead.

**Serves 4**

- 4 Bramley apples
- 6–8 teaspoons Barbados soft dark brown sugar
- 40g chocolate (54% cocoa solids), chopped into small pieces
- 10g butter, sliced
- 10g hazelnuts
- 10g sultanas or raisins
- 100ml apple juice

**To serve**

- Chilled softly whipped cream



## Cucumber and Elderflower Granita

I think granitas are great for the home cook, as they are so easy to make and bring a little of the smartness we expect in restaurants to your own family table. This delightful version seems to suit either the beginning or the end of a meal, depending on what else you are serving. Various decorations can be added when serving, such as fresh elderflower blossom when in season or the leaves and petals of the Tagetes marigold later in the summer. If you can find the whimsical-looking tiny cucumber called cucamelon, then one of those on each serving would be a definite conversation starter. At Christmas a few pomegranate seeds or myrtle berries would be an appropriate addition.

The amount of juice you can extract from a cucumber varies throughout the year and without doubt large home-grown summer cucumbers yield more juice than the somewhat more slender imported varieties, so perhaps it is worth having a little extra cucumber to hand to ensure you end up with the 500ml of juice required in the recipe.

The process of making the icy granita is simplicity itself and just requires a little commitment from you to return to the freezer to give the ice the occasional stir.

**Serves 6–8**

- 500g cucumber
- 150ml elderflower cordial
- 1 tablespoon lime juice

**Optional decorations**

- Elderflower blossoms
- Tagetes marigold leaves or petals
- Cucamelons, very thinly sliced
- Pomegranate seeds
- Myrtle berries

*The process of making the icy granita is simplicity itself and just requires a little commitment from you to return to the freezer to give the ice the occasional stir.*



## THE BABY-FRIENDLY FAMILY COOKBOOK

From the smallest to the biggest – healthy, fuss-free recipes the entire family will love

Aileen Cox Blundell

**Imagine cooking just one meal and knowing everyone in the family will enjoy it without a fuss? From the author of *The Baby-Led Feeding Cookbook*, Aileen Cox Blundell is back sharing over 150 recipes the whole family will love.**

We all dream of stress-free family mealtimes with everyone enjoying a healthy dinner together. In reality, fussy eaters, differing tastes and having children at different stages can mean making separate meals for different people. In this gorgeous and practical new book, Aileen Cox Blundell presents 150 fuss-free recipes suitable for everyone in the family, including vegetarian adaptations.

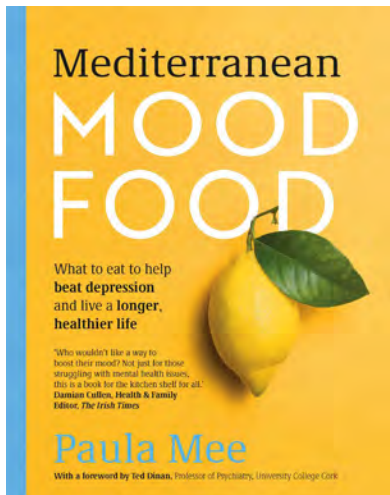
From lunch-box inspiration to nailing the art of advance meal preparation and efficient food shopping, Aileen gives you step-by-step instructions on combatting fussy eating and introducing healthier options to mealtimes. Expand your range of dinnertime ‘go-tos’ with dishes like Easy Vegetarian Lasagne, Slow-Cooker Stew, Moroccan Turkey Meatballs and Baby-Friendly Chicken Tikka Masala.

**Aileen Cox Blundell** is a mother of three and is the creative force behind Baby-Led Feeding, the multi-award-winning food blog that shares natural and wholesome recipes for babies that the entire family will also love. It has been the winner of both Best Irish Parenting Blog and Best Irish Food & Drink Blog. Aileen's number-one bestselling book *The Baby-Led Feeding Cookbook* was published in March 2017. Find out more at [www.babyledfeeding.com](http://www.babyledfeeding.com).

Cookery | March 2019 | Hardback | 304 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## MEDITERRANEAN MOOD FOOD

What to eat to help beat depression and live a longer, healthier life

Paula Mee

**A modern twist on the traditional Mediterranean diet, with over 70 delicious recipes to help lower your risk of lifestyle-related disease and fight depression.**

For over 50 years, doctors and scientists have confirmed that people in Mediterranean countries experience much less heart disease, stroke, obesity, cancer and diabetes than people in Northern Europe and the United States.

Now, new evidence shows that it may also be good for the brain. When people with severe depression followed the Mediterranean diet, they experienced a significant reduction in symptom severity that lasted up to six months.

The Mediterranean diet is not a fad or a short-term intervention. Combining the macronutrients: healthy fats, wholegrain, unrefined carbs, and some animal but more plant proteins, it's the healthiest and tastiest pattern of eating today. And it's easy to follow too.

### **Praise for *Mediterranean Mood Food***

'Who wouldn't like a way to boost their mood? Not just for those struggling with mental health issues, this is a book for the kitchen shelf for all.' ***The Irish Times***

**Paula Mee**, BSc, Dip Dietetics, MSc Health Sciences, MINDI, is a state-registered dietician and recently completed low-FODMAP training in King's College London. She is the co-author of *The Gut Feeling* and *Your Middle Years: Love Them, Live Them, Own Them*.

Cookery /Health | April 2019 | Paperback | 240 pages

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Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)

# MEDITERRANEAN MOOD FOOD



## FISH

### White fish and fennel gratin

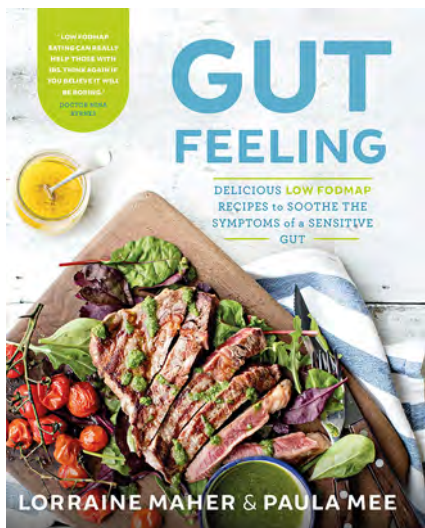
Medium-sized white fish are very finely textured – I always opt for sea bream for this recipe. This can be any white fish you like or a combination of a few different types of white fish. In this dish, it's great to use a mixture of two different fish, although you need one with a firm texture that is good for grating. The cooking time of the fish depends on the size of the piece. White fish is also a source of fennel & fishy oils, but at much lower levels than oily fish. Some white fish such as sea bream, sea bass, salmon and halibut, are on the lower levels of certain pollutants as oily fish, so you'll get a bit of a boost if you are grilling or pan-frying it. However, this is the case with all fish, so don't worry about it too much. It's only when you eat a lot of fish that you'll get a significant amount of pollutants. Don't worry about it too much. It's only when you eat a lot of fish that you'll get a significant amount of pollutants.

- |  |   |
|--|---|
| Serves 6                                     | Salt and freshly ground black pepper  |
| 3 tbsp olive oil                             | 1 tbsp freshly squeezed lemon juice   |
| 1 large onion, thinly sliced                 | 1 small bunch of fresh flat-leaf parsley, roughly chopped   |
| 1 fennel bulb, trimmed and thinly sliced     | 8 large white fish fillets, such as cod, hake, halibut or pollack, skinned, deboned and cut into chunks |
| 1 large garlic clove, thinly sliced          | 200g raw peeled prawns  |
| 1 shaped top coriander stem, lightly crushed | 100g breadcrumb breadcrumbs   |
| 100ml white wine                             | 60g Parmesan cheese, freshly grated   |
| 2 x 400g tins of chopped tomatoes with herbs | green salt, to serve  |
| 2 tbsp tomato paste                          |   |
| Good pinch of saffron                        |   |
| 1 bay leaf                                   |   |



rights sold in North America





## GUT FEELING

Delicious Low FODMAP Recipes to Soothe the Symptoms of a Sensitive Gut

Lorraine Maher and Paula Mee

**Packed with up-to-date information for IBS sufferers on the differences between a gluten-free diet and FODMAPs, the role of probiotics, the gut–brain connection and food swaps to make cooking easier.**

The low-FODMAP diet is increasingly recognised as the primary management strategy for Irritable Bowel Syndrome (IBS), as it results in a significant reduction of symptoms in over 70% of people who try it.

However, cutting out FODMAPs (a group of short-chain carbohydrates which are frequently malabsorbed in the small intestine) can leave people at a loss as to how to eat well without using staples such as bread, pasta, dairy, onion and garlic. This book changes all of that.

With 100 delicious recipes – including breakfasts such as Coconut and Mixed Seed Granola, healthy light bites like Prawn Rice Salad, and dinners that include Mexican Chicken Fajitas and Mediterranean Meatballs – you can find real relief and enjoy food once again.

**Paula Mee**, BSC, Dip Dietetics, MSc in Health Sciences, MINDI, is a state registered dietitian. She completed low-FODMAP training in King’s College London. She contributes regularly to TV, radio and print media. She is the co-author of *Your Middle Years: Love Them, Live Them, Own Them* and author of *Mediterranean Mood Food*.

**Lorraine Maher** has had an eclectic career in dietetics over the past 15 years. She is dedicated to helping people achieve the right diet for them and has a particular interest in the management of IBS. She completed her low-FODMAP training in King’s College London in 2013.

Cookery/Health | March 2017 | Paperback | 240 pages

Translation Rights Available: World, all languages, excluding Dutch

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE KETOGENIC KITCHEN

Low carb, High fat, Extraordinary health

Domini Kemp and Patricia Daly

**Domini Kemp and Patricia Daly, who have both recently come through cancer, have discovered a life-changing way of eating.**

In *The Ketogenic Kitchen*, Domini Kemp and Patricia Daly share with you exciting nutritional

developments, which reveal that a diet low in carbohydrates and high in fat, in conjunction with the treatment recommended by medical professionals, offers new hope in the support of and protection against many chronic illnesses.

Whether you are facing treatment, going through recovery or simply want to choose food that can keep you in long-term optimal health, *The Ketogenic Kitchen* offers advice and delicious recipes that will aid weight loss and leave you with higher energy levels and glowing good health.

Divided into two sections, 'The Low-carb Way' contains lots of easy low-carb recipes bursting with flavour and nourishment that will guide you on your path to optimum wellness. 'The Ketogenic Way' contains meal plans, recipes and comprehensive scientific information about the benefits of a ketogenic diet.

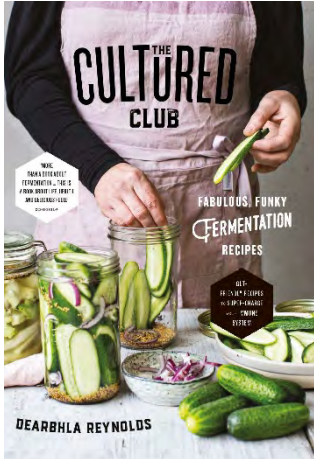
**Domini Kemp** is an award-winning chef, food writer and entrepreneur. In 2013 she was diagnosed with breast cancer and since then she has shifted her focus towards healthier eating. She changed her column in *The Irish Times* to healthier recipes and opened a wholefoods café. This book is her fifth cookbook.

**Patricia Daly** is an experienced nutritional therapist and author specialising in cancer care. She has worked with hundreds of cancer patients and lectures at the Irish Institute of Nutrition and Health.

Cookery/Health | April 2016 | Hardback | 240 pages

Translation Rights Available: World, all languages, excluding Germany & North America

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE CULTURED CLUB

Fabulously Funky Fermentation Recipes

Dearbhla Reynolds

**Learn how to transform everyday ingredients into superfoods.**

Adding a daily dose of fermented foods to your diet can have an extraordinary effect on your health. It has been shown to promote digestive ease for people suffering with inflammatory disorders, help manage sugar and carb cravings, decrease incidence of allergies and generally boost the immune system and contribute to an overall sense of well-being.

Motivated by an unquestionable belief that food is medicine and that what we eat can promote great healing or cause great harm, fermentation advocate Dearbhla Reynolds shows how to turn simple ingredients into superfoods using one of the world's oldest methods of food preservation.

In *The Cultured Club*, you will learn basic fermentation techniques using simple ingredients and discover numerous recipes for sauerkraut, kimchi, kefir, dips, tapenades, breads, nut cheeses and tonics that promise to restore vitality. Learn the simple art of fermentation, enjoy its delicious, vibrant flavours and watch your health flourish.

Dearbhla Reynolds is an expert in the art of making fermented and cultured foods and is at the forefront of its current revival. She founded The Cultured Club ([theculturedclub.com](http://theculturedclub.com)) as an open invitation for people to come and join in the fermenting fun. This led to a collaboration with the Michelin star-winning OX restaurant in Belfast where she began teaching the art of fermentation. She has since developed a further range of courses with Kilruddery House and Gardens and Domini Kemp's Alchemy. Dearbhla currently lives in Holywood, Northern Ireland, with her husband and two children.

Cookery | September 2016 | Hardback | 320 pages

Translation Rights Available: World, all languages, excluding Germany and North America

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



THE HOMEMADE YEAR

Things to Make, Do and Eat at Home to Welcome Every Season

Lilly Higgins

**A beautiful yet practical guide for a variety of projects that will appeal to families, nature lovers, DIY-ers and more.**

With many of us spending more time at home nowadays, finding things to do around the house is something we have grown to

appreciate more than ever. Whether it's baking, knitting or finding things to make and do with children, these calm, creative moments will make beautiful memories of a happy home.

Here you'll be inspired by ideas for family celebrations, crafts to cosy up your interiors, activities to do with kids and simple ways to welcome the seasons. From St Brigid's crosses in February to Christmas wreaths in December, The Homemade Year will help you move gently through the months and make everyday moments special.

**Lilly Higgins's** is a TV chef, food and wine writer, and a food photographer. She writes a weekly recipe column for *The Irish Times* and recently won an award for her cookery writing at the 2021 The Irish Food Writing Awards. She also has a BA (Hons) in Design from Cork Institute of Technology.

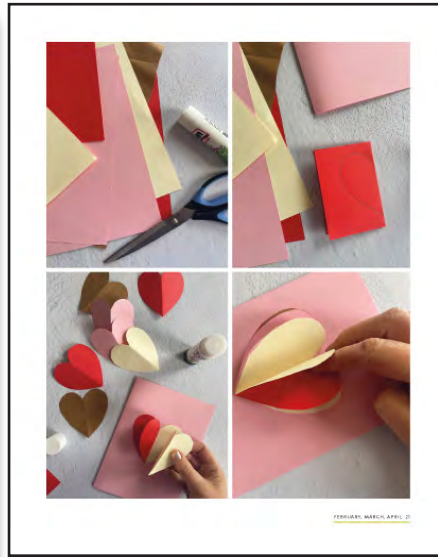
Lifestyle | September 2022 | Hardback | 340 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



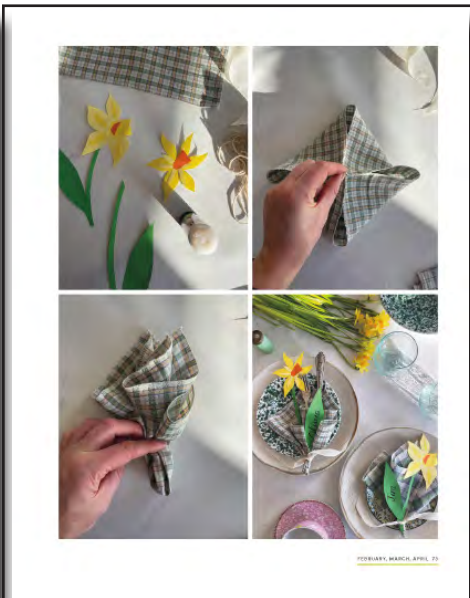
# THE HOMEMADE YEAR



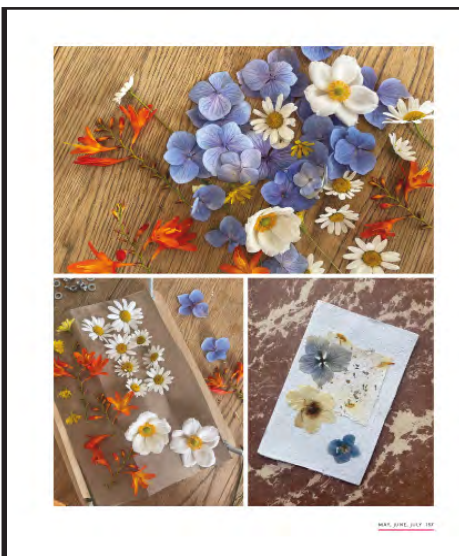
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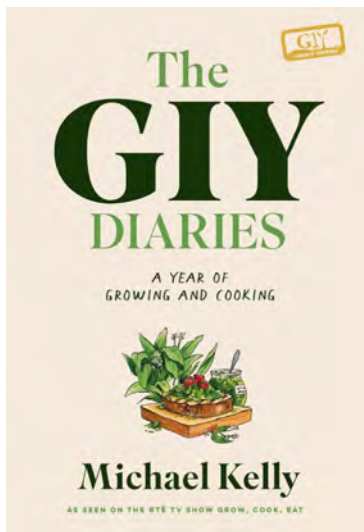
FEBRUARY, MARCH, APRIL 20



MAY, JUNE, JULY 20



AUGUST, SEPTEMBER, OCTOBER 20



## THE GIY DIARIES

A Year of Growing and Cooking

Michael Kelly

**The definitive guide to growing – and cooking – it yourself!**

Month by month, learn how to grow fresh, wholesome fruit and vegetables that taste far better than anything you can find in the shops.

With down-to-earth, informative accounts from Michael Kelly’s own growing year, and beautiful hand-painted illustrations by Sarah Kilcoyne, this book is packed with hard-earned wisdom and inspiration that will help you to coax delicious food from even the most unpromising soil.

Whether you are a complete beginner or a more experienced grower, and regardless of the amount of space you have, Michael Kelly’s expert advice will guide you. From feeding your soil and saving seeds to taking cuttings and preserving your produce, you will learn how to get it right. Each month also features recipes so that you can feast on the results of your work.

**Michael Kelly** is the founder of GIY, a social entrepreneur, author, TV presenter and grower. He worked in the IT industry for 10 years before starting GIY in 2008. GIY is now a leading social enterprise, with its home, GROW HQ, in Waterford. Michael co-presented and produced three series of *Grow Cook Eat* for RTÉ, which is now watched around the world on Amazon Prime. He writes columns on food for the *Irish Times*, *Irish Independent* and *Food & Wine Magazine*. He was the 2017 Local Food Hero in the Food & Wine Awards.

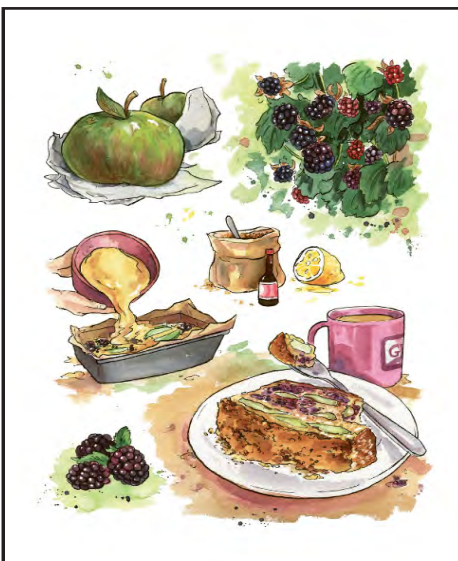
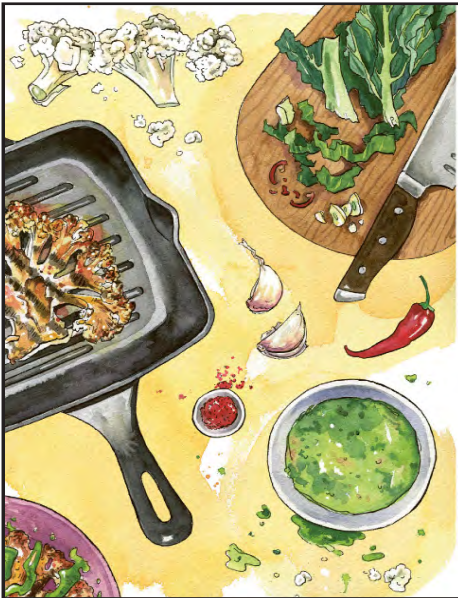
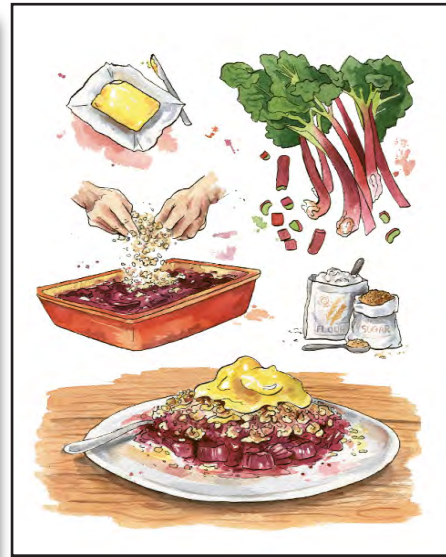
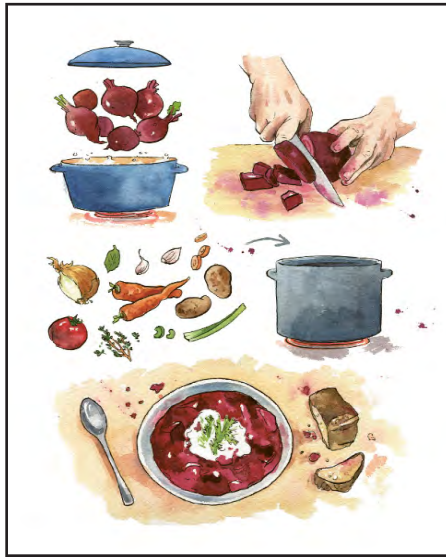
Lifestyle | October 2022 | Hardback | 340 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



# THE GIY DIARIES



A grow-your-own journey with stunning illustrations





## GARDENING TOGETHER

A month-by-month guide to getting the most from your outdoor space

Diarmuid Gavin and Paul Smyth

### **Discover the inspiration to get gardening!**

Create and maintain a stunning and fragrant garden with Ireland's favourite garden designer Diarmuid Gavin and plantsman extraordinaire Paul Smyth as your guides.

Find out when to prune your hydrangea, which soil suits potatoes, how to keep your lawn green and moss-free and learn how to plan ahead with this beautiful and practical gardening book.

Packed with beautiful photos, simple tips and tricks, and inspirational advice on plants, this book will show you month by month how to achieve striking colour schemes, gorgeous scents and fabulous foliage, as well as how to plan and create a garden design to suit your lifestyle.

Inspired by Diarmuid and Paul's online conversations and TV show, *Gardening Together* follows the pair in a garden year from January to December, with a monthly look at what you need to do to enjoy and appreciate your outside space like never before.

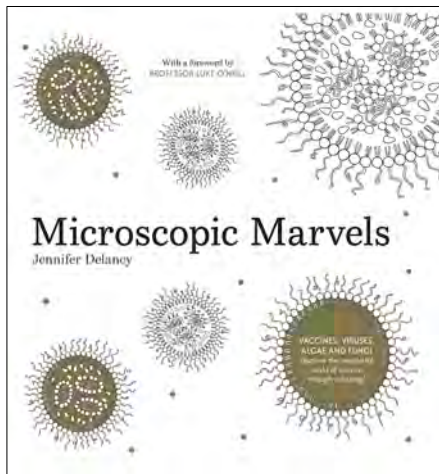
**Diarmuid Gavin** is a garden designer, TV presenter and podcaster.

**Paul Smyth** is a plantsman and propagator. Together they present the popular podcast *Dirt*.

Lifestyle | May 2022 | Hardback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## MICROSCOPIC COLOURING

Jennifer Delaney

### Discover the beauty of microscopic life.

This distinctive colouring book explores the beauty of microscopic life, from vaccines and viruses to protozoa and algae. Go on a journey of scientific discovery as your colours illuminate a hidden world beyond the limits of our own vision.

Bring to life the nucleocapsid protein of the Covid-19 virus, the overlapping frill of the delphinium peregrinum seed and the shell-like carapace of a water-flea as you discover the startling and unexpected beauty of life under the lens.

Containing over 60 detailed illustrations from the natural world, including a coronavirus vaccine on the cover and inside, this book is a calming celebration of small science.

**Jennifer Delaney** is a self-trained illustrator based in Derry, Northern Ireland. Jennifer uses both art and science as a means to investigate and make sense of the world in which we live. She delivers colouring workshops that engage the young and old, covering topics such as microscopy, botany and astronomy.

Lifestyle | March 2022 | Paperback | 96 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## ORGANISED

Simple Ways to Declutter Your House, Your Schedule and Your Mind

Sarah Reynolds

**From Ireland's leading professional organiser, this book will help you declutter with confidence. Featured on Oprah.com.**

Whether you live in a chaotic family home or a small apartment, this book will show you how to organise yourself and schedule space so that getting and staying organised is easy.

*Organised* will help you declutter with confidence, set up your wardrobe so you wear the clothes you have, entertain friends in a relaxing, clean space and tame your inbox!

Step-by-step, Room-by-room, you'll soon find that you hardly ever lose things, massive clear outs become things of the past and you never spend more than 10 minutes a day tidying up.

**Sarah Reynolds** is an organising expert and the owner of Organised Chaos – Dublin's first professional de-cluttering and organising business. Sarah is the only trained Professional Organiser in Ireland. She trained under the personal guidance of America's number-one professional organiser, and regular contributor to the *Oprah* show, Julie Morgenstern in New York. Sarah has been helping homeowners and businesses reach their full potential through effective organisation.

Lifestyle | January 2018 | Paperback | 304 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## LOSS AND WHAT IT TAUGHT ME ABOUT LIVING

### A Memoir of Love, Grief, Hope and Healing

Tracey Corbett Lynch

#### **A practical and compassionate handbook for coping with grief**

Murder, cancer, Covid-19, an asthma attack and heart attacks: Tracey Corbett-Lynch has encountered loss in all its guises and has had to learn how to cope with life at its most difficult and overwhelming.

In *Loss and What It Taught Me About Living*, Tracey describes these tragic losses, their impact on her and how she learnt to live alongside them with strength and grace. She recounts how she coped when it all seemed too much to bear and looks at how we can emerge from suffering forever changed by loss but filled with optimism.

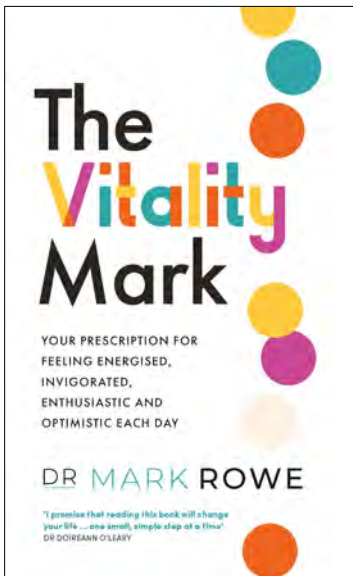
No two grief journeys are the same, but, as Tracey discovered, some of the stations along the route are. Her moving and uplifting story will offer comfort, practical advice and a ray of hope to anyone suffering their own loss, whatever that might be.

**Tracey Corbett-Lynch** is mother to a blended family of four children. Dean and Adam are her two eldest with her husband David. Jack and Sarah are her brother Jason Corbett's children, whom she won custody of after Jason was killed in North Carolina in 2015.

Self-Help/MBS | Pub: October 2022 | Paperback | 320 pages

Translation Rights Available: World, all languages excluding North America

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE VITALITY MARK

Your Prescription for Feeling Energised,  
Invigorated, Enthusiastic and Optimistic Each Day

Dr. Mark Rowe

### Learn to live with more vitality

Through his work as a lifestyle-medicine practitioner and practising GP, Dr Mark Rowe understands how our physical, mental, emotional and spiritual wellbeing all interconnect and impact on our health and ability to stay well. Balancing

each of these elements forms the essence of vitality or 'the VitalityMark', as Dr Rowe has come to define it.

This book can help identify potential gaps in our wellbeing and offers a prescription of evidence-based strategies that will guide us from intention to action. By sharing insights from more than 25 years of helping others, Dr Rowe will direct the reader towards health-enhancing habits to boost their energy, build resilience and better recharge from stress.

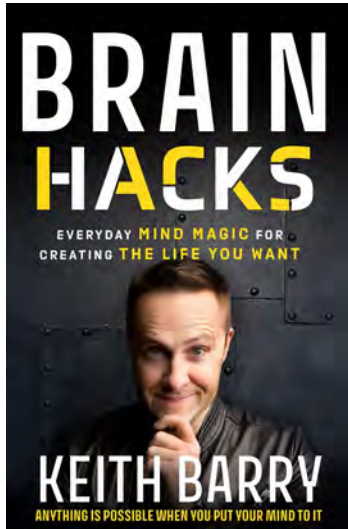
Learn how the science of lifestyle medicine can transform the quality of your life and those of the people you love. Learn to live with more vitality.

**Dr Mark Rowe** has been a practising family physician for over 20 years. He is the founder of the Waterford Health Park. After his own experience of burnout, Dr Rowe became one of the first medical doctors in Ireland to study lifestyle medicine. He has a strong desire to change the culture of 'a pill for every ill' and advocates lifestyle change as the best medicine for lasting wellbeing.

Self-Help/MBS | Pub: March 2022 | Paperback | 330 pages

Translation Rights Available: World, all languages, excluding Chinese

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## BRAIN HACKS

Everyday Mind Magic for Creating the Life You Want

Keith Barry

### Ireland's leading mentalist reveals his secrets

Keith Barry is the world's leading TV hypnotist, mentalist and brain hacker. He has mastered the unique ability to hack into people's minds and rewire their subconscious.

In this ground-breaking book, Keith reveals how, over the course of his astonishing career, he has developed a variety of techniques that will help you to cultivate a 'magical mindset' and develop mental toughness subconsciously. These are the very techniques he uses every day to achieve the life of his dreams.

If you feel you are stuck in a rut or need help in life – whether that's with your career, your finances, your personal life, or anything else – this book will help you to move forward. When you master these methods, you too will discover that anything is possible when you put your mind to it!

**Keith Barry** is the world's leading TV hypnotist, Mentalist and Brain Hacker. His skills have been showcased in over forty international television shows, including his most recent series, *The Keith Barry Experience*.

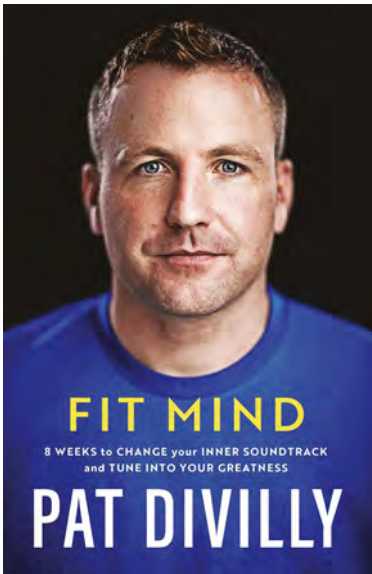
As a mind coach Keith has also worked with many world-class athletes, business people, influencers and actors to assist them in unleashing their subconscious potential.

Self-Help | October 2021 | Paperback | 365 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## FIT MIND

8 Weeks to change your inner soundtrack  
and tune into your greatness

Pat Divilly

**Practical tools and examples to help free yourself  
of your inner critic.**

Everyone has two stories inside their head. One is  
about their life, the other is controlling that life.

The one in control is your inner story. You create it  
in your mind about what it means to be you.

In this revelatory book, Pat Divilly offers an 8-week programme for tuning into, understanding and mastering this inner voice. Through practical tools and examples, he demonstrates how we can free ourselves of our inner critic and better identify the way our own narratives drive our behaviours in all areas of our lives, from career to relationships.

**Pat Divilly** is the host of the hugely popular Pat Divilly podcast, an author, speaker and health and wellness coach who has fast become one of Ireland's leading authorities on health and wellness. He was acknowledged by Facebook COO Sheryl Sandberg for his prolific social media usage and having raised over €250,000 for charity through his business. His podcast has had more than 1.3 million unique downloads, averaging 65,000 per month.

Self-Help/MBS | Pub: December 2021 | Paperback | 330 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THIS IS IT

Conor Creighton

**A practical guide that teaches readers the benefits of mindfulness meditation through a series of accessible techniques.**

*This is It* is a practical meditation guide that uses humour to teach the benefits of mindfulness through a series of accessible techniques. It's also a hilarious account of one man's attempt to find peace in a chaotic life and follows his journey from the bogs of Kildare to the bright lights of LA, and on to enlightenment in India.

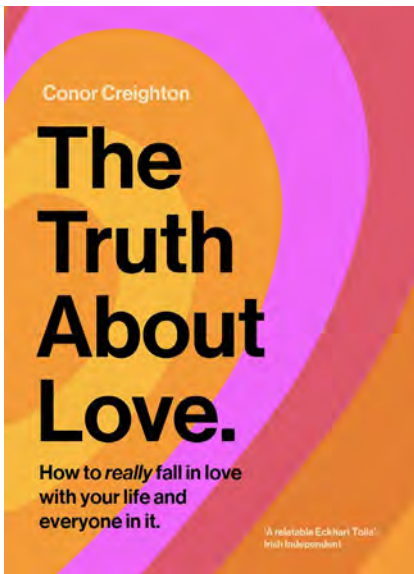
Now a meditation teacher in Berlin, Morocco and Dublin, Conor gently and skillfully explains the lessons he's learned along the way to finding peace, and with warmth, wit and wisdom guides you on the path to a more mindful life.

**Conor Creighton** is an Irish meditation teacher. He has studied in monasteries and centres in India and California. He teaches courses throughout Ireland, from art studios to prison yards, corporate boardrooms to football pitches, and more recently in collaboration with the artist MASER. He is also an award-winning journalist whose work has appeared in *The Guardian*, *The Irish Times*, and *Vice Magazine*. He is the former editor of *Totally Dublin* magazine.

Self-Help/MBS | Pub: April 2021 | Paperback | 300 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE TRUTH ABOUT LOVE

How to really fall in love with your life and everyone in it  
Conor Creighton

### **A modern manifesto and spiritual guide to relationships**

We are trained from the youngest of ages to imagine that love is a force outside of ourselves; that if you keep swiping, one day your prince will come; that love is something you have to look for, work for, diet for.

**The truth is:** we are creators of love, not discoverers of love, and until we realise that love comes out of us, rather than to us, we'll never really get it or feel it.

Conor Creighton learned this the hard way with a string of tumultuous relationships in his past. That was until, through meditation, he woke up to the powerful force that is self-love and watched as his relationships and the whole world transformed around him.

In a unique cross of memoir and self-help, here Conor uses his life lessons to help readers wake up to the truth about love. A modern manifesto and spiritual guide to relationships, it makes a daring call to action, showing how to change yourself and the world around you through the courageous act of opening your heart.

**Conor Creighton** is a meditation teacher and award-winning journalist. Through his work with the likes of Maser, Facebook and Google, as well as his many interviews on meditation, Conor's name has become synonymous with down-to-earth wisdom. Conor's previous book, *This Is It*, established him as an authority on the mind. *The Truth About Love* will show his wisdom regarding the heart.

Self-Help/MBS | Pub: June 2022 | Paperback | 320 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## MIND FULL

Un-wreck your head, De-stress your life  
Dermot Whelan

**A no nonsense, incense-free, hilarious guide to relaxing, reducing anxiety and living a calmer life.**

In 2007, comedian and broadcaster Dermot Whelan arrived at a comedy festival in an ambulance after having a panic attack en route. Realising this was not a sustainable way to travel to future gigs, he decided to become a meditation teacher and learn how to de-stress.

Telling Dermot's own story and offering useful everyday tips and techniques, *Mind Full* is his funny and accessible guide to meditation. If you feel like you've lost touch with the happier version of yourself and would like to:

**SLEEP BETTER**

**REDUCE STRESS, ANXIETY AND DEPRESSION**

**HAVE MORE PATIENCE WITH THE PEOPLE YOU LOVE**

**ENJOY LIFE MORE**

... this book is for you.

With exclusive access to Dermot's guided meditations, *Mind Full* will help you restore your sense of fulfilment, happiness and true contentment.

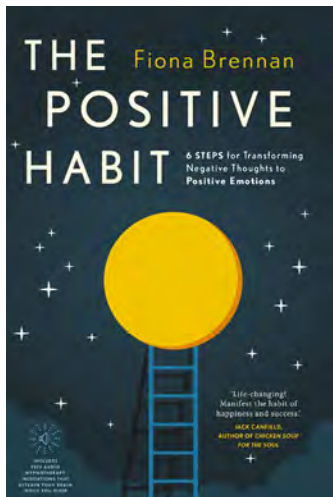
**'Fixed whatever block I had harboured towards the concept of meditation ... I had convinced myself that I wasn't one of those people. Now I realise there is no prerequisite character type. It's just for ... people. A lovely, funny, honest book.'** Cillian Murphy

**Dermot Whelan** is a Radio and TV Presenter, Comedian, Public Speaker and Meditation Expert. He currently hosts the popular mid-morning 'Dermot and Dave Show' on Today FM. Dermot is also a certified Masters of Wisdom and Meditation Teacher and works with some of the biggest companies in Ireland and around the world on managing and understanding stress. His debut live show on the topic sold out in under 24 hours.

Self-Help/MBS | Pub: April 2021 | Paperback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE POSITIVE HABIT

6 Steps for Transforming Negative Thoughts to Positive Emotions

Fiona Brennan

**A life-changing programme for developing lasting happiness. Grounded in the science of habit, mindfulness, positive psychology and neuroscience, *The Positive Habit* is the ultimate manual for the mind.**

Positivity is a habit that can be learned and cultivated, but many of us don't know where to start. In *The Positive Habit* Fiona Brennan explains that there are six core positive emotions that are central to our long-term happiness and well-being – love, joy, gratitude, confidence, calmness and hope – and the good news is these can all be cultivated so we can transform negative thoughts into positive feelings.

Accompanied by an audio-hypnotherapy programme, Fiona Brennan's powerfully transformative book is the ultimate manual for the mind that will show you how to train your brain to embrace negative thoughts with courage and love, and to transform them into the six positive emotions of love, calmness, confidence, gratitude, hope, and happiness.

Through developing self-awareness, you will learn how to self-generate six core positive emotions that guide you from negativity to positivity, from anxiety to calm and from fear to love.

### **Praise for *The Positive Habit***

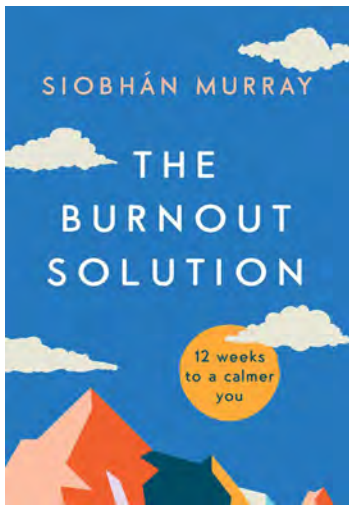
'Life-changing! Manifest the habit of happiness and success.' **Jack Canfield, Author of *Chicken Soup for the Soul***

**Fiona Brennan** is a clinical hypnotherapist with a busy practice in Dublin. She is a TEDx speaker and the mental-health expert on Ireland's *Dermot and Dave* on Today FM and regular contributor to A Lust for Life. For more information visits her website [www.fionabrennanhypnotherapy.com](http://www.fionabrennanhypnotherapy.com).

Self-Help/MBS | Pub: March 2019 | Paperback | 352 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE BURNOUT SOLUTION

12 Weeks to a Calmer You

Siobhán Murray

***The Burnout Solution* outlines in concise and practical detail how you can come back from the point of burnout in 12 weeks.**

We live in the era of, ‘Yes, I can’. We tell ourselves that whatever we want to achieve, if we work hard enough, we can do it. But

sometimes all this ‘Yes, I can’ results in something very different indeed: a severe case of ‘No. I really, really can’t.’ Burnout is a state of chronic stress that leads to physical and emotional exhaustion, cynicism, detachment and feelings of ineffectiveness and lack of accomplishment – many of the same symptoms of depression. It is on the increase as we struggle to juggle the pressures of work and family life with a constant feeling of always being ‘on’.

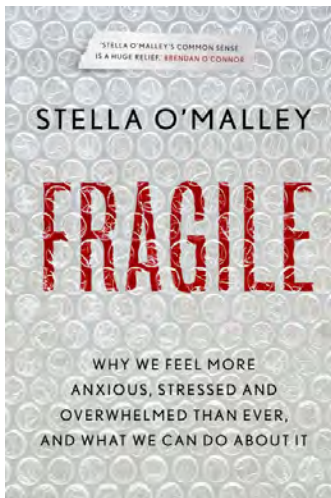
Siobhán Murray knows all about it having experienced it in her own life. Here she uses her training as a psychotherapist to offer readers a path through the overwhelming feelings of stress and anxiety to a balanced, more relaxed life that prioritises the important things and promotes personal growth.

**Siobhán Murray** started her career in the music industry but was inspired to change her career when she became a single mum to her two sons. She established her psychotherapy clinic in 2010 and has been delivering bespoke workshops on Behavioural Change and Mindfulness to companies, conferences and events around the country ever since. Siobhán holds a first-class honours BA in Counselling and Psychotherapy, a Diploma in Mindfulness, is a Master Practitioner of NLP and a certified Life Coach and a Mediator.

Self-Help | January 2019 | Paperback | 224 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## FRAGILE

Why we feel more anxious, stressed and overwhelmed than ever, and what we can do about it

Stella O'Malley

**In this exploration of the rising anxiety epidemic, psychologist and bestselling author Stella O'Malley delves into why we feel more anxious, stressed and overwhelmed than ever.**

Have we reached a point where anxiety is so common we consider it 'normal'?

From looking at how our increasingly perfectionist and materialistic society is causing us to value all the wrong things, to practical tips for uncovering the roots of anxiety and strategies to ease it, this book is an essential tool for building resilience to stress.

Anyone can experience anxiety at any time. *Fragile* arms us with the skills to move forward to a place where we can experience challenges to our mental health and feel adequately empowered to address them, allowing us to live calmer, more satisfying lives.

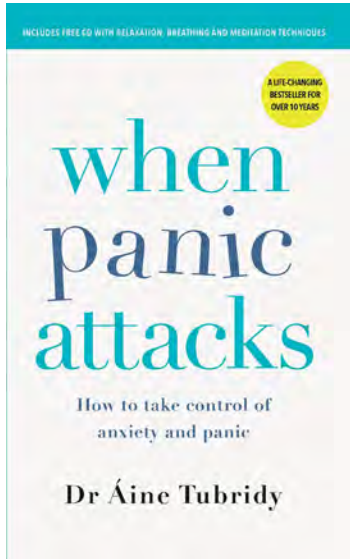
**Stella O'Malley** is a psychotherapist, writer, bestselling author, public speaker and a parent with many years' experience working as a mental-health professional. Stella writes extensively about mental health issues for newspapers such as *The Irish Times*, *The Sunday Times*, the *Sunday Independent* and *Irish Examiner*. She's also a regular contributor to Newstalk FM and Today FM. In 2018, Stella was the presenter of the highly acclaimed Channel 4 documentary *Trans Kids: It's Time To Talk*. She is one of the leading voices on what's influencing young people's behaviour in Ireland today.

Self-Help | March 2019 | Paperback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## WHEN PANIC ATTACKS

How to take control of anxiety and panic

Dr Áine Tubridy

**New edition of the bestseller *When Panic Attacks*. A must read for anyone suffering from anxiety and panic attacks.**

Grounded in years of clinical experience and research, *When Panic Attacks* helps make sense of the suffering and is an important handbook offering hope for those trapped in a constant cycle of fear and panic.

First published in 2003, *When Panic Attacks* has since sold over 30,000 copies – because Dr Tubridy’s methods work. This updated version provides insight and explanation in chapters including Myths about Panic, Behind the Scenes of a Panic Attack, From Flight to Fight, and the Chakra System.

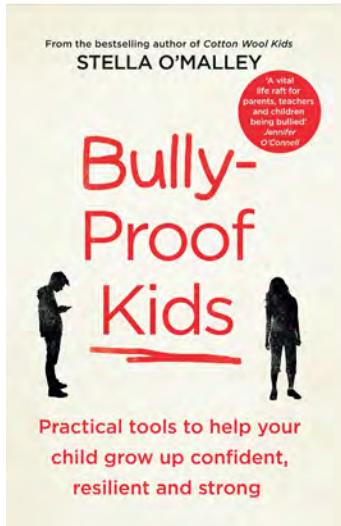
*When Panic Attacks* provides quick, easy-to-access advice and practical strategies, which aim to educate the reader to simplify their world of anxiety in order to successfully tackle it. In an increasingly fear-driven society *When Panic Attacks* is more relevant than ever.

**Dr Áine Tubridy** (d. 2011) was a medical doctor with a master’s in psychotherapy from University College, Dublin. She specialised in the management of anxiety and panic at the Menninger Centre in Kansas, incorporating biofeedback technology and relaxation training, and brought this expertise to the cardiac rehabilitation programme at St Vincent’s Hospital, Dublin. She also had a practice at the Institute of Psychosocial Medicine in Dun Laoghaire.

Self-Help | February 2018 | Paperback | 320 pages

Translation Rights Available: World, all languages, excluding Germany, Estonia and Romania

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## BULLY-PROOF KIDS

Practical tools to help your child grow up confident, resilient and strong

Stella O'Malley

**From the bestselling author of *Cotton Wool Kids*.**

It's a toxic mix – bullies who won't let up; worried victims ashamed to tell; bystanders who

don't act. This book gives parents – and kids – the tools to break the cycle by examining the factors that contribute to bullying: the school environment; the personalities of those involved; and the often-overlooked role of bystanders.

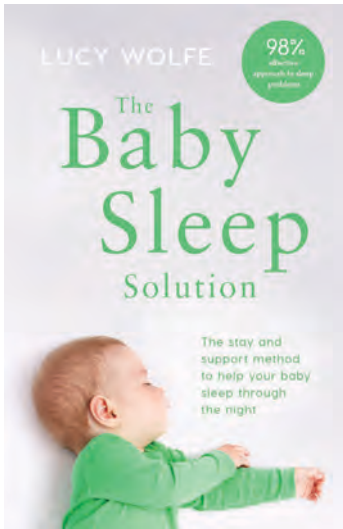
The author describes what determines whether your child will be the victim of bullying, a bystander, or a bully, and offers concrete strategies to help you empower your children to be socially competent and deal with bullying both online and in school. She gives practical advice on effective ways to keep children from being bullied, and from becoming bullies, along with dealing with schools when bullying occurs and how to get material removed from various social media websites, including Facebook and YouTube.

**Stella O'Malley** is a psychotherapist, writer, best-selling author, public speaker and a parent with many years' experience working as a mental-health professional. Stella writes extensively about mental-health issues for newspapers such as *The Irish Times*, *The Sunday Times*, the *Sunday Independent* and *Irish Examiner*. She's also a regular contributor to Newstalk FM and Today FM. In 2018, Stella was the presenter of the highly acclaimed Channel 4 documentary *Trans Kids: It's Time To Talk*. She is one of the leading voices on what's influencing young people's behaviour in Ireland today.

Parenting | August 2017 | Paperback | 276 pages Translation

Rights Available: World, excluding Romanian and Korean

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE BABY SLEEP SOLUTION

The stay and support method to help your baby sleep through the night

Lucy Wolfe

**Discover the issues that prevent your baby from sleeping and create a customized, step-by-step plan to get your baby to sleep through the night.**

This book provides simple and effective techniques to help parents establish positive sleep habits and tackle sleep problems without feeling under pressure to resort to rigid, inflexible strategies.

Lucy Wolfe has developed a 'stay and support' approach with an emphasis on a baby's emotional well-being which has helped thousands of parents and babies around the world achieve better sleep, with most parents reporting improvements within the first seven days of making the recommendations.

### **Praise for *The Baby Sleep Solution***

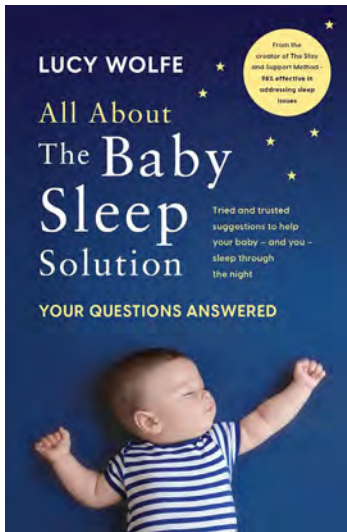
'My cousin recommended Lucy Wolfe to me after Theodore had his worst night ever, sleeping just 90 minutes. I started Lucy's routine on a Saturday night and, even with a cold, Theodore has been sleeping through all week. I actually can't believe it! I feel like a new person. Thank you, Lucy.' **Vogue Williams**

**Lucy Wolfe** is a paediatric sleep consultant and mum of four children. She is the former European Director of the Association of Professional Sleep Consultants and is the principal of Sleep Matters, where she has many years' experience and a proven track record in helping babies and children learn to sleep more soundly. She has completed extensive training, certification and continuous professional development with the Gentle Sleep Program (USA), with further studies in Child Sleep Consultancy, Post Natal Depression and Child Nutrition accredited by the OCN (UK).

Parenting | March 2017 | Paperback | 224 pages

Translation Rights Available: World, all languages, excluding UK and British Commonwealth and Slovenia

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## ALL ABOUT THE BABY SLEEP SOLUTION

Your Questions Answered

Lucy Wolfe

### **Tried and trusted suggestions to help your baby – and you – sleep through the night**

When it comes to baby sleep, Lucy Wolfe has seen – and solved – it all. Her gentle stay-and-support approach has helped thousands of people achieve the holy grail of parenthood: a full

night's sleep! But even with the best routine things can go awry, so in her second book Lucy addresses the most common problems that interrupt sleep routines.

Whether you are struggling with short naps, feeding association at bedtime, early rising or navigating interruptions to the usual routine like school pick-ups, day care, sickness and teething, *All About the Baby Sleep Solution* will get you back on track, providing the support required to ensure everyone gets the sleep they need.

#### **Praise for *The Baby Sleep Solution***

'My cousin recommended Lucy Wolfe to me after Theodore had his worst night ever, sleeping just 90 minutes. I started Lucy's routine on a Saturday night and, even with a cold, Theodore has been sleeping through all week. I actually can't believe it! I feel like a new person. Thank you, Lucy.' **Vogue Williams**

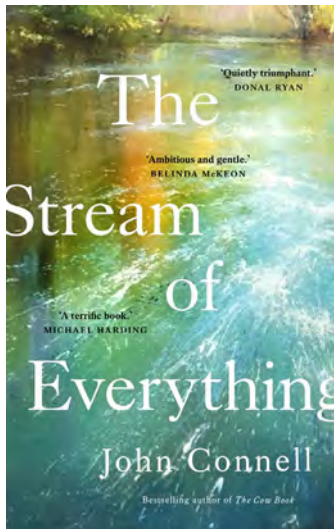
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Parenting | March 2020 | Paperback | 224 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## THE STREAM OF EVERYTHING

John Connell

**A meandering, atmospheric account of discovering the beauty of the Camlin river and the landscape of Ireland.**

In May 2020, John Connell finds himself, like so many others, confined to his local area, the opportunity to freely travel and socialise cut short. His attention turns to the Camlin river – an ever-present source of life for his town’s inhabitants and, for John, a site of boyhood adventure, first love, family history and local legend.

He decides to canoe its course with his friend, *Sunday Times* journalist Peter Geoghegan, a two-day trip requiring physical exertion and mental resilience. As the world grows still around them, the river continues to teem with life – a symphony of buzzing mayfly and jumping trout. During their meander downstream, John reflects on his life: his travels, his past relationships and his battle with depression, as well as on Irish folklore, geopolitics and philosophy.

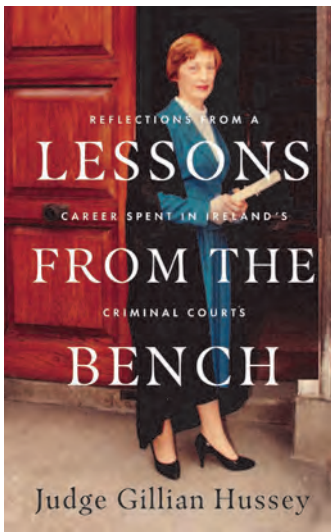
*The Stream of Everything* is both a reverie and a celebration of close observation; a winding, bucolic account of the summer he discovered home.

**John Connell** is author of *The Running Book* and *The Cow Book*, a number-one bestseller and winner of Popular Non-Fiction Book of the Year at the Irish Book Awards. His work has appeared in Granta’s New Irish Writing. He lives on the family farm in County Longford.

Nature | May 2022 | Paperback | 272 pages

Translation Rights Available: World, all languages, excluding North America

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## LESSONS FROM THE BENCH

Reflections From a Life Spent in Ireland's Criminal Courts

Judge Gillian Hussey

**An Incisive and thought-provoking memoir from one of Ireland's first female judges.**

When Gillian Hussey started out in Bridewell District Court in Dublin in 1984, little did she realise that she would deal with some of the most notorious criminals in Ireland, including the Kinahans, the Cahills, 'The Monk' and John Gilligan.

As one of Ireland's first female judges, Gillian was very much a woman in a man's world. Unafraid to look beyond the courtroom, she always sought to better understand the human – not just the criminal – who stood before her in the dock. Through her work, Gillian spent a lifetime learning about people, society and herself.

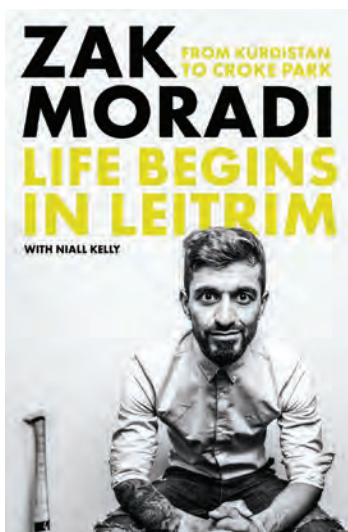
This fascinating insight into the career of a trailblazing woman reveals the inner workings of Ireland's criminal courts, explores the changes in Irish society and shares some timeless truths learned from almost twenty years on the bench.

**Gillian Hussey** was a member of the Dublin District Court dealing in criminal matters. She worked as a District Judge for 18 years, retiring in 2002. Prior to that she was a solicitor, giving up work when she married and had children. After her marriage failed, she returned to work part-time to support her family, taking up the rare opportunity to work in the criminal courts in 1984. Gillian is a patron of the Crime Victims Helpline, Tiglin Addiction Centre and St James's Drug Rehabilitation Centre. She lives in Dublin and has three children.

Memoir | September 2022 | Hardback | 320 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## LIFE BEGINS IN LEITRIM

From Kurdistan to Croke Park

Zak Moradi

**A fascinating memoir about sport, hope, family and the importance of community.**

Born at the height of the Gulf War, Zak spent his formative years living in a refugee camp in Ramadi, Iraq, under the oppressive regime of Saddam Hussein. Eventually, he and his family settled in Carrick-on-Shannon, County Leitrim, and this is where life began.

Zak couldn't speak English when he first arrived, and he didn't know what sport the boys in his class were playing. It was hurling; he was good at it, and he picked it up quickly. Sport gave Zak his chance to put down roots, learn valuable life skills and find friendship.

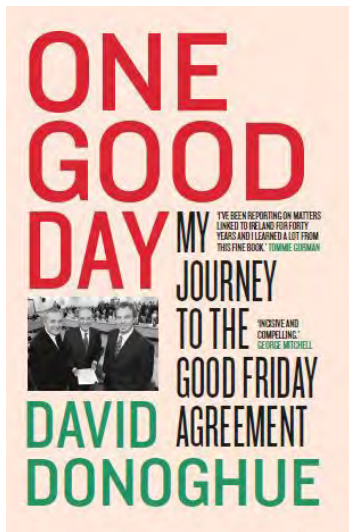
A story of adversity, community and hope, *Life Begins in Leitrim* is Zak's moving reflection, twenty years later, on the culture shock of landing in rural Ireland; the importance of embracing difference; the continued suffering of refugees around the world; the power of sport; and the realisation that, really, we're not all that different from each other.

**Zak Moradi** is a Kurdish-Irish hurler who played for Leitrim and Thomas Davis GAA club. Born in Ramadi, Iraq, he moved to Ireland with his family when he was eleven. He now lives in Tallaght, Dublin

Memoir | October 2022 | Hardback | 272 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



**ONE GOOD DAY**

My Journey to the Good Friday Agreement

David Donoghue

**A fascinating insight into a pivotal moment in history, twenty five years on.**

In *One Good Day*, former senior Irish diplomat David Donoghue provides a fascinating insider’s account of the negotiations that led to the Good Friday Agreement.

Hailed internationally as a near-miracle of conflict resolution and the accommodation of diverse political identities, and despite the many challenges it has faced – with none greater than Brexit – the Agreement remains the indispensable bedrock of the Irish–British relationship.

*One Good Day* is the compelling, behind-the-scenes narrative of how that agreement came to fruition. Recounted by someone who was closely involved, it is the story of a unique collective achievement and of the contribution made by key players such as Bertie Ahern, Tony Blair, George Mitchell and the leaders of the Northern Ireland parties.

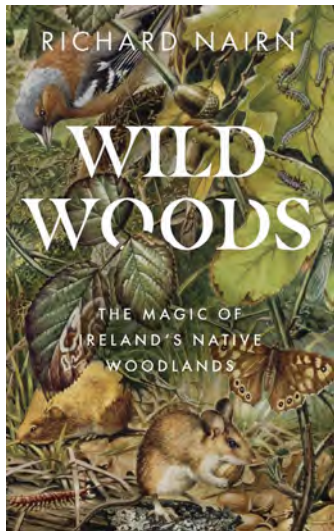
**David Donoghue** was one of the Irish government’s negotiators for the Good Friday Agreement. After a lengthy involvement with Northern Ireland policy and Anglo- Irish relations, he went on to serve in various senior diplomatic roles at home and abroad. He was, at different times, Ireland’s ambassador to Russia, Austria and Germany and, from 2013–17, Ireland’s Permanent Representative to the United Nations. His 2014–15 co-chairmanship of the UN negotiations that delivered new global sustainable development goals remains a career highlight. Donoghue retired from the Irish diplomatic service in 2017 and works today in think tanks and academic circles on sustainable development, migration and refugee issues, and conflict resolution.

Memoir | September 2022 | Hardback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## WILDWOODS

### The Magic of Ireland's Native Woodland

Richard Nairn

**A fascinating account of a typical year in a native Irish forest, its moods and seasons and wildlife secrets.**

Ecologist Richard Nairn has spent a lifetime studying – and learning from – nature. When an opportunity arose for him to buy a small woodland filled with mature native trees beside a fast-flowing river, he set about understanding all its moods and seasons, discovering its wildlife secrets and learning how to manage it properly.

*Wildwoods* is a fascinating account of his journey over a typical year. Along the way, he uncovers the ancient roles of trees in Irish life, he examines lost skills such as coppicing and he explores new uses of woodlands for forest schools, foraging and rewilding.

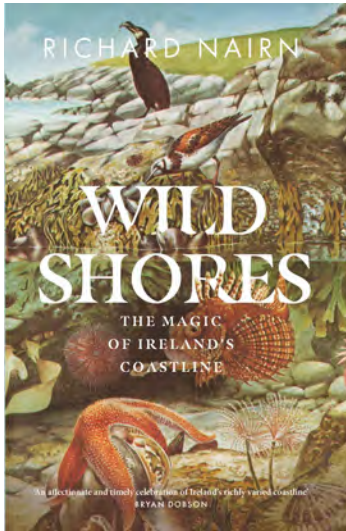
Ultimately, *Wildwoods* inspires all of us to pay attention to what nature can teach us.

**Richard Nairn** is an ecologist and writer who has spent a lifetime studying nature. He is an advocate of nature conservation and lectures regularly. During his career he has worked as a nature reserve warden and was the first Director of BirdWatch Ireland. He is a scientific advisor to Woodlands of Ireland and the author of numerous books.

Memoir/Nature | October 2020 | Paperback | 336 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## WILD SHORES

### The Magic of Ireland's Coastline

Richard Nairn

**A fascinating journey around Ireland's coastline from the author of *Wildwoods***

Following the Irish coast in a clockwise direction, acclaimed ecologist Richard Nairn travels by boat, on foot and sometimes by air to visit the best remaining wild places, including islands, cliffs, beaches and dunes.

The result is a unique mix of nature, history, science and a reflection on the author's personal experiences of exploring Ireland's coast. By viewing the Irish coastline from the sea, Richard gains a unique perspective on the island. And along the way, he recalls a lifetime spent studying nature.

**Richard Nairn** is an ecologist and a lifetime sailor. During his career he worked as a nature reserve warden and was the first director of BirdWatch Ireland. *Wild Shores* is the second volume of his memoirs following the acclaimed *Wildwoods*, which recounted his experience of managing a small woodland.

Nature | March 2022 | Paperback | 336 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## I AM SOMEONE

Aisling Creegan

**A remarkable memoir about female strength and endurance**

Aisling Creegan's childhood was dominated by an abusive, alcoholic mother, who tortured her at every turn. From insults to beatings to being threatened with a butcher's knife, Aisling endured unthinkable suffering at the hands of the woman who should have loved her unconditionally. Yet, in the midst of this trauma, Aisling relied on the one person she knew she could trust – herself.

Possessed of an incredible imagination and remarkable resilience, Aisling found escape in the little things in life – lying in a field on a sunny day, drawing, Matchbox cars and her teddy bear, Panda. Aisling's power to imagine an alternative world enabled her to hold on and make it to adolescence and the freedom she had longed for since childhood. But the scars of the past take time to heal, and when Aisling suffers a breakdown it takes her on a surprising path to freedom – and forgiveness.

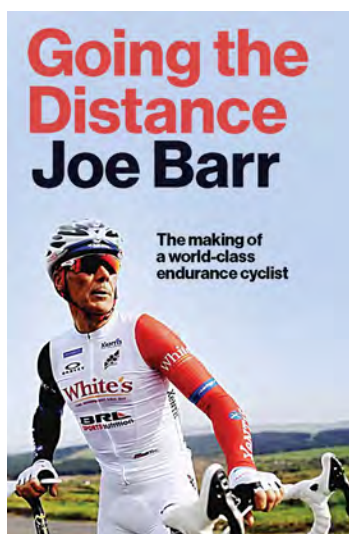
*I Am Someone* is an extraordinary memoir about female cruelty and ultimately female strength and endurance.

**Aisling Creegan** is an artist and a facilitator of activities in care settings. She has degrees in Fine Art, and Counselling and Psychotherapy. She lives in Wicklow.

Memoir | May 2022 | Paperback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## GOING THE DISTANCE

The Making of a world-class endurance cyclist

Joe Barr

### **An incredible story of extreme perseverance**

In 2012, Joe Barr almost died from altitude sickness on the 11,000-ft Wolf Creek Pass in a Race Across America attempt. The infamous 3,200-mile race is non-stop, ultra-cycling at its most extreme. In 2014, Joe returned and received the coveted Finisher's medal, and in 2019, at the age of 60, he went back again and won his category.

This story of extreme perseverance begins on a yellow Raleigh Chopper on the streets of Co. Derry, where Joe, trying to escape the harsh everyday reality of the Troubles as a young Catholic boy in an all-Protestant school, went on long bicycle rides into the countryside, dreaming of one day taking part in cycling's grand tours.

When his baby son was diagnosed with cancer, Joe got on the bike with a different purpose and won his first 1,300-mile endurance race. This is a story of unimaginable grit, and of what it takes to keep going when failure seems inevitable.

**Joe Barr** has won over 500 races and amassed hundreds of medals and trophies in an impressive array of cycling disciplines. A Commonwealth Games bronze medallist, he has represented his country at numerous World Championship events.

**Memoir | October 2021 | Hardback | 272 pages**

**Translation Rights Available: World, all languages**

**Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)**





## CHAMPION

Pat Smullen

**The extraordinary story of one of Ireland's greatest jockeys.**

Pat Smullen was one of the greatest Irish jockeys ever. In a career laden with success, his position as one of the best Irish flat jockeys ever was long established. And yet, despite being a nine-time champion jockey, his humility defined him.

It was this strength of character that sustained him when, in March 2018, Pat was diagnosed with pancreatic cancer. There was never any self-pity. He just dealt with it. And more than that, he brought it centre stage, raised funds and awareness, and channelled his energies into helping others. He was a champion in all aspects of life, no matter what setbacks were thrown at him. Tragically his life was cut short far too early in September 2020.

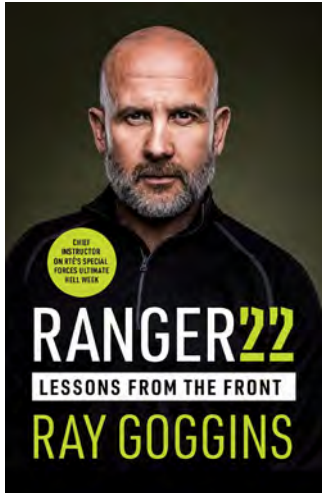
Written in the months before his death, with the assistance of Donn McClean and completed by Pat's wife Frances Crowley, *Champion* is the inspirational story of the jockey whose legacy lives on.

**Pat Smullen** rode over 1,900 winners throughout his remarkable career. He was champion jockey nine times. He won every major race on the Irish flat-racing calendar and was prolific on the international stage too. He is survived by his wife, Frances, and his three children, Hannah, Paddy and Sarah.

Memoir | November 2021 | Hardback | 320 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## RANGER 22

Lessons From the Front

Ray Goggins

**An exciting book about the ups and downs of the life of any army ranger, and how to apply the lessons learned from his journey to overcome any challenges in life.**

From the hills of south Lebanon to the monsoon jungles of Southern Asia, Ray Goggins has operated in a life-and-death world. In the suffocating humidity of Liberia, the mountains of Afghanistan and the snow-covered Balkans, Ray has seen the best and worst qualities in himself and others. From conflict zones to terrorist attacks and hostage rescues, Ray has learned the greatest life lessons: how to control fear, how to react calmly and positively, and how to create a strong baseline from which to take action.

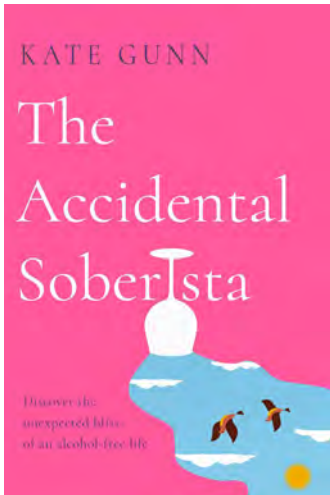
After a life spent on the front line with the Irish Defence Forces, Ray now trains others to foster a mindset to handle whatever madness life has in store. In this remarkable book, he takes us on an exhilarating journey through his incredible career and draws on the valuable lessons to help all of us deal better with life, whatever the situation.

**Ray Goggins** served in the Irish Defence Forces for 26 years including 17 years in the Army Range Wing, the Special Operations Unit of the Irish Defence Forces. He has also worked in a private capacity in Afghanistan. He is the chief instructor on the RTÉ show *Special Forces: Ultimate Hell Week*.

Memoir/Narrative Non-Fiction | October 2021 | Paperback | 388 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE ACCIDENTAL SOBERISTA

Discover the unexpected bliss of an alcohol-free life

Kate Gunn

**The fascinating story of one woman's stumble into an alcohol-free life.**

Kate Gunn was a social drinker, usually having a few drinks about three nights a week. But she had an inkling that alcohol was holding her back from getting on top of her life, and the hangovers were getting worse.

When Kate's partner had to take a break from alcohol for a month, she decided to dip her toe in the water in solidarity with him and try being a non-drinker too. Not long into her transformational journey, Kate discovered that breaking free from alcohol improved every single aspect of her life: from relationships to health to work to happiness.

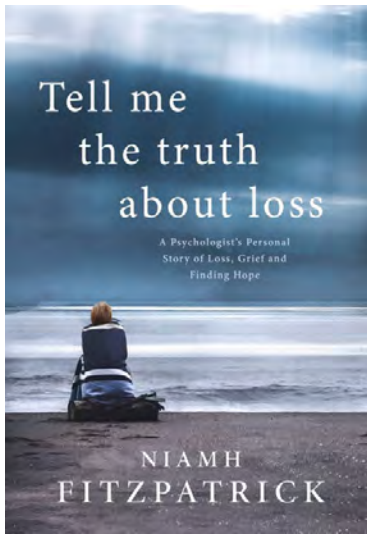
In *The Accidental Soberista*, Kate chronicles the challenges and obstacles on the path to giving herself the greatest gift she has ever received – freedom from alcohol.

**Kate Gunn** is from the seaside town of Greystones in Co Wicklow, where she lives with her three children and her partner. A well-known blogger and features writer in both the UK and Irish parenting realms, Kate has written regularly for Irish newspapers and online websites. Her first book *Untying the Knot* was published by Orpen Press.

Memoir/Narrative Non-Fiction | April 2021 | Paperback | 288 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## TELL ME THE TRUTH ABOUT LOSS

Niamh Fitzpatrick

**‘Despite the pain, I have discovered that it is nonetheless possible to feel happiness and joy once again, that there is life both through and after trauma, grief and hopelessness.’**

In March 2017, Niamh Fitzpatrick’s life fell apart overnight. Her beloved sister Dara was killed in a helicopter crash. Soon afterwards, Niamh’s marriage disintegrated, and she feared she would lose her house, beside her remaining family. Life as she knew it had ended and the cumulative loss, in terms of impact, was staggering.

A psychologist for many years, Niamh guides clients on their journey to overcome the worst of times in their lives. She had to draw on this skillset herself, first to survive and then, in time, begin to thrive after such significant loss. *Tell Me the Truth About Loss* documents a psychologist’s journey through loss, grief and the hardest of times, finding hope along the way.

A beautiful and hopeful book for when life isn’t what you expect it to be.

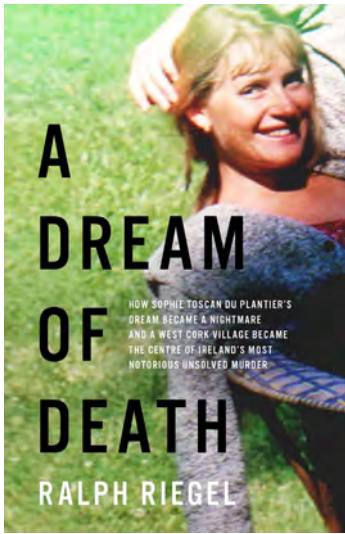
**Niamh Fitzpatrick** has a BA in psychology, an MA in clinical psychology and an MSc in sport management, specialising in sport psychology. For 28 years she has worked with clients seeking to achieve optimal mental health as well as with clients aiming for optimal performance in sport, business or life.

Memoir/MBS | September 2020 | Paperback | 256 pages

Rights Available: World

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## A DREAM OF DEATH

How Sophie Toscan du Plantier’s dream became a nightmare and a west Cork village became the centre of Ireland’s most notorious unsolved murder

Ralph Riegel

**A comprehensive account of Ireland’s most notorious unsolved murder.**

The brutal killing of Sophie Toscan du Plantier just days before Christmas in 1996 has proved to be Ireland’s highest-profile, most baffling and controversy-stalked murder mystery.

In this definitive account of Ireland’s most notorious unsolved crime, Ralph Riegel, who has covered the case from the very beginning, delves into the facts of the murder that caused shockwaves across both Sophie’s native France and the quiet Cork countryside where her dream turned into a nightmare.

**Ralph Riegel** is the southern correspondent for the *Irish Independent*. He has worked as a journalist for several newspapers including the *Examiner*, *Evening Echo* and *Evening Herald*. He is a regular contributor to RTÉ, BBC and Virgin Media, and to British newspapers *The Independent* and *The Daily Telegraph*. He lives in Cork.

True Crime | April 2020 | Paperback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



**ARE YOU THERE GOD? IT'S ME ELLEN**

Confessions of a Catholic-Curious Feminist

Ellen Coyne

**Is it possible to be young, progressive and a Catholic? Journalist Ellen Coyne explores a desire to return to the Catholic Church despite it being an institution she does not entirely agree with**

About to turn 30, like many her age, Ellen had left the Church a long time ago, but she had never stopped believing in and talking to God.

Abandoning the Church had been an act of protest, a form of punishment. However, she began to wonder: who had really lost the most? Why should those who did the damage to the Church get to keep it and all its good bits, like going to Mass for the ritual and the community, having a clear guide for living a better life, and the comfort of believing it's not the end when somebody dies?

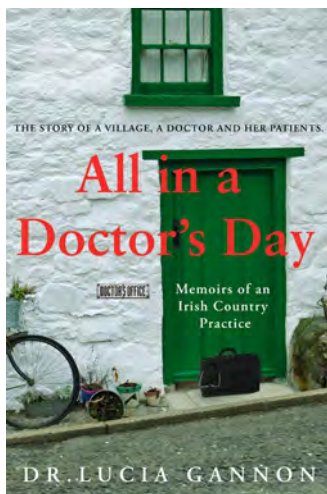
But how could she ally herself to an institution she doesn't entirely agree with? In her first book, Ellen tries to figure out how much she really wants to go back to the Catholic Church, and if it is even the right thing to do. This is a stunningly intelligent and thoughtful debut work of non-fiction that is sure to start a lot of interesting conversations.

**Ellen Coyne** is a new correspondent with the *Irish Independent*. She was previously Head of Politics with Joe.ie and a correspondent with *The Times Ireland*. In both 2017 and 2018 she won the Newsbrands Ireland Journalism award for political story of the year. A Waterford native, she lives in Dublin.

Memoir/Religion | November 2020 | Paperback | 272 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## ALL IN A DOCTOR'S DAY

Memoirs of an Irish Country Doctor

Dr Lucia Gannon

**An exciting debut about the life and career of an Irish GP in a small rural village, capturing the ups and downs running a practice and raising a family. For fans of *Call the Midwife*, *Home Fires* and *All Creatures Great and Small*.**

In the quiet Irish village of Killenaule, Co. Tipperary, you'll find a small doctor's surgery. This is where Dr Lucia Gannon, GP, ministers to her patients with their myriad of ailments. Meet the wily pensioner trying to pass an eye exam to continue her career as a dangerous driver; the lonely widow who needs someone to take the time to listen; the stressed teenager coping with an eating disorder, and the frightened elderly woman who doesn't want to leave her home. All are considered with kindness and compassion in this moving, eloquent and insightful book.

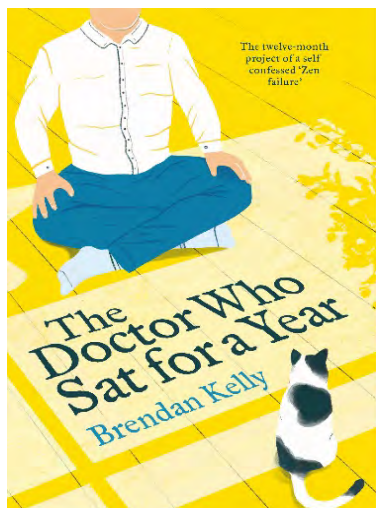
Drawing on twenty years of experience as a family doctor, Dr Lucia Gannon writes with wisdom and warmth about her life as a general practitioner in rural Ireland. Her memoirs capturing the ups and downs of running a practice while raising a family, and perfectly illustrating the importance of the personal connection between a country doctor and their patient.

**Dr Lucia Gannon** qualified as a General Practitioner in 1990. She has a special interest in mental health, infant nutrition and medical education. She is an Assistant Programme Director with the South East GP Training Programme and a GP Clinical Tutor for University of Limerick Graduate Entry Medical School (GEMS). She has a regular column in the *Medical Independent* and works with her husband at Killenaule Surgery, Thurles, Co Tipperary.

Memoir/Narrative Non-Fiction | April 2019 | Paperback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## THE DOCTOR WHO SAT FOR A YEAR

The twelve-month project of a self-confessed Zen failure

Brendan Kelly

**'An excellent introduction to the path of meditation. The author describes both how difficult meditation can be in the face of daily distractions and, ultimately, how easy it becomes when simple choices are put in place.'** Michael Harding

As a psychiatrist, Brendan Kelly is used to extolling the benefits of a daily meditation practice to patients, but following his own advice is a different story.

Finding the time to sit quietly every day isn't easy when you're already trying to juggle a stressful job, a busy family life, a cinema addiction, a cake habit and low-level feelings of guilt over an unused gym membership.

But this is the year he is going to do it. Can he improve his life by meditating for 15 minutes every day? Will it improve his relationships with his family and patients? And will he ever be more Zen than Trixie the cat?

In a quest for peace of mind, Brendan Kelly starts a diary about his attempts to add a daily meditation practice to an already full schedule. *The Doctor Who Sat for a Year* is a funny, thoughtful and inspiring book about embracing both meditation and our imperfections.

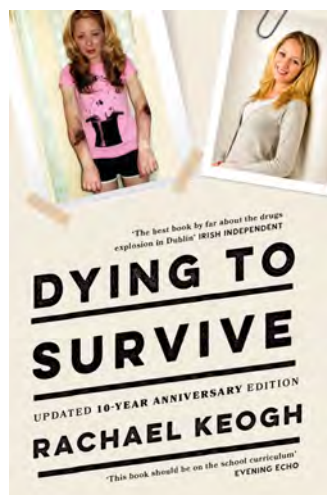
**Brendan Kelly** is Professor of Psychiatry at Trinity College Dublin, Ireland and Consultant Psychiatrist at Tallaght University Hospital. In addition to his medical degree, Brendan holds master's degrees in epidemiology, healthcare management and Buddhist studies; and doctorates in medicine, history, governance and law. Brendan has authored and co-authored over 250 peer-reviewed publications, 500 non-peer-reviewed publications, 13 book chapters and 11 books on themes related to mental health and wellness.

Memoir/Narrative Non-Fiction | March 2019 | Paperback | 272 pages

Translation Rights Available: World, all languages, excluding Korea and Thailand

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## DYING TO SURVIVE

Rachael Keogh

**The 10-year anniversary edition of the phenomenal bestseller, with a new introduction from Rachael reflecting on the ups and downs of her recovery ten years on.**

It has been 10 years since Rachael Keogh was catapulted into the public consciousness, when a shocking image of her needle-ravaged arms – skin burnt from injecting heroin into her wasted veins – made front pages around the country. Desperate for help, she made a public appeal to secure one of just 27 detox beds in Ireland so that she could reclaim her life from the drugs that had ravaged it. What followed was an extraordinary story of grit and determination as she embarked on her recovery journey. It became an instant bestseller.

This edition contains a new introduction from Rachael where she reflects on her story ten years on.

### **Praise for *Dying to Survive***

‘This book should be on the school curriculum’ ***Evening Echo***

‘The best book by far about the drugs explosion in Dublin’ **John Spain, *Irish Independent***

‘After reading *Dying to Survive*, nobody could think Rachael Keogh’s life is anything but 100% worthwhile’ ***Belfast Telegraph***

**Rachael Keogh** is a mother of one, living in Dublin.

Memoir | April 2019 | Paperback | 240 pages

Translation Rights Available: World, all languages excluding Dutch

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## MY NAME IS BRIDGET

The Untold Story of Bridget Dolan and the Tuam Mother and Baby Home

Alison O'Reilly

**New insight into the story that shocked Ireland and made international headlines in March 2017, when it emerged that 796 babies had been buried in a septic tank on the grounds of the former Mother and Baby Home.**

*My Name is Bridget* pieces together the story of Bridget Dolan, a young woman who gave birth to two sons in the Tuam Mother and Baby Home – and her daughter's quest to find her two brothers.

Following the death of her mother Bridget in 2001, Anna Corrigan discovered her mother's secret past spent in the home and has been tirelessly searching for answers relating to the whereabouts of her brothers John and William. Bridget gave birth to a boy, John, who died less than two years later. Bridget was then sent to work for a local family but became pregnant again and was sent back to the home where she gave birth to William.

Despite the nun's meticulous record keeping, no death certificate exists for William and it seems likely he was illegally adopted to America, while it is believed baby John was among the 796 buried in the septic tank, awaiting identification. Here with Alison O'Reilly, Anna pieces together one of Irish history's darkest chapters.

**Alison O'Reilly** is a documentary maker and journalist with the *Irish Mail on Sunday*. She was the first journalist to write about the burials in Tuam. Since then, Alison has written extensively about the Tuam babies and has spoken to survivors and the families of the children who died there. Alison began her career in 1994 and has worked with several broadcasting companies. Her specialised areas of interest include children's rights, Mother and Baby Homes, adoptions and crime.

Memoir/True Crime | April 2018 | Paperback | 336 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## STORIES FROM THE DEEP

Reflections on a Life Exploring Ireland's Deep Atlantic

Ken O'Sullivan

**A fascinating collection of stories exploring the fauna, flora and culture of Ireland's western coastline from underwater cameraman and filmmaker Ken O'Sullivan.**

Spun from the author's first-hand experience as an underwater cameraman and filmmaker, *Stories from the Deep* is a lyrical exploration of Ireland's coastal waters.

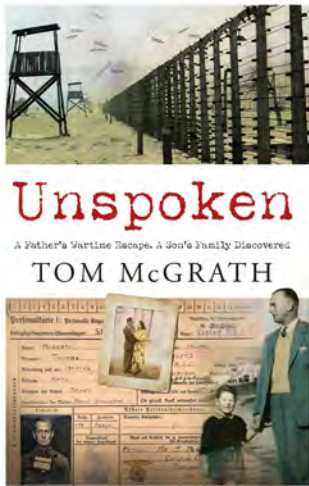
From encounters with its rarest and most striking fauna, like the blue whale and mako shark, to broader considerations of its impact on the language and history of Ireland, *Stories from the Deep* is an eloquent tribute to the enduring beauty of the natural heritage of Ireland and the magical connection the people of Ireland have with the sea.

**Ken O'Sullivan** is a documentary filmmaker. He returned to his native Clare after 13 years in the US, England and mainland Europe. In 2007 he founded Sea Fever Productions, whose credits include 2018's critically acclaimed Ireland's Deep Atlantic for RTÉ.

Narrative non-fiction /Memoir | October 2019 | Hardback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## UNSPOKEN

A Father's Wartime Escape. A Son's Family Discovered

Tom McGrath

**The incredible untold story of an Irish man's conscription to the British Army during World War II, subsequent capture and escape from a POW camp -- and of his son's discovery of his parents' hidden lives**

Growing up in Waterford, Tom McGrath never noticed the odd gaps in the stories of his parents'

lives before he was born; it was only many years after they died that he uncovered the unspoken truths, which did so much to explain the people they had been.

Here he tells the incredible true story of his father's conscription into the British Army, his escape from a prisoner-of-war camp in Poland, his daring journey across Europe and subsequent recapture – and the devastating news that awaited him in England. Tom's research also led him to discover that his mother also carried a heartbreaking secret.

In writing this book Tom not only recreated his father's nail-biting escape but also embarked on a journey of his own to reconnect with previously unknown family members in order to piece together an extraordinarily rare tale that encompasses memoir, family history, and the parallel stories, which were almost lost for ever, of his parents' lives of desperate hardship.

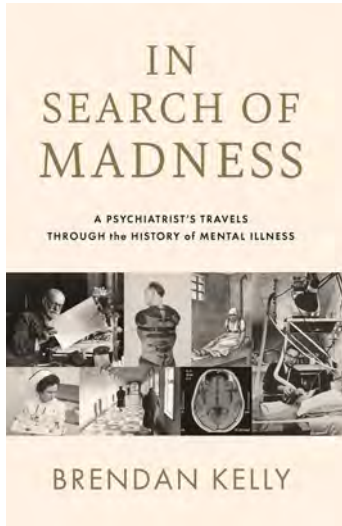
**Tom McGrath** was born in Cork City and brought up in Waterford. He is a retired solicitor, and he continues to practise as a notary public. Tom is married with two adult children and four grandchildren. *Unspoken*, which was written following years of painstaking detective work and research, is his first book.

History | March 2022 | Paperback | 340 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





## IN SEARCH OF MADNESS

A Psychiatrist's Travels Through the History of Mental Illness

Brendan Kelly

**A fascinating exploration of mental illness and society's changing attitudes through history**

Who is 'mad'? Who is not? And who decides?

In this fascinating new exploration of mental illness, Professor Brendan Kelly examines

'madness' in history and how we have responded to it over the centuries.

We travel from the psychiatric institutions of India to Victorian scientific studies of the brain. We discover the beginnings of formal asylum care and witness the experimental 'therapies' of the cavernous psychiatric hospitals of the nineteenth and early twentieth centuries in Ireland, England, Belgium, Italy, Germany and the US.

Covering institutionalisation, lobotomy and the Nazis' 'Aktion T4', as well as Freud, psychoanalysis, cognitive behavioural therapy (CBT) and neuroscience, Professor Kelly examines the shift from 'psychobabble' to 'neurobabble' in recent times.

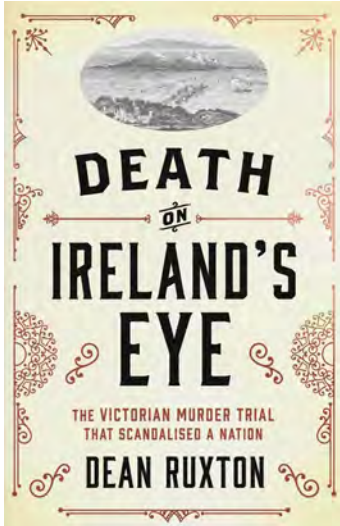
*In Search of Madness* is an all-encompassing history of one of the most basic fears to haunt the human psyche, and it concludes with a passionate manifesto for change: four proposals to make Irish mental health services more effective, accessible and just.

**Professor Brendan Kelly** is a professor of psychiatry at Trinity College Dublin and a consultant psychiatrist at Tallaght University Hospital in Dublin. In addition to his medical degree, he has master's degrees in epidemiology, healthcare management, and Buddhist studies, and doctorates in medicine, history, governance, and law. He has published two previous books with Gill, *The Doctor Who Sat for a Year* and *The Science of Happiness*.

History | April 2022 | Paperback | 336 pages Translation

Rights Available: World, all languages, excluding Chinese

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## DEATH ON IRELAND'S EYE

The Victorian Murder Trial That Scandalised a Nation

Dean Ruxton

**A compelling modern analysis of the Victorian murder trial that scandalised Ireland.**

A tragic death, a murder trial and a 170-year-old mystery – but what really happened?

Shortly after Maria Kirwan died in a lonely inlet on Ireland's Eye, it was decided that she had

drowned accidentally during a day spent with her husband on the island. This inquest verdict appeared to conclude the melancholy events that consumed the fishing village of Howth, Co Dublin, in September 1852.

But not long afterwards, suspicion fell upon Maria's husband, William Burke Kirwan, as whispers of unspeakable cruelty, an evil character and a secret life rattled through the streets of Dublin. Investigations led to William's arrest and trial for murder.

The story swelled into one of the most bitterly divisive chapters in the dark annals of Irish criminal history. Yet questions remain: Does the evidence stand up? What role did the heavy hand of Victorian moral outrage play? Was William really guilty of murder, or did the ever-present 'moral facts' fill in gaps where hard proof was absent?

Now, this compelling modern analysis revisits the key evidence, asking sober questions about the facts, half-facts and fantasies buried within the yellowed pages of the Ireland's Eye case files.

**Dean Ruxton** tells stories. Old ones, mostly. As an author and digital journalist, he is best known for writing that peers into the dark, fascinating corners of historical crime in Ireland. Dean works for *The Irish Times*, where he writes and curates his archive project, 'Lost Leads'. His first book, *When the Hangman Came to Galway*, was published by Gill in 2018. He lives in Dublin.

History | February 2022 | Paperback | 246 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## IRELAND'S SECRET WAR

Dan Bryan, G2 and The Lost Tapes That Reveal The Hunt for Ireland's Nazi Spies

Marc McMenamin

**A thrilling account of the true extent of Irish - Allied co-operation during World War II.**

*Ireland's Secret War* reveals strategic Nazi intentions for Ireland and the real role of leading government figures of the time, placing Dan Bryan and G2 – the military intelligence branch of the Irish Defence Forces – at the centre of the country's battle against Nazi Germany.

With the help of over thirty-five hours of previously unpublished audio recordings that were held in storage in northern California for over fifty years, Marc Mc Menamin reveals the extraordinary unheard history of WWII in Ireland, told from the point of view of the main protagonists.

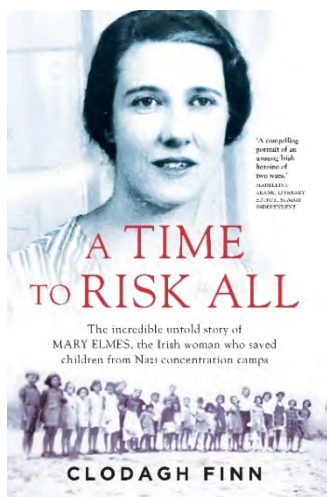
Fascinating and entertaining, *Ireland's Secret War* reassesses the legacy of the Irish contribution to the Allied war effort through the voices of those involved at the time.

**Marc McMenamin** is a teacher and documentary maker. A specialist in exploring uncharted corners of Irish history, he is also the creator of several acclaimed radio documentaries with RTÉ's *Documentary on One*, including 'Good Cop/Bad Cop', exploring the life of controversial former NYPD officer Peter Daly; and 'Richard Hayes, Nazi Codebreaker', which became McMenamin's bestselling book, *Code Breaker*.

History | April 2022 | Paperback | 256 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



## A TIME TO RISK ALL

The incredible untold story of the life of Mary Elmes, the Irish woman who saved children from Nazi concentration camps

Clodagh Finn

**A forgotten heroine, finally Mary Elme's story has come to light, and will be remembered as she deserves.**

Mary Elmes was an extraordinary woman. Born and educated in Ireland. She travelled to Europe in the 1930s and volunteered to help refugees from the Spanish Civil War.

By 1942 it was obvious that Jewish children were also in danger, and she risked her life to help hundreds of them escape from detention camps.

She was arrested and imprisoned by the Gestapo on charges of carrying out a series of hostile acts against Germany, secret border crossings, and propaganda against the Reich.

When the war was over she never spoke about what she had done in either conflict.

**Clodagh Finn** has been writing and editing for 25 years. She spent 10 years at the *Irish Examiner* where she was a senior reporter, feature writer and columnist. Then she moved to France to work as a freelance writer and editor for Agence France Presse, Bayards Presse, Time Out and UNESCO. More recently, she was a senior Sub-Editor at the *Irish Independent* before being appointed Letters Editor and later Production Editor. She has also contributed to RTÉ, *The Irish Times*, the *Sunday Tribune* and *The Sunday Business Post*.

History | September 2017 | Paperback | 256 pages

Translation Rights Available: World, all languages, excluding Czech

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)





DE VALERA

VOLUME 1 RISE (1882–1932)

David McCullagh

**The first of two volumes, this is the definitive biography of Éamon de Valera.**

Éamon de Valera is the single most consequential Irish figure of the twentieth century. He was a leader of the Easter Rising, the figurehead of the anti-Treaty rebels during the dark days of the Civil War and, later, as the founder of Fianna Fáil and President of Ireland, *the* pivotal figure in the birth of the Republic.

While de Valera the statesman, the rebel, the visionary, has passed over into a sort of myth, de Valera the man remains an elusive, almost opaque presence.

Here, and for the first time, historian and broadcaster David McCullagh considers the man behind the colossal achievements, sketching a groundbreaking portrait of de Valera's life and his complex, ever-shifting legacy.

**David McCullagh** is the author of *The Reluctant Taoiseach*, a biography of John A. Costello, and *A Makeshift Majority*, a history of the first inter-party government. He began working as a journalist with the *Evening Press* before joining RTÉ, where he currently presents the broadcaster's flagship current affairs programme, *Primetime*.

History/Biography | October 2017 | Hardback | 544 pages

Translation Rights Available: World, all languages

Contact: Gabriela Scolik at [office@printcompany.co.at](mailto:office@printcompany.co.at)



DE VALERA

VOLUME 2 RISE (1932–1975)

David McCullagh

**The concluding volume of David McCullagh’s magisterial new biography of Éamon de Valera.**

Éamon de Valera is the single most consequential Irish figure of the twentieth century. He was a leader of the Easter Rising, the figurehead of the anti-Treaty rebels during the dark days of the Civil War and later, as the founder of Fianna Fáil and President of Ireland, *the* pivotal figure in the birth of the Republic.

In this, the concluding volume of David McCullagh’s monumental new life of the revolutionary and statesman, we join De Valera in 1932 as he takes the reins of power for the first time and follow him as he confronts one challenge after another – the Trade War, the Emergency, the drafting of Bunracht na hÉireann, the North, the declaration of the Republic – and sets about gradually remaking a sovereign Ireland in his own image.

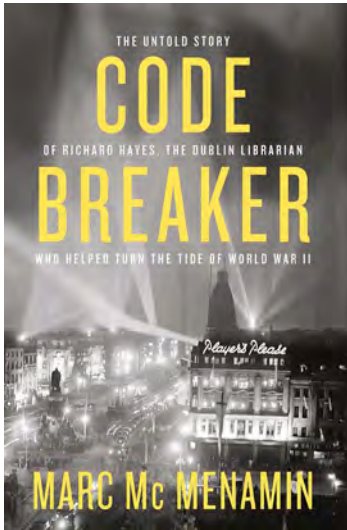
Beautifully written and deeply researched, McCullagh’s *De Valera* is a provocative and nuanced portrait of Ireland’s most enigmatic leader, as well as a balanced assessment of the role ideology has played in shaping our national self-image.

**David McCullagh** is the author of *The Reluctant Taoiseach*, a biography of John A. Costello, and *A Makeshift Majority*, a history of the first inter-party government. He began working as a journalist with the *Evening Press* before joining RTÉ, where he currently presents the broadcaster’s flagship current affairs programme, *Primetime*.

History/ Biography | October 2018 | Hardback | 536 pages

Translation Rights Available: World, all languages

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## CODE BREAKER

The untold story of Richard Hayes, the Dublin Librarian who helped turn the tide of World War II

Marc McMenamin

**The incredible true story of the librarian, the Nazi spy and Ireland's role in turning the tide of World War II.**

When unassuming librarian Richard Hayes, a gifted polymath and cryptographer, was drafted by Irish intelligence services to track the movements of a prolific Nazi spy, Hermann Görzt, Dublin became the unlikely venue for one of the most thrilling episodes in Irish history.

In a complex game of cat and mouse that would wind its way through the city and its suburbs, *Code Breaker* reveals how Richard Hayes cracked a code that helped turn the tide of World War II, and uncovers a secret history of the capital that has remained hidden in plain view for the past 70 years.

**Marc Mc Menamin** is a journalist and documentary maker. A specialist in exploring uncharted corners of Irish history, he is the maker of several acclaimed radio documentaries, including *Good Cop/Bad Cop*, exploring the life of controversial former NYPD officer Peter Daly, and *Richard Hayes, Nazi Codebreaker*.

History | October 2018 | Paperback | 256 pages

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