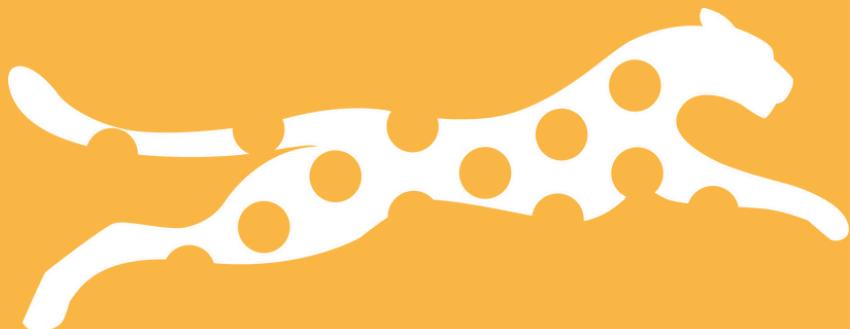


BONNIER
Books UK



LEAP

2025/2026

LEAP

Books to inspire, inform and spark change

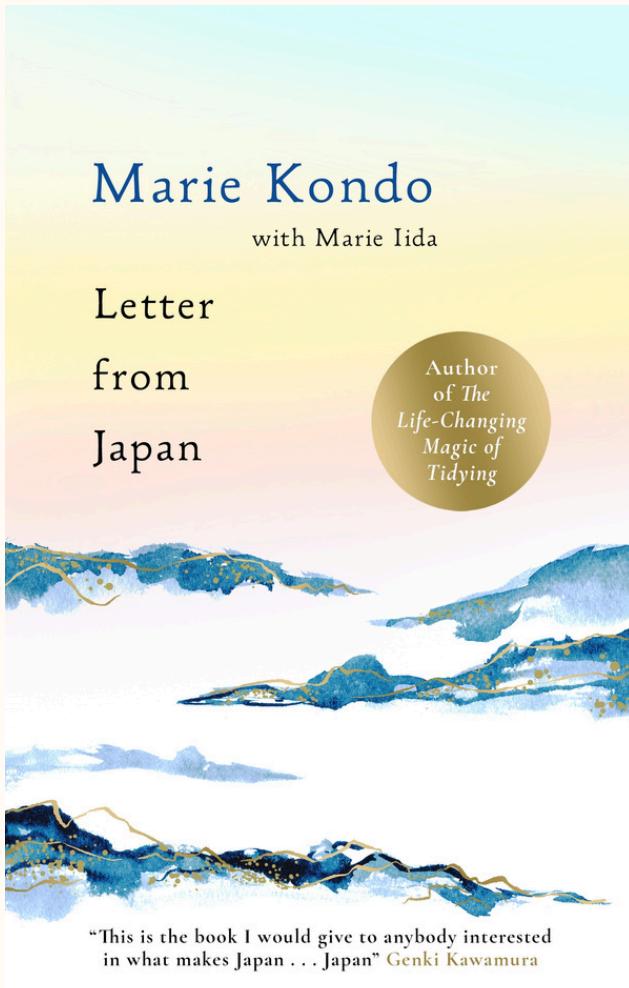
LEAP is Bonnier Books UK's new non-fiction imprint publishing books to inform, inspire and spark positive change. Led by Publisher Carole Tonkinson, the LEAP list includes, but is not limited to, lifestyle and wellbeing books: it features cultural conversations, highlights important issues and platforms individuals who are beacons of hope.

The LEAP imprint was born out of our need to grow and change as individuals and the need for positive, collective change. The books are defined as much by attitude as by subject matter: they are united by an optimistic stance, and informed by experts but peer-to-peer in tone.

Letter From Japan

From the No.1 Bestselling Author

MARIE KONDO WITH MARIE IIDA



**Scan to listen
to Chapter 1**

£16.99

Hardback

9781785125140

320 pages

16/10/2025

The brand new lifestyle guide from Marie Kondo, explaining her principles for life, drawn from Japanese culture.

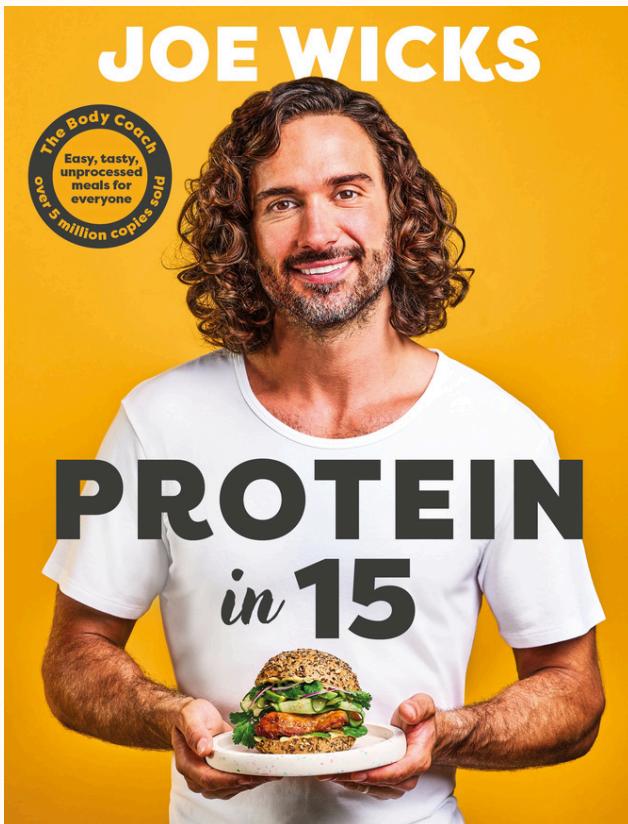
The brand new book from bestselling author and television personality Marie Kondo explores her cultural roots and reveals the aspects of Japanese culture that are intrinsic to her world-famous tidying method. The six chapters in this book – Cherish, Perfect, Consider, Harmonise, Purify, and Savour – represent guiding principles by which Marie leads her life every day. They also define the values that flow through the arts, rituals, and sensibilities of Japan.

We discover why appreciating the beauty of *sakura* (cherry blossom) allows for a moment to deeply experience a season through a single entity (Cherish). In the traditional tea ceremony, we see the importance of *kiwameru*, the Japanese word for achieving mastery or perfection (Perfect). In *umami*, we taste how something simple and delicious can nourish the heart (Savour). We explore why the things left unsaid, *ma*, are just as important as the words we say (Harmonise).

Protein in 15

Easy, tasty, unprocessed meals for everyone

JOE WICKS



£22.00

Hardback

9781785128547

224 pages

04/12/2025

The new book by The Body Coach coming this December!

National Treasure Joe Wicks is back with *Protein in 15*, packed with quick, delicious, protein-packed and unprocessed recipes for the whole family.

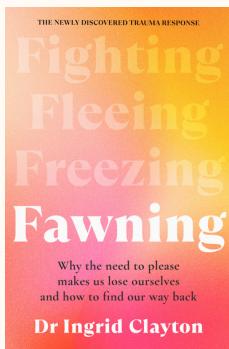
We all need protein to help us balance blood sugar, build muscle, and maintain energy and concentration. Whether you're an experienced gym-goer, experiencing peri-menopausal symptoms or simply want to boost your protein without relying on ultra processed foods, *Protein in 15* has you covered. Real food for real people, the recipes are simple and speedy but big on flavour and are made with easy-to-source, unprocessed ingredients.

Whether you fancy a spicy chicken burger, banging steak burrito, meat-free Bolognese, or creamy chicken harissa pasta, this book is for you. *Protein in 15* will show you that it's possible to eat a protein-rich diet using fresh, whole foods with nothing added.

Fawning

Why the Need to Please Makes Us Lose Ourselves
– and How to Find our Way Back

DR INGRID CLAYTON



£20.00 | Hardback | 9781785123023

£16.99 | Trade Paperback | 9781785123030

320 pages

09/09/2025

A book looking at the fourth 'F' of trauma responses: fawning, from a professional trauma therapist.

Fawning is the vital, newly-discovered topic in psychology. You've heard of fight, flight and freeze – but fawning might be the most common trauma response of all. Learn how to work through it and find freedom with the leading expert, Dr. Ingrid Clayton.

Do you avoid conflict?

Do you tend to take the blame?

Do you take care of others at the expense of yourself?

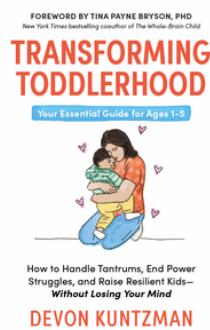
Do you live in a state of hypervigilance?

Fawning can present as being more of who someone is: smart, generous, successful, funny, or beautiful, while for others it's about being less: vocal, ethnic, creative, self-assured or boundaried. Fawning can be visible or invisible; it can manifest in our relationships to sex or money, or in the tendency to 'people-please'; but one thing remains constant: it is about finding safety in an unsafe world, often at our own expense.

Transforming Toddlerhood

How to Handle Tantrums, End Power Struggles and Raise Resilient Kids – Without Losing Your Mind

DEVON KUNTZMAN



£14.99

Trade Paperback

9781785124259

432 pages

21/10/2025

Proven, Practical, and Developmentally Appropriate Parenting Solutions for Kids Ages 1-5.

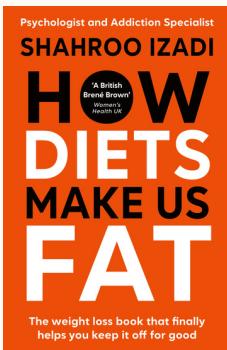
Transforming Toddlerhood outlines modern solutions to age-old parenting dilemmas, including getting your toddler to brush their teeth, introducing a new baby to your toddler, streamlining bedtime, and much more. Blending both personal and client stories with practical and applicable advice, the result is a book designed to help parents confidently and joyfully parent their toddlers without fear and frustration.

Each chapter includes pull-outs ranging from red flags to look out for, "Toddler Tips", scripts for exactly how to respond to your toddler, expert contributions, and reflection questions. For easy access, the book is divided into 5 parts (The Toddler Brain, the Emotional Toddler, the Physical Toddler, the Social Toddler, the Toddler Parent) to help parents navigate challenges as they come while also building an effective framework for positive, effective, developmentally appropriate parenting.

How Diets Make Us Fat

The weight loss book that finally helps you keep it off for good

SHAHROO IZADI



£20.00 | Hardback | 9781785122774

£14.99 | Trade Paperback | 9781785124310

304 pages

18/12/2025

Shahroo Izadi delves deep into the intricacies of food addiction perpetuated by diets and unveils the secret to sustainable weight loss through actively unlearning damaging (and fattening) diet habits.

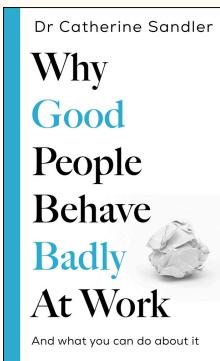
In this ground-breaking book, Shahroo Izadi delves deep into the intricacies of food addiction perpetuated by diets and unveils the secret to sustainable weight loss through actively unlearning damaging, and fattening, diet habits. Drawing on both professional and lived experience, Izadi challenges conventional wisdom surrounding diets, offering readers a clear, compassionate and restorative framework for reclaiming power over food and losing weight for good.

How Diets Make Us Fat serves as a defiant call to arms against the diet industry's exploitation and manipulation. By learning to truly trust and believe in themselves again, readers can flip a defiant middle finger to the industry that has profited from their suffering for far too long and finally find the mental peace and physical balance they deserve.

Why Good People Behave Badly at Work

And what you can do about it

DR CATHERINE SANDLER



£18.99 | Hardback | 9781785122903
£16.99 | Trade Paperback | 9781785122910
256 pages
15/01/2026

In *Why Good People Behave Badly at Work*, executive coach Dr Catherine Sandler offers a compelling way to understand what happens when individuals at work are triggered into shifting from their most effective to their most dysfunctional selves.

You have probably heard of Fight, Flight and Freeze. Perhaps you fall into one of these patterns?

In this highly accessible book, Dr Sandler introduces the reader to her renowned profile framework, which is normally only available to senior executives. Learn to identify your own habitual patterns of behaviour and which animal type fits you and your colleagues.

Packed with stories, case studies and practical tips, this book will help you overcome your blind spots and recognise and maximise your strengths. Working out if you are a Tiger (Fight), Dolphin (Flight), or Owl (Freeze) will help you manage your stress and improve your ability to understand and handle the challenging behaviour of others.

Whispering Rooms

GENKI KAWAMURA AND MARIE KONDO



£12.99

Paperback

9781806170586

224 pages

22/01/2026

Novelist and filmmaker Genki Kawamura and Marie Kondo present seven fantasy short stories through the voices of various items and rooms, based on true stories from Marie Kondo's personal experience of tidying over 1,000 rooms.

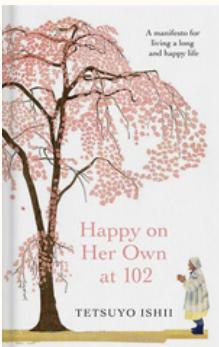
'Some things we know are present cannot be seen with our eyes.'

This Japanese belief has existed for thousands of years. Through tidying up and discarding their possessions, characters in these stories come face-to-face with their memories and realise that some things exist but cannot be seen with their eyes. Each story touches on the moment when people realise what happiness in life means and choose things that truly spark joy.

In these stories, Miko, a professional tidying consultant based on Marie, helps people tidy their homes and identify items that bring them joy. Along with her companion, an opinionated talking box named Boxter, Miko has a special power that no one else knows about – the ability to hear the voices of objects in a room. The stories are comical, compelling and emotional and Miko's tidying skills are frequently challenged.

Happy on Her Own at 102

TETSUYO ISHII WITH CHUGOKU SHIMBUN



£12.99

Hardback

9781806170081

288 pages

05/02/2026

This is a manifesto for living a long and happy life, but also for finding peace in the wake of difficult times, from a 102-year-old (now 104!).

We live in an age where bad news is ever present, and it can often feel like a struggle just to get through the day. Between work, bills, relationship issues, and health scares, it's no wonder that people are craving a new perspective, a way to approach life that focuses on the positive, while also finding strength in dealing with the negative. Tetsuyo has certainly seen her fair share of ups and downs, but through it all she's developed a distinct outlook on life, which she now shares here. The perfect gift book for readers across the reading spectrum, *Happy on Her Own at 102* is a warm-cup-of-tea kind of book, both prescriptive and comforting, guaranteed to break through the noise of our frenetic everyday lives.

She Wanted More

How to take up space, ask for what you want and dream big

POORNA BELL



£16.99 | Hardback | 9781785122835
£13.99 | Trade Paperback | 9781785122842
304 pages
19/02/2026

A call-to-arms for women everywhere, to demand more and reclaim themselves, from acclaimed writer Poorna Bell.

Part memoir and part exploration, *She Wanted More* is a call-to-arms for women of all ages, and a radical rejection of the belief that we should be grateful for what we've been given. It charts the societal revolution taking place among mid-life women and older, where traditional norms are being dismantled in order to reclaim a fundamental part of themselves. The book will follow Poorna's own journey as a woman in her forties trying to figure out what life should look like now and in the future.

Featuring interviews with Marian Keyes, Asma Khan, Hollie McNish, Jennifer Cox and Salima Saxton, among many others, Poorna shares the stories of women who have wanted more, including her own, and explores what we can all do to demand it.

We Are Each Other

JESS MILLS



£18.99

Hardback

9781785124709

304 pages

05/03/2026

**A moving memoir about loss and
motherhood but mostly about love
from Jess Mills.**

In Spring 2017, Jess gave birth to her first daughter, Ottie. Ten weeks later her mother, the much-loved Labour politician Dame Tessa Jowell MP, was diagnosed with advanced brain cancer. This is the story of the year that Jess spent with her baby daughter in one arm, and her dying mother in the other – of becoming a mother whilst losing her own.

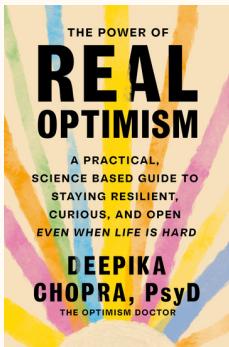
Though Tessa Jowell lived a life of public service, this is not the story of a public person. *We Are Each Other* tells, with a powerful lyricism and raw intensity, of a mother and a daughter walking both sides of life and death together, documenting the extraordinary human ability to love, grieve and renew.

In *We Are Each Other* Jess seeks to write the book she desperately needed to read to offer hope and solace.

The Power of Real Optimism

A Practical, Science-Based Guide to Staying Resilient, Curious, and Open Even When Life is Hard

DEEPIKA CHOPRA



£16.99 | Hardback | 9781785122729

£13.99 | Trade Paperback | 9781785122736

288 pages

17/03/2026

A guide to building and maintaining optimism in everyday life.

Optimism isn't about pretending everything is fine. It's about staying open and flexible – especially when it's not. In this fresh, science-backed debut, professional psychologist and media expert Dr. Deepika Chopra shows us how to build the kind of optimism that can withstand real life. We've been sold the idea that optimism is a mood, a mindset, or worse, just an inherent trait. But what if real optimism is something else entirely?

Chopra offers a radically different definition: optimism as a science, a skill, and a psychological muscle we can strengthen. She offers a toolkit for navigating the chaos, uncertainty, and nuance of being human – without losing yourself to it. Because real optimism doesn't deny the dark, it teaches us how to see in it.

Grounded, practical, and poetic in all the right ways, this book will challenge your relationship with hope and invites you to stay soft without falling apart.

Training for your Old Lady Body

An honest, no bullsh*t guide to help women (re)frame exercise

ELIZABETH DAVIES



£16.99

Trade Paperback

9781785127069

304 pages

19/03/2026

An honest, no bullsh*t guide to help women (re)frame exercise as a way of safeguarding our quality of life into older age.

Training For Your Old Lady Body makes the case for why we need to rewrite the narrative around women's fitness, discussing how we can change our behaviour and form new habits. The book explores the various areas in which our training should be focused – muscle and strength, bone mineral density, heart health, pelvic floor, mobility, flexibility and stability, cognitive function and nutrition – and help us put everything we learn into practice and create a training plan. Elizabeth wants to give women the prompt to take a step back and focus on the BIG picture. Not a six-week bikini body transformation, but a way of training for life throughout our life, that really sets us up and not back. That's what this book is all about: ensuring that whatever our age or activity levels, we know what we need to do to be old lady body ready when the time comes.

Pleasure

It's Yours to Own

EMMA-LOUISE BOYNTON



£20.00 | Hardback | 9781785129711
£16.99 | Trade Paperback | 9781785125041
304 pages
26/03/2026

An exploration of women's sexuality through unmet needs and unspoken thoughts which radically recalibrates our relationship to sex and intimacy.

Pleasure explores the ways in which women have been systematically disconnected from their bodies throughout history and the transformative power of reclaiming that connection through pleasure. From the cultural mythology of sex as something women give and men take, to the historical demonisation of female pleasure through witch trials and religious doctrine. *Pleasure* traces the ways in which women's bodies have been turned into religious battlegrounds. Yet, it also reveals the radical, healing power of reclaiming pleasure as an act of resistance and joy.

Drawing on personal experiences, cultural analysis and interviews with experts, *Pleasure* unpacks the myths we've inherited - from the virginity ideal to the male-centric view of sex – and how they affect women's lives today. By weaving historical context with contemporary stories, it offers a radical yet hopeful roadmap for women to reconnect with their bodies, rewrite their sexual stories and, ultimately, cultivate more pleasure-filled lives.

The Honeymoon

A brief, beautiful, true love story

LAURA MURPHY



£18.99 | Hardback | 9781785129513
£13.99 | Trade Paperback | 9781785129520
288 pages
02/04/2026

The true story of the soul-searching quest of Laura Murphy, who embarks on her honeymoon alone after her fiancé's tragic death.

Both devastating and inspiring, *The Honeymoon* is a brilliant commercial non-fiction project, pitched as a non-fiction Nicholas Sparks, a tear-jerker of a heartbreakin love story about the author's experience of losing her partner a month before their planned wedding, and then deciding to go on her honeymoon in a soul-searching quest as she stumbles through her grief and beyond. The story was covered in the Washington Post and widely in the UK media.

The Honeymoon is not a book about grief. There is grief in it, but it will not offer advice. Instead, Murphy offers the story of her six weeks in Europe on her honeymoon alone, told in short chapters based around specific experiences – some emotionally harrowing, most uplifting or even funny – that helped her realise that people care, and life is full of moments to be cherished.

Make Life Happier

23 Practical Ways to Feel Better,
Find Meaning and Make a Difference

MARK WILLIAMSON



Make Life Happier

23 practical ways to feel better,
find meaning and make a difference

Dr Mark Williamson

Co-founder and Director of Action for Happiness

£16.99

Trade Paperback

9781785124747

304 pages

23/04/2026

A refreshing guide for how to live a happier life, blending scientific insights with years of unique real-world experience – from 'happiness engineer' Dr Mark Williamson, the Founder/Director of Action for Happiness, the world's largest (non-commercial) community promoting wellbeing.

This book offers 23 practical ways to make life happier. It's based on evidence from the latest scientific research combined with unique insights from the author, plus proven ideas that he has helped thousands of people to adopt successfully in their everyday lives.

It goes much deeper than typical self-help advice, covering a wide range of themes which contribute to lifelong wellbeing. Crucially, the book combines actions you can do to improve your own happiness with actions that benefit others too. The first part covers self-care themes such as mindfulness, optimism, self-acceptance, goals and purpose. The second part covers relational themes, including listening, vulnerability, forgiveness and community.



The Psychology of Luck

Korean Secrets for Attracting Wealth and Success

MIN JI YOO

£14.99 | Hardback | 9781785126598

£12.99 | Trade Paperback | 9781785126604

288 pages

09/06/2026

Is it possible to create your own luck? Korean TV producer Min Ji Yoo shares her wisdom on how luck is made, exploring the link between luck and personal success.

Praised as a book that 'brings you luck the moment you open it', this book contains lessons on how to understand – and use – the psychology of luck.

Why are successful people so obsessed with luck?

Because they want to draw things of value to them.

The average person will experience at least a couple of lucky breaks in their lives, but life's successes and failures are dependent on how well you recognize the signs of such luck.

Born into a family with a gift of intuitive foresight and raised in Korean traditions of numerology, astrology and shamanism, Min Ji Yoo has developed deep insights into how people attract luck, money and the things they value to themselves. In *The Psychology of Luck*, Min Ji Yoo focuses on how successful people harness their luck to attract success – and how we can too.



Once I Get Started

RUSSELL RAMSAY

£16.99

Trade Paperback

9781785126581

304 pages

18/08/2026

A globally recognized clinical psychologist, Dr. Ramsay utilizes the latest research to confront the overlooked, hidden devastations of adult ADHD and reveals his evidence-based, patient-approved programme to transform lives.

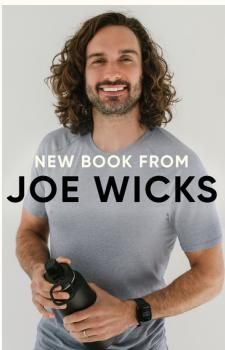
Despite prevailing assumptions, ADHD is still an underdiagnosed condition. Not only is the diagnostic scale subjective, but the hallmarks of ADHD often remain shrouded behind conditions like anxiety and depression. Most individuals with ADHD live through their formative years with symptoms that so powerfully derail their confidence, future, career, relationships, and sense of self. And many of them are not first diagnosed until adulthood despite their struggles.

An esteemed psychologist and retired clinical professor at the University of Pennsylvania's Perelman School of Medicine, Dr. Russell Ramsay, has worked with countless patients – some suffering from severe cases of ADHD, others having experienced the common frustrations of undiagnosed ADHD for most of their lives. With the help of his groundbreaking program, his patients have found ways to support their brain, express their emotions, prioritise what matters, release shame, blame, and guilt, and see the world in the creative, bright, brilliant delight this neurodivergence offers.

BREAKING NEWS

Healthy Start

JOE WICKS



£22.00

Hardback

9781785128561

208 pages

27/08/2026

The new book from The Body Coach, Joe Wicks, this time with fun, easy and healthy recipes for young families.

From bestselling author Joe Wicks comes a brand-new recipe book, with food for all the family. *Healthy Start* is a collection of simple, healthy recipes for parents of kids aged 0-5. Packed with nourishing, natural, wholesome and exciting dishes, Joe makes healthy eating simple and fun, with recipes made for adults and kids who can sit down and share these delicious meals.

Mary Earps

MARY EARPS



£22.00 | Hardback | 9781806171279
£16.99 | Trade Paperback | 9781806171286
304 pages
06/11/2025

A memoir from England Lioness Mary Earps, telling her full story in three parts: Preparation, Intuition and Going All In.

Mary Earps burst into the hearts of millions with the save seen around the world. But just three years earlier it was a different story. Dropped from the national team, unable to pay the bills, she was branded delusional and told she was finished. So, what changed? What took her from the end of the road to the top of the game?

This is not another sports memoir; it's a playbook for anyone who has ever thought they don't fit in and a blueprint for success on your own terms. This is a book about the moments that change everything, and the years of hard-work, tough decisions, and relentless self-belief that make them possible.

Told in Mary's inimitable voice, this is her unfiltered story, lifting the lid on the reality of being an elite female athlete in a man's world and the lessons she learned along the way.

LOOKING AHEAD

2027 TITLES

I Hope You Hate This

NICK POLLARD



£16.99

Trade Paperback

9781806170982

320 pages

05/01/2027

An action plan filled with more than a few rock bottom moments to help the reader avoid many of the pitfalls the author faced – and know what to do when you fall into them.

With time-tested strategies from real-life experiences, *I Hope You Hate This* is a hard-to-hear guide through the transformation process. Following the author's journey of addiction and recovery, this book banishes the B.S. and offers a more honest approach to getting your life back.

Over time, with consistent action, you can commit to living the life you've always wanted. True change doesn't come easy. And it doesn't come from reciting a million affirmations, looking yourself in the mirror and repeating words you know aren't true. It comes from taking real and repeatable action. People don't change because they want to. They change because they must.

Consider this book a coach with a cover, meant to move you through the challenges of reclaiming your life and navigating the rocky waters of self-improvement. In a world of relentless but useless optimism, *I Hope You Hate This* is the wake-up call we've been waiting for.

How to Build a Village

ROSIE SPINKS



£16.99 | Hardback | 9781806171224
£14.99 | Trade Paperback | 9781806171231
304 pages
14/01/2027

A self-help book and a manifesto for a more enriched way of living, *How To Build a Village* is filled with practical positivity, offering guidance for readers of all ages.

How To Build a Village is a book about how to regain that physical, in-person support and kinship that our ancestors expected to have by default, but modern life has systematically drained from our lives. Through a mix of first-person narrative and reporting, the book invites the reader to undergo a paradigm shift in how they see themselves and their place in the world: not as an individual actor striving for personal success in harsh world, but as a node in a web of interdependence that stretches back to our very origins.

Rosie Spinks argues that framing "the village" as strictly the terrain of parenting or raising children is part of the problem. With this book, Spinks intentionally tries to make the topic of caregiving for children, yes, but also for elders, our neighbours, single people, and non-human living things, urgent and applicable for everyone.

The Warrior Monk Mindset

KRISHNA THAPA



£22.00 | Hardback | 9781806171873
£16.99 | Trade Paperback | 9781806171880
288 pages
11/03/2027

Krishna Thapa distils the timeless wisdom he learned as a practising monk and a SAS serviceman into practical steps anyone can take every day to live a less anxious, more meaningful life.

Growing up in mountainous Nepal, Krishna Thapa faced huge adversity and pressure to become one of the rare men to be chosen to join the prestigious Gurkhas. But through self-discipline, mental toughness, and hard work, Thapa transformed himself into one of only a handful of Gurkhas to make it into the SAS, going on to fight on the frontlines of conflicts in Iraq and Afghanistan.

In *The Warrior Monk Mindset*, Krishna shares his incredible life story and reveals the practical lesson and tools rooted not in doctrine but in a tangible philosophy you can live your life by every day. This is The Warrior Monk Mindset and Krishna's story illuminates a middle path to embrace both the warrior and the monk side of yourself, and shows how anyone can push past trials and setbacks to realise their full potential.

Bring Your Shadow Alive

KRISTAN SARGEANT



£16.99
Trade Paperback
9781806171842
304 pages
18/03/2027

Kristan's magic and expertise surrounds her belief that only by embracing our own darkness can healing and genuine personal growth take place.

Every human carries a Shadow in their unconscious, no matter how good or bad their childhood. Most of us just don't know it. Huge problems arise from denying and ignoring our Shadow. There are huge gains that come from finding and partnering with our Shadow.

This book will teach you to bring your Shadow alive. You will learn to accept and treat your Shadow as an equally legitimate Self with its own consciousness and point of view.

The tools and practices in this book will teach you to self-regulate and recover quickly. You'll find yourself returning to home base with ease and efficiency. If your life is stalled, unsatisfying, unrealised or unremarkable you can grow a new garden. It's not too late. It's never too late. This book will help you find the hidden gateways, secret passages and trail of breadcrumbs inside you that leads to that new life.

How to Have the Conversations That Count and Bring you Closer

KATE SILVERTON



£14.99

Trade Paperback

9781785122224

336 pages

25/03/2027

A new book from parenting expert and journalist Kate Silverton.

Following on from her bestselling books *There's No Such Thing as Naughty* and *There's Still No Such Thing as Naughty*, journalist and child therapist Kate Silverton has a new guide for parents with children approaching adolescence. In this book, Kate will address issues like social media, screen time, pornography, sex, relationships, friendships, belonging, physical and emotional changes, food and alcohol. She will show you how to have these conversations with your child in a productive way to encourage an open dialogue about growing up. Including sample dialogue and drawing from Kate's wealth of expertise as a therapist and mum, this book will help parents and kids to prepare for the years ahead.

CONTACT US



Carole Tonkinson
Publisher
Carole.Tonkinson@bonnierbooks.co.uk



George Brooker
Editorial Director
George.Brooker@bonnierbooks.co.uk



Lucy Tirahan
Editor
Lucy.Tirahan@bonnierbooks.co.uk



Saira Nabi
Assistant Editor
Saira.Nabi@bonnierbooks.co.uk



India Desai
Editorial Intern
India.Desai@bonnierbooks.co.uk



Tamara Douthwaite
Marketing Manager
Tamara.Douthwaite@bonnierbooks.co.uk



Eleanor Stammeijer
Head of Publicity
Eleanor.Stammeijer@bonnierbooks.co.uk



Arabella Watkiss
Senior Press Officer
Arabella.Watkiss@bonnierbooks.co.uk

General Publicity Enquiries
publicity.adult@bonnierbooks.co.uk

