



2024-2025 CATALOGUE



Books for a bigger life.

DK PAINTS THE TOWN RED!



I am thrilled to introduce DK's brand new imprint, DK RED. DK RED is the home of our author-led illustrated and narrative non-fiction titles within DK Living (our Adult list) and is a key part of our strategy to bring authors closer to the heart of our publishing and grow and diversify our global reach.

In this important 50th anniversary year for DK, we want to inspire our readers to lead bigger lives. The DK RED list features bold and empowering titles that span a range of topics, from cookery and lifestyle, to health, wellbeing, self-help and inspirational non-fiction: they will expand minds with new ideas and provide practical tools to help readers enhance their lives.

In this, our first catalogue, I am particularly excited to see content creator Elly Smart's debut vegan cookbook, *Elly's Plate*, launch alongside *Sunday Times* bestselling author Scott Harrison's new book, *High-Protein Meals in Minutes* and am looking forward to Dr Rachel Barr's wise advice on how to make your brain your ally: *How to Make Your Brain Your Best Friend* was won in a hotly contested auction and we are very proud to be Rachel's publisher.

DK RED is an exciting new step for DK and one I am really excited for you to take with us. I hope you enjoy the inaugural DK RED catalogue and that you will join us on the next chapter in our adventure!

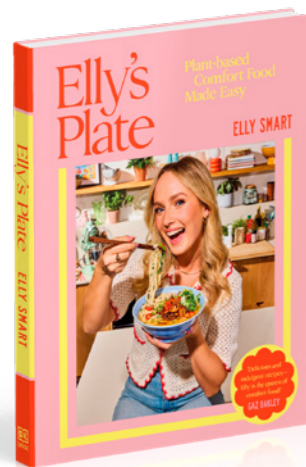
Liz Gough, MD, DK Living



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FOOD & DRINK



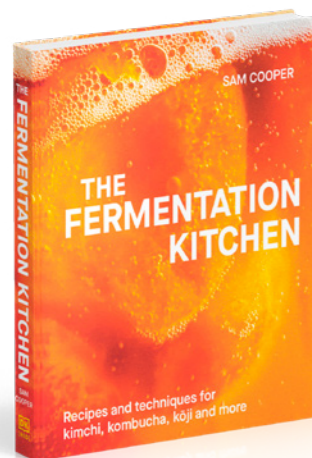
ELLY'S PLATE Elly Smart

Elly's Plate is all about tasty, comforting plant-based food. From chilli jam tahini noodles or smoky chorizo tacos, to the ultimate vegan smash burger and salted almond brownies, Elly's Smart is BIG on both flavour and nourishment. With prep and cook times, difficulty ratings, meal-prep options and a protein count per recipe – it's never been easier, or healthier, to pile your plate with irresistible plant-based goodness.

Having trained as a lawyer, Elly Smart quit a career in law to pursue a life in food. Elly has worked in vegan donut shops as well as alongside Gaz Oakley as a food economist on his YouTube channel before becoming a full time food content creator in 2023.



October 2024
PLC
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UK ISBN: 9780241729335
US ISBN: 9780593967379
Rights: World



THE FERMENTATION KITCHEN Sam Cooper

From kimchi to miso, kombucha to ginger beer, *The Fermentation Kitchen* introduces readers to the alchemy of fermentation, showing them how to take simple ingredients and transform them in form and flavour. Bestselling author, Sam Cooper explores a wide range of authentic and adapted techniques from across cultures and continents and demonstrates how to harness bacteria, yeast and mould to create a variety of ferments to add flavour to dishes, boost gut health and give perishable produce a new lease of life.

Sam Cooper is a chef, fermenter, photographer, illustrator and gardener. He began working in kitchens before meeting gardener Huw Richards and becoming co-director for Regenerative Media. He has a following of 570,000+ as @chef.sam.black on Instagram.



November 2024
PLC
224pp / 217 x 170mm
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Four colour
£18.99 UK / \$24.99 US
Word count: 44,801
UK ISBN: 9780241697115
US ISBN: 9780593847893
Rights: World



HIGH PROTEIN MEALS IN MINUTES Scott Harrison

Scott Harrison, founder of the Six Pack Revolution returns after the *Sunday Times* bestselling *Eat Your Way to a Six Pack*. With a focus on high protein meals, all cooked in 30 minutes or less, this complete plan will have you eating and exercising your way to a six pack, with visible results in 75 days. Featuring tailored recipes for snacks and mains, handy like-for-like protein swaps, and tips so you can prep like a pro.

The Six Pack Revolution has helped a community of tens of thousands of people across 90 countries gain confidence and achieve the best shape of their lives – all with no calorie counting or weighing scales in sight.



December 2024
Paperback
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Rights: World

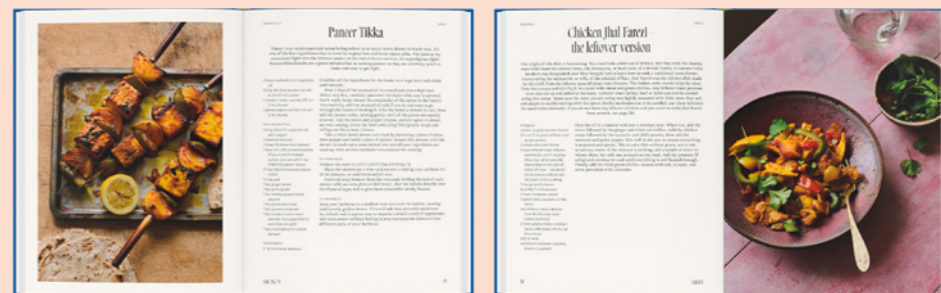


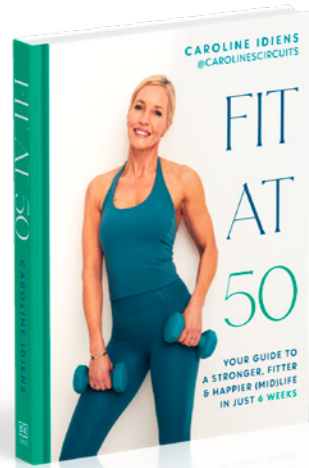
March 2025
PLC
256pp / 246 x 189mm
Illustrated / Four colour
£26.00 UK / \$30.00 US
Word count: 55,000
UK ISBN: 9780241718612
US ISBN: 9780593961582
Rights: World

MONSOON Asma Khan

Internationally renowned chef and award-winning author, Asma Khan returns with a masterclass on flavour.

Structured around the six core ayurvedic tastes, namely: Tangy, Bitter, Hot, Sweet, Sour and Salty and how they correlate to the six seasons in Bengal, this book includes 80 mouthwatering recipes to help you discover new worlds of flavour. From paneer tikka skewers and lentil fritters with spiced yoghurt, to quick Bengali korma and pumpkin dhal, let Asma Khan guide you through India's culinary landscape teaching you the foundations you need to build beautifully balanced dishes at home.





FIT AT 50
Caroline Idiens

Follow personal trainer and influencer, Caroline Idiens' six week programme designed to get you *Fit at 50*. This 360 wellness plan is designed to help you enter midlife feeling your best – with six weeks of full body strength based and high-intensity workouts, 60 nutritionally balanced recipes, developed with a women's health nutritionist, and tailored meal plans to ensure you are receiving the right balance of nutrients throughout the week. It also includes meal plans and QR codes to exclusive video content.

Caroline Idiens is a 51-year-old mum of two, personal trainer and creator of the international wellness platform @carolinescircuits where she has an audience of over 1.9M followers.



March 2025
PLC
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US ISBN: 9780593959701
Rights: World



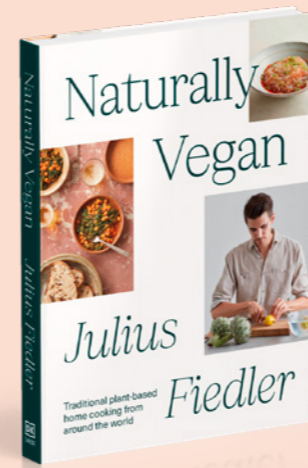
March 2025
PLC
192pp / 217 x 170mm
Illustrated / Four colour
£18.99 UK / \$24.99 US
Word count: 40,000
UK ISBN: 9780241684023
US ISBN: 9780593961117
Rights: World



LOW WASTE KITCHEN
Alessandro Vitale

Through 100 low-waste recipes, Alessandro Vitale (a.k.a. @spicymoustache) shows that everyone can make small changes for a big environmental impact. With step-by-step recipes for delicious plant-based meals and snacks, along with a handful of household remedies, cosmetics and useful tips on food storage, shopping and more – *Low Waste Kitchen* is everything you need to reduce waste in your kitchen and home.

Alessandro Vitale a.k.a. @spicymoustache, urban gardener, plant-based recipe creator and host of over 4.6M followers to his Instagram platform. His first book *Rebel Gardening* was published by Watkins in 2023.



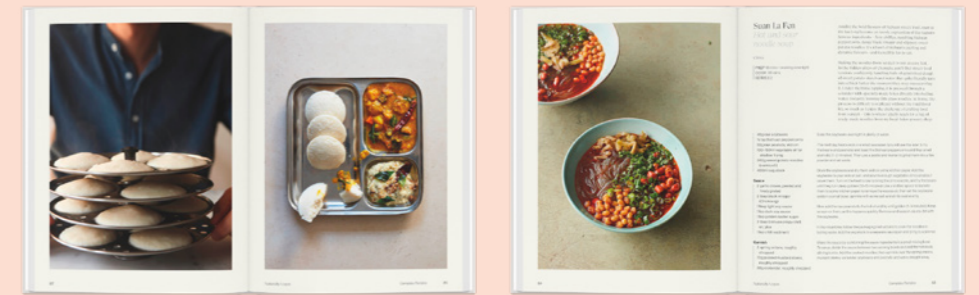
NATURALLY VEGAN
Julius Fiedler

Naturally Vegan is the debut cookbook from the brilliant Julius Fiedler in which he delves into a treasure trove of home cooked recipes from around the world, which just so happen to be plant-based. These are the often-overlooked foods, family recipes that are passed down from one generation of home cooks to the next, familiar, traditional dishes that are made completely from plants, and cooked completely from scratch.

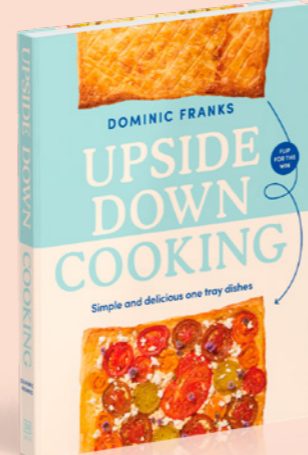
Julius Fiedler is a former food stylist and recipe developer who worked with Jamie Oliver at Jamie HQ; he is a champion of the slow food movement and hosts over 2.3M followers on his platform @hermann.



May 2025
PLC
240pp / 246 x 189mm
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June 2025
PLC
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Rights: World

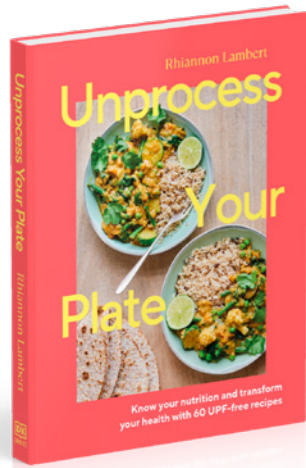


UPSIDE DOWN COOKING
Dominic Franks

Upside Down Cooking shows readers how to lay out ingredients all in one pan, top with tasty pastry, batter, potatoes or pasta and bake to gloriously golden perfection. With simple twists on classic recipes – think beetroot tart tatin, upside-down chicken pot pies, prawn toast canapés and more – author Dominic Franks gives you the confidence and know-how to remix classic one-pot traybake dishes for yourself.

Dominic Franks is a food writer and former events manager, in 2023 he posted a recipe for a simple upside-down onion tart. The next day, he woke up to over one million likes and just like that, his series *Upside Down Cooking* was born. A year later Dom has grown an impressive Instagram following regularly garnering 4M views per video.





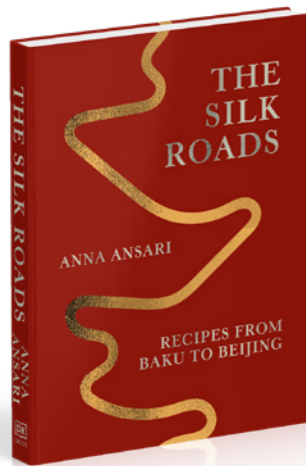
UNPROCESS YOUR PLATE
Rhiannon Lambert

Unprocess Your Plate explains the science while providing accessible solutions to allow you to cut down on your reliance on ultra-processed food. With 60 simple recipes that use natural, minimally processed ingredients and advice for batch cooking, freezer stocking and weekly planning. Using her signature Q&A format Rhiannon helps to break down complex nutritional science and identify the common reasons underpinning our reliance on convenient, cheap, seemingly delicious junk food offering practical and delicious everyday solutions.

Rhiannon Lambert is one of the UK's leading nutritionists, a two-time *Sunday Times* bestselling author and chart-topping podcast host.



June 2025
PLC
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Rights: World



SILK ROADS
Anna Ansari

This is the story of one of the world's most famous trade routes, retold through its recipes.

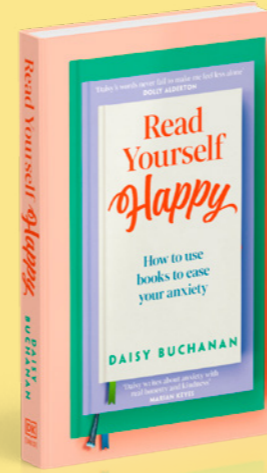
The Silk Roads is a rich and delicious cookbook and ode to Anna Ansari's lifelong fascination with the pan-Turkic Silk Roads; it is both a personal journey and celebration of food and flavour, woven together by the thread of family, trade and travel. Discover traditional regional dishes for over 90 recipes like Azeri-Iranian stews with crispy-bottomed rice, a plethora of dumplings and noodles and slippery dill-green pasta.



October 2025
PLC
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Rights: World



NARRATIVE



READ YOURSELF HAPPY
Daisy Buchanan

When Daisy Buchanan first felt worry consume her as a child, she turned to the wonder of reading. Since then she has discovered that losing herself in a good book has helped her find so much more: her confidence through characters, her sexuality through racy romps and more peace with every page. Here, Daisy draws on her own hard-won wisdom and first-hand interviews with David Nicholls, Catherine Gray and more to help you form one of the healthiest habits you have at your fingertips.

Daisy Buchanan is an award-winning journalist, author, broadcaster and host of the chart-topping podcast, *You're Booked*.



February 2025
PLC
288pp / 216 x 135mm
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Rights: World

"DAISY'S WORDS NEVER FAIL TO MAKE ME FEEL LESS ALONE."

DOLLY ALDERTON



THE FEARLESS BIRTH JOURNAL
Emma Armstrong

Birth doula and hypnobirthing coach Emma Armstrong, wants you to take time to connect to your brain, body and baby throughout your unique pregnancy journey. This book creates moments to slow down and reflect at every stage along the way through insightful teaching, interactive exercises, practical tools and journaling prompts. This journal will empower and equip you for one of life's most important milestones.

Emma Armstrong a.k.a. The Naked Doula is a certified birth doula, hypnobirthing coach and content creator with over 170k followers. She released her debut book *The Fearless Birth Book* in May 2024.



April 2025
Paperback
224pp / 210 x 148mm
£12.99 UK / \$16.99 US
Word count: 30,000
Global ISBN: 9780241725122
Rights: World





March 2025
Trade Paperback
256pp / 216 x 135mm
£14.99 UK / \$19.99 US
Word count: 65,000
Global ISBN: 9780241696347
Rights: World English Language

HOW TO STAY SANE IN A HOUSESHARE

Alice Wilkinson

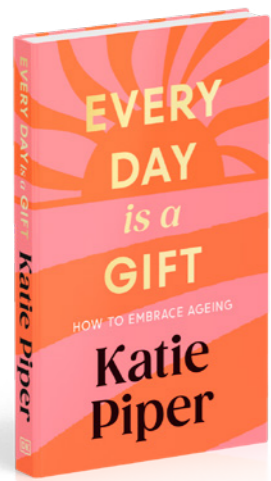
How do you keep it together when you're living together? Between marriage rates dwindling and the cost-of-living soaring, house sharing is becoming more common - but that doesn't stop it being one of the most complex living set-ups of the 21st century. Here, Alice Wilkinson draws on expert interviews with Professor Dunbar, 'The Millennial Therapist' and more along with first-hand case studies to help readers navigate these complexities to create a more harmonious home.

Alice Wilkinson is an award-winning journalist, editor and writer whose work is featured in countless national newspapers and magazines. She writes a Substack called Addressing where she explores house sharing, home and belonging.



"A COMPREHENSIVE, THOUGHTFUL GUIDE... A TIMELY HELPING HAND!"

YOMI ADEGOKE



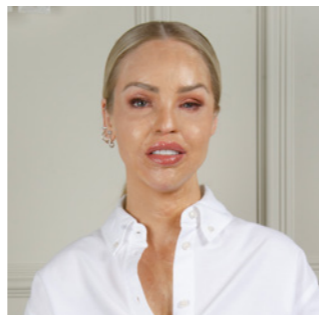
June 2025
PLCJ
288pp / 246 x 135mm
Word count: 60,000
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UK ISBN: 9780241722596
US ISBN: 9780593966938
Rights: World

EVERY DAY IS A GIFT

Katie Piper OBE

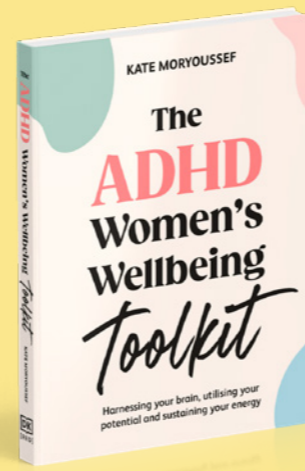
For some, turning another decade older is a milestone they'd rather not mark. But when Katie Piper turned forty, it was only cause for celebration. With an acid attack causing her to stare death in the face at age twenty-four, Katie's approach to ageing was changed irrevocably. Here, Katie Piper uses this perspective to challenge deeply ingrained thinking about ageing and offers a positive, life-enhancing alternative.

Katie Piper OBE is a bestselling author, speaker, TV presenter and charity campaigner. She shared her story in a remarkable film called 'Katie: My Beautiful Face' which was watched by over 3.5M viewers and in *Beautiful* (Ebury, 170,000+ copies).



"KATIE PIPER IS SUCH AN EMPOWERING PERSON."

MATT HAIG



July 2025
FLX
192pp / 192 x 148mm
£14.99 UK / \$19.99 US
Word count: 40,000
UK ISBN: 9780241715291
US ISBN: 9780593966921
Rights: World English Language

THE ADHD WOMAN'S WELLBEING TOOLKIT

Kate Moryoussef

For decades, ADHD has been primarily associated with disruptive boys, leading countless neurodivergent women struggling to cope. Now, following a surge in late diagnosis, a prevailing new narrative is that it's '...just a trend.' Here, Kate Moryoussef busts both these myths, sharing the psychology and science behind the challenges faced by women with ADHD and laying out a roadmap for you to uncover your authentic self.

Kate Moryoussef is a wellbeing and lifestyle coach, EFT practitioner, mum to four kids and the host of the chart-topping podcast *The ADHD Woman's Wellbeing Podcast*, which has generated 2.2M downloads since its launch in early 2022.



May 2025
PLCJ
304pp / 216 x 135mm
£16.99 UK / \$21.99 US
Word count: 65,000
UK ISBN: 9780241720004
US ISBN: 9780593962077
Rights: World English Language

HOW TO MAKE YOUR BRAIN YOUR BEST FRIEND

Dr Rachel Barr, PhD

In our modern world, driven by productivity, it's easy to be wooed by complicated methods that promise ultimate fulfilment. But what if society's obsession with self-optimisation stands at odds with the way we are wired? Here, neuroscientist Dr Rachel Barr offers a refreshing alternative: by simply aligning with our brain's natural rhythms - from its hunger for meaning to the impact of art and creativity on our mental wellbeing - we can all experience more peace in our day-to-day lives.

Dr Rachel Barr PhD is a neuroscientist specialising in the electrophysiology of sleep and memory with an engaged online audience of over one million followers.



HEALTH



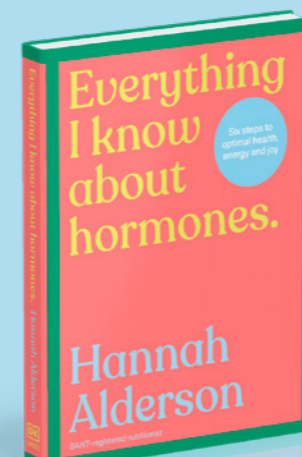
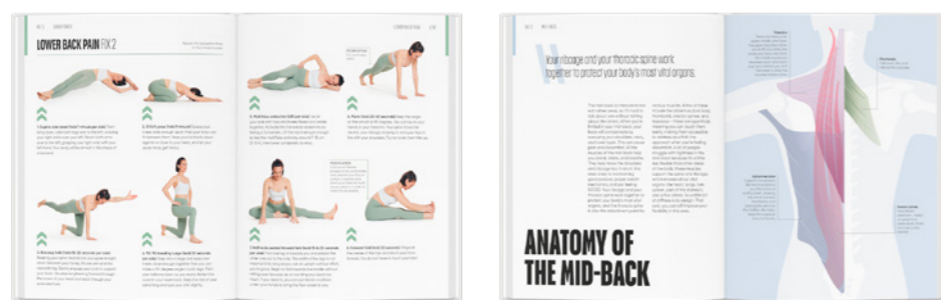
YOGA FIX Erin Motz

Erin, a.k.a. Bad Yogi, presents yoga poses and step-by-step sequences to make you more flexible, relaxed and twinge-free. Her head-to-toe guide addresses all manner of aches and pains, from tension headaches, rounded shoulders and pelvic floor weakness to tight quads, runner's knee and sore feet. Even if you don't know your asana from your elbow, Erin will show you how to do the right moves, the right way. This is your toolkit to pain-free living.



Erin Motz is famous for her viral 'yoga fix' reels. She has taught yoga for 20 years, and is a sports medicine-certified personal trainer specialising in corrective exercise and nutrition.

January 2025
FLX
192pp / 233 x 195mm
Illustrated / Four colour
Word count: 38,564
£14.99 UK / \$19.99 US
UK ISBN: 9780241683521
US ISBN: 9780593959435
Rights: World



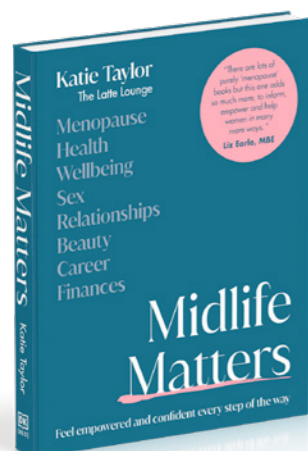
EVERYTHING I KNOW ABOUT HORMONES Hannah Alderson

Your hormones are your superpower – only, they can't thrive without your help. Hannah Alderson, founder of the six-step Positive Method, will show you just how simple that can be. Driven by her own health obstacles, Alderson has collaborated closely with world-leading scientists to research our hormones and discovered how to build an ecosystem that works. Address diet, balance, movement, sleep and choices, and follow evidence-based hacks to create a healthy hormone habitat and a happier you.



Hannah Alderson works with women to balance hormones and boost happiness. She is a BANT Registered Nutritionist, Functional Medicine Practitioner, member of The British Menopause Society and sits on the American Medical Advisory board for the PCOSAA.

May 2025
PLC
224pp / 201 x 148mm
£16.99 UK / \$21.99 US
Four colour
Word count: 60,000
GLOBAL ISBN: 9780241733929
Rights: World



MIDLIFE MATTERS Katie Taylor

"A wonderfully helpful handbook for all midlife women, packed with highly relevant and thoughtful practical information and advice." LIZ EARLE MBE

Movement leader Katie Taylor asks 40 renowned experts how to thrive in midlife. With advice from doctors, psychologists, dermatologists, dieticians, athletes, lawyers and more, this midlife manual will inform and empower you through every step of your journey. From menopause and marriage to ageing parents and work, discover exactly what it takes to make your next chapter the best one yet.



Katie Taylor is a celebrated menopause campaigner and the founder of the award-winning platform The Latte Lounge which explores all midlife matters on health and wellbeing. She has become the voice of the 'sandwich generation'.

March 2025
PLC
256pp / 217 x 170mm
£20.00 UK / \$25.00 US
Word count: 76,270
Global ISBN: 9780241674451
Rights: World



YOU DESERVE GOOD GELATO Kacie Rose

In 2021, social media star Kacie Rose decided to leave her life in New York City and move to Italy – and she never looked back. Okay, that isn't strictly true... In this feel-good memoir, Kacie offers a refreshingly honest take on navigating a new life abroad, reflecting on everything from homesickness to the joy of culture shocks. *You Deserve Good Gelato* will have you embracing this big beautiful world that we call home.



Kacie Rose is an American travel content creator living in Italy. Her goal is to empower her community of 1.5M to travel abroad and do the sh*t that scares them.

May 2024
Paperback
272pp / 216 x 135mm
Word count: 60,000
£18.99 UK / \$22.99 US
UK ISBN: 9780241678770
US ISBN: 9780593840436
Rights: World

"WHEN YOU LEAP OUT OF YOUR COMFORT ZONE AND TRAVEL TO NEW PLACES, YOU GAIN CONFIDENCE IN A WAY YOU NEVER REALISED WAS POSSIBLE."

KACIE ROSE



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Books for a bigger life.