
February 2023



Lagom

DISCOVER OUR 2023 COLLECTION



ABOUT LAGOM

Books That Inspire, Empower and Support

At LAGOM, we are passionate about books that provide fresh perspectives on physical and mental wellbeing. We love expert voices which tap into the zeitgeist and offer practical tools to benefit our readers' health, lifestyle and outlook. Our books aim to inspire, empower and support.

Discover more about our authors and the incredible books we have coming up in 2023.

CONTENTS

NUTRITION

1. How do hormones effect your diet? Read an extract from Pippa Campbell's book *Eat Right, Lose Weight*
2. A recipe for a gorgeous, summery dish from Amelia Freer's book *The Organised Cook*

PARENTING

1. Broadcaster Kate Silverton shares why there's no such thing as naughty when it comes to parenting. Find out more about her new book *There's Still No Such Thing as Naughty: The Primary School Years*
2. Fussy eaters? Award-winning food blogger Ciara Attwell shares a delicious and easy recipe from her book *The Fuss-Free Family Cookbook*

LIFESTYLE

1. How do you actually make your wardrobe more sustainable? Take the quiz from the Mindful Monday Method founder Andrea Cheong's first book, *The Wardrobe Fix*.
2. Learn the key ways to build a relationship that can thrive with the help of therapists Matt and Sarah Davies in their book *You, Me & The Space Between Us*.
3. CBT made simple: learn how to avoid getting stuck in self-destructive patterns by making small changes to your behaviour with the Swedish runaway bestseller, *The Emotion Trap*, from psychologist Siri Helle



Much loved broadcaster Kate Silverton is a qualified child therapist. This year, she will publish *There's Still No Such Thing As Naughty: The Primary School Years*, a groundbreaking guide that will show us how to futureproof our children's mental health.



Pippa is an experienced Functional Nutrition Practitioner, Weight Loss Specialist, Certified Nutrigenomics Practitioner, and author of *Sunday Times* Top 10 bestselling book *Eat Right, Lose Weight*.



Andrea is the founder of the Mindful Monday Method and the author of the upcoming *The Wardrobe Fix*, a book which will help you to unlearn your fast fashion habits and support you to create a wardrobe that works best for you.



Relationship counsellors and husband and wife, Matt and Sarah Davies, are the authors of *You, Me and the Space Between Us*, the guidebook for how to create and maintain a supportive, healthy relationship.



Ciara is an award-winning food blogger and busy mum, who this year has published her new cookbook *The Fuss-Free Family Cookbook*, aims to help you reclaim your time whilst whipping up recipes the whole family will enjoy.



Amelia Freer is one of the UK's most respected nutritional therapists and healthy eating experts, whose latest book *The Organised Cook* shows the life-changing impact easy organisational habits can have.



Dr Tara Porter is a Clinical Psychologist with over 25 years experience in CAMHS settings and is the author of *Sunday Times* bestseller *You Don't Understand Me*, described as 'The 21st-Century Girl's Survival Pack' by Caitlin Moran.



An award-winning physician and researcher, whose no. 1 international bestselling book *Age Proof* gives a revealing and enjoyable account of what ageing is and the simple steps we can take, right now, to help us live longer and healthier lives.

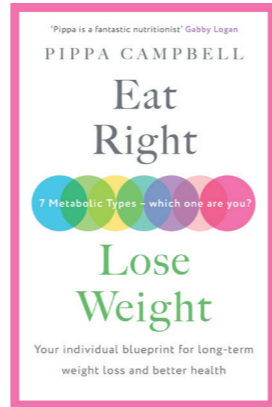


Siri Helle is a licensed psychologist and has helped clients through using CBT-treatment for depression, stress, and anxiety. Her book, *The Emotion Trap*, has been a runaway bestseller in Sweden, where she is a valued public speaker and science communicator.

Eat Right, Lose Weight

Pippa Campbell | Out now

This book is going to help you unpick the reasons why you are struggling to lose weight. This starts with you understanding why your body isn't functioning at its best right now. In the past, you haven't managed to lose the weight you wanted to because you didn't know your body's specific needs. This book will show you how to work them out, then give you the tools to find a way of eating that suits your body. In the short term you will lose weight, and you will also learn how to maintain that weight.



My training is as a functional nutritionist, metabolic balance coach and nutrigenomics practitioner. I am currently doing a postgraduate training in naturopathy (ND). My functional medicine training taught me about the power of food, that what we put in our mouths every day has a profound impact on our physiological and emotional wellbeing. This has been backed up by my training in naturopathy, which uses food to heal and treats the body and mind as a joinedup system. Metabolic balance trained me in the science of weight management – that it's so much more holistic than simply calories in and out. Nutrigenomics taught me that we each need to work with our personal genetic make-up in order to optimise our metabolism.

As the thousands of women I've helped in my clinic with the Pippa Campbell Method have shown me again and again, what we eat is one of the most important decisions we make every day. Because each time you eat food that suits you, you take one step towards better health and the weight you want. That sounds a little dramatic, but you could think of it as empowering. It means you can make a real difference, right now, one meal at a time. The purpose behind all my training – and so my purpose too – is to help everyone who comes to see me to feel well, energetic and vibrant, to maximise their health. But that's not what most people come to me for. In the ten plus years I've been in practice, 80 per cent of new clients have told me that their number one goal is to lose weight. So they are often surprised when in our first consultation, we don't talk much about food or calories. I ask questions about how they're eating, sure, but also about their health and how they are sleeping, their energy, their cravings and any other symptoms they are experiencing. Because, as you'll read in the stories of the women who have been kind enough to share them for this book, those who are finding it hard to lose weight always have other symptoms too. Below is a list of the ones that come up consistently.

How many of these do you have?:

- Hungry all the time
- Anxiety
- Digestive issues
- PMS and/or period pain
- Bloating
- Joint pain
- Cravings for sweet, salty or fatty foods
- Can't sleep or unrefreshing sleep
- Mood swings
- Lack of energy
- Brain fog
- Constipation and/or diarrhoea

You might be thinking that sleep and digestion are not priorities for you, that you simply want to lose weight. I get it – some of the stories I hear about weight are heart-breaking. Women tell me how it affects their confidence and self-worth, that it takes up so much of their headspace. They say it makes them feel miserable and uncomfortable, prevents them from living a full and fun life. But the symptoms in the list above – and some others that we'll get into later – are in fact clues that help me design the right eating plan for each woman who comes to me for help. I'm going to teach you to become a detective too, to use your symptoms to design your own personalised eating plan.

A recipe from The Organised Cook

Amelia Freer | Out now



Summer Vegetable and Fish Stew with Aioli

GF / DF

Serves 2

Prep time: 10 mins

Cook time: 40-45 mins

- 1 tbsp olive oil, for frying
- 1 stick of celery, chopped into 1-2cm chunks
- 1 carrot, chopped into 1-2cm chunks
- 1 small fennel bulb, chopped into 1-2cm chunks (reserve any fronds to garnish)
- 1 small leek, trimmed and cut into 1-2cm discs
- 300ml chicken or vegetable stock
- 2 medium (about 240g) waxy potatoes (such as Charlotte, Jersey Royal, or Maris Piper), chopped into 1-2cm chunks
- 10 cherry tomatoes
- 1 tbsp finely chopped fresh parsley
- 1 tbsp finely chopped fresh chives
- 2 skinless white fish fillets, chopped into 5cm pieces
- 1 lemon, cut into wedges to serve

For the aioli

- 1 egg yolk
- 1 clove garlic, crushed
- zest and juice of 1 lemon
- 1 heaped tsp Dijon mustard
- 50ml mild olive oil

This is a gorgeous summery dish that is lovely for slightly cooler evenings. The trick is the texture - you want all the vegetables to be cooked through but still chunky and holding their shape, rather than disintegrating. That's why it's important to use a waxy potato that doesn't fall apart and to add the cherry tomatoes closer to the end, so they don't dissolve into the sauce. You can substitute other vegetables, like peas, beans, or courgettes.

In a heavy-based pan with a lid (I use a large casserole dish), pour a generous glug of olive oil. Add the celery, carrot, fennel and leek and sauté over a low-medium heat for 10-15 minutes stirring occasionally to avoid them catching and burning, until starting to soften.

Pour in the stock and turn down to a very gentle simmer. Stir in the potatoes, cover with a lid and cook for about 12-15 minutes until the potato feels almost done. Add the cherry tomatoes, cover again and simmer for a further 5 minutes.

Meanwhile, make the aioli in a small mixing bowl. Whisk together the egg yolk, garlic, lemon zest and juice and Dijon mustard. Very slowly start pouring in the oil little by little, whisking vigorously the whole time, until you have a lovely thick, smooth aioli. Season with salt and pepper.

Stir the parsley and chives into the stew, season with salt and pepper, then sit the pieces of fish on the surface. Cover with a lid and steam the fish for about 5 minutes until just cooked through.

Serve immediately with more lemon juice squeezed over, a spoon of aioli and any fennel fronds you have scattered over the top.



There's Still No Such Thing As Naughty: The Primary School Years

Kate Silvertown | Publishing 03/08/2023

A must-read for parents who want to futureproof their children's mental health

From the author Joe Wicks credits with 'changing his life'



Our children's behaviour, perhaps more than anything else, can test us in ways that have us at our wits end, and worried.

As a journalist, as a mother and now child therapist, I do know this. We are far more powerful than we know. We can be all the parent our children need, raising confident, happy children who feel safe, secure and loved. We can do that when we understand what science now shows: that how our children behave on the outside, is simply a reflection of how they are feeling on the inside. The trick is simply in the translation.

Everything I have learned, across more than three decades of research, shapes the way I see my own children, now seven and ten, as well as the young clients in my care. Just as I did in my first book, *There's No Such Thing as Naughty*, this time with the focus on your children now that they are older, I'll show you how to respond and work with the behaviour you might be seeing, whatever the 'difference' or 'disorder' regardless of outbursts or tears, or the worries and fears. Whether in the face of flying sports socks, or the slamming of doors, I'm going to show you how you can navigate it all calmly, with curiosity and above all the dial turned down from shouting. Why do our children behave the way they do?

Having 'survived' the first five years of parenthood, you are forgiven for having assumed it would get easier now the pram's been passed on and the kids are at school. Recently, my husband, (as he refereed a fight over who got the final Weetabix for breakfast) said the person who told him these years were the best, 'either only had one child', or he added with a grimace, 'they weren't around for most of it'. He said in military training terms the 5-11 years might be better titled, 'the false dawn / summit'.

There is hope, though, especially if you've ever felt lately that you've taken the wrong turn down the parenting path, the one signposted 'FAILED'. Except you haven't, although I do know it can feel like that when the children we hoped would be best friends for life are currently only communicating via karate chop.

The truth is, even at the supposedly mature age of eleven, your child remains a 'work in progress'. Their brain in particular, has a long way to go before we can consider it complete. I believe it's in our understanding

of the brain, specifically how it is built, that is the critical key to successful parenting. Understanding what's going on for a child on the inside, means we can more easily translate the behaviour we're seeing on the outside.

The problem is, the brain itself is not simple to understand: in fact it is incredibly complex. With names like diencephalon and HPA axis to get our tongues (and our own brains) around, it's not something most time-pressed parents have the luxury of being able to do.

Which is why I've done it for you! I wanted to create a concept that could explain the most important parts of the brain, in the least complicated way, but that would help other families, as it has my own, as well as the young children in my care. Given how it supports our children's mental health, it felt too crucial not to.

If you have read my first book *There's No Such Thing As Naughty*, the first part of this book will be familiar as we return to the science and provide a refresher of the concept and what the LIZARD, BABOON and WISE OWL represent in our brain, as well as how they each influence our children's emotional and physical development. You'll find a lot of new information here too, relevant to your child today, now that they are older.

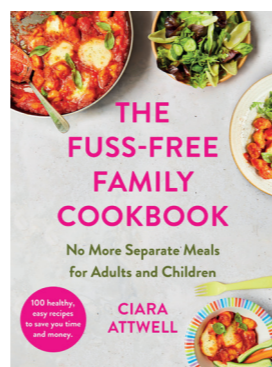
While our children might appear more independent and certainly more mature physically, emotionally, they need us now more than ever. The part of their brain that helps to exercise sound judgement, to make good decisions, and regulate big emotions, in particular how to handle stress, fear and anxiety, is still very much finding its feet.

Our children will also spend longer periods away from us now too, as well as likely facing more of the big life changes that can create challenges. Whether that's starting school, family break up, bereavement, moving house, friendship issues, social media, difference and diversity, all of which, even if you have children at the younger end of the age range, will soon come into sharp focus, along with the myriad of other things that might later be thrown your way.

The good news is, we can handle it all when we have the benefit of neuroscience to guide us. When we consider the astounding complexity of our brain, containing between 80-100 billion neurons, and the multiple ways it can influence our behaviour, it allows us to leave behind any old school simple thinking that children are just 'naughty' and need to be punished or shamed in order to coerce them. I'll show you the science that proves, rather than 'naughty', our children's behaviour is just a reflection of need: a need we can always help to resolve.

A recipe from The Fuss-Free Family Cookbook

Ciara Attwell | Out now



ROASTED RED PEPPER GNOCCHI



| Serves: 4 | Prep time: 3 minutes | Cook time: 17 minutes | Calories: 325 (not incl. sides) |

Use a jar of roasted peppers to make an easy and delicious sauce for gnocchi. Packed with flavour, and so quick too.

INGREDIENTS

360g drained jar of roasted red peppers
2 garlic cloves, peeled but left whole
1/2 tsp dried oregano
salt and pepper
400g tin chopped tomatoes
500g gnocchi
125g mozzarella ball
handful of fresh basil leaves

SERVING SUGGESTIONS:

Serve the adults' portion with a side salad and the kids' portion with some garlic bread.

STORING:

Leftovers can be kept in an airtight container in the fridge for up to 2 days and reheated on the hob or in the microwave.

METHOD

1. Add the roasted red peppers, garlic, oregano and a little salt and pepper to a blender and blitz until smooth.
2. Add the chopped tomatoes and blitz again.
3. Pour this mixture into a large frying pan or shallow casserole dish on the hob and simmer on low for 5 minutes.
4. Add the gnocchi, mix well and continue to simmer on low for another 7-8 minutes until the gnocchi is cooked through.
5. Tear the mozzarella ball into small pieces and lay these on top of the gnocchi.
6. Pop the dish under the grill for 3-4 minutes until the cheese has melted.
7. Top with fresh basil leaves.



The Wardrobe Fix

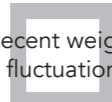


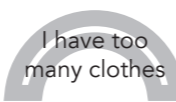





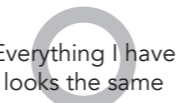
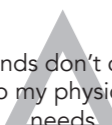


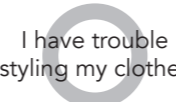

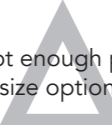

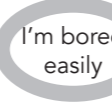
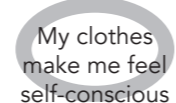
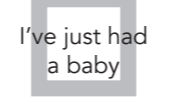
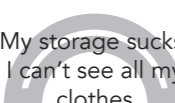
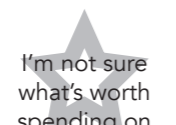

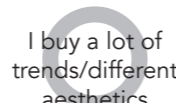
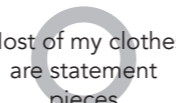
Andrea Cheong | Publishing 03/08/2023



There is an indiscriminate issue that has plagued us since the beginning of time and we cannot stand for it any longer. No, it's not having to set an alarm for work. It's worse. It's feeling like we never have anything to wear. It's that frustrated desperation that ensues, as we tip half the contents of our wardrobe onto the floor. And realising that hundreds, if not thousands of pounds worth of textile is laying at your feet.

WHAT'S THE REASON YOU HAVE NOTHING TO WEAR? (But a wardrobe full of clothes)

Mark the pain points that are most relatable to you

 Recent weight fluctuation	 Most of my clothes are uncomfortable	 I'm unsure what my style is	 I have too many clothes	 My wardrobe is disorganised
 I'm unsure what's age appropriate	 I don't know where to shop	 My clothes don't represent me	 My clothes don't tend to last!	 Everything I have looks the same
 Brands don't cater to my physical needs	 The clothes I want are too expensive	 I've moved country	 I have trouble styling my clothes	 I'm unsure what's appropriate for formal occasions
 Not enough plus size options	 Not enough tall/petite options	 I'm bored easily	 My clothes make me feel self-conscious	 I've just had a baby
 My storage sucks, I can't see all my clothes	 I'm not sure what's worth spending on	 Change in lifestyle/job	 I buy a lot of trends/different aesthetics	 Most of my clothes are statement pieces

All answers will be revealed in the book but if you related to the arches points the most, here's a teaser from the text:

Arches: Organisational issues

We should begin with curating what you have. Have you ever noticed that when you're on holiday, it's much easier to get dressed? This is because you can see everything and it's completely relevant to where you are and what you'll be doing. I don't know anyone who would bring a ski jacket to a tropical beach. We do this by separating your clothes by season, which will immediately reduce how much is available to reach for. It also alleviates decision fatigue, which happens when you see too much you simply don't need. My preference is to use vacuum bags, which saves space and are transparent so it's easier to quickly identify what's in them.

When it comes to storage, always keep out of season items or miscellaneous things like ski clothes out of sight. These are occasional items that will naturally come to mind as and when you'll need them. Who can forget that they own a scuba diving suit?

If possible, try not to keep your clothes in different places for an infinite amount of time. For example, at your parents' home, in a storage unit or in your sibling's attic. This method only works if it's a stop gap, for example if you're travelling the world for a few months or in between homes. Having your clothes completely out of sight and reach also means it's out of mind. This doesn't address the organisational issue that is a key part of why you feel you have nothing to wear. It may help you get dressed quicker in the mornings temporarily, but it's a band aid. When you feel like shopping again, that space will fill up quickly and become cluttered. Then you're back to square one and running out of addresses that will house your clothing addiction.

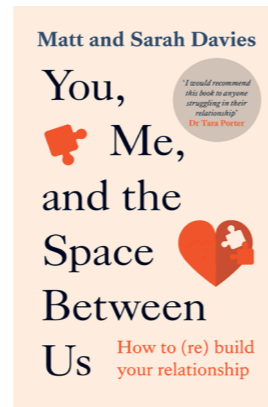
You, Me and the Space Between Us : How To (Re)Build Your Relationship

Matt & Sarah Davies | Out now

To love and be loved. Isn't that what we all strive for? The mark of a life well lived? We hope to flourish and be nourished by our relationships, particularly our most intimate ones. Love is effort made in good will. It is willingness to look at the other in a positive light, to see underneath the behaviours that might irritate you. It is readiness to understand their personal difficulties and struggles in life, hold the light for them when they cannot find it themselves. When we start a new relationship, we take a step into the unknown. We don't know where this partnership will lead us. Love is a process and a practice.

The structure of a relationship is what gives us possibility: possibility for a life lived together in love, fun, fullness, and satisfaction, of belonging with another or others. Relationships can be made beautiful through the structure that contains them. When we commit to love in a relationship, we open to the possibility for chemistry, balance and reciprocity between the partners. At times, the rhythm might be off, and issues might take work to resolve – that is what makes the relationship authentic, honest, and alive. When the harmony aligns again the relationship is even more satisfying.

When lovers get together, the combination of two people catalyses a third quality that cannot be created by either individual alone. When things are going well, we find our partner's idiosyncrasies charming and amusing. We can accept and manage all kinds of behaviour because we have a store of goodwill and resilience. There is a sense of ease, of being tuned in and empathic to each other's internal worlds. We feel noticed and valued, intimately connected to one another. The erotic charge is alive and well and we feel sexually fulfilled. In these moments, we might see through the fog of day-to-day troubles to the inner nature of our partner behind it all. We can remain curious and interested in their feelings and thoughts and we feel understood in the whole context of our life, including work and family. We are attuned to one another and to feeling loved and being loving.



The Third Body

1+1=3. This is clearly not mathematically correct, but biologically and synergistically, it is. In an intimate relationship, the additive sum of one plus one can bring about a biological third, as in a baby. Likewise, a couple can bring a third into existence synergistically. Synergy is the result of an interaction of two elements that brings about a combined effect greater than the sum of the individual elements. When a couple can synthesise the divisive polarities that are inherent in their relationship, a synergistic effect is produced which gives energy and vitality to the relationship and each person in it. As an example, the powerful force between negative and positive polarities creates the third element of electricity. This transcends the two poles of negative and positive and is far greater than the sum of them both. So it can also be in a couple relationship. If managed well, a polarity offers the opportunity for synergy through the synthesis of the two poles, which produces the third element to transcend them both. Yet most of the time, this doesn't happen without effort and struggle.

The third body is a perspective that is alive between two people in a relationship. A relationship is a system. A system is a collection of elements, which includes human beings that work together with a single purpose. Together, they produce a mechanism or interconnecting network, which is complete in itself. It involves two people who work together to create a relationship.

The third body perspective sees the relationship as more important than one or other of the individuals being right. When you have the willingness to stay present with what you want without being aggressive, the third way can become apparent. Instead of 'my way or the highway', it's neither your way nor my way but the way of the third body. This requires both to stay present in the process of negotiating, like holding hands and looking at the problem together. Then something beyond the self can emerge.

The Emotion Trap: Regain control of your thoughts, feelings and emotions



Siri Helle | Publishing 06/07/2023

Don't get me wrong. Emotions are great. They can make you strong and selfless. They can give you the courage to stand up for what you believe in and the motivation to meet life's challenges head on.

But they can also sabotage you. Massively. Emotions can make you act impulsively, illogically or downright self-destructively. We all have our own unique ways of tripping ourselves up. You might say that your biggest problem is procrastination, performance anxiety, low self-esteem, overthinking... it goes by many names. I call it the emotional trap and I am going to teach you how to overcome it.

The emotional trap is when you act on your emotions because it feels right at the time, even though it only makes things worse in the long run. Do you recognise any of these classic emotional traps in your own life?

- You procrastinate by scrolling on your phone, snacking or fiddling instead of getting your teeth into the task you're actually supposed to be doing.
- You skip a workout session because curling up on the sofa is so much more appealing.
- You dream about all the things you would do if only you had better self-esteem or more motivation – but you never get around to doing any of them.
- You let your fears stand in the way of your dreams.
- You become paralysed with performance anxiety because you set impossibly high expectations for yourself – much higher than you would set for anyone else.
- You're so busy thinking about stressful things that have happened or awful things that might happen that you find it difficult to enjoy the present moment.
- You stay in a soul-destroying job or a loveless relationship because deep down you don't feel like you deserve any better.
- You fritter money away on alcohol, gambling or shopping to numb difficult feelings.
- You spend hours googling symptoms and convince yourself that you're suffering from extremely rare but life-threatening illnesses.
- You cry over the jumper your ex left behind and listen to 'your songs' even though you know you need to move on.

- You chase validation in the form of likes and flashy gadgets, but at the end of the day it feels like no one has really seen you.
- You work like a dog to make time to relax later. Strangely enough, the time to relax never seems to come.
- You spend hours anxiously brooding about why something has happened to you – rather than trying to do something about the situation.
- You convince yourself that you don't care about something. Whereas your behaviour proves time and time again that you care a lot.
- You become fixated on jealous fantasies that threaten to destroy your relationship in real life.
- You cancel plans because you're in a bad mood. Even though moping around at home, re-watching old TV shows and stewing over how crappy you feel is hardly going to make you feel better.

I'm sure you can come up with any number of examples of occasions when it feels like your emotions are making your decisions for you. The sneaky thing about emotional traps is that they often feel right at the time. Acting on your impulses gives you a temporary sense of relief and comfort. It's only afterwards, when you're forced to deal with the consequences of your actions, that you realise your mistake.

If you're someone who gets stuck in these sorts of self-destructive patterns, you are not alone. By the time you've finished this book, you will understand why you keep falling into the same traps and how to break free. You will have the tools to reclaim your power and change your behaviour in your everyday life. This might sound like a rather grandiose promise. From the outside, all these problems look very different. But on the inside they are all based on the same psychological mechanisms.

The good news is that decades of psychological research have shown that it is possible to 'hack' this system. You can reprogramme yourself by using a psychological method that you should have learned earlier.

I call it the behaviour principle. By acting in line with the feeling you want to achieve (rather than the feeling you already have) you can break established patterns. A single subtle but conscious change in behaviour can kick-start a psychological feedback loop that fundamentally changes your thoughts and feelings. If you behave calmly, your stress levels will drop. If you act bravely, your fear will diminish. You turn the negative spiral into a positive one and take control of your life. Instead of struggling with emotions and ingrained thought patterns, you take a short cut.

CONTACT

Get in contact to find out more about LAGOM's 2023 publishing and authors.

For publicity enquiries:

Eleanor Stammeijer, Publicity Manager,
eleanor.stammeijer@bonnierbooks.co.uk

For marketing, brand and partnership enquiries:

Natalia Cacciatore, Head of Marketing, Non-Fiction,
natalia.cacciatore@bonnierbooks.co.uk

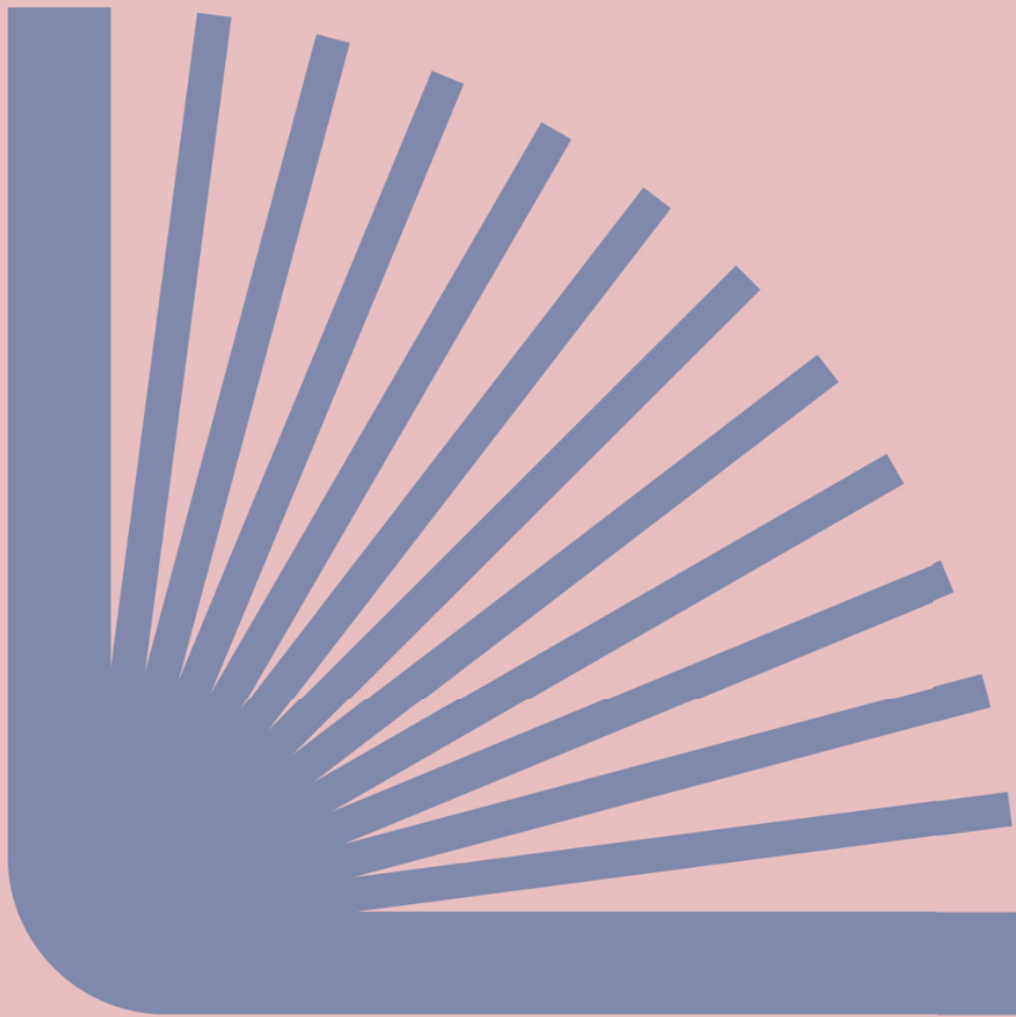
For editorial enquiries:

Michelle Signore, Editorial Director,
michelle.signore@bonnierbooks.co.uk

And remember to follow LAGOM on Instagram

 @lagombooks

February 2023



Lagom

DISCOVER OUR 2023 COLLECTION