



THE
DREAMWORK
COLLECTIVE



Book Catalogue

Hi!

We are thrilled to introduce you to our community of authors and their books.

Founded by creatives for creatives, we are a proud woman-founded and run author-centric publishing house, sharing diverse voices and powerful stories with the world.

We publish and sell our titles around the world and are always on the search for opportunities that reflect our objectives and mission.

**We are
changing the
world, one
story at a time.**

A little bit about us

The Dreamwork Collective is an independent publisher with a focus on publishing the works of authors in the MENA (Middle East and North Africa) region. We publish a range of genres for the modern reader.

The company's visual and digitally interactive brand and books speak to the cool and conscious crowd — those wanting to excel, be different, and make a difference. We are poised to meet the demand for feminist and personal development books, diverse voices and stories, tech-based experiences, and interactive reading.

Visit <https://thedreamworkcollective.com> to learn more.

For editorial and rights enquiries contact Thalia at thalia@thedreamworkcollective.com
For orders please contact our team at orders@thedreamworkcollective.com

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Our Team

OUR TEAM

We're a creative team of dream workers boldly dedicated to changing lives and ushering humanity into a new era of heightened creativity, consciousness and compassion. We focus on sharing untold stories and providing a platform for voices from the Middle East and beyond to be shared throughout the world. Driven by authenticity, creativity, freedom and impact, we believe in the power of community. Our books and digital experiences build bridges between cultures, countries, ideas, and people across the globe.



KIRA JEAN
FOUNDER AND CEO

Kira Jean is the founder and CEO of The Dreamwork Collective, an independent print and digital publishing company that shares the Middle East's most unique voices and powerful stories.

Kira is a passionate writer, speaker and entrepreneur who writes and speaks on topics such as leadership, creativity, entrepreneurship, and self-mastery.



THALIA SUZUMA
EDITORIAL DIRECTOR

Thalia Suzuma has been in fiction publishing for over ten years, working for publishers including Pan Macmillan, HarperCollins and Bloomsbury. At Pan Mac, the focus was on crime thrillers, at HarperCollins she focused on commercial women's fiction and at Bloomsbury QFP she acquired books in translation.

She has worked with bestselling authors such as Cecelia Ahern, Lauren Weisberger, Tony Parsons and Barbara Taylor Bradford.



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FINANCE DIRECTOR



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EDITORIAL ASSISTANT



GEMMA HAMERTON
GLOBAL SALES MANAGER



KRISHNA MULLETH
MARKETING ASSISTANT

2022

If 2020 and 2021 have taught us anything, it's that we should expect the unexpected. With that in mind, we decided to push our titles further outside of the box, test more limits, and introduce three new series of children's books that help the next generation manage change and differences in all of their forms. Here's a sneak peek at what's coming.

ALFIE & OAK

GISELLE ONANIAN

Alfie is an expat kid and his life is very different compared to the other kids he knows. In this series of children's picture books, Alfie (with the help of his dog Oak) sets out to learn about the world around him as he grows up as a third culture kid in a country that isn't his own.

With themes of belonging, relationships, diversity and multiculturalism; Alfie's life is explored through the book series, telling the adventurous tales of a curious young expat boy and his dog Oak.

About The Author

Giselle Onanian | Born in England but raised in Dubai, Giselle considers herself lucky to have 'grown up expat' in a true melting pot of people and cultures. Author and copywriter, when Giselle isn't working with words, she is raising rascals, Frankie and Izzy, playing in the sunshine and seeing the world.



Daddy has got a new job, how exciting!

But with the new job comes big changes: a move to a new country, a new school, a new house.

Alfie is a little nervous at first. Will he like it? Will he fit in? Can mummy and daddy's reassuring words, and a little help with packing from his puppy Oak, help Alfie get excited for the new adventure?

Format:	216mm x 216mm, Paperback
Extent:	32 pages
ISBN:	978-9948-8778-6-8
Price:	USD 8.99, AED 35.00, EUR 7.99, GBP 6.99
Pub. Date:	February 15, 2022



Alfie loves his Nana! They always have so much fun together.

So when Mum says they can't go see her right now, he doesn't understand why.

Why can't they just take the bus and walk down the road? Why does he have to travel halfway around the world to get his hug from Nana?

A pleasure to read out loud, this funny and warm rhyming story should be shared with every grandparent and expat child.

Format:	216mm x 216mm, Paperback
Extent:	32 pages
ISBN:	978-9948-8821-1-4
Price:	USD 8.99, AED 35.00, EUR 7.99, GBP 6.99
Pub. Date:	June 7, 2022



It's the first day back at school after the summer holidays. Alfie can't wait to see all his friends. Hang on, wait! Where's Sophie? Where did she go?

Alfie learns that Sophie and her family have moved overseas and she won't be coming back to school. He really misses his friend but there are many ways to still keep in touch. It's exciting to have a family of friends living around the world!

A pleasure to read out loud, this charming rhyming story will help every expat parent for that complicated conversation on the car ride home

Format:	216mm x 216mm, Paperback
Extent:	32 pages
ISBN:	978-9948-8821-0-7
Price:	USD 8.99, AED 35.00, EUR 7.99, GBP 6.99
Pub. Date:	October 11, 2022

JUST JESSICA

JESSICA SMITH OAM

Jessica is a bright, sunny girl who goes to school, plays with her friends, and loves to swim. But no matter how hard she tries, Jessica doesn't do things the way other kids do. She's different.

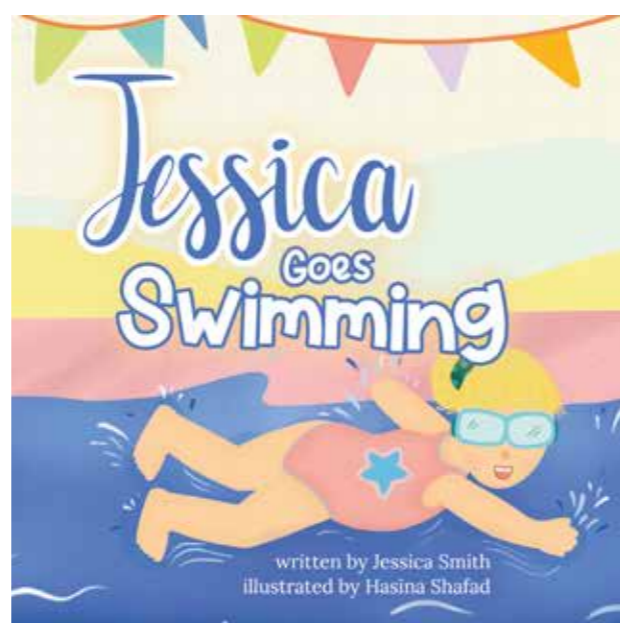
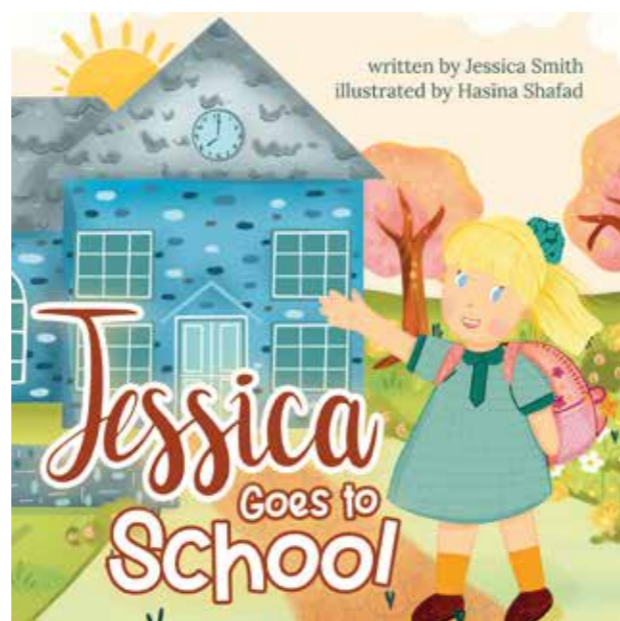
Sometimes, Jessica finds things hard to do by herself, like tying her shoelaces or putting up her hair. Sometimes she gets sad about the things that make her different, but keeps trying to do what the other kids do. Until one day she realises that they're all different too! And all kids find some things hard to do.

She's not bad and neither are you, she's just Jessica and you are you.

About The Author

Author and Paralympian Jessica Smith draws on her own experiences in the Just Jessica series. This beautifully-illustrated book series is the perfect bedtime read to encourage chats around important topics about our world. Jessica was born and raised in Australia, but now calls Dubai home. Born missing her left arm, she focused her energy on sport and exercise as a way of proving to the world that she could overcome the perceived limitations of her disability.

She went on to become a Paralympic swimmer and represented Australia for seven years. Jessica is now an internationally recognised inclusion and diversity expert and the COO at TOUCH, a company that is paving the way for a more inclusive world through its disability and inclusion consultancy and talent management agency.



Freckles... Curly hair... Glasses... Wouldn't things be boring if we were all the same?

It's the first day of school and Jessica is very excited. She can't wait to meet her new teacher and make friends, but the day moves in an unexpected direction when a boy points out that Jessica only has one arm.

Jessica Goes to School is a heart-warming story about being proud of who you are and embracing what makes us different.

Format:	216mm x 216mm, Hardcover
Extent:	40 pages
ISBN:	978-9948-8778-5-1
Price:	USD 16.99, AED 65.00, EUR 15.99, GBP 12.99
Pub. Date:	March 15, 2022

"No way!" "You can't win!" "It's impossible!" Wouldn't things be boring if we never tried the impossible?

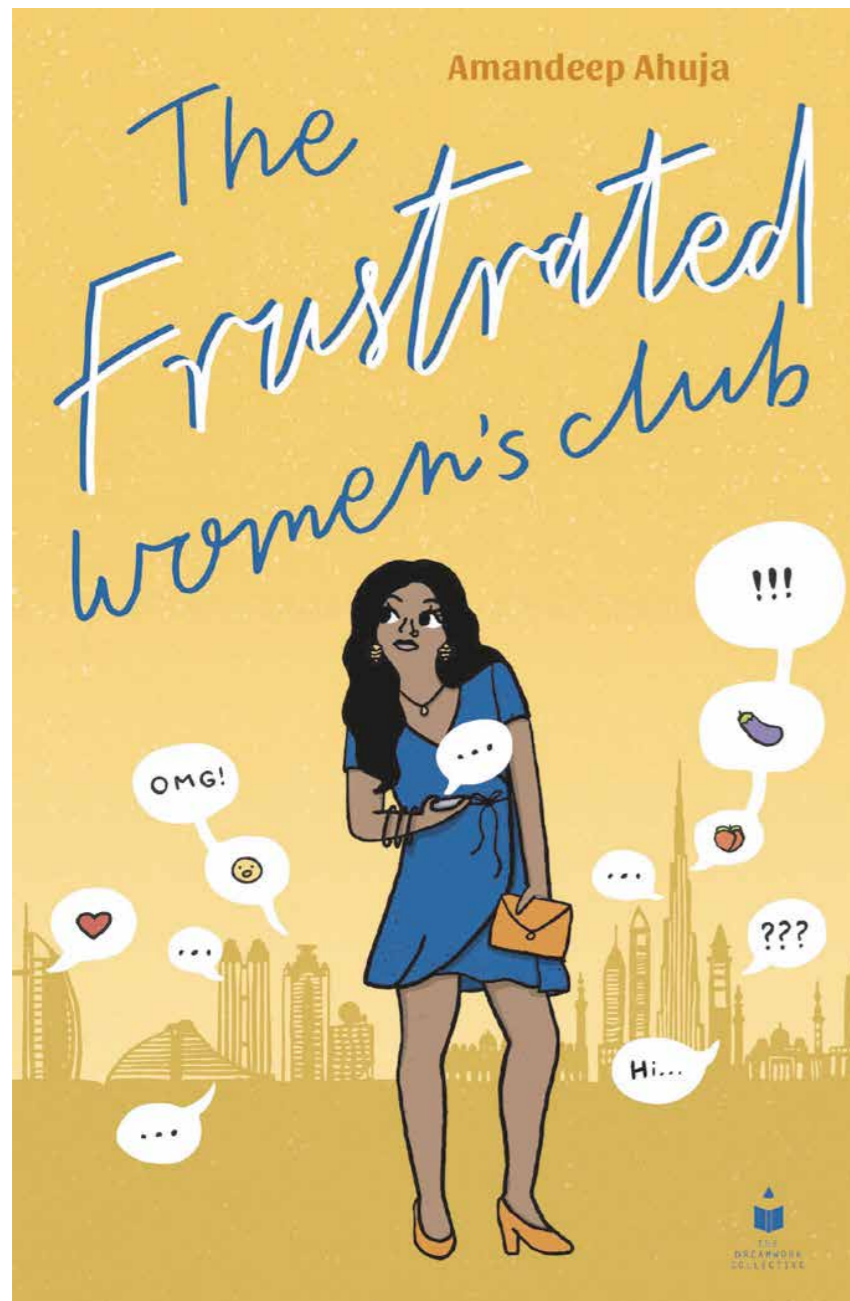
It's Jessica's first school swimming race and she's very excited. Jessica loves swimming. She even thinks that she might be able to win the race. Her friends aren't so sure though – they don't think someone with one arm will be able to beat them all. Will Jessica be able to focus on just doing her best?

Format:	216mm x 216mm, Hardcover
Extent:	38 pages
ISBN:	978-9948-8821-4-5
Price:	USD 16.99, AED 65.00, EUR 15.99, GBP 12.99
Pub. Date:	July 12, 2022

"That's too hard for you..." "You need two hands..." "You might fail..." Wouldn't things be boring if we gave up at the first hurdle?

Jessica is trying out for the school band and she's very excited. Jessica loves music and she's always dreamed of playing the drums. She's even been practising at home on pots and pans using a wooden spoon! But when she gets to school, her friends say that you need two hands to play the drums. Can Jessica find a way to make playing the drums work for her?

Format:	216mm x 216mm, Hardcover
Extent:	40 pages
ISBN:	978-9948-8821-3-8
Price:	USD 16.99, AED 65.00, EUR 15.99, GBP 12.99
Pub. Date:	November 15, 2022



THE FRUSTRATED WOMEN'S CLUB

AMANDEEP AHUJA

Escaping meddling Punjabi family and first dates with both sets of parents present, Alia Arora is excited to reclaim her London-bred independence with a move to Dubai, the heart of the expat world.

But Indian parents rarely back down, and Alia finds that the pursuit of the idealised version of herself – effortless career and a banging social life – isn't quite as easy as she'd hoped.

From unappealing arranged-marriage suitors to managing accusations of having become a 'coconut', Alia navigates it all with her trademark grace, irreverent wit and colourful language.

Narrated in a series of hilariously funny and searingly honest blog posts, *The Frustrated Women's Club* is a love letter to the Indian Millennial and explores the ups and downs of life in your twenties in one of the greatest cities in the world.

About The Author

Amandeep Ahuja was born in London, United Kingdom and emigrated to Dubai with her family at the age of six. She is a Political Economist by education, fitness professional by qualification and writer by passion.

She has an opinion about most things ranging from political debate across the world to Bollywood songs from the nineties and noughties that need to make a comeback. She describes her book as an account of the confused state of mind of her and her generation. She currently lives in Dubai with her parents and baby (her White German Shepherd).

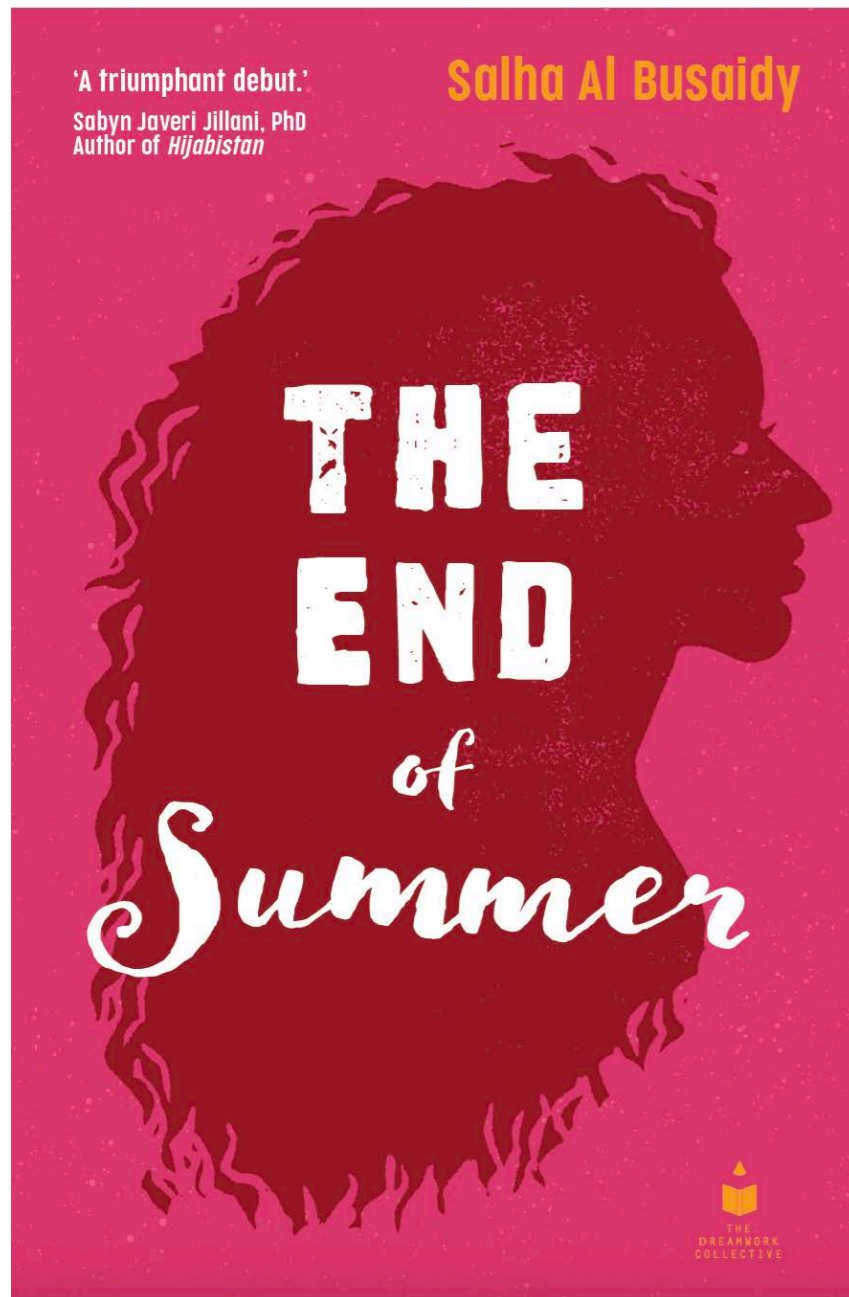
Key Points

- Charting the trials and tribulations of Alia Arora, the book delves into millennial women's search for identity and love and delivers light-hearted insights into the challenges of balancing tradition and modern aspirations.
- The story will resonate with many South Asians in similar situations: tasting the freedom of student life in the West and coming home to expectations of an arranged marriage, and until then, living with the family. The conflict between the education, exposure and familial expectations that the book's protagonist Alia experiences is one shared by many female millennials of similar backgrounds.
- Amid the entertaining accounts of "arranged marriage dates" accompanied by parents, unappealing suitors, and unsavoury experiences with dating apps, the novel also sheds light on the app-based dating scene, from the perspective of a single woman in the UAE looking for a partner.
- Described by reviewer Yashika Doshi as "equally poignant and relatable", *The Frustrated Women's Club* will also resonate with expats of any nationality who are confused or conflicted about their cultural identity. As Doshi concludes, "This book is a light read, and I recommend it to all readers who are interested in finding cultural traces in contemporary literature."

Audience

Young South Asian women navigating family expectations and their own aspirations will love this laugh-out-loud read. In the same vein as Sofia Khan is Not Obligated, Alia Arora is the Indian millennial Bridget Jones with a dash of big-city Carrie Bradshaw.

Format:	198mm x 129mm, Paperback
Extent:	272 pages
ISBN:	978-9948-8778-2-0
Price:	USD 10.99, AED 45.00, EUR 9.95, GBP 7.99
Pub. Date:	April 26, 2022



THE END OF SUMMER

SALHA AL BUSAIDY

Twenty-two-year-old Summer is a force to be reckoned with. She's funny, she's stubborn, she's clever, and she's very opinionated on life as a Millennial Muslim woman. The only problem is that she is dead.

When her younger sister, Sara, finds Summer's lifeless body on their bathroom floor, Summer can only watch as a devastated Sara calls the rest of her family to announce her death. With no way back to her body and no idea how she died, Summer remains a helpless observer as members of her devoted, dysfunctional family come back home to bury her – and her secrets. As Summer pieces together the events of the night before, she starts unravelling her whole life: the fabric of her British-Omani-Zanzibari family, the culture clashes, the depression that dogged her for years, and the childhood trauma that changed her forever...

Riveting and heart-breaking, Summer's haunting story is one you will never forget.

About The Author

Born in London to Omani-Zanzibari parents, Salha has been daydreaming, performing, and creating songs, plays and stories since she was a child. As an adult, armed with a seemingly redundant degree in languages, she founded the successful corporate Million Dollar Band, with whom she travelled the world playing music. Family girl, proud Muslim, crazy cat lady, doting wife, shoe enthusiast, yoga teacher and professional rock star, she has now added 'author' with her first novel, *The End of Summer*. Having lived in Bahrain, London, Germany, L.A., Muscat, Beirut, and Dubai, she has finally settled (for now) in Zanzibar.

Key Points

- Set in Oman, *The End of Summer* is an uncompromising take on the harsh realities of one girl's story: incestual rape, drug addiction, family secrets, and an internal battle between what she loves and hates about her cross-cultural upbringing.
- Summer's story is a revealing read for those not of Afro-Arab origins and for those who are it's a dramatic reflection of the battle they likely struggle with too, especially finding peace within the more difficult aspects of the culture they've been born into.
- With a focus on the family dynamics surrounding Summer's death, the reader is introduced to the intricacies of Afro-Arab culture through each member of Summer's family as they gather to lay Summer to rest.
- From superstition to Islamic prayers, and from childhood rape to being unable to drive in a car with a man you're not married to, Summer's story reveals the battle Afro-Arab women contend with in the face of a modern world and long-lasting traditions that make it near impossible to find a sense of belonging anywhere.

Audience

Young Afro-Arab women navigating their cross-cultural upbringing will fall hard for this book. Young readers who are fans of Elizabeth Acevedo, Namina Forna and Candice Carty-Williams will be captivated by how Salha brings Summer's story to life.

Format:	197mm x 130mm, paperback
Extent:	312 pages
ISBN:	978-9948-8778-3-7
Price:	USD 12.99, EUR 14.99, GBP 8.99, AED 45.00
Pub. Date:	September 23, 2022



The Life Kit Series

MAHA AL-KHALAWI

In The Life Kit Arabic children's book series, Maha Al-Khalawi brings together her art, storytelling and some life-enriching tools she picked up over the years to create a series of stories that not only capture the imagination, but also create a common language for children to better understand and express themselves.

About The Author

MAHA AL-KHALAWI is exhibited Saudi artist, designer and illustrator with a culturally diverse background that enriches her perspective on the world, Maha designed brand identities, launched an Arabic greeting card company, and later entered the corporate world as an innovation designer before applying her talent to children's books.

عالمي السري

ماذا ستفعل إن قلت لك هناك عالم سري جميل
تستطيع أن تدخله متى تشاء؟

بل ومن المؤكد أنك قد زرته من قبل

إن أخبرتك عن عالمي السري وأجمل ما فيه هل تخبرني
عن عالمك؟

Format:	216mm x 216mm, Paperback
Extent:	38 pages
ISBN:	978-9948-8778-7-5
Price:	USD 9.99, AED 40.00, EUR 9.50, GBP 7.99
Pub. Date:	January 26, 2022

عدسات القوة

ما الفرق بين عالم جميل وعالم قبيح؟
عدساتك طبعاً

لا أعني النظارات الطبية
هل تظن بأنك لا تلبس عدسات؟

بالطبع تلبسها

وحالما تكتشف وجودها تستطيع أن تتعلم كيف تتحكم بها
تعال معي لترى كيف

Format:	216mm x 216mm, Paperback
Extent:	32 pages
ISBN:	978-9948-8778-8-2
Price:	USD 9.99, AED 40.00, EUR 9.50, GBP 7.99
Pub. Date:	April 12, 2022

كرتي المضيئة

هل تعلم بأن سعادتك تعطيك نوراً قد لا يراه الجميع
ولكن حتماً يشعرون به؟

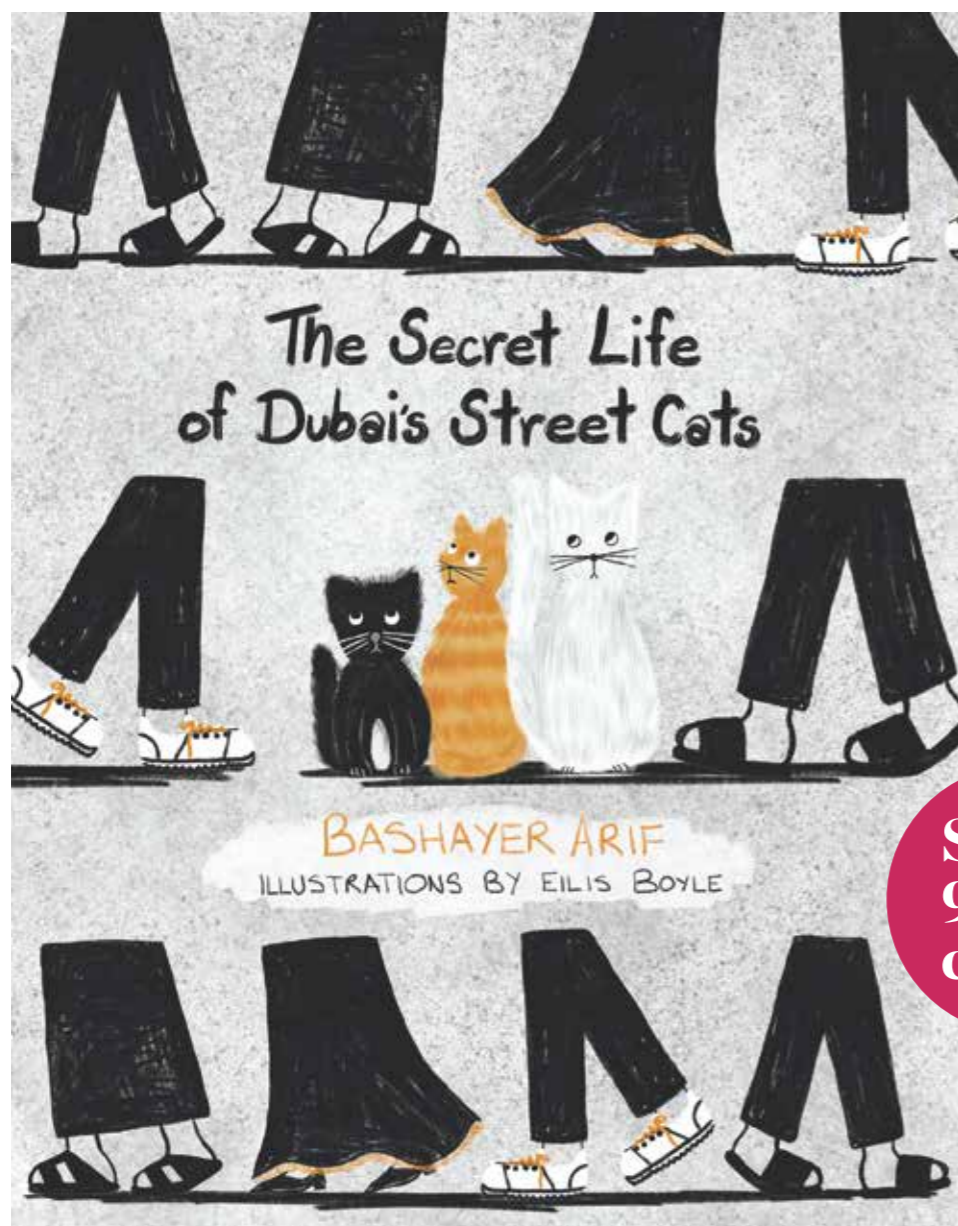
وأن هذا النور هو مسؤوليتك أنت وحده؟
كيف نحافظ على مشاعرنا و نورنا؟

اقرأ معي و سنكتشف سوية

Format:	216mm x 216mm, Paperback
Extent:	36 pages
ISBN:	978-9948-8778-9-9
Price:	USD 9.99, AED 40.00, EUR 9.50, GBP 7.99
Pub. Date:	August 16, 2022

2021

Our 2021 titles bring readers out of 2020 with renewed hope and their eyes firmly planted in the future. What will the world become after this pandemic? Who will we become as people? What are the issues we want to challenge or stand for? This year as our books bring people forward with hope, we continue to tap important causes and topics such as animal welfare, equality, religious freedom, body positivity, sustainability, and mental health.



SOLD 91,210 copies

THE SECRET LIFE OF DUBAI'S STREET CATS

BASHAYER ARIF

Sharpclaw is no ordinary street cat. She's a feisty Arabian Mau and a born leader. Together with her two best friends, Twitch and Blacktail, she roams the streets of Dubai, naps in the sun and meows happily at the kind humans who feed her.

Sharpclaw can handle any kind of trouble. But when a terrifying house cat called Killtooth moves into their neighbourhood, the trio's peaceful lives are shaken up. Can they successfully escape from Killtooth and find a new home for themselves? Join the three street cats as they explore the city of Dubai in a story of friendship, forgiveness and feline frenzy.

Gorgeously illustrated with lashings of humour, this is a touching and triumphant story for cat-lovers of all ages.

About The Author & Illustrator

Bashayer Arif is an Emirati writer and *The Secret Life of Dubai's Street Cats* is her debut novel. She has a degree in English Literature and has worked as a freelance copywriter, proofreader and editor. She believes in the profound power of storytelling and credits her passion for books for shaping who she is today.

Eilis Boyle is a multidisciplinary designer and illustrator. Her work has been featured in *The New York Times*, *Financial Times*, and *L'Officiel*. Originally from Dublin, she is now based in the mountains of Northern Madrid.

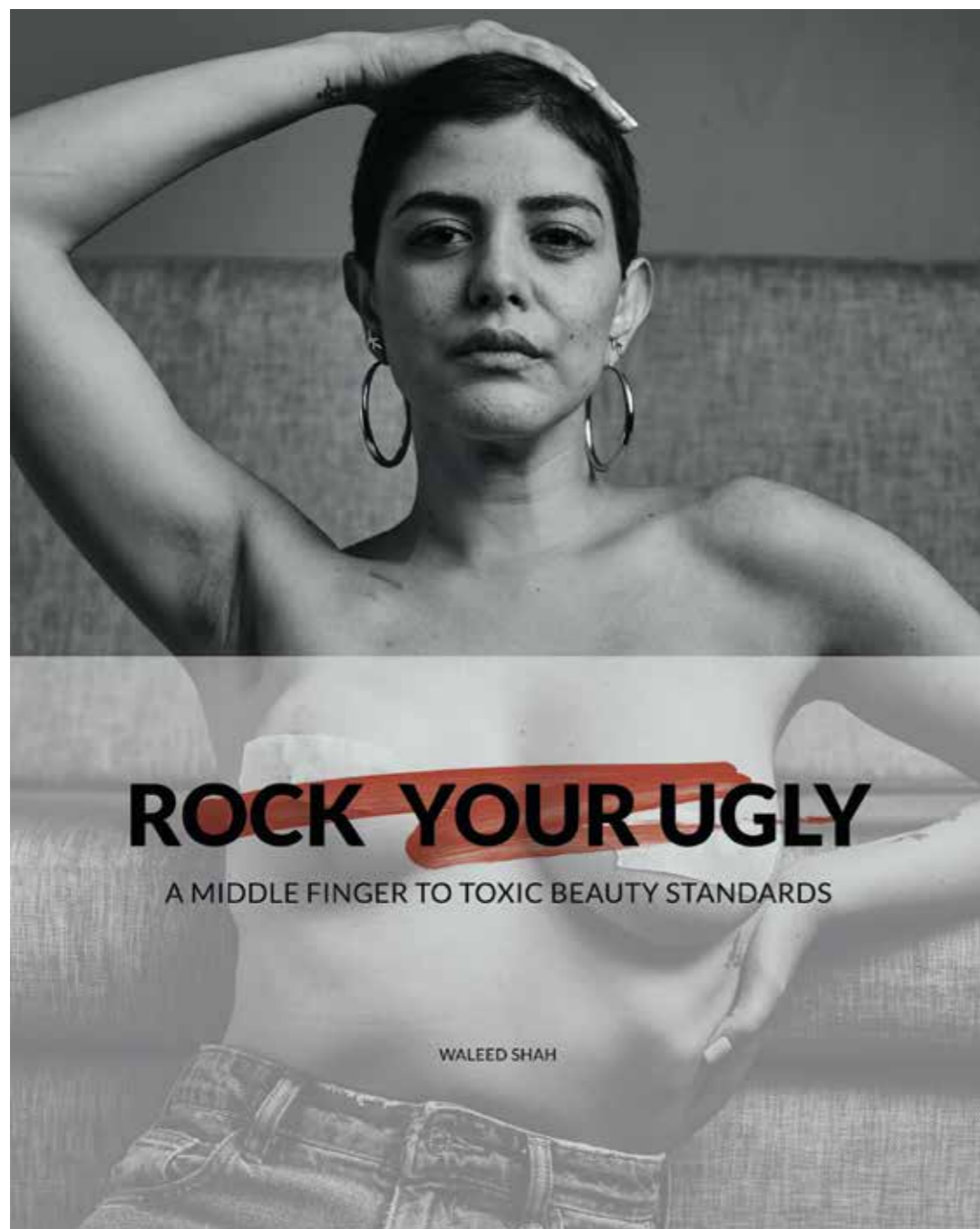
Key Points

- A children's book set in Dubai, United Arab Emirates replaces the usual depictions of the city with one of gritty and overcrowded streets that are home to thousands of stray cats.
- Stray cats are a part of the fabric of Dubai's city landscape. Those who live in the city will fondly relate to the book and those living elsewhere will be introduced to a side of the city they may never have known about.
- The book features a strong female lead character and is imbued with messages of friendship, bravery, kindness, forgiveness, and animal welfare.
- A unique chapter book, with muted illustrations that give it a 'grown up' feel, it encourages young readers to develop empathy and understand our human impact on the natural world around us.

Audience

Ages 6-9 who enjoy animal and adventure books. It will also appeal to readers and gift-buyers of all ages looking for a book that is cultural, adventurous, and has themes of environmentalism and empathy.

Format:	220mm x 170mm, Hardcover with jacket
Extent:	88 pages
ISBN Genre:	Children's 6-9
ISBN:	978-9948-25-639-7
Price:	USD 12.95, GBP 9.50, AED 50.00
Pub. Date:	February 05, 2021



ROCK YOUR UGLY

WALEED SHAH

Rock Your Ugly is a raw, unfiltered look into the lives of everyday people willing to bare all and reclaim those parts of themselves they have struggled to embrace.

UAE-based photographer Waleed Shah captures a moment in the lives of these men and women with accompanying stories that zoom in on their insecurities and what they usually hide behind smiles and Instagram filters.

Rock Your Ugly is a middle finger to toxic beauty standards and a reclamation of power through this one simple truth: we all have things we don't like about ourselves... but why hide it, when we can rock it?

About The Author

Waleed Shah is a chemical engineer by education and started his career working in the oil industry before discovering a love of photography. He has worked with some of the coolest brands on the planet, talented local artists, and international celebrities.

Waleed's photography series titled, *Rock Your Ugly*, became a viral sensation and explores the intersection between physical and mental health through a series of portraits and interviews

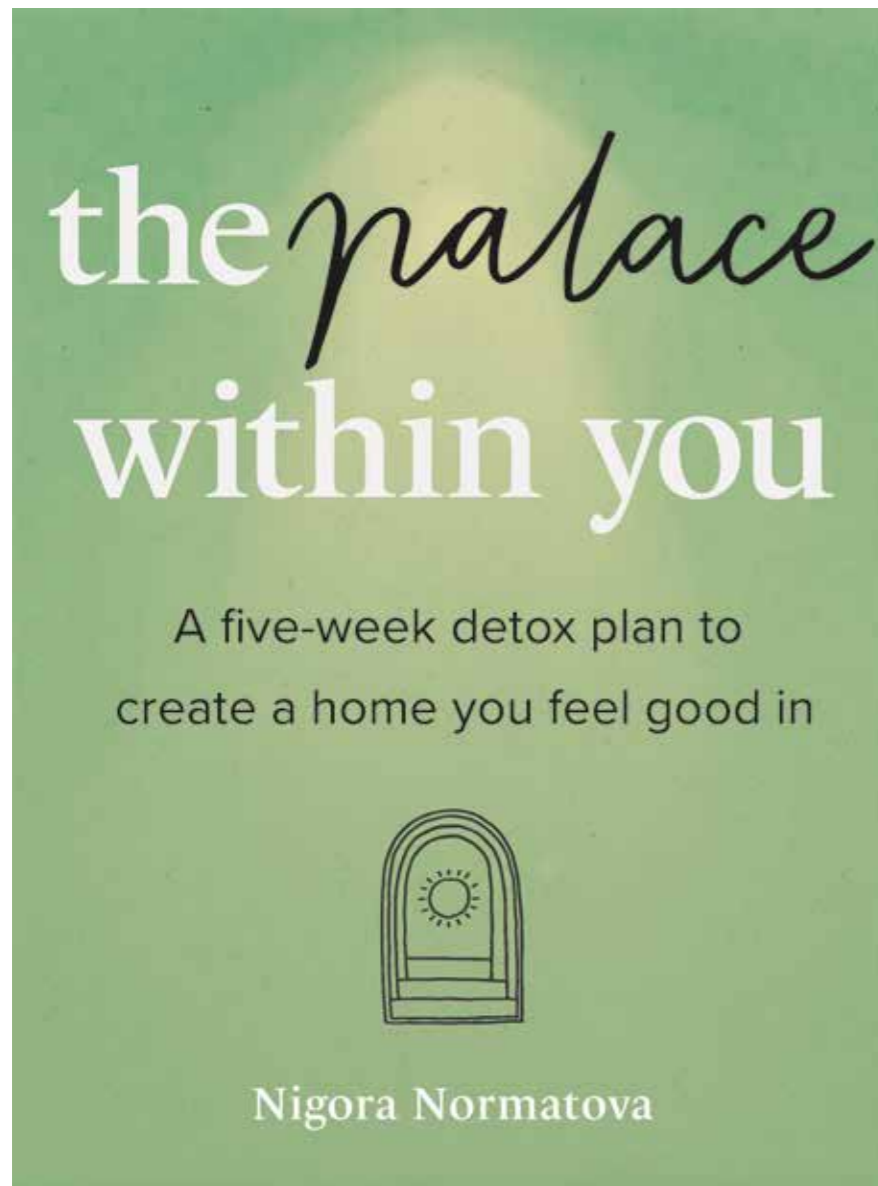
Key Points

- There is a big media buzz around self-love and toxic beauty standards at the moment. This book fits right in.
- The social media movement that the book was developed from has been featured in CNN, Grazia, Cosmopolitan, DailyMail, BBC, Sky News, and MBC - there is an eager audience ready for the book.
- It's a homegrown movement featuring a number of regional social influencers like Denae Mercer (2 million followers), Sara Al Madani (400k followers) and Huda Shahin (200k followers)

Audience

The core target reader is likely to be female and mid-twenties to late-thirties. They're likely to have an interest in the body positivity movement and mental health, and to have a specific interest in the Middle East - perhaps by being from the region or having spent time there. They are keen to feel represented and not always have all the media they enjoy be about the United States. They want to be the face of their own movement.

Format:	194mm x 240 mm, Hardcover with transparent jacket
Extent:	226 pages
ISBN:	978-9948-8719-0-3
Price:	AED 150.00 , GBP 29.00, USD 40.00
Pub. Date:	April 13, 2021



About The Author

Nigora Normatova is a Tajik-born global citizen passionate about lifestyle medicine and educating others on how they can reconnect with their body. She is a certified health coach, an international author, and a founder of Eat The Sun Global, an online platform delivering courses on health and movement.

Key Points

- The launch of this book is very timely with current global affairs seeing many spend more time at home than ever before. The readers of this book are waking up and realising just how much their home environment can be a trigger to an unhealthy lifestyle and emotional instabilities.
- This book takes you step-by-step through a five-week process to clear each corner of the home, while learning how to nurture it and yourself. Unlike Marie Kondo's bestselling books, *The Palace Within You* zooms in more closely on the link between the home and your physical and mental health, and teaches the reader tasks that support their own or their family's wellbeing plus the wellbeing of the planet.
- This book is a simple, down-to-earth way for everyone to have a positive and sustainable impact on the environment.

THE PALACE WITHIN YOU

NIGORA NORMATOVA

Is your home just the place where you sleep and charge up your phone?

Or is it a cocoon where you connect to yourself, recharge your batteries and find strength and peace?

The relationship between your wellbeing and your physical environment is a powerful one. Clutter, poor air quality, a lack of plants, overloaded plug sockets and chemical cleaners – these can all have a real impact on your health and productivity.

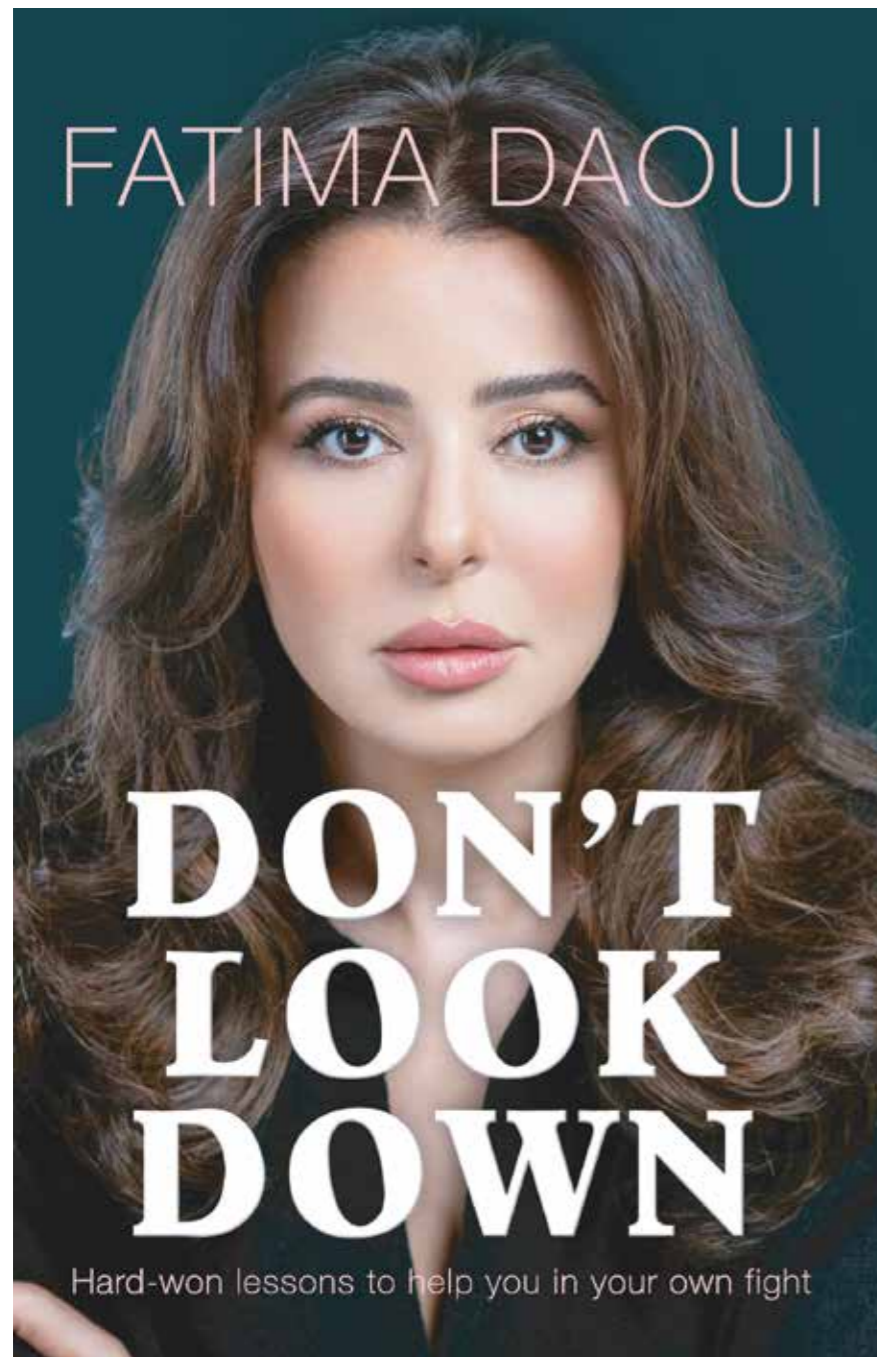
The Palace Within You guides you step by step on how to clear each corner of your home, nurture it, and be aware of the impact your choices at home have on you and the planet.

No matter the size of your house, it deserves to be the place where you come to rest, repair and re-energise. This book is an all-time guide for inviting health, prosperity and joy into your beautiful home.

Audience

This book will appeal mostly to a female reader who is in their early thirties to late forties, someone who is health and environmentally conscious and wants to create a toxic free upbringing for their kids and loved ones.

Format:	210mm x 148mm, paperback
Extent:	226 pages
ISBN:	978-9948-8719-2-7
Price:	USD 16.99, GBP 12.99, EUR 13.99
Pub. Date:	July 13, 2021



DON'T LOOK DOWN

FATIMA DAOUI

Al Arabiya News anchor Fatima Daoui is one of the most recognisable faces in the Middle East, but she didn't make it to the top alone. Having been supported by other women throughout her life, Fatima has written this book for the next generation of female leaders in media with the goal of helping them to win their own fight for a place at the top while staying true to themselves.

"I wrote *Don't Look Down* for the bold, unconventional, ambitious woman who wants a career she loves and is willing to roll up her sleeves and knuckle down to get there. I spent years fighting for what I have today and that fight was not for nothing. I've reached heights I never dreamed possible and now I'm here with this book to help you to do the same." — Fatima

About The Author

Fatima Daoui is one of the Middle East's most recognised business reporters, with over 15 years of experience in the industry. Known for her scoops and exclusive interviews, Fatima is based in the UAE and travels wherever the story takes her, from Saudi Arabia where she specialises in covering business stories, to the far reaches of the globe to moderate influential panels on global economic issues.

Fatima launched her career as an analyst at the investment firm Capital Trust, where she gained insights into the world of investing. In 2005, she practiced as a Family Office consultant until 2008, when she joined Al Arabiya News Channel in Dubai as a business anchor for the channel's daily financial news program, Aswaq Al Arabiya. Today she continues to thrive in her prominent presence as a senior business and financial news anchor.

Key Points

- The book is written in a matter-of-fact friendly tone. When reading it, you get the sense that Fatima is the "big sister" of media, helping the next generation of women pursue their passion with a book that is equal parts encouraging words of wisdom and hard-hitting reality checks.
- Fatima zooms in on the particular challenges women face such as age discrimination, stereotypes, and a lack of a proper support system.
- The book also discusses how to remain true to yourself—your femininity—in an industry that is dominated by men. And how a relentless pursuit to be honest, hard-working, and authentic is what can set the standard anew.

Audience

This book will appeal mostly to Arab female readers who are in their early twenties to thirties. Women who are specifically interested in pursuing a career in media, but also those entering into other less traditional career paths.

Format:	216mm x 140mm, Hardcover with jacket
Extent:	202 pages
ISBN:	978-9948-8719-4-1
Price:	USD 17.99, AED 65.00, EUR 14.95, GBP 13.95
Pub. Date:	September 14, 2021



JUST THREE THINGS

LINDA BONNAR

Just Three Things is a mental wellbeing manual for busy people made up of bite-sized life hacks anyone can grasp and run with.

Down-to-earth and divided into short easy-to-read chunks, the book deals with a range of topics from mind-management and self-awareness to dealing with a challenging boss and developing rapport quickly with others.

It's the action-oriented and solution-focused book today's busy remote working or office dwelling professionals need as the fog of the global pandemic starts to lift.

About The Author

Linda Bonnar is a pragmatic and client-centered coach and trainer. She assists companies in overcoming the challenges and complexities of people-development, talent management, and organisational success.

Before embarking on her coaching career, Linda worked internationally as a teacher for fourteen years and is the author of *Press Play*, a coaching book for teenagers and young adults.

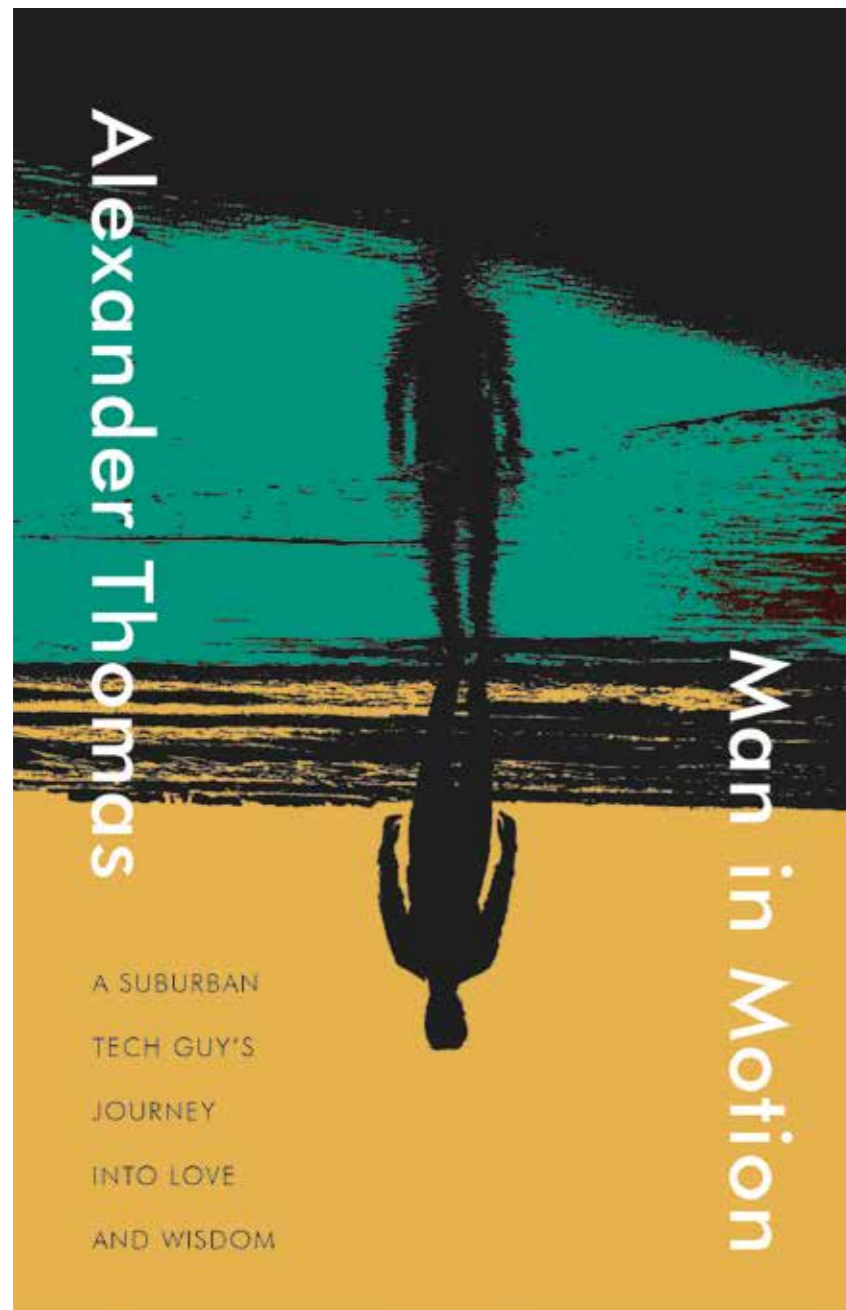
Key Points

- With the myriad of mental health books on the market, *Just Three Things* stands out as a practical manual that tackles life's little problems with a three-step method anyone can do to create change.
- Funny and tongue-in-cheek at times, it is the perfect book for mental wellness skeptics and those who just want to "get on with it."
- Launching October 5, 2021 in time for World Mental Health Day, it covers topics from developing more self-confidence and managing stress, to letting go of your past and dealing with worry. It explores ways of developing better habits, managing one's thoughts and navigating change to bring about positive transformation in one's life with bite-sized actions.

Audience

This book will appeal to a female readership, predominantly 30+ who are overworked, overwhelmed, and plain ol' over it! They are looking to make a change in their life, but in the easiest way possible. This book is the cheat sheet to life busy women everywhere have been looking for.

Format:	216mm x 140mm, Hardcover with jacket
Extent:	246 pages
ISBN:	978-9948-8719-6-5
Price:	USD 17.99, AED 65.00, EUR 14.95, GBP 13.95
Pub. Date:	October 5, 2021



MAN IN MOTION

ALEXANDER THOMAS

I'm a pretty rational guy. My LinkedIn profile has just the right amount of normal, wealth-building capitalist on the page. I fly around the world. I sit in boardrooms. To my friends and family, I'm a stand-up guy. But inside I'm spinning. I know what I'm doing. I just don't know why I'm doing it.

For the first forty years of his life, tech entrepreneur Alex Thomas focused on two things: business and family. When his marriage began to fall apart, his search for love and wisdom began.

Part memoir, part down-to-earth exploration of spirituality in an accelerating world full of loud voices, *Man in Motion* takes us on an unflinchingly candid journey as Alex wrestles with that age-old question: hey wait, slow down – *what the heck is goin' on here?*

About The Author

Alexander Thomas is a global technology and business leader, husband, father and part-time explorer of mystical – the sacred and the numinous. Divinity and grace. In the vein of Paulo Coelho and Mitch Albom, Alexander is captivated by the beauty and power of love and the religious/spiritual life. He writes from a place of integration, grounding thousand plus year old wisdom and practice in 21st century living.

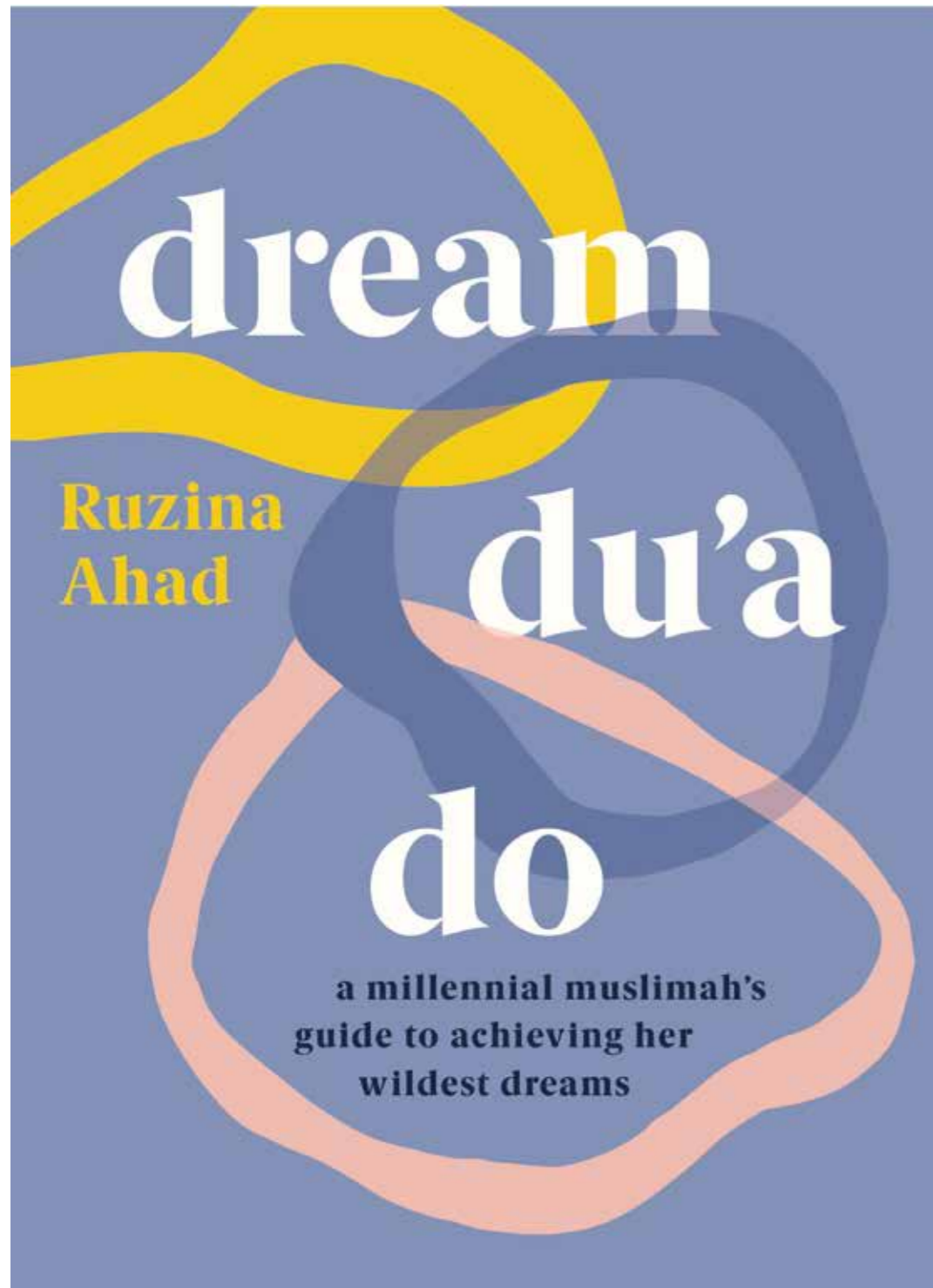
Key Points

- There are many books that cover the broad themes of spirituality and mysticism, but few are able to ground the eternal search for truth and wisdom into the broader context of daily living, corporate, social and family responsibility.
- The book uses unifying language and lyrical expression to bridge the divide between science and religion, between the rational and the divine.
- Above all, the book is a source of optimism during difficult and for many, tragic times. For those coping with divorce, mental health and emotional wellbeing, and for those burdened with Weltschmerz, a sense of world pain – that feel the deterioration in the body politic, family and community and the threat of unwise, unrestrained corporate and national power. The book offers an exciting perspective that we are entering into a golden era for the human story, a period of harmony, equality, discovery, love, beauty and dignity.

Audience

The core target audience is (i) adults, firmly grounded in life and responsibility but quietly struggling with an inner voice, a desire for a deeper, and richer experience of living. (ii) Men coping with the changing demands of manhood in the 21st century and (iii) women hoping to gain insight on one man's introspection and experience with romance.

Format:	216mm x 140mm, Paperback
Extent:	398 pages
ISBN:	978-9948-8719-7-2
Price:	USD 14.99 EUR 12.95 GBP 9.99
Pub. Date:	October 26, 2021



DREAM DU'A DO

RUZINA AHAD

Dream Du'a Do is the ultimate survival guide for the Millennial Muslimah.

Packed with humour, honesty and heartfelt advice, this sunny book offers strategies for Muslim women to not just survive in today's world, but to thrive. As a young British Bengali woman, Ruzina shares the ups and downs of her own journey and explains how she gained the confidence and clarity to achieve her dreams.

Using the latest research in neuroscience, positive psychology, and inspiring examples of Muslim women, this refreshingly engaging how-to guide will encourage you to:

- Figure out your wildest ambitions by having the courage to **Dream**
- Inspire you to rely on the transformational power of prayers through **Du'a**
- Empower you to go out to **Do** whatever it is you need to live your life to the full.

By the end of *Dream Du'a Do*, you will know exactly what you want out of this life, why you want it, and how to achieve it!

About The Author

Ruzina is a British Bangladeshi writer, born and raised in London and is currently residing in Abu Dhabi with her husband and two kids.

She has a Masters in Leadership and Management in Education and has been working as an instructor/teacher trainer for over twelve years.

Ruzina has a vivacious approach to life and truly believes that real victory comes to those who dare to dream, rely on the power of du'a and then go out to do whatever it is they need to do in order to achieve their goals.

Key Points

- There's a growing demand for Muslim self-help books for the next generation.
- The book is written in a youthful and energetic way, helping young Muslim women to reconcile their earthly goals (eg: starting a fashion blog!) with more spiritual ones, and along the way it's an honest, funny and self-deprecating portrait of a woman finding her feet and realising she doesn't have to choose between being Muslim and being fully engaged and successful in this world.
- It is an interactive book that includes spaces to write, draw, and dream.
- Publishing rights were sold to publishing houses in South Africa and Malaysia, which distribute *Dream Du'a Do* across South Africa, South East Asia and Australia.

Format:	210mm x 148mm, Paperback
Extent:	226 pages
ISBN:	978-9948-8719-3-4
Price:	USD 16.99, AED 65.00, EUR 13.99, GBP 12.95
Pub. Date:	November 23, 2021

2020



THIS IS POSTPARTUM

Free yourself from the perfect mother conspiracy

TILDA TIMMERS

What if, amidst the congratulations cards and presents everyone keeps sending, you're actually constantly overwhelmed and anxious? What if you're beating yourself up for not being as happy as you think new mothers should be? It's OK. Motherhood is like the hardest exam in the world, and you haven't even been allowed to prepare for it. This book is a friendly, fuss free and compassionate guide for the moments when you're tearing your hair out and wondering if you're all alone. You're not. There is no right way to be a perfect mother, but a million ways to be a good one.

About The Author

Netherlands-based Tilda Timmers is a therapist specialising in postpartum depression. She works with parents who are not on cloud nine after giving birth, who might be feeling overwhelmed, ashamed, depressed, and anything in between.

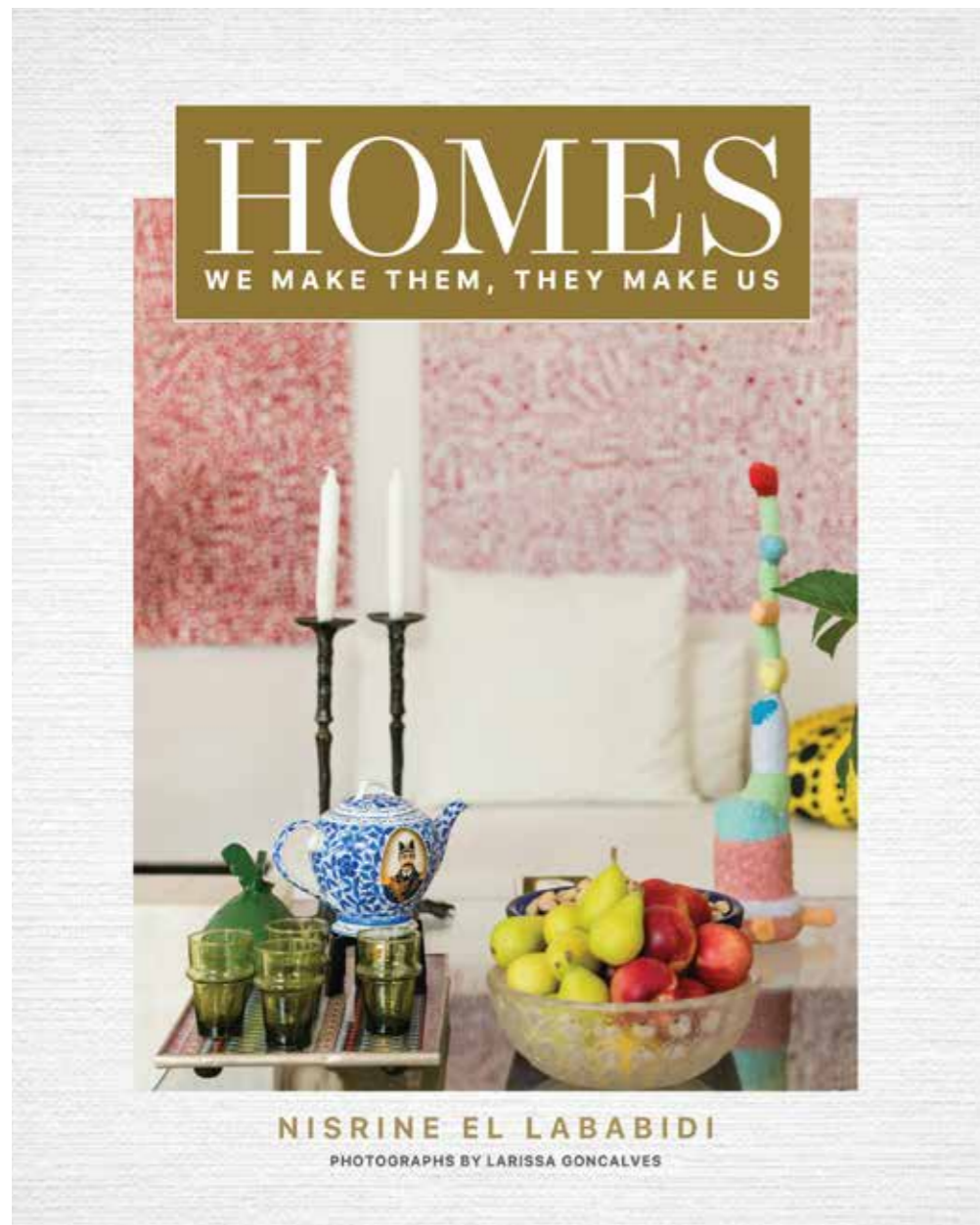
Key Points

- Prescriptive and simple, the book is filled with lots of stories, tips, and humour.
- At a time when the Covid-19 pandemic has changed the way we think about supporting ourselves and others, now more than ever, women who are preparing to birth a child into the world are needing emotional strength and support.
- There's plenty of pregnancy and postpartum depression books out there, but Tilda's book is unique in how it weaves gentleness and a friendly tone throughout difficult topics that ultimately make it an uplifting read.
- *This is Postpartum* is part-story and part-toolkit. It is a light for mothers finding themselves in a darker place than they may have expected.

Audience

This is a book for women in their thirties or forties who are mothers. Some may be sick of the didactic parenting books foisted on them by well-meaning in-laws. They're all likely to have a lot on their mind, be incredibly busy and be feeling quite isolated.

Format:	197mm x 130mm, Paperback
Extent:	220 pages
ISBN:	978-9948-3544-2-0
Price:	GBP 10.95, USD 14.99, EUR 12.99, AED 55.0
Pub. Date:	June 20, 2020



HOMES: WE MAKE THEM, THEY MAKE US

NISRINE EL LABABIDI

Dubai has become a hub for creative dreamers and risk takers. Who they are and how they live is inevitably reflected in the house they live in and the homes they create for themselves.

Author Nisrine El Lababidi is an acclaimed interior designer and in this book, she invites readers into some of the most charming and striking homes in the city. Through oil barrels masquerading as coffee tables to Matisse-inspired feature walls, the book journeys into the lives of those who are calling this city home.

By exploring the homes of architects, film-makers, ballet dancers and journalists, *Homes* celebrates an extraordinary city, its vibrant residents, and the glorious satisfaction of a deliciously cosy armchair.

About The Author

As an interior designer, Nisrine has carved a niche for herself crafting unique spaces tailor-made for a long list of discerning clients. With an impeccable eye for detail, she creates interiors that uniquely reflect her clients' personalities and desires to make their living spaces uniquely theirs.

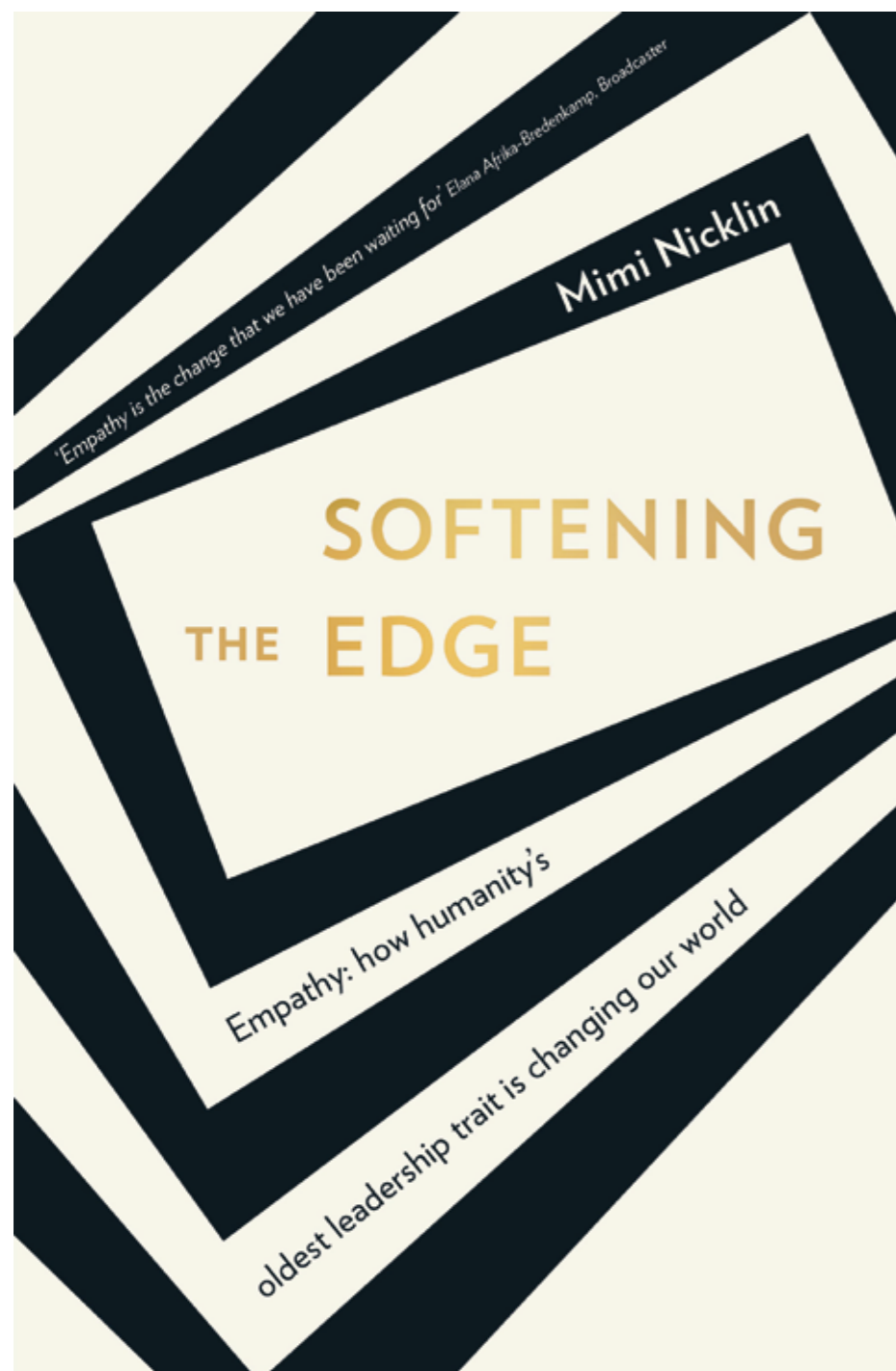
Key Points

- Since the beginning of the Covid-19 pandemic, people have found themselves at home more than ever before. Reports show an increase in DIY projects and home renovations this year and this book provides inspiration for readers planning their next project
- Dubai is one of the biggest multicultural hubs in the world today. Below the towering skyscrapers we see on television and in magazines, are everyday people from all walks of life infusing their homes with design elements and sentiments unique to themselves and their culture.
- While there are architectural and historical books that talk about the city built up from the desert, *Homes* is the first book of its kind to capture Dubai's cultural diversity through interior design.
- Weaved throughout beautiful photography and interviews is an underlying message of authenticity and self-expression. *Homes* encourages the reader to embrace their uniqueness and create living spaces that are meaningful and a reflection of their individuality.

Audience

Design lovers – the kind of people who have beautiful coffee table books in their home. Expats or visitors to Dubai who want to purchase a beautiful memento of their time in Dubai. DIYers – new home-owners/homerenters who are doing up their homes and looking for tips and inspiration.

Format:	190.5mm x 235mm, Hardcover with jacket
Extent:	240 pages
ISBN:	978-9948-3453-6-7
Price:	USD 57.00 GBP 44.00 AED 210.00
Pub. Date:	November 10, 2020



SOFTENING THE EDGE

Empathy: how humanity's oldest leadership trait is changing our world

MIMI NICKLIN

Empathetic influence is this decade's most critical human and scientifically validated skillset. The ability to connect authentically as people has the power to not only change our business environments, but to change the shape of our world. This insightful book will undoubtedly inspire and challenge you in equal measure. It will show you how to successfully harness your emotional intelligence to influence and genuinely connect with people on a deeper level. *Softening the Edge* will help you to future-proof and evolve the way you do business.

About The Author

Mimi Nicklin is an author and the host of the popular Empathy for Breakfast show and Secrets of the Gap podcast. She is an experienced marketer and creative strategist, and is a well-known empathetic leader. For over fifteen years she has been working across the globe with her clients to drive stand out strategic interventions that lead to business and culture change. She is also a keynote speaker, columnist and a yoga therapist.

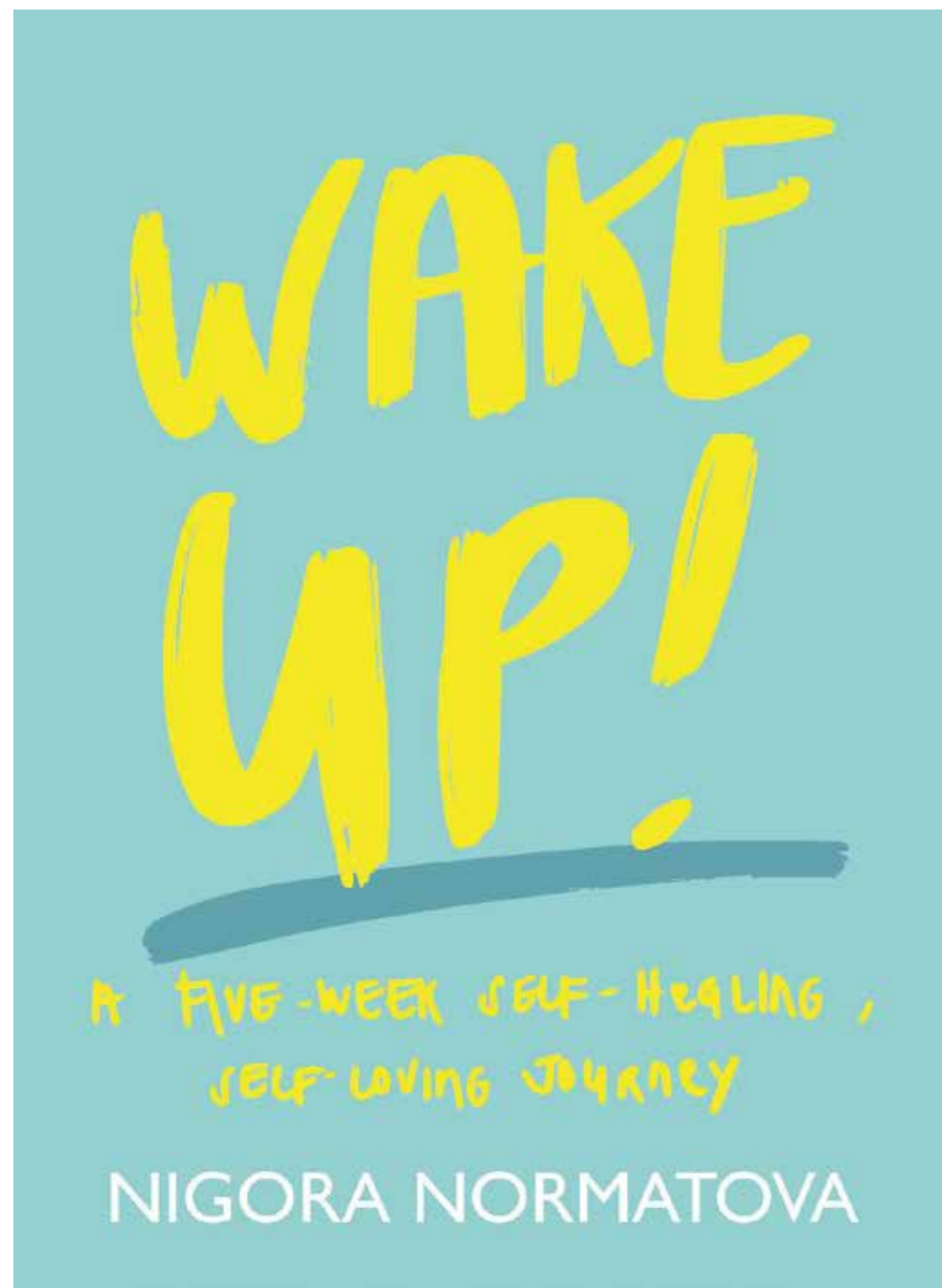
Key Points

- There's plenty of business books that talk about the changing economic and business landscape with a focus on millennials as the next generation of leaders. As a millennial herself, Mimi's book is unique in its perspective and answers the questions many leaders have on how to balance humanism and capitalism, values and business.
- The book unpacks the theme by using stories and science to illustrate how empathy and empathetic leadership is actually natural, and although business today is far removed from what is natural, there is a way back.
- The book also looks at the challenges of our times and how they are the wake up call for a more empathetic way of doing business, such as: the Covid-19 pandemic, environmental crises, and calls for global social change and reforms.

Audience

The core target reader is: (i) those in senior leadership roles who are readers of business books, but who are open to something a little different. People who read The Economist but might also have a meditation app on their phone. (ii) A slightly younger group, older millennials, who are struggling through middle-management in their companies. They're looking for a way to work and lead that doesn't go against their personal values. They are seeking a message of hope.

Format:	130mm x 197mm, Paperback
Extent:	280 pages
ISBN:	978-9948-3400-9-6
Price:	GBP 10.95, USD 14.99, EUR 12.99, AED 55.00
Pub. Date:	September 15, 2020



WAKE UP!

A five-week self-healing, self-loving journey

NIGORA NORMATOVA

Are you tired of being tired? Fed up with just not feeling your best?

In this book, health coach Nigora Normatova motivates people to say goodbye to old unhealthy eating habits that rob them of energy and make them ill. It guides the reader step-by-step through a five-week program that can be easily integrated into everyday life and leads to a completely new diet and lifestyle. Lots of questionnaires, checklists, hands-on pages to fill out, tips and recipes make the book varied and the program easy to implement. For those who want to be supported on their way to a more alert and energetic life, this book is for you!

About The Author

Nigora Normatova is an international author and holistic health coach. She is a qualified personal trainer, yoga teacher, and Face Fitness instructor. Nigora helps her readers reassess their lifestyles and find small but powerful ways to support their bodies and start living with peace and ease.

Key Points

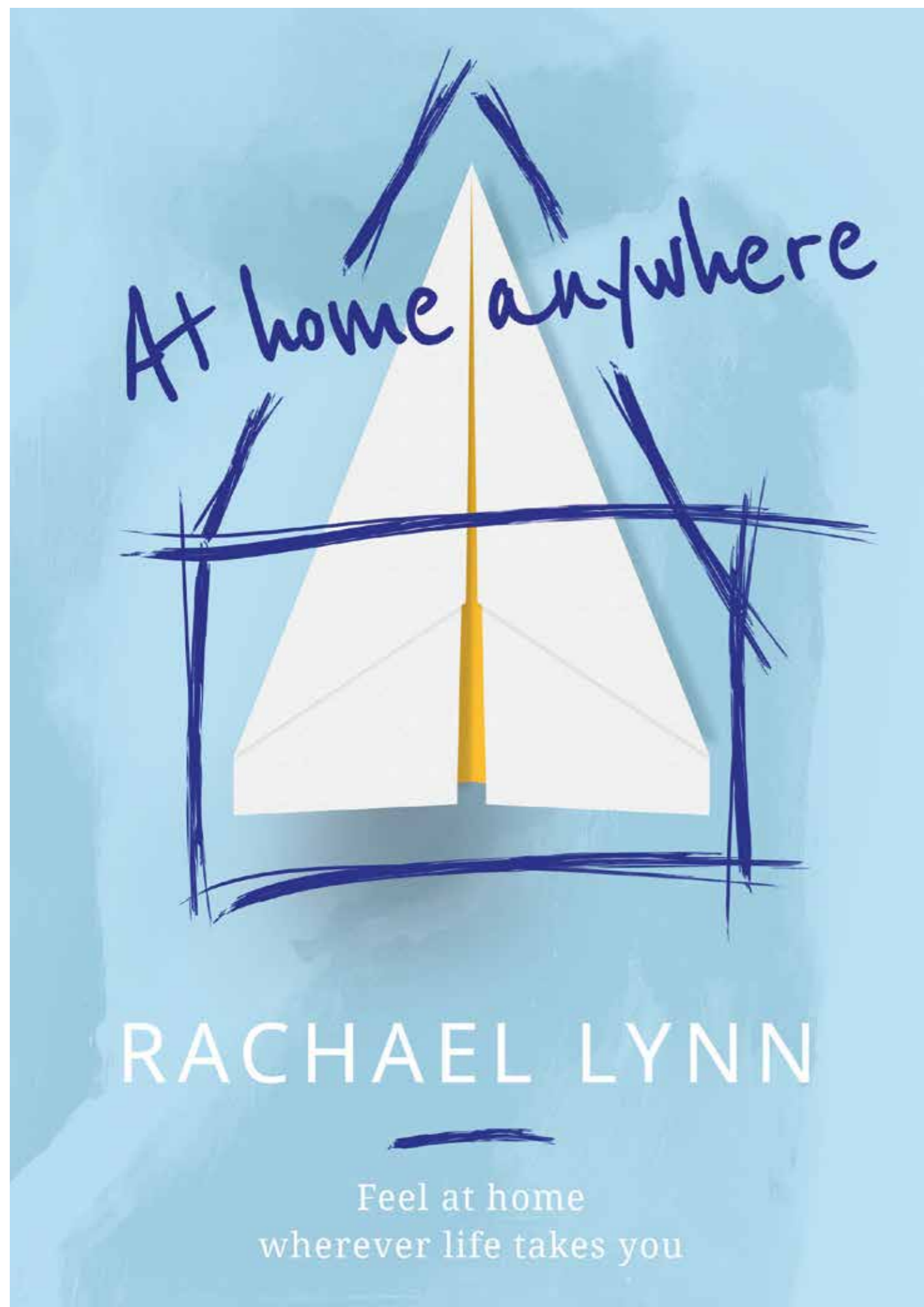
- Prescriptive and simple, the book is filled with lots of questionnaires, checklists, hands-on pages to fill out, tips and recipes.
- There's plenty of health and diet books out there, but Nigora's book is unique in its focus on inner well-being and emotional/spiritual connection and the simple practices people can adopt to support their diet changes and physical health goals.
- While books like Maria Borelius' Health Revolution have been popular for their evidence-based approach, *Wake Up!* is the answer to the question: "But, how?" It is a toolkit of resources and information that puts the power in the hands of the reader to revolutionise their health one day at a time.

Audience

The core target reader is likely to be female and late-twenties to early-forties, suffering from weight gain, chronic illness, or stress-related conditions. Readers are likely to have an interest in changing their health, improving their wellness and self care, and are perhaps contemplating taking up a yoga and meditation practice.

Format:	210 mm x 155 mm, Paperback
Extent:	205 pages
ISBN:	978-9948-3556-5-6
Price:	GBP 12.95, USD 16.99, EUR 15.99, AED 65.00
Pub. Date:	February 25, 2020

Backlist



AT HOME ANYWHERE

RACHAEL LYNN

In this increasingly global world, we may find ourselves moving cities once or twice, completely shifting continents, living a nomadic lifestyle, or even simply re-creating what home means to us in the very place we grew up. How do we navigate all of the changes that come with the transition, feel secure in our identity, and feel joy in every single day of this great adventure? In *At Home Anywhere* the reader will discover how to cultivate home in the place it matters most - oneself, and carry that trust anywhere their journey goes next.

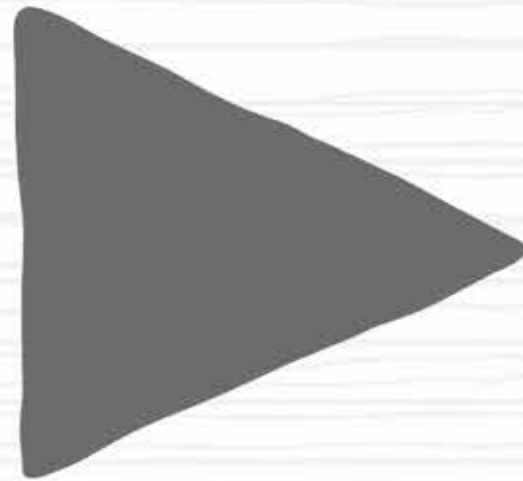
About The Author

Rachael Lynn is an American-born writer and community organiser who writes about life, love, and self-discovery. As an expat in a cross cultural marriage, she writes about ways to explore and embrace different cultures and global experiences without losing oneself. She believes that sharing your truth is the quickest way to freedom and works to facilitate that in herself and any others who are ready.

Format:	152.4mm x 228.6mm, Paperback
Extent:	200 pages
ISBN:	978-9948-3646-6-5
Price:	GBP 12.99 USD 16.95 EUR 14.99
Pub. Date:	November 5, 2019

PRESS

PLAY



A Teenager's Guide to Living
an **AWESOME LIFE**

LINDA BONNAR

PRESS PLAY

LINDA BONNAR

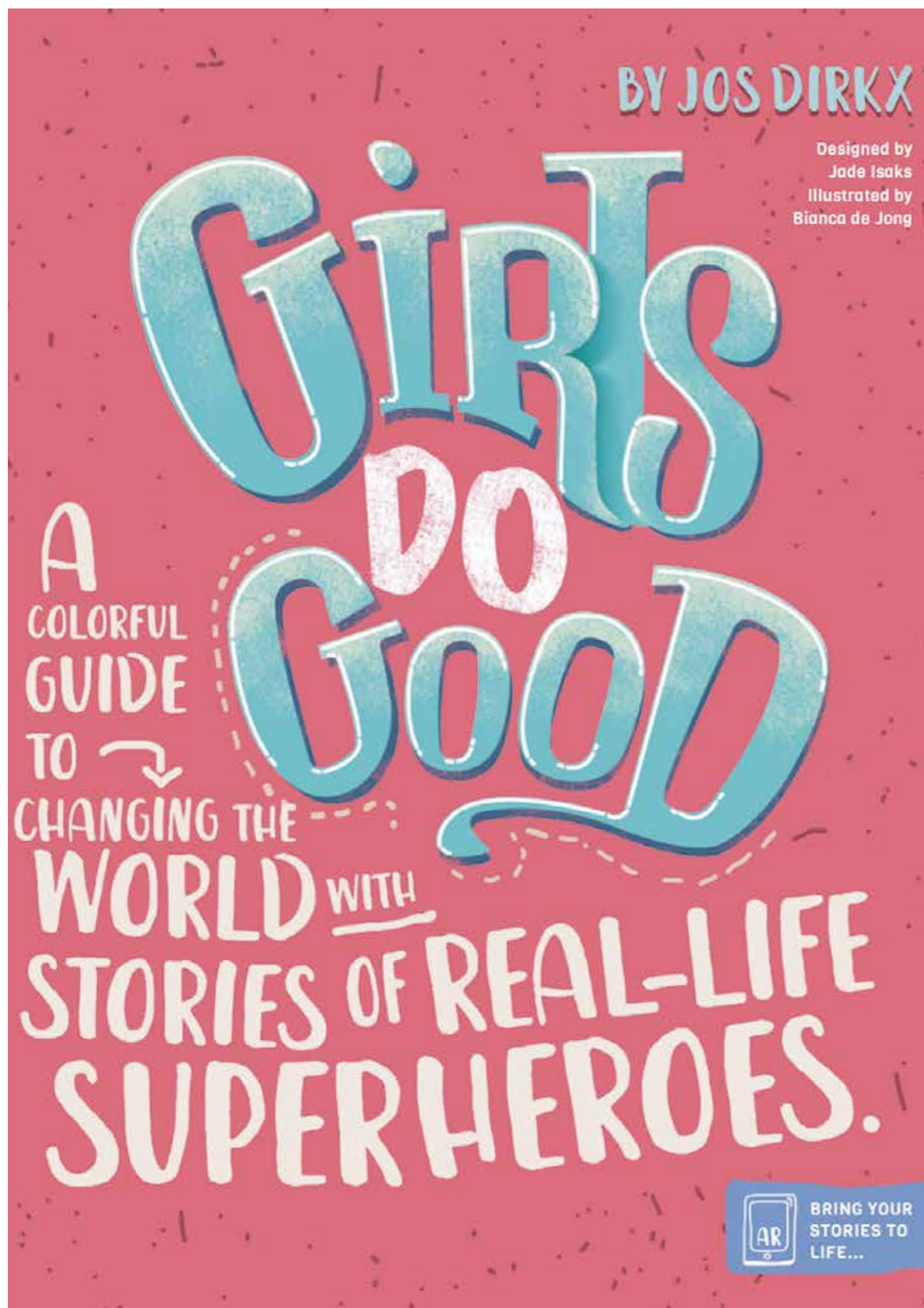
Teenagers today are dealing with a great deal, but they're not always taught tips and techniques to help them make the best decisions and design their own awesome life.

Press Play empowers teenagers to become the drivers of their own success, helping them to be more resilient and resourceful. The book addresses forty of the most prevalent issues teenagers are facing today, and provides them with a range of techniques, skills and tools to enable them to confidently deal with these issues and move forward successfully in their lives.

About The Author

As a high school teacher and professional coach, Linda Bonnar has helped hundreds of worried teenagers. As a once-anxious teenager herself, she empathises deeply and wants to share all her tried-and-tested tools to help teenagers move forward and create successful, awesome lives for themselves.

Format:	155 mm x 234 mm, Paperback
Extent:	256 pages
ISBN:	978-0578-5054-7-3
Price:	GBP 12.99 USD 16.95 EUR 14.99
Pub. Date:	June 2019



GIRLS DO GOOD

JOS DIRKX

Girls Do Good is a print and digital, augmented reality-infused colouring book for girls and boys aged 6-12.

Featuring a foreword by businesswoman Huda Kattan of Huda Beauty fame and by Nobel Peace Prize Winner Leymah Gbowee, the book centres around eleven young female activists, artists and entrepreneurs from across the world. Zahra, an Emirati champion figure skater, campaigned so that she was allowed to wear her hijab during international competitions. Halima, in Malawi, campaigns for education for girls.

About The Author

Jos Dirkx is an award-winning media and communications advisor, international public speaker, creative strategist and world-traveller. Jos is passionate about telling stories that change the world. She has launched a number of organisations, initiatives and movements to challenge inequality, to increase global access to accurate education and to drive diversity and inclusion.

Format:	215.9mm x 266.7, Hardcover with jacket
Extent:	128 pages
ISBN:	978-9948-3964-4-4
Price:	GBP 17.00 USD 21.00 EUR 19.99
Pub. Date:	October 2018

MATHILDE LOUJAYNE

Big Little steps

A WOMAN'S GUIDE TO
FINDING A BALANCED LIFESTYLE
AND A GLOWING HEART IN **ISLAM.**

BIG LITTLE STEPS

MATHILDE LOUJAYNE

Since her conversion to Islam at the age of eighteen, Mathilde has crossed paths with women from all walks of life on a common spiritual journey: to discover Islam from a feminine perspective. Fuelled by the desire to find the right words to explain to her mother why she chose to embrace Islam, this guide was born.

Through Mathilde's personal experiences – grief, high school, moving abroad, work, marriage and motherhood – she addresses women's common concerns as they take the big, little steps towards finding a balanced lifestyle and a glowing heart in Islam.

About The Author

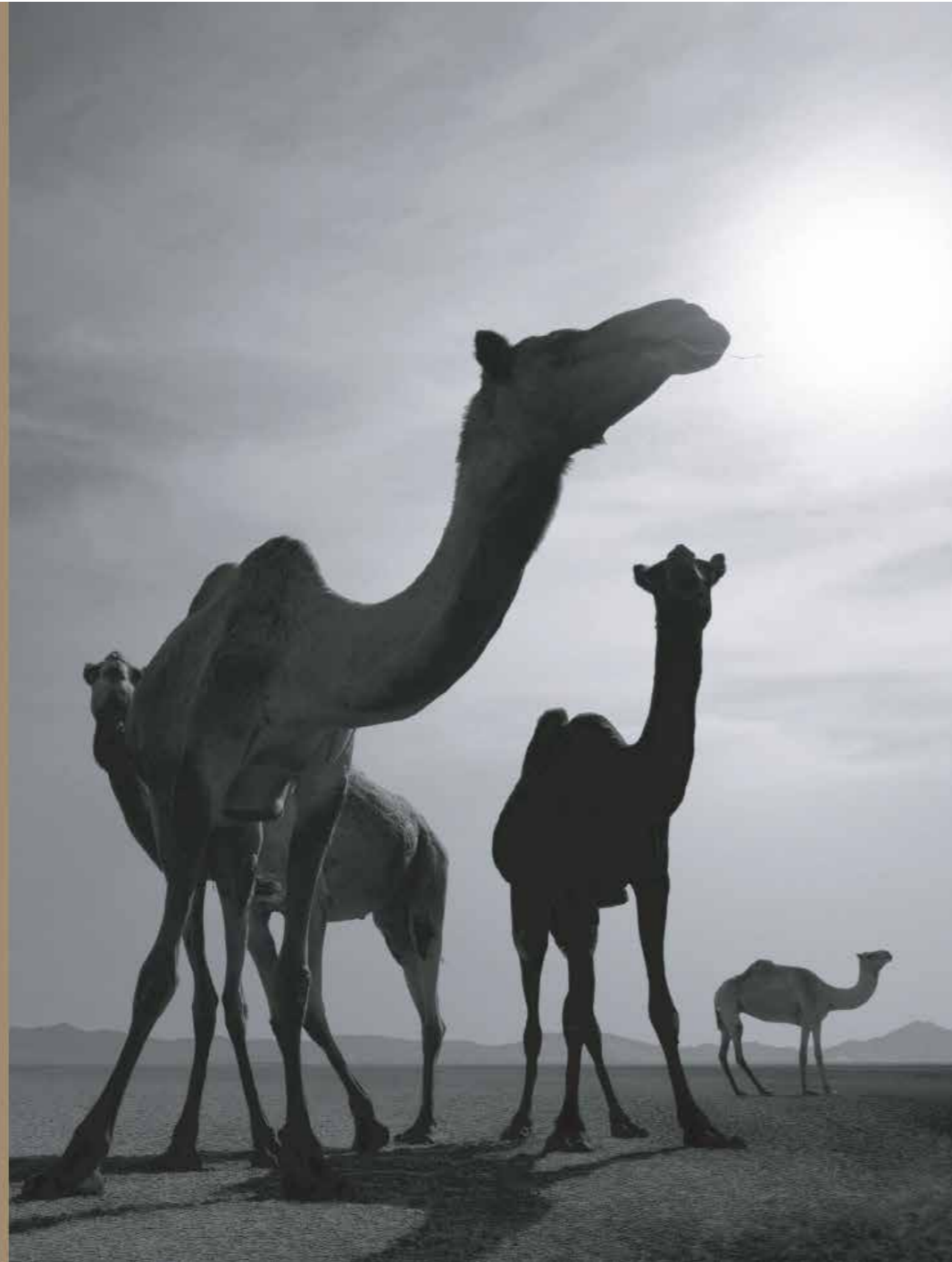
Mathilde has worked in PR for twelve years and grew up in the Sultanate of Oman, a long way from home – the south of France. Since embracing Islam in 2002, her hope is to highlight the beauty of Islam to the world and break pre-conceived notions of Muslim women in a positive and constructive manner.

Format:	152.4mm x 228.6mm, Paperback
Extent:	248 pages
ISBN:	978-1847-7412-7-1
Price:	GBP 17.00 USD 21.00 EUR 19.99
Pub. Date:	May 2018

HUMR AN-NA'AM

TREASURE OF THE DESERT

ADITI BELAME KUMAR



HUMR AN-NA'AM

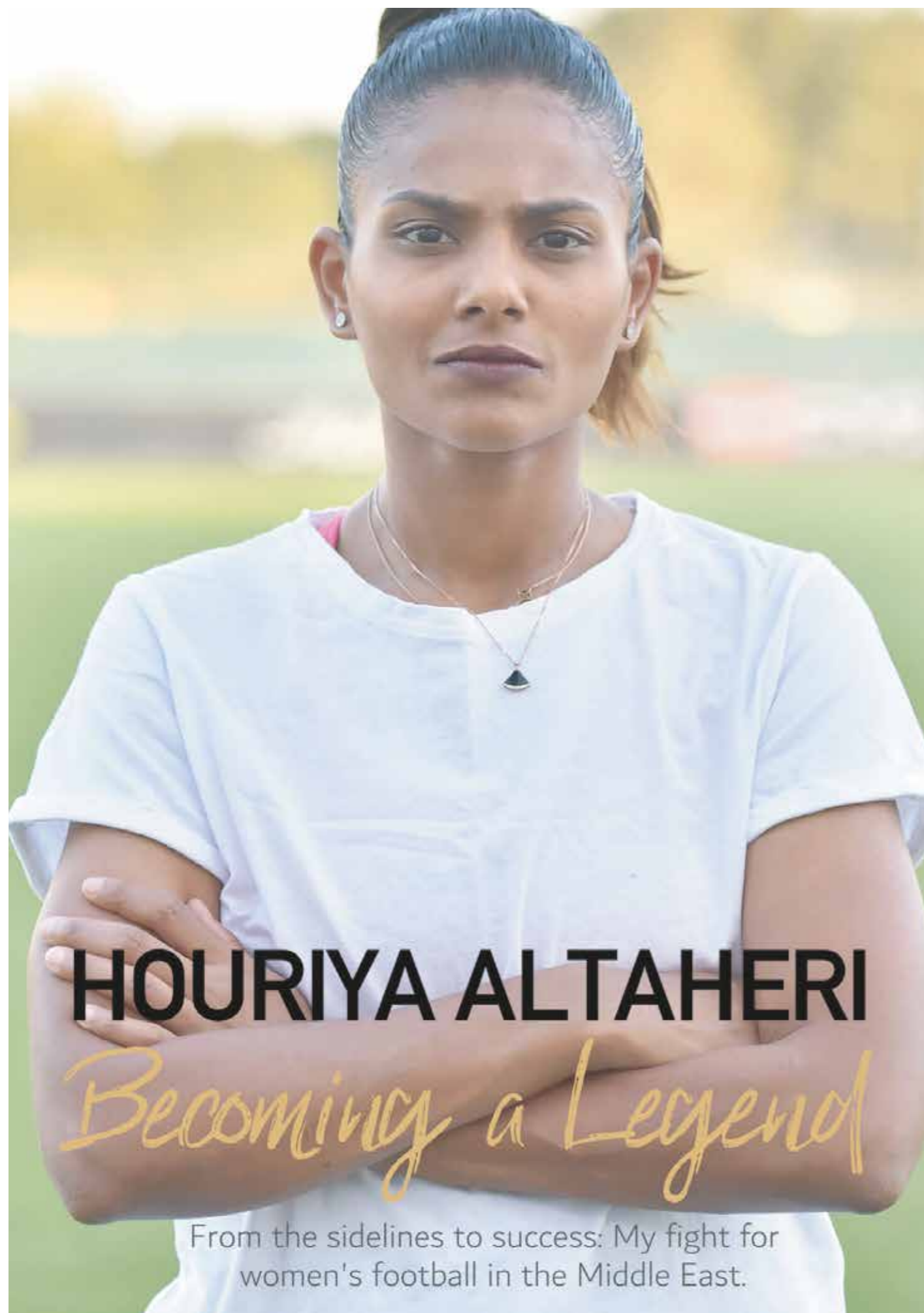
ADITI BELAME KUMAR

Humr An-Na'am – the Arabic term for the finest camel – reclaims the desert's forgotten and neglected titan. Despite thousands of years of loyal service to desert dwellers, the camel has suffered as more and more cities have sprung up all over the once bare Arabian Peninsula. But thanks to the initiative of the late His Highness Sheikh Zayed bin Sultan Al Nahyan, camels have been restored to their position at the heart of the region's ethnographic and historical identity. *Humr An-Na'am, Treasure of the Desert*, explores the growth of the camel industry, particularly camel racing, which has preserved the sacred status of the animal.

About The Author

Aditi Belame Kumar was born in Bangalore, South India and emigrated to Al Ain, UAE with her family at a young age. After completing her undergraduate degree at Tulane University in the United States, she earned an MBA from the University of Aberdeen, Scotland. She currently lives in Dubai. *Humr An-Na'am, Treasure of the Desert* is Aditi's first book.

Format:	228.6mm x 254mm, Hardcover
Extent:	193 pages
ISBN:	978-9948-3920-0-2
Price:	GBP 41 USD 50 EUR 47
Pub. Date:	March 2018



HOURIYA ALTAHERI

Becoming a Legend

From the sidelines to success: My fight for women's football in the Middle East.

BECOMING A LEGEND

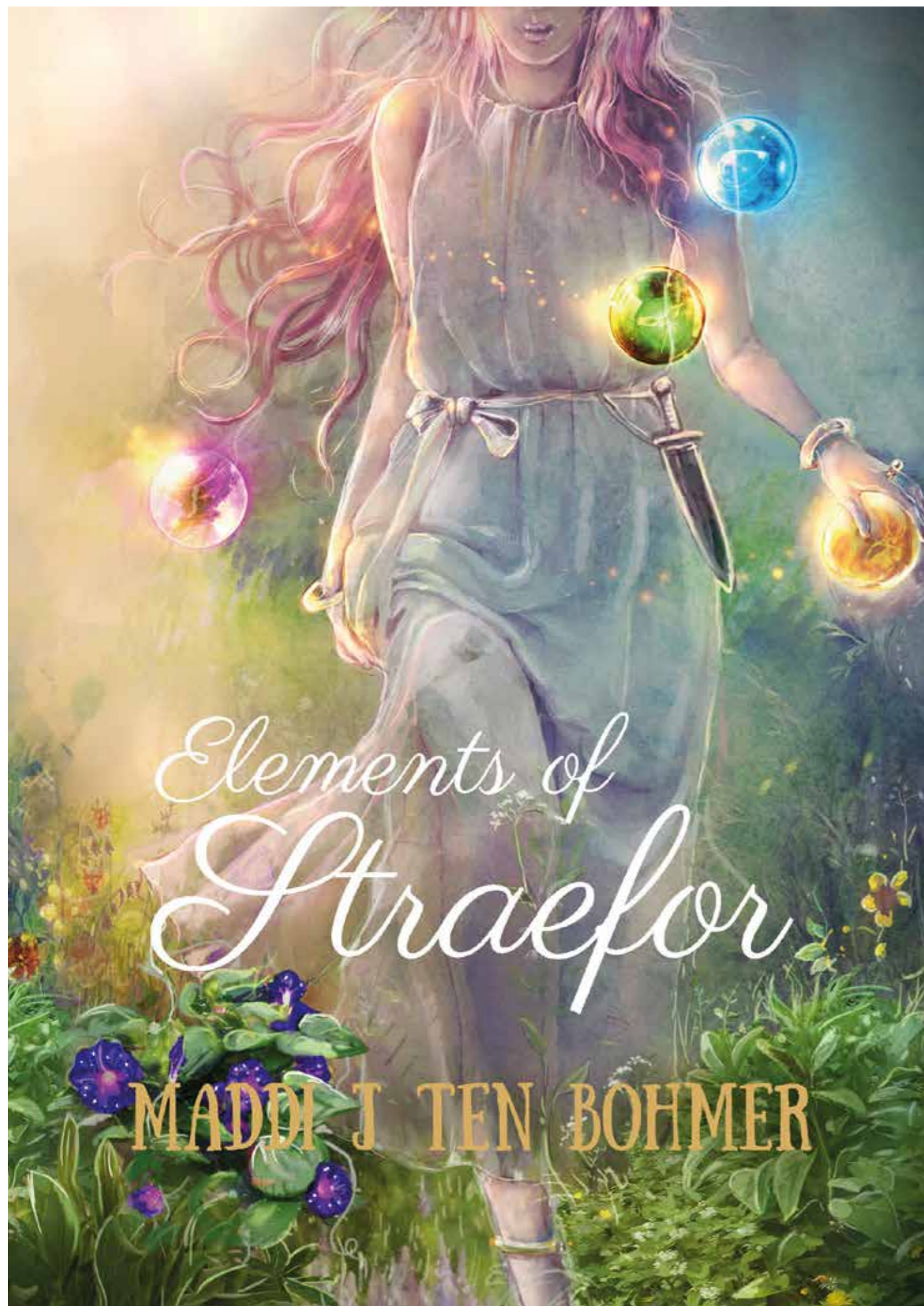
HOURIYA AL TAHERI

Becoming a Legend tells the story of Emirati sportsperson Houriya Al Taheri's relentless fight for women's football in the Middle East. Houriya seeks to share the truth about breaking through barriers and doing what it takes to achieve your dreams, particularly as a woman in a male-dominated industry. She chronicles her journey and describes the challenges she faced pursuing her dreams in a traditional culture where women playing sports is regularly inhibited. Houriya's story is a testament to her own life's philosophy – you can achieve anything, but to do so you must first change your own thinking.

About The Author

Houriya Al Taheri is an Emirati sportsperson, FIFA coach and instructor, and businesswoman. She was the first female A-licenced coach in the GCC, the first female AFC instructor in the GCC, and is currently the Head Coach for the Women's National Football Team. Houriya continues to pave the way for girls and women in her country to follow their dreams.

Format:	127mm x 203.2mm, Paperback
Extent:	122 pages
ISBN:	978-9948-0004-9-5
Price:	GBP 9.99 USD 12.99 EUR 12.50
Pub. Date:	November 2018



ELEMENTS OF STRAEFOR

MADDI J TEN BOHMER

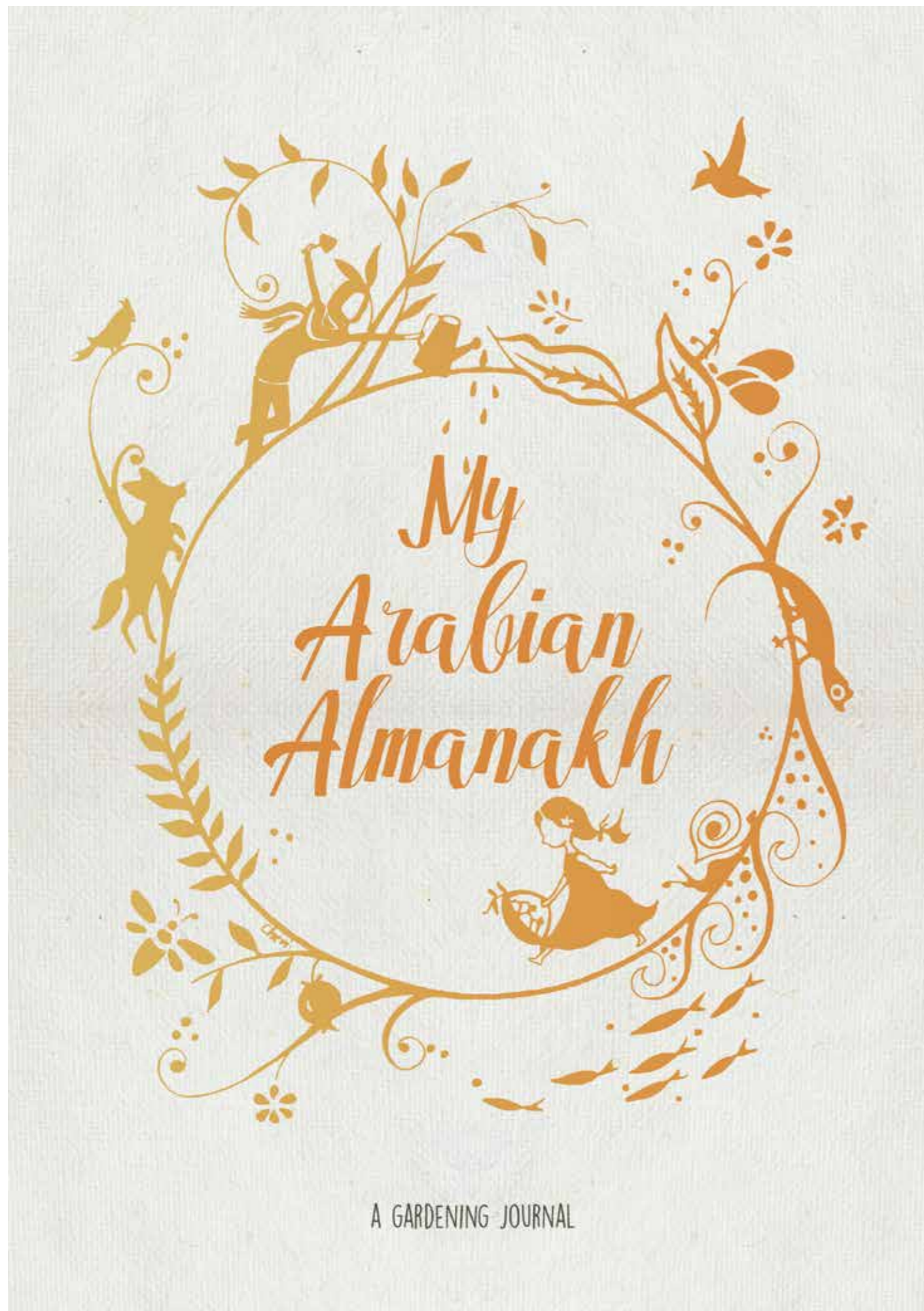
Written by 14-year-old Maddi J ten Bohmer, *Elements of Straefor* is a middle-grade fantasy novel for ages 8-12. The book tells the story of a young girl called Sylvia VonCroom.

Sylvia is a magnetic character; her voice is typical of a rebellious teen in the 21st century, but she has ethereal physical characteristics and possesses a superpower – the elemental power of fire. But her superpower is not enough to overcome the evils of her wicked father. When she uncovers a terrible secret about her father, she flees, and on her journey she meets new friends who can help her fight to free herself and her city.

About The Author

Maddi is a young author who published her first novel at the age of 14. In her spare time, she plays guitar, piano, sings and writes her own songs. She loves to be on stage acting and enjoys improv.

Format:	127mm x 203.2mm, Paperback
Extent:	268 pages
ISBN:	978-9948-2376-4-8
Price:	GBP 11.99 USD 14.99 EUR 13.99
Pub. Date:	June 2017



MY ARABIAN ALMANAKH

LAURA ALLIAS

My Arabian Almanakh, a gardening journal for Arabia, seeks to bring the reader closer to the seasons of nature and to the natural world. The journal is fully illustrated with relevant facts and tips, and guides the reader through a 16-month process to grow and maintain healthy, thriving green spaces. Its focus is on regenerative living – growing one's own food, using natural pesticides, and planting what is natural to the environment and is, therefore, sustainable.

About The Author

My Arabian Almanakh is a collaborative project between four women in the UAE united in their love of nature.

Laura Allias, the lead author, was a hospitality professional for over twenty-five years before turning her attention and passion to growing good, honest food. She has been involved in practicing and teaching Natural Farming through various NGOs in South Africa and Europe. While living in Dubai, she studied the natural environment of the Arabian Peninsula and was able to develop and adapt her Natural Living methods to suit the desert environment with the goal to protect it.

Format:	177.8mm x 254mm, Spiral bound hardcover
Extent:	178 pages
ISBN:	978-9948-1031-4-1
Price:	GBP 24.00 USD 29.00 EUR 27.00
Pub. Date:	October 2017

"Tackled!" presents a structured approach to working with boys and young men, which is needed."

Siya Kolisi,
Springboks Loose Forward

"I believe in the power of football. This book can bring change to the lives of young people."

Fabio Cannavaro,
Football Manager at Tianjin Quanjian China,
2006 Captain Italy National Team,
2006 Ballon D'Or Winner

"I'm really proud to be associated with Tackled! - together we can achieve anything."

George Dornalele,
Ex-Bafana Bafana player

"Tackled!" is important because it helps boys and young men deal with problems in a non-violent way."

Fran Hilton-Smith,
FIFA Task Force

TACKLED!

A conceptual, practical guide to working with girls, boys, women and men in creating safe and healthy discourse around the deconstruction of harmful gender barriers.

JOS ANNA DIRKX

TACKLED!

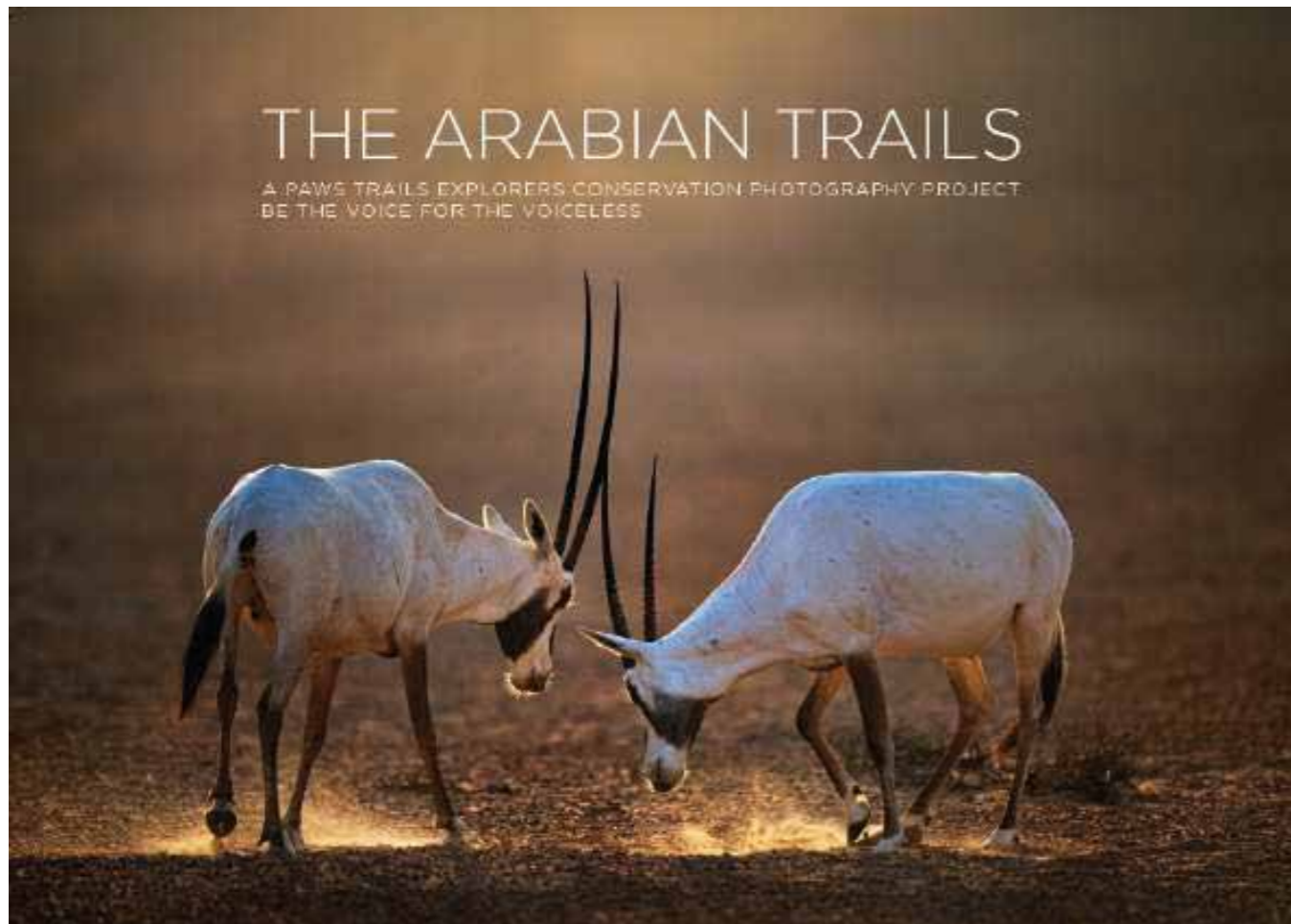
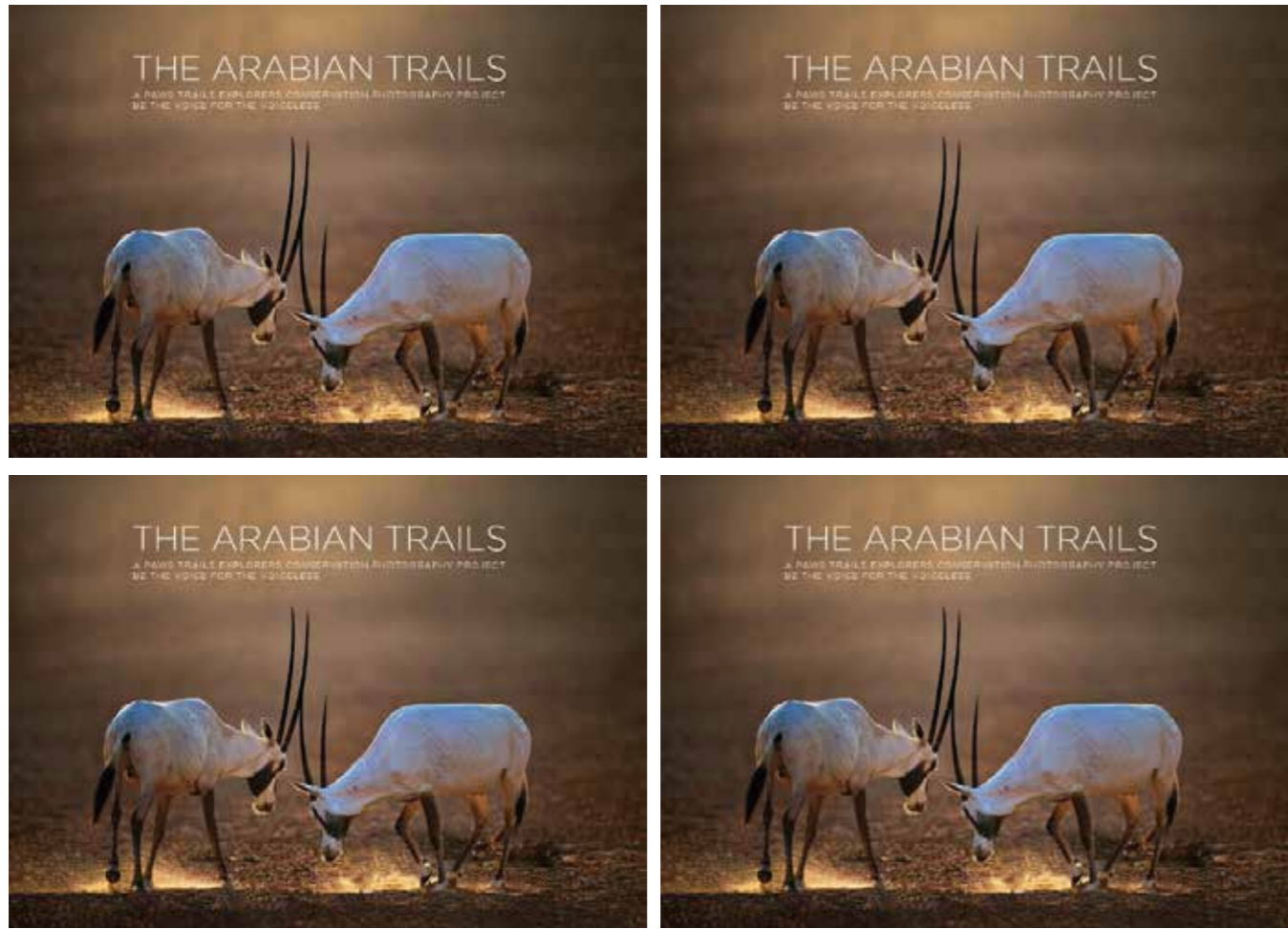
JOS DIRKX

Tackled! is a conceptual, practical guide to working with girls, boys, women and men in creating safe and healthy discourse around the deconstruction of harmful gender barriers. When Jos Dirx founded the NGO Girls & Football SA in Cape Town, South Africa, the goal was to provide a safe space for girls. Football was the chosen tool. Soon, however, she realised that boys and young men were lacking safe spaces too. Jos sought to begin including boys and young men in the gender conversation through surveys and key informant interviews with a target group of boys aged 10 to 21.

About The Author

Jos Dirx is an award-winning media and communications advisor, international public speaker, creative strategist and world-traveller. Jos is passionate about telling stories that change the world. She has launched a number of organisations, initiatives and movements to challenge inequality, to increase global access to accurate education and to drive diversity and inclusion.

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About The Author

Paws Trails Explorers is a creative education and events company founded by Nisha Purushothaman and Hermis Haradis – conservationist photographers who travel the world highlighting the fragility of the world’s ecosystem through photography. Nisha is a four-time finalist for the Natural History Museum Wildlife Photographer of the Year competition.

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