

LONDON BOOK FAIR 2026

Rights Guide

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Hardie Grant
BOOKS



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Hardie Grant Books

**Upcoming:
Adult Non-Fiction Titles**

Hardie Grant

B O O K S

Your Optimal Health

Dr Emilie Steinbach

The Daily Practices That Will Change Your Life

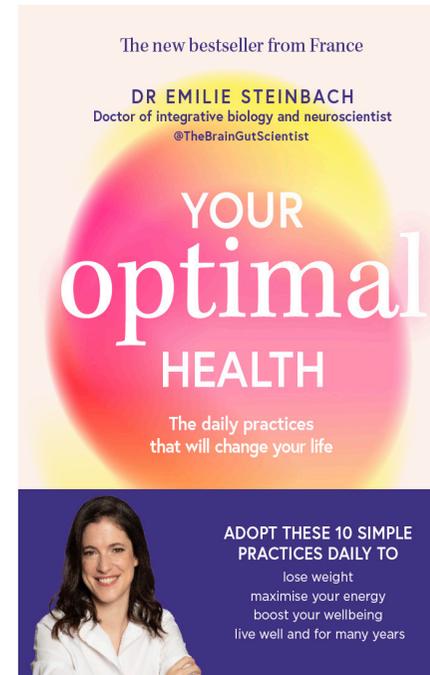
In *Your Optimal Health*, neuroscientist Dr. Émilie Steinbach unlocks the secrets of lasting energy, focus, and resilience with a simple yet powerful 10-step daily protocol. Blending the latest science with practical guidance, she shows how small, consistent habits in nutrition, sleep, movement, and mental balance can dramatically transform your well-being. Whether you want to sharpen your mind, strengthen your body, or boost your mood, this book offers clear, accessible strategies rooted in cutting-edge research.

More than just a guide to “healthy habits”, the book emphasises how small, consistent choices can reprogram biological systems to improve energy, focus, emotional balance and long-term resilience. Steinbach combines cutting-edge discoveries on the gut-brain axis, mitochondria, and circadian rhythms with simple, practical advice for everyday life.

Far from quick fixes or fad advice, Steinbach’s approach draws on her expertise in neuro-nutrition and integrative biology to reveal how your brain and body thrive when supported by the right routines. With inspiring insights and actionable tools, *Your Optimal Health* is both a handbook for everyday vitality and a roadmap to a longer, healthier life.

About the Author

Dr. Émilie Steinbach is a Belgian neuroscientist and science communicator whose expertise bridges neuro-nutrition, sleep physiology, the gut-brain axis, and integrative biology. With advanced degrees in psychology, neuropsychology, and neuroscience from institutions including Sorbonne Université,



University College London, and Maastricht University, she has built a career exploring how lifestyle factors — nutrition, microbiome health, sleep, and physical activity — shape brain function and overall wellbeing.

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Your Optimal Health is a bestseller in France selling 60,000 copies in its first six months after publication.

Science-backed and practical – grounded in cutting-edge neuroscience, nutrition, and sleep research, yet explained in clear, actionable steps that anyone can apply.

10-Step Daily Protocol – a structured, easy-to-follow framework that guides readers toward lasting improvements in energy, focus, and resilience.

Whole-person health – goes beyond diet and exercise to include sleep, stress, microbiome health, social connection, and emotional well-being.

Evidence meets accessibility – translates complex discoveries on the brain-gut axis, circadian rhythms, and mitochondrial function into simple lifestyle strategies.

Credible, award-winning author – written by an accomplished neuroscientist recognised with international awards for science communication and women in STEM.

Pub Date: June 2026
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Getting Murdoched

Andrew Dodd & Matthew Ricketson

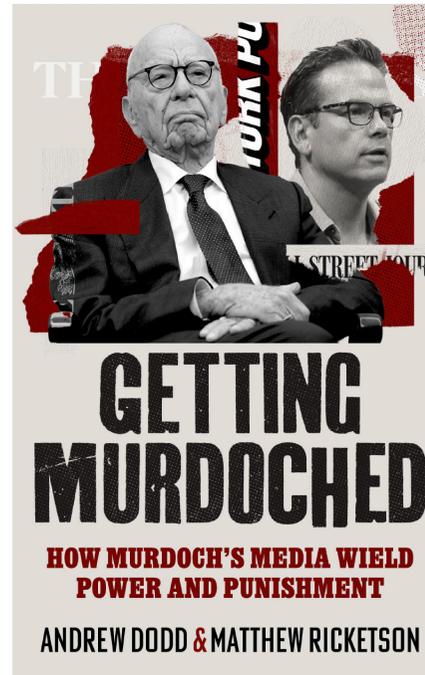
How Murdoch's Media Wields Power and Punishment

For decades, Rupert Murdoch's global media empire has shaped political landscapes, influenced elections, and fuelled public opinion. But behind the headlines lies a darker story — of targeted campaigns, smear tactics, and relentless attacks on those who don't fit the Murdoch mould. From LGBTQI communities and women's rights advocates to progressive politicians, human rights defenders, and even conservatives deemed 'not right enough', *Getting Murdoched: How Murdoch's Media Wields Power and Punishment* exposes how dissent is silenced

and reputations destroyed. Drawing on insider accounts, investigative research, and case studies spanning Australia, the UK, and the US, this book reveals how News Corp turns disagreement into a declaration of war.

Powerful, unsettling, and meticulously documented, it's both a warning and a call to defend truth in an age of weaponised media.

Including interviews and international examples, *Getting Murdoched* analyses the damaging effect that this has on democracy in the UK, the United States and Australia.



About the Authors

Andrew Dodd is an Associate Professor of Journalism and the director of the centre for Advancing Journalism at the University of Melbourne, where he coordinates the Master of Journalism and the Master of International Journalism programs.

Matthew Ricketson is an academic and journalist. He is Professor of Communication at Deakin University in Australia and before that was inaugural Professor of Journalism at the University of Canberra.

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BOOKS

First-ever global assessment of News Corps' bullying tactics and the types of people targeted.

Case studies include high-profile and well-known examples, such as Meghan Markle and Hugh Grant.

First-hand experience and understanding – authors have themselves been targets of News Corps' bullying tactics.

Authors are highly respected academics/journalists.

Analysis is wide-reaching and thorough – across Australia, US, UK and Europe; tabloids, cable and satellite TV, book publishing, movies and print journalism with both historical and contemporary examples.

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Rights Held: World

Who is Karen?

Van Badham

Dark Feminism and the Girlboss Fascists of the Modern Far Right

In *Who is Karen?* journalist Van Badham continues the investigation of modern extremist cultures she began in 2021's bestselling *QAnon And On* by again going undercover, this time into the frightening community of the women of the far right.

She's a soccer mom with the bob cut hair who always demands to speak to the manager. She's white, entitled, displeased... and racist. She tried to get a black birdwatcher arrested in Central Park and picked a fight with the exasperated employees of a suburban Melbourne Bunnings superstore. But while everyone knows the

'Karen' meme, the real women who fit the stereotype are increasingly powerful figures within far-right political movements.

Arrested in rioting crowds or running for office, Karen challenges outdated notions of the pale, skinny skinheads or flag-wrapped rednecks that nationalist, supremacist, fascist and neo-Nazi movements used to look like. From the female leaders of the 'freedom movement' in Australia to 'babushka fascism' in Russia, Marine Le Pen in France to Marjorie Taylor-Greene in the USA, this book traces the political evolution of Karen. While retelling the stories of infamous Karens, Van Badham also interviews Karens in the wild, studying their behaviours and rituals, their beliefs and values.

So, Who is Karen? How has an ideology spawned from creaking patriarchal values become a vehicle for some women to attain authoritarian influence and power? Are the barnstorming female 'honeybadgers' of the modern far right the most in danger from fascist men? Are they the dark shadow of feminism, or enthusiastic agents to its downfall? What made them like this, and who is to blame?

About the Author

Van Badham is an internationally award-winning writer and theatremaker. As a journalist, she's written for *The New York Times*, *The Telegraph (UK)* and *The Age*, and she maintains a weekly column for *The Guardian*. Van appears regularly on television and radio as

a commentator, critic and activist. Widely published as an essayist and poet, she's appeared in anthologies for Hardie Grant, Black Inc, MUP and QUP, and wrote the novel *Burnt Snow* for Pan Macmillan. Her first book with Hardie Grant Books, *QAnon and On*, was published in 2021 and nominated for a Walkley.

Hardie Grant

BOOKS

A complex, fascinating topic with a pop-culture hook – Karen is so recognisable that there's not just an ocean of memes but also a horror movie and a restaurant franchise poking fun at her ghastly image.

Van's book ties into a changing rhetoric around the fall of the #girlboss and the understanding that everything that is done by women isn't inherently feminist, as well as ongoing right-wing political movements throughout the western world.

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Hardie Grant Books

Recent Titles

Hardie Grant

B O O K S

W*nkernomics

James Schloeffel & Charles Firth

A Deep Dive into Workplace Bullsh*ttery

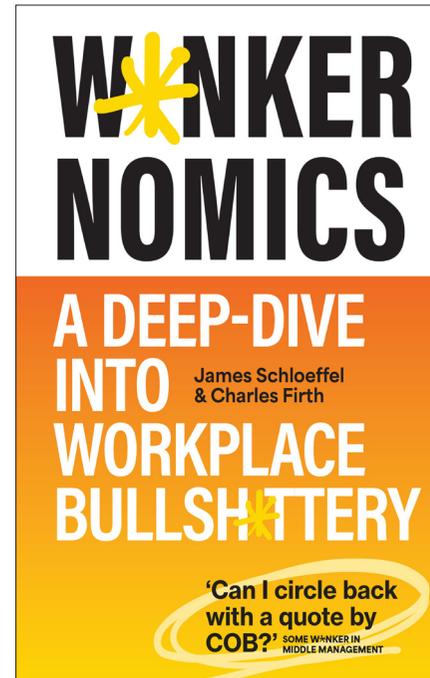
*W*nkernomics* is the hilarious must-have handbook for anyone who has ever had to endure the buzzwords, bureaucracy and bullsh*t of the modern working world.

Written by comedians James Schloeffel and Charles Firth, this business self-help guide teaches readers how to outmanoeuvre their colleagues and climb the corporate ladder with nothing more than an obnoxious LinkedIn profile, a pack of Post-it Notes and the phrase 'circle back'.

Spread over ten informative units, *W*nkernomics* covers essential workplace skills such as how to write a passive aggressive email,

how to snow your colleagues with acronyms (HTSYCWA), and how to look like a genius in meetings when you don't know anything at all. There's even a section on creating a meaningless values-led, strategically-laddered, stakeholder-aligned purpose statement for your business.

Mixing observational comedy with dark satire, *W*nkernomics* is first and foremost a relatable, laugh-out-loud, wince-inducing 'oh-my-god-that's-exactly-what-happens-at-my-work' parody of the working world. Leverage the key learnings or optimise stakeholder alignment.



About the Author

*W*nkernomics* founders James Schloeffel and Charles Firth are two of the country's most accomplished comedy writers and performers, known for their unique brand of biting satire and observational comedy.

James is the brains behind *The Shovel*, one of Australia's leading satire outlets.

Charles is a co-founder of the Australian satirical comedy group, *The Chaser*.

Hardie Grant

BOOKS

Creators of a sellout *W*nkernomics* show in Australia and at the Edinburgh festival in 2024.

Like *The Office*, *W*nkernomics* is an hilarious parody of office life.

Reaches out to everyone who has ever worked in an office with relatable terms and situations!

UK's *Sunday Times* bestseller list 2025.

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Silk Silver Opium

Michael Pembroke

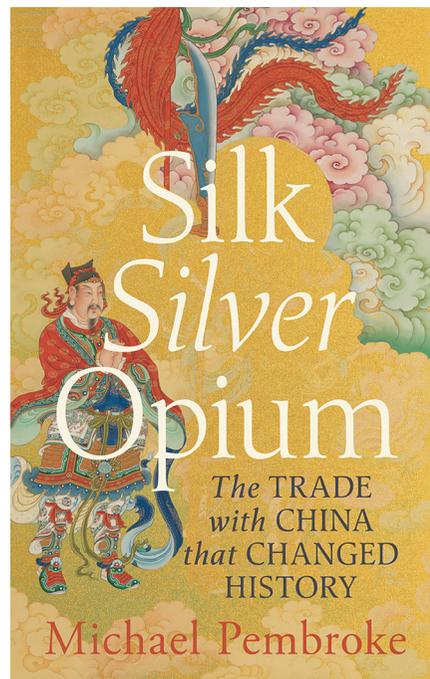
The Trade with China that Changed History

Silk Silver Opium not only tells the fascinating stories of silk and tea, porcelain, silver and opium, missionaries, mercenaries and trade, but also what became inevitable – war and humiliation.

Much about China's modern relationship with the West is the product of its past inter-reactions, conflicts, victories and humiliations. The South China Sea was the place from where the ultimately destructive European sailing ships arrived. The Ryukyu Island chain was the place from where marauding Japanese pirates preyed

mercilessly on China's east coast ports. Taiwan was where anti-Qing rebels established a stronghold in the seventeenth century.

The story of imperial China's trading relationship with the West is a powerful tale, with clear implications for the future.



About the Author

Michael Pembroke grew up in England, Australia and Singapore and completed his education at the University of Cambridge. His books include *Arthur Phillip: Sailor, Mercenary, Governor, Spy*, short-listed for the Prime Minister's Literary Awards; *Korea: Where the American Century Began*, short-listed for the Queensland Literary

Awards and the NSW Premier's History Awards; and *Play By the Rules*, a polemic about American leadership.

He has written for *Time Magazine*, *Al Jazeera*, the *South China Morning Post* and Australian news publications.

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Michael Pembroke delves into the historical roots of China–West relations, revealing the complex reasons behind China's distrust of the West and why it is unlikely to change that view.

Michael's writing has garnered acclaim from leading intellectuals like Noam Chomsky, A.C. Grayling and Simon Winchester.

This entertaining and enlightening history takes you through the captivating stories behind China's key trading products: silk, porcelain, tea, and more – and how the West's fascination with these goods shaped the Western perception of China and influenced China–West trade relations.

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BOOKS



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