

FICTION NON-FICTION AND
PICTURE BOOKS

author in me

catalogue 2025

Upcoming Titles



OVERVIEW






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thought-provoking stories
that inspire and expand
perspectives.**



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F I C T I O N A N D N O N - F I C T I O N



LET THE FISH FLY EKTA BAJAJ



ISBN-978-1-7392214-5-4
Book size-127 x 203mm
Format- Paperback, B&W pages
Estimated no of pages- 310
Retail Price- £11.99
Literary Fiction
Publishing Date:
16th September 2025

Book Synopsis

She thought she was chasing answers.

But in the quiet depths of the Himalayas, twenty-five-year-old Naina Sehgal discovers nine handwritten letters from her estranged grandmother — each revealing the story of a woman across time, place, and memory. Bound by a mysterious soul-knock she has felt since childhood, Naina is drawn into a journey far deeper than she ever imagined.

As she begins to unravel the letters' hidden meanings, she must confront everything she thought she knew — about herself, her lineage, and the nature of reality itself. Her quest leads her through inner and outer landscapes, awakening ancestral echoes and unlocking a spiritual truth her soul has long yearned to remember. Inspired by real mystical experiences and echoing the philosophical depth of the Upanishads, **Let the Fish Fly** blends fiction with feminine wisdom, esoteric dialogue, and visual storytelling to illuminate the soul's quiet transformation.

For seekers, readers, and dreamers — this is a book that invites you to remember what your soul already knows.

ABOUT THE AUTHOR

Ekta is the author of the empowering book *The Voice of Kali*, and co-author of the children's picture books *Shine Like a Star* and *Santa Wants a Makeover*. She is also the co-founder of *Author In Me* and co-curator of the annual *AIM Literary Festival, UK*.

Passionate about reviving ancient wisdom through stories, Ekta's writing is inspired by Vedic philosophy and the feminine dimension of *Shakti*. She is proficient in Sanskrit and has a deep understanding of Vedanta.

Ekta was shortlisted for *Female Entrepreneur of the Year 2020* by the Thames Valley Business Awards, and was awarded *International Woman Icon 2021* for her debut book, *The Voice of Kali*.



Author's website : www.ektabajaj.com



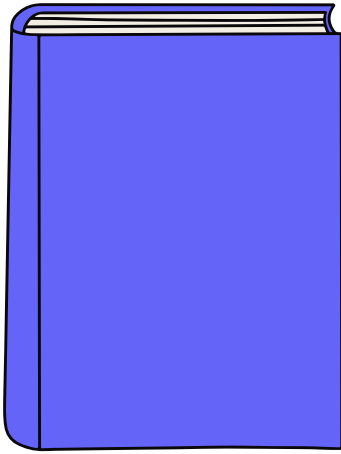
[ektabajaj_author](https://www.instagram.com/ektabajaj_author)



T I T L E - T B C

A A R T I N A R A Y A N

upcoming / fiction



ISBN- 978-1-0684448-2-1
Book size-127 x 203mm
Format- Paperback, B&W pages
Estimated no of pages- 300
Retail Price - £12.99
Literary Fiction / Historical Family
Drama
Publishing Date- 1st October

Book Synopsis

Lakshmi is the dutiful wife of a distant, often-absent husband and the devoted mother of ten children, each born into a world where obedience is expected and sacrifice is routine. In her quiet South Indian village, her beauty once defined her worth but as the years unfold, it is her resilience, wisdom, and silent strength that carry her family through hardship, loss, and change.

As her children grow and begin to question the traditions she upheld, Lakshmi is forced to confront the cost of her silence. Was her devotion to her husband a form of love or survival?

Told across decades, the book is a moving portrait of a woman divided between duty and desire, tradition and transformation. It is a story of legacy, quiet rebellion, and the complicated, enduring bonds between mothers and her children.

Poignant, powerful, and deeply human, this novel explores what it truly means to be a matriarch and what happens when a woman begins to reclaim her story on her own terms.



A B O U T T H E A U T H O R

Aarti Narayan was born and raised in Mumbai, India. She obtained her MBA in 1997 from the Indian Institute of Management, Ahmedabad and was a corporate warrior for over twenty five years. Her first forays into writing were both printed in the New York Times (Modern Love: Tiny Love Stories). Aarti is now a full-time writer based in Singapore, where she lives with her husband and two children.



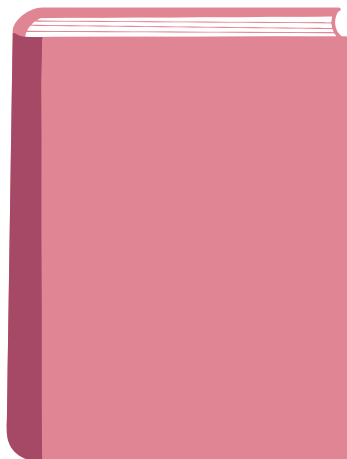
[Aarti Narayan](#)



365 WAYS I LOVE YOU

SHALEENA ANAND

upcoming



ISBN- 978-1-0684448-4-5

Book size-127 x 203mm

Format- Paperback,
illustrated B&W pages

Estimated no of pages- 340

Retail Price- £12.99

Motherhood / Self-Care /
Affirmations

Publishing Date -
1st October

Book Synopsis

Becoming a mother for the first time can feel like entering a whole new world, beautiful, emotional, messy, and overwhelming all at once. **365 Ways I Love You** is a gentle, reassuring companion for new mums navigating those early days and long nights. This heartfelt book offers one loving affirmation for every day of the year — reminders of strength, grace, and self-compassion especially on days when you feel anything but.

Alongside the affirmations, the author shares personal anecdotes from her own journey through new motherhood, the moments of joy, doubt, exhaustion, and quiet triumphs. You'll also find simple relaxation recipes and grounding rituals to help soothe your mind and body.

Whether you read one page a day or return to your favourites when you need them most, *365 Ways I Love You* is a daily reminder that you are not alone and that love, especially your own, is the greatest gift you can give yourself and your baby.

ABOUT THE AUTHOR



Shaleena Anand is a devoted teacher and a proud first-time mum. She wrote **365 Ways I Love You** in the quiet, emotional moments of early motherhood. Passionate about nurturing both young minds and new mothers, she brings honesty, warmth, and encouragement to every page. Through her own journey of sleepless nights, joyful milestones, and self-discovery, she created this book as a daily reminder that love, rest, and grace are not just for the baby but for mums too.

When she's not teaching or cuddling her little one, you'll find her journaling, walking in nature, or enjoying a well-earned cup of tea.

365 Ways I Love You is her love letter to new mothers everywhere — a gentle hug in book form from one mum to another.



THE GIFT THAT GIVES BACK

M O N I C A S O O D



Imprint: Author In Me
ISBN: 978-1-0684448-1-4

Book Size 210 x 280
Number of pages-32
Format: Picture Book
Retail Price- £10.99
Picture Book
Themes- environment, tree
conservation, empathy, Diversity
Publishing Date- October, 2025

Book Synopsis

Set in the picturesque Himalayan town, India, **The Gift That Gives Back** is a heartwarming story about a young girl named Isha, who is afraid of thunder and floods. As she plans her birthday, Isha learns about the important role trees play in keeping nature in balance. Inspired by this discovery, she decides to celebrate her special day in a unique way, marking her first step toward protecting the planet.

With vibrant illustrations by award-winning graphic designer, Debasmita Dasgupta, and an inspiring message, *The Gift That Gives Back* is a must-have for every child's library. This uplifting story not only helps children face their fears but also teaches them the vital role trees play in the environment. Through Isha's journey, the book encourages children to take small, meaningful actions to make a positive difference in their lives, communities and the world around them.

ABOUT THE AUTHOR



Monica Sood

Monica is a children's author and the co-founder of Author In Me (AIM) and the AIM Literary Festival, where she champions storytelling as a powerful tool to uplift, educate, and inspire. Her picture book, *The Gift That Gives Back*, is a heartwarming tale set in the Himalayas that encourages children to overcome their fears, connect with nature, and take small, meaningful steps toward a more compassionate world.

With a background in science and a strong interest in neuroscience, Monica's work often explores how stories shape emotional well-being, spark creativity, and drive positive change. She is also the co-author of *Shine Like a Star* and *Santa Wants a Makeover*, two imaginative picture books filled with warmth and empowering messages for young readers.

She has also penned educational workbooks to simplify complex ideas, making learning fun and impactful. Through her writing, mentorship, and publishing initiatives, Monica is dedicated to nurturing diverse voices and helping the next generation discover the transformative joy of storytelling.

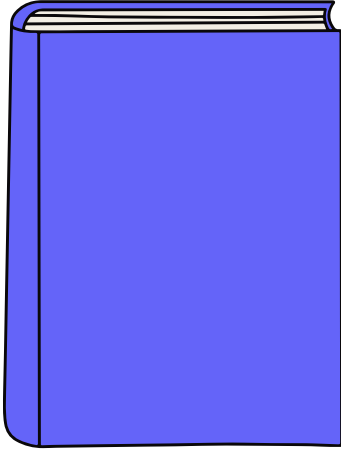
Author's website : www.monicasood.co.uk





MY HOME, YOUR HOME

J A Z D H A L I W A L



Imprint: Author In Me
ISBN: 978-1-0684448-3-8
Book Size 210 x 280
Number of pages-32
Format: Paperback
Retail Price- £10.99
Picture Book
Themes- Community, Housing,
Diversity
Publishing Date, October 2025

Book Synopsis

My Home, Your Home is a bright and beautiful picture book that takes young readers on an exciting journey through the many different types of houses found across the UK!

From cosy cottages in the countryside to caravans, this book introduces children to the wonderful variety of homes people live in including bungalows, flats, terraced houses, caravans, and more.

Packed with fun facts, vibrant illustrations, and interactive exercises, each page invites kids to explore, ask questions, and visualise their own dream home. Perfect for curious minds aged 4–8, the book celebrates diversity in the way we live and sparks their imagination about what makes a house a home.

ABOUT THE AUTHOR



Jaz Dhaliwal



Jaz Dhaliwal is a devoted mother of two and an experienced conveyancing solicitor. She has built a career that offers both flexibility and purpose allowing her to balance family life while pursuing her passion for property. Raised in a family deeply involved in property investment, her path into the world of conveyancing felt like a natural progression.

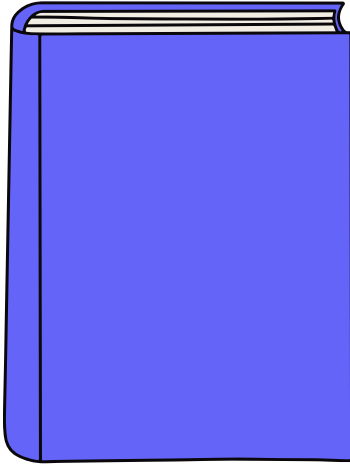
Over the years, she's come to realise how little property education is offered in schools, despite its importance in everyday life. Determined to fill that gap, she wrote, *My Home, Your Home*, a vibrant and engaging picture book that introduces children to the many different types of houses across the UK.

Combining fun facts, colourful illustrations, and playful activities, the book encourages young readers to explore where people live and what makes a house a home. Through her writing, Jaz hopes to spark curiosity and empower the next generation with early knowledge about property, ownership, and the spaces we call home.



THE ANTHOLOGY

CHILDREN'S BOOK



Imprint: AIM Young Voices
ISBN: 978-1-0684448-7-6
Book Size 210 x 280
Number of pages-32
Format: Paperback
Retail Price- £10.99
Novella, Anthology
October, 2025

Everyone has a story to tell – what's yours?

AIM Young Voices - An Experience from Your Life is a heartwarming and inspiring anthology that brings together 30 powerful stories written by young voices across the UK. From unforgettable friendships and cherished pets to school adventures, family memories, and personal triumphs, each story captures a meaningful moment from real life, told with honesty, creativity, and heart.

Selected from hundreds of entries, these outstanding pieces reflect the unique perspectives of young writers and the extraordinary experiences that shape us all. Whether funny, moving, or thought-provoking, every story in this collection reminds us that the everyday can be extraordinary – when seen through a young person's eyes.

This special anthology will be launched at the 6th Annual AIM Literary Festival 2025, held at the Roald Dahl Museum on October 5th, where selected authors will be celebrated for their talent and imagination. From the personal to the profound, this anthology is a novel way to promote reading and writing in children.



F I C T I O N A N D N O N - F I C T I O N

♥ *author in me*

catalogue 2026

Upcoming Titles





THE CATALYST-SEQUEL

STEPHEN C. LAWLEY

upcoming / fiction

ISBN- 978-1-0684448-8-3

Genre- Thriller

Themes- Environment,
Futuristic, Thriller

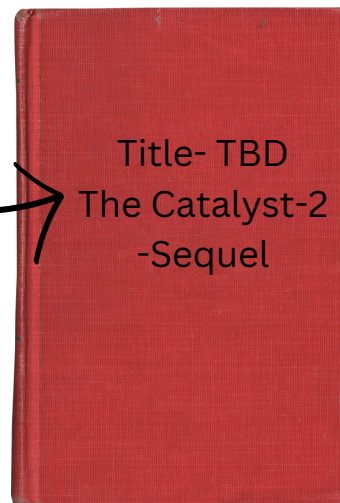
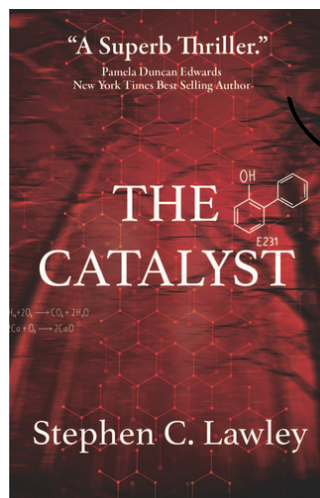
Book size- 127mm x 203mm

Format- Paperback, B&W pages

Number of pages -240

Retail Price- £11.99

Release Date- May 2026



Book Synopsis

The Catalyst Sequel blends science fiction and thriller elements (featuring themes like experimental technologies, high-stakes conspiracies, and a morally complex protagonist), this book continues in that tone, while building suspense and advancing the storyline to the first book.

ABOUT THE AUTHOR



Born in London's East End and now residing in Buckinghamshire, Stephen brings a lifetime of rich experiences to his writing. Married for 28 years, blessed with four children and a grandchild, his personal life is as fulfilling as his professional journey.

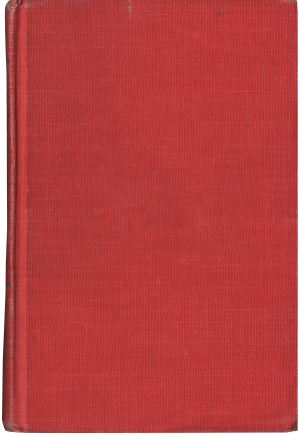
Stephan studied Industrial Chemistry at university, graduating with honours. His university years were marked by an awakening to the profound implications of chemical research, inspired by a mentor's passion for discovering new chemical compounds. Post-university, he travelled the globe, deepening his concerns about environmental issues. It was during a significant stint in the USA that he became acutely aware of the detrimental effects of fossil fuels on our planet. This revelation planted the seeds for his debut book, which resonates more than ever in today's environmentally conscious society.

An avid sports enthusiast, Stephen is a keen sportsman and also a certified coach in rugby and football.



T B D

B Y M A N I S H A C H A R Y A S O O D



ISBN-978-1-0684448-9-0

Genre-Biography

Theme

Book size- 127mm x 203mm

Format- Paperback, B&W pages

Number of pages - TBD

Retail Price- TBD

Release Date- October 2026

Book Synopsis

A Legacy is the inspiring biography of Dr. Manjula Sood MBE, the first Asian woman to become Mayor of Leicester, written by her son, Manish Acharaya Sood. This powerful and deeply personal story traces her remarkable journey from her early life in Amritsar, India, to her historic rise in British politics after migrating to the UK in the early 1970s.

As a teacher, community leader, and trailblazing public servant, Manjula broke barriers in a time when few women especially women of colour were seen in positions of authority. Facing both cultural and institutional challenges, she remained rooted in her values of service, resilience, and dignity, becoming a role model for generations to come.

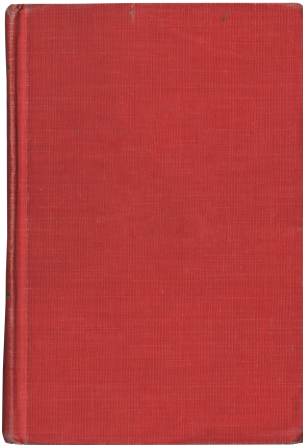
Through rich anecdotes, archival photos, and heartfelt reflections, her son paints a vivid portrait of a woman who never stopped giving back to her city, her heritage, and the communities she served so faithfully.

More than a biography, **A Legacy** is a celebration of perseverance, identity, and the power of one woman to change the face of leadership in modern Britain.



TBD

MANISHA MORGAN



ISBN - Not assigned
Genre-Cookbook
Book size- 127mm x 203mm
Format- Paperback, B&W pages
Number of pages -TBD
Retail Price- TBD
Release Date- April 2026

This is a heartfelt cookbook created for anyone navigating diabetes, menopause, gut imbalances, or emotional fatigue. Rooted in both science and soul, this book offers nourishing recipes that don't just heal the body, but also comfort the heart.

With a focus on whole ingredients, balanced nutrition, and warm, culturally rooted flavours, this book aims to bring together easy-to-make meals that are both healing and familiar. Whether you're cooking for yourself or your family, you'll find recipes that honour your health journey without sacrificing taste or tradition. But this book isn't just about food – it's about hope, balance, and empowerment. Each section offers supportive notes, personal reflections, and lifestyle tips that speak to the real-life struggles of managing chronic conditions, hormonal shifts, and everyday stress.

Thoughtfully created for the modern home cook, this book invites you to rediscover the joy of eating well for your body, your mind, and soul.

"

ABOUT THE AUTHOR



Manisha Morgan is an award-winning Nutritionist and Personal Trainer specialising in women's health. She's helped over 1,000 women achieve optimal well-being through a holistic, realistic, and sustainable approach to nutrition and fitness.

Her journey through menopause inspired her to retrain as a nutritionist at 48 and a personal trainer at 52. This lived experience, combined with her professional expertise, gives her a unique empathy for clients navigating similar challenges.

Manisha offers 1:1 and group coaching, empowering women to enjoy food, simplify nutrition, and make lasting lifestyle changes—without guilt. Her supportive style has earned her nearly 150 five-star reviews and a loyal online following, thanks to her engaging, informative videos.

A mum to twin girls and a former cabin crew member, Manisha also speaks at events and has been featured in the press, on radio, and TV.

Follow Manisha:

[Instagram – [click here](#)]

[TikTok – [click here](#)]

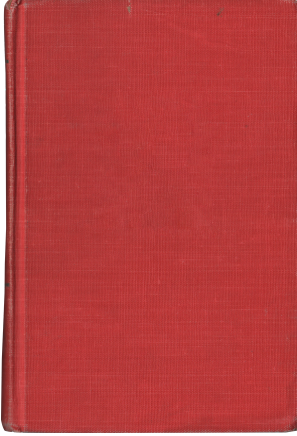
[Website – [click here](#)]



LEGACY, LINEAGE AND A ROYAL LENS

BY PRINCE DANVENDER SINGH

upcoming / memoir



Book Synopsis

What does it mean to be born into a legacy shaped by gods, guarded by rituals, and carried through royal bloodlines?

Tikka (Prince) Danvender Singh of Kullu offers an intimate and illuminating journey through the cultural, spiritual, and royal landscape of Himachal Pradesh. Drawing from his lived experience as the crown prince of the historic Kullu royal family, this compelling work brings to light the rich traditions, mysticism, and legacies that shape the soul of the region.

From temple oracles and divine processions to the seasonal rhythms of festivals and the symbolic role of Himachal's royal houses, this book unveils a world where ancient beliefs remain deeply woven into modern life. With reverence and insight, Tikka Danvender explores the unique bond between the people, their gods, and their kings — a relationship that continues to thrive in the valleys and villages of the Himalayas.

Blending personal narrative with cultural history, the book is both a tribute to a timeless way of life and an invitation to see Himachal not just as a destination, but as a living legacy.

"

ISBN-Not assigned

Genre-Memoir

Theme- Cultural Memoir / Royal History / Spiritual Heritage

Book size- 127mm x 203mm

Format- Paperback, B&W pages

Number of pages - TBD

Retail Price- TBD

Release Date- October 2026

ABOUT THE AUTHOR

Tikka Danvender Singh of Kullu is the crown prince of the royal family of Kullu, Himachal Pradesh — a region known as Dev Bhoomi, the Land of the Gods. Born into a lineage that has stood as both ruler and custodian of tradition for centuries, he has grown up immersed in the rituals, legends, and living heritage of the Himalayas.

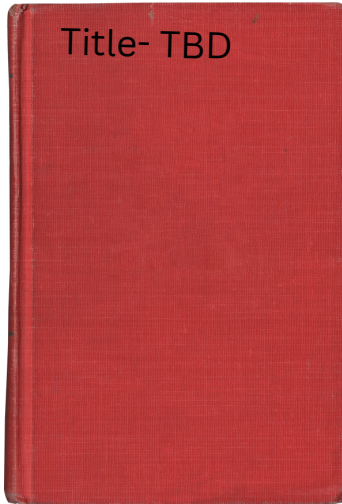
As a passionate cultural historian and storyteller, Tikka Danvender brings a unique perspective to the history and mysticism of Himachal. His deep-rooted connection to the land and its people, combined with his access to royal archives and oral histories, gives him a rare voice in preserving and sharing the untold stories of the region.

In this landmark book, he blends personal insight with historical depth to illuminate the enduring relationship between royalty, religion, and identity in Himachal. Through his work, Tikka Danvender Singh invites readers to discover a land where gods are still worshipped in ancient processions, where traditions echo through generations, and where royalty remains deeply intertwined with spiritual life.



GRAPHIC NOVEL

REEMA JETHWA



ISBN- Not Assigned
Genre- Children and YA
Book size- 127mm x 203mm
Format- Paperback, B&W pages
Number of pages -100
Retail Price- £11.99
Release Date- October 2026

"

ABOUT THE AUTHOR