

author in me

AIM CATALOGUE

**Stories of courage, culture and
inner transformation.**

Transformative, culturally rooted
and thought-provoking narratives
with global relevance.

FICTION
NON - FICTION
POETRY
PICTURE BOOKS

Author In Me Publishing
3 Whincup close, High Wycombe,
HP111TD

01494265002

www.authorinme.com

For enquiries, email
info@authorinme.com



[@authorinme_publishing](https://www.instagram.com/authorinme_publishing)



[@Author In Me](https://twitter.com/AuthorInMe)



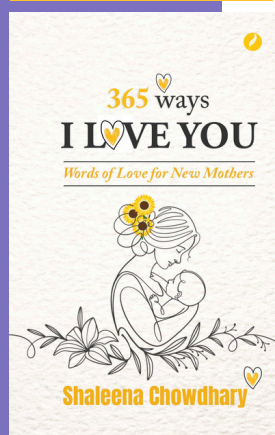
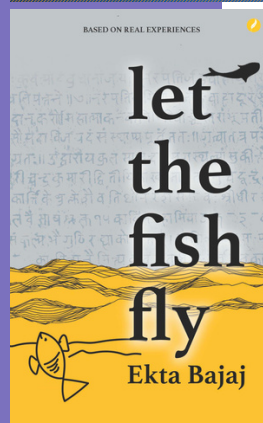
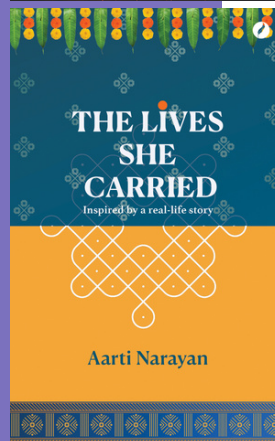
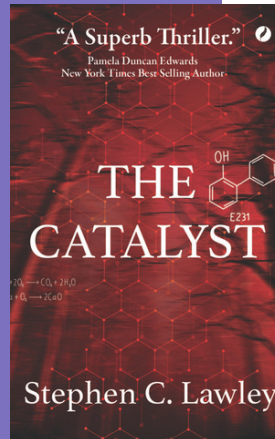
[_@Author In Me](https://www.linkedin.com/company/authorinme)



author in me

FICTION and NON FICTION

Stories rooted in specific cultural landscapes but speaking to universal human experience.



LOONGLISTED
BEST FICTION

ARCHER - AMISH
AWARD 2026



LET THE FISH FLY

Based on real mystic experiences

Genre : Literary Fiction / Spiritual Fiction

LONGLISTED
BEST FICTION

ARCHER - AMISH
AWARD 2026

A philosophical literary novel where Eastern wisdom meets modern existential questions.

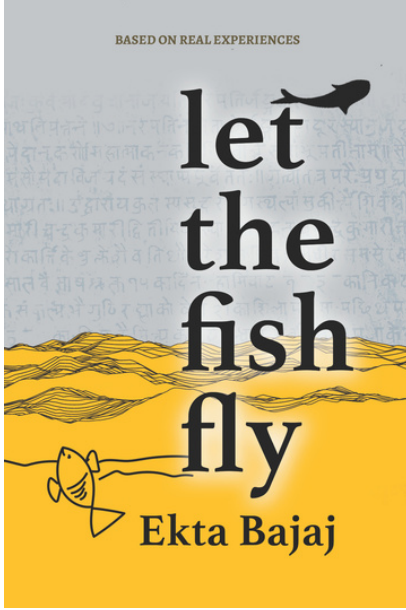
About the Book

A deeply reflective novel about identity, awakening, and the courage to listen to the quiet voice within.

Set between the quiet majesty of the Himalayas and the hidden landscapes of the human mind, *Let The Fish Fly* follows a woman who begins to question the life she has carefully built.

As the structures of success, identity and belief begin to unravel, she is drawn into a deeper journey of self-discovery, one that moves beyond logic into intuition and inner awareness. Along the way, the voices, memories and choices of the women who shaped her life begin to surface, revealing the subtle threads that connect generations.

Guided by encounters, questions and ancient wisdom, she begins to see the world through a different lens. Rooted in Sanskrit philosophy and Vedantic thought, *Let The Fish Fly* explores the delicate tension between the mind and the soul, and the timeless search for a life lived in truth.



ISBN: 978-1-7392214-5-4

Author: Ekta Bajaj

Publisher : Author In Me Publishing

Genre : Literary Fiction / Spiritual Fiction

Format : Paperback

Language : English

Book Size : 127 x 203 mm

Retail Price: £11.99

Pages : 370

Why This Book is Globally Relevant

Let The Fish Fly has strong global relevance as it explores universal themes of identity, purpose, and inner awakening. Its blend of personal transformation with Sanskrit philosophy offers a thoughtful perspective that resonates with readers worldwide seeking meaning beyond conventional ideas of success.

Key Themes

- Identity and spiritual awakening
- Sanskrit philosophy and Vedantic wisdom
- Cross-cultural reflections on life and purpose
- inner transformation

About the Author

Ekta Bajaj is a UK-based author, podcaster and cultural curator. She is the co-curator of the AIM Literary Festival in the UK.

Having studied Sanskrit and Vedanta for several years, she brings ancient philosophical ideas into contemporary storytelling. Her work explores the intersection of identity, spirituality and human consciousness. *Let The Fish Fly* is her debut literary novel.

Comparable Titles

- The Alchemist by Paulo Coelho
- The Forty Rules of Love by Elif Shafak

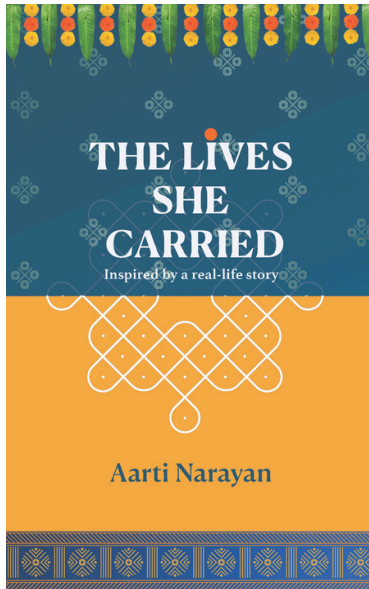


THE LIVES SHE CARRIED

Genre : Literary Fiction / Historical Family Saga

A powerful generational story of motherhood, resilience and quiet rebellion across decades of changing India.

About the Book



She was told to be a patient wife. She chose instead to become a brave mother. Married at fourteen, Lakshmi grows up believing sacrifice is a woman's duty and silence her only armour. But when her husband's choices begin to threaten the future of her children, she is forced to confront an impossible decision: remain quiet and survive, or find the strength to defy the life that has been written for her.

Spanning decades from a small village in Kerala to the bustling streets of Mumbai, *The Lives She Carried* is a moving portrait of a woman determined to break generations of unspoken silence, for herself and for the daughters who follow.

Rooted in history, culture and the intimate realities of family life, the novel explores motherhood, resilience and the quiet acts of courage that reshape destinies. A story of love, loss, sacrifice and the enduring strength of women.

ISBN: 978-1-0684448-2-1

Author: Aarti Narayan

Publisher : Author In Me Publishing

Genre : Literary Fiction

Format : Paperback

Language : English

Book Size : 127 x 203 mm

Retail price: £12.99

Pages : 365

Why This Book is Globally Relevant

While rooted in the cultural landscapes of Kerala and Mumbai, *The Lives She Carried* explores universal themes of motherhood, resilience and the courage to challenge inherited expectations. Lakshmi's journey from silence to self-determination reflects the struggles of women across cultures and generations.

Comparable Titles

- The Henna Artist
- Pachinko
- The Island of Missing Trees

About the Author

Aarti Narayan was born and raised in Mumbai, India. She received her MBA from the Indian Institute of Management, Ahmedabad, and spent over twenty-five years in the corporate world before turning to writing.

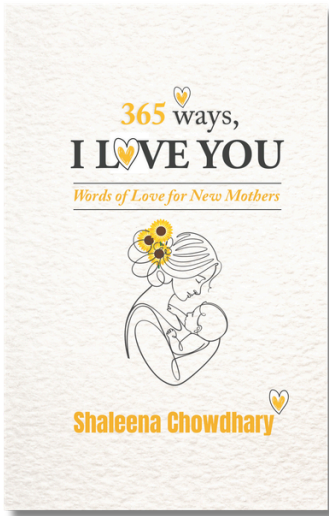
Her early work appeared in the Modern Love: Tiny Love Stories column of the New York Times. She is now a full-time writer based in Singapore, where she lives with her husband and two children.



3 6 5 W A Y S I L O V E Y O U

Genre : Non -Fiction / Motherhood, Wellbeing and Daily Affirmation

non - fiction



Book Synopsis

Becoming a mother for the first time is a beautiful, emotional, messy, and overwhelming experience. **365 Ways I Love You** is a gentle companion for those early days and long nights, offering a loving affirmation for every day of the year.

Alongside these daily reminders of strength and self-compassion, Shaleena shares honest stories from her own journey through postnatal depression and the challenges it brought. Drawing on her experiences, she offers words of love and personal anecdotes to support women navigating similar emotions.

This book is a warm reminder that you are not alone, and that the love you give yourself is the greatest gift you can give your baby.

ISBN- 978-1-0684448-4-5
Book size-114 x 178 x27 mm
Pages-452
Format- Paperback, illustrated
B&W pages
Retail Price- £15.99
Motherhood / Self-Care /
Affirmations
Publishing Date - 4th October

Why This Book is Globally Relevant

This book works internationally because it speaks to the universal emotional experience of new motherhood that transcend culture. Its gentle, affirmation-led format is simple to translate and adapt, while its honest reflection on postnatal depression aligns with a growing global focus on maternal mental health, making it both relatable and relevant across markets.

Key Themes

- Real and honest motherhood
- Self-love and emotional resilience
- Postnatal mental health and healing
- Daily reassurance and connection

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

Shaleena Chowdhary 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 CATALYST

Genre : Thriller / Science Fiction

A high-stakes environmental thriller where experimental science and global conspiracy collide.

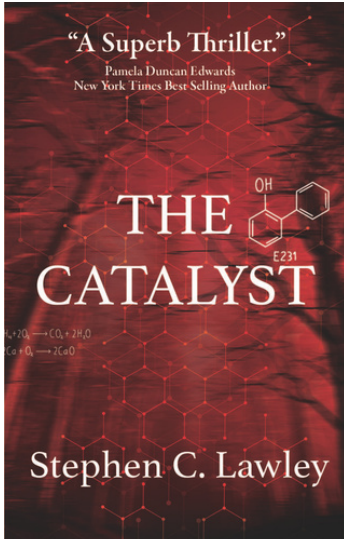
About the Book

The Catalyst is a fast-paced thriller about a scientific breakthrough that could transform the future of humanity.

When visionary scientist George Carruthers believes he has discovered a solution that could create a safer and more sustainable world, he gathers a group of bold young allies to help turn his idea into reality. But powerful corporate forces see the discovery as a threat, and will stop at nothing to keep it hidden.

As the team races across continents to protect the truth, they find themselves caught in a dangerous battle between innovation and control.

In a world where progress comes at a price, the question remains: is the catalyst humanity's greatest hope, or its most dangerous illusion?



ISBN: 978-1-7384200-3-2

Publisher: Author In Me

Genre : Science Fiction / Thriller

Book size- 127 x 203mm

Language: English

Format: Paperback, B&W pages

Number of pages : 322

Retail Price: £11.99

Why This Book is Globally Relevant

This story has strong global relevance as it tackles universal concerns around sustainability, scientific innovation, and the balance between progress and power. Set across continents, it reflects shared global challenges—climate, ethics, and corporate influence—while exploring a question that resonates worldwide: whether breakthrough solutions can truly serve humanity, or risk being controlled for profit.

Key Themes

- Environmental crisis and climate science
- Experimental technologies and scientific ethics
- Global conspiracy and power structures
- Scientific discovery

Comparable Titles

- The Andromeda Strain
- State of Fear
- The Da Vinci Code

About the Author

Stephen C. Lawley draws on a lifetime of varied professional and personal experiences, he brings scientific insight and global awareness to his fiction. He studied Industrial Chemistry at university, graduating with honours, and his early exposure to chemical research sparked a lifelong interest in the power and responsibility of scientific discovery. Extensive travel and time spent in the United States deepened his understanding of environmental challenges and the global impact of fossil fuel dependency.



THE VOICE OF KALI

Female Empowerment, Inner Transformation, Spiritual Awakening

Genre : Spiritual Writing / Inspirational Poetry

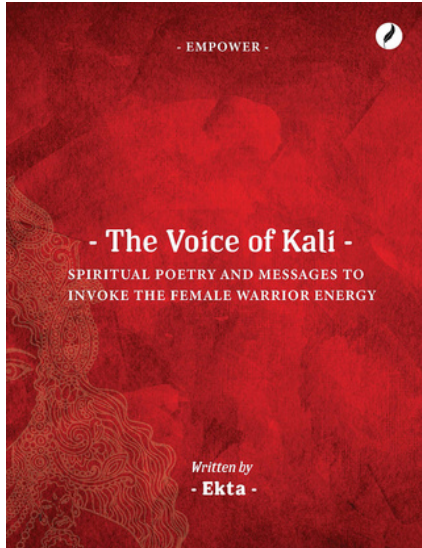
WINNER
WOW WOMAN
OF THE YEAR
2022

About the Book

A powerful collection of spiritual poetry and reflections inspired by the transformative energy of the goddess Kali. The Voice of Kali is an empowering and deeply reflective collection of poetry and spiritual messages that invites women to reconnect with their inner strength and awakening.

Drawing inspiration from Kali, the ancient goddess who symbolises transformation, courage and liberation, the book guides readers on an inward journey of healing, self-realisation and personal power. Through evocative poetry and reflective prose, it explores the emotional landscapes of pain, resilience, renewal and spiritual awakening.

Each piece encourages readers to confront the parts of themselves that have been silenced or forgotten, and to rediscover the creative and transformative energy within. Printed in full colour and accompanied by twelve original paintings by the author, the book blends art and spirituality to create a meditative and visually immersive reading experience.



ISBN: 978-1838204754

Publisher: Author In Me

**Genre : Spiritual Writing /
Inspirational Poetry**

Language: English

Book Size: 14.2 x 0.7 x 18.4 cm

Format: Paperback, Full colour

Number of pages : 116

Retail Price: £8.96

Why This Book Has Global Relevance

The archetype of the divine feminine and the search for inner transformation resonate across cultures and spiritual traditions. The Voice of Kali speaks to readers interested in mindfulness, spirituality and personal growth.

Its combination of poetry, visual art and spiritual reflection makes it particularly appealing to audiences drawn to inspirational literature and contemplative writing.

Key Themes

- Spiritual awakening and personal transformation
- The archetype of the divine feminine
- Healing, resilience and self-discovery
- Creative expression through poetry and art

About the Author

Ekta Bajaj is an author, visual artist, and co-founder of the AIM Literary Festival. Her work explores themes of identity, spirituality, and personal transformation, drawing inspiration from Vedic philosophy and Sanskrit wisdom. Through storytelling, poetry, and reflective writing, she encourages emotional and spiritual growth while advocating for women's voices in literature and culture.



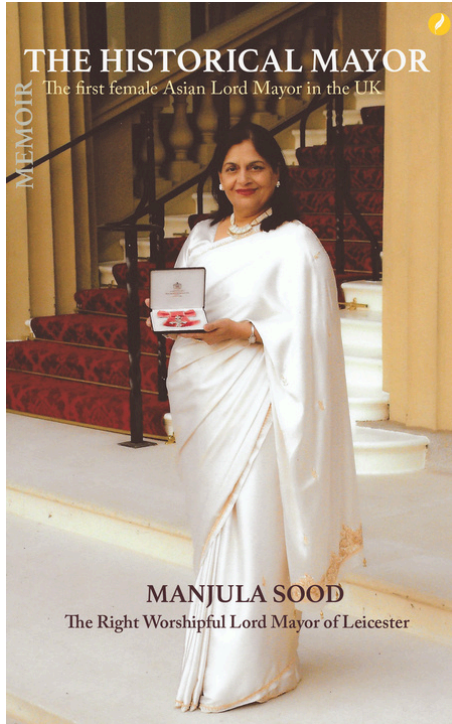
THE HISTORICAL MAYOR

The Memoir of the First Female Asian Lord Mayor, Manjula Sood MBE

To be published in October 2026

Genre : Memoir / Biography / Political & Social History

About the Book



A remarkable true story of courage, migration and public service, the life of the UK's first South Asian woman Lord Mayor, told in her own words.

Manjula Sood MBE was a name synonymous with dignity, grace and public service in Leicester, England. As the city's first female Lord Mayor of South Asian heritage, she became a symbol of resilience, community leadership and cultural bridge-building.

To be published in October 2026, The Historical Mayor will be released following her passing in December 2025 and stands as the only personal account of her extraordinary life story, told in her own voice.

From an unloving childhood in Punjab, India, to the challenges of migration and rebuilding a life in Britain, Manjula's journey is one of perseverance, inner strength and unwavering commitment to service. Beginning her career as a schoolteacher and later entering public life after the loss of her husband, she dedicated over twenty-five years to serving the diverse communities of Leicester.

In 2008, she made history as the United Kingdom's first Asian female Lord Mayor of Leicester. Always elegant in her sari and guided by humility and faith, she became a powerful advocate for multicultural dialogue, community cohesion and inclusive leadership.

Part memoir and part social history, The Historical Mayor is an inspiring story of migration, courage and public service, and a lasting testament to a woman who devoted her life to bringing communities together.

ISBN Hardback:

978-1-0684448-9-0

Author: Mayor Manjula Sood MBE

Publisher : Author In Me

Genre : Memoir / Biography

Format : Hardback

Language : English

Book Size : 127 x 203 mm

Retail price: £16.99

Pages : 240



MA'S KITCHEN

A timeless collection of simple vegetarian recipes and wisdom, where everyday cooking becomes a legacy of love and memory.

Genre : Cookbook

To be published in November

About the Book

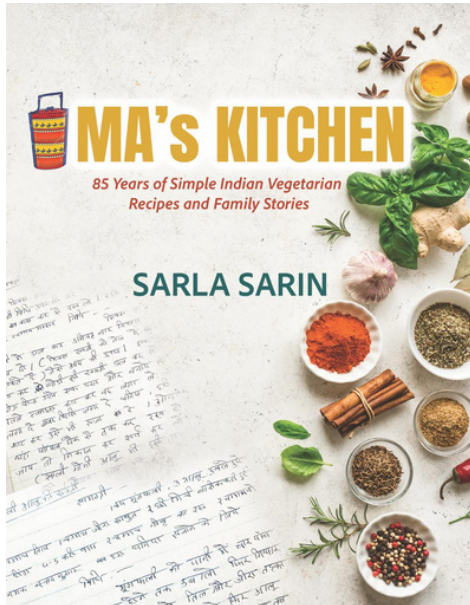
A kitchen is never just about food. It is where memory, care, and quiet wisdom come together through simple, nourishing recipes that can be made in under 30 minutes.

Ma's Kitchen brings together the handwritten vegetarian recipes of Sarla Sarin, lovingly preserved over 85 years and still cooked, shared, and cherished today. These are not elaborate dishes, but honest, home-style meals made with instinct, patience, and an understanding that food is as much about feeling as it is about flavour.

From the lanes of Banaras to homes in Delhi and Dehradun, and now to life in London, each recipe carries a story of time, place, and a woman whose kitchen has always been at the heart of it all. Alongside easy-to-follow methods, you will find Ma's Kitchen Wisdom, gentle tips, lived insights, and time-tested practices that transform everyday ingredients into something deeply comforting and wholesome.

This is more than a cookbook. It is a living archive, a personal inheritance, and an invitation into Sarla Sarin's kitchen, where simplicity becomes richness and every meal is made with love.

Whether you are new to cooking or returning to it, Ma's Kitchen welcomes you in, just as Mother always does.



ISBN Hardback:

978-1-9192655-8-2

Author: Sarla Sarin

Publisher : Author In Me

Genre : Cookbook

Format : Hardback

Language : English

Book Size : 216 x 280 mm

Retail price: TBD

Pages : TBD

author in me

Original art from our book, The Voice of Kali

-Ekta

author in me

CHILDREN'S BOOKS

YOUNG VOICES

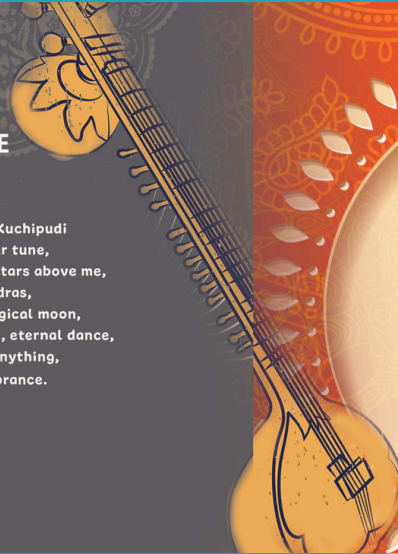
Inclusive stories that inspire courage, kindness and curiosity in young readers.

LONGLISTED
BEST CHILDREN'S BOOK
TOI Author AWARDS
2026

DANCE

Age 9

As I danced Kuchipudi to the sitar tune, The scintillating stars above me, like mudras, circled the magical moon, And in the graceful, eternal dance, I could do anything, leap and prance.

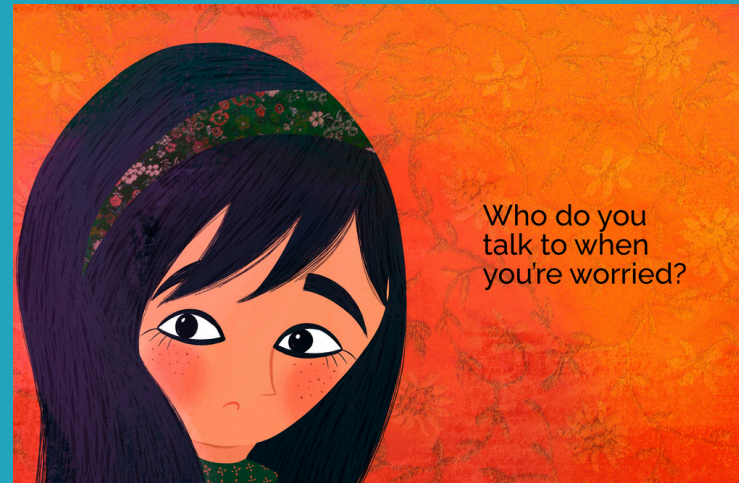


The sound of r...
The pulsatin...
this l...
Sang mu...
With every ste...
path...
The bells on m...
Giving my heart a...
I am so honour...
graceful...
A gift from a 15...
that I will duce you to

Mummy, Daddy
sister. We have
fun together.
all, we love
ng in the kitchen.



This is Manali, in India and that's where our story begins!



Who do you talk to when you're worried?

'Do you mean that trees stop the rain, Nani?' asked Kabir.
'No, but their roots soak up the rainwater like sponges,' Nani replied sadly.
'So there's less flooding?' asked Isha.
'Exactly!' said Nani.

'Wow! What else do trees do?' Isha asked.
'A tree's leaves slow down the rain as it falls. This can reduce the amount of water that floods an area,' Nani explained.
'Trees are the gifts that give back,' said Nani.



Among the beautiful forests of the Himalayan mountains lay a small town called Manali, where Isha and her friend Kabir lived.

Isha and Kabir loved the forest.

Today, they were playing amongst the trees and talking about Isha's birthday.





WHEN MUMMY HAD CANCER

A gentle and hopeful picture book that helps children understand illness, emotions, and the strength of family love.

Genre : Illustrated Picture Book / Children's Emotional Wellbeing

LONGLISTED
BEST CHILDREN'S BOOK
TOI AutHer AWARDS
2026

About the Book



When Mummy Had Cancer is a touching and reassuring story that explores a family's journey through illness, told through the eyes of a young child. Life is filled with joy, especially when the family dances together in the kitchen. But everything changes when Mummy discovers she has cancer.

Through tender moments of fear, sadness, and courage, the family learns to face the illness together. With honesty and warmth, this beautifully illustrated picture book helps children understand complex emotions, offering comfort and reassurance during difficult times.

Woven with reflective questions and moments of hope, *When Mummy Had Cancer* encourages children to talk about their feelings, ask questions, and find strength in the love and support of their family.

A story about resilience, empathy, and the healing power of togetherness.

ISBN: 978-1-7384200-5-6

Author: Priyanka Pandya Bhatt

Publisher : Author In Me

Genre : Picture Book

Format : Paperback

Language : English

Age Range : 5-8 years

Book Size : 210 x 280 mm

Retail price: £9.99

Pages : 34

Why This Book is Globally Relevant

Its universal themes of family love, resilience, and emotional wellbeing make the story accessible and meaningful for young readers across cultures.

Key Themes

- Family support during illness
- Emotional resilience in children
- Talking about difficult feelings
- Hope, comfort, and reassurance

ABOUT THE AUTHOR AND ILLUSTRATOR

Priyanka Pandya is a teacher and children's life coach dedicated to nurturing the emotional wellbeing and confidence of young minds. In 2022, she was diagnosed with cancer while raising two young children. Drawing on her personal experience and her work supporting children, she wrote *When Mummy Had Cancer* to help families talk about illness with honesty, courage, and compassion.

Debasmita Dasgupta is an internationally published, award-winning, Kirkus Best Prize nominated illustrator and graphic novelist based in the UK. She enjoys drawing both fiction and non-fiction picture books, comics, and poems for children and young adults.



THE GIFT THAT GIVES BACK

A heartwarming picture book that introduces children to environmental responsibility through a story of courage, community, and care for nature.

Genre: Children's Picture Book (Ages 4–8)

About the Book



Set in a picturesque Himalayan town, *The Gift That Gives Back* follows eight-year-old Isha as she prepares for her birthday.

During a heartfelt conversation with her grandmother about fallen trees, heavy rains, and devastating floods, Isha begins to understand the powerful role trees play in protecting their home and community.

Determined to make a difference, she chooses a special birthday “gift”, one that gives back to the planet and inspires others to care for nature.

Beautifully illustrated and emotionally engaging, this picture book gently introduces children to environmental awareness, encouraging them to take small but meaningful actions in their everyday lives. A story about empathy, responsibility, and the belief that even the smallest act can create positive change.

ISBN: 978-1-0684448-1-4

Author: Monica Sood

Publisher : Author In Me

Genre : Picture Book

Format : Paperback

Language : English

Age Range : 4-8 years

Book Size : 210 x 280 mm

Retail price: £9.99

Pages : 34

Why This Story Is Globally Relevant

Environmental awareness and climate education are increasingly part of school curricula around the world. *The Gift That Gives Back* introduces these ideas through the relatable perspective of a child learning to understand and care for her environment.

Key Themes

- Environmental awareness and climate education
- The importance of trees and ecosystems
- Overcoming fear and building confidence
- Small actions creating meaningful change

ABOUT THE AUTHOR AND ILLUSTRATOR

Monica Sood is a children's author curator of the AIM Literary Festival, where she champions storytelling as a tool to inspire, educate and empower young voices. Originally from the Himalayan region of India, she witnessed the impact of deforestation, heavy rains and floods on local communities. These experiences inspired her to write stories that help children understand environmental responsibility and face fears with courage.

Debasmita Dasgupta is an internationally published, award-winning, Kirkus Best Prize nominated illustrator and graphic novelist based in the UK. She enjoys drawing both fiction and non-fiction picture books, comics, and poems for children and young adults.



I AM SO MUCH MORE THAN THE COLOUR OF MY SKIN

An empowering picture book that inspires children to look beyond skin colour and believe in who they can become.

Genre: Children's Picture Book (Ages 4–8)



About the Book

You Are So Much More Than the Colour of Your Skin is an empowering picture book that encourages children to celebrate who they are and imagine a future shaped by their dreams, interests, and abilities. Through engaging storytelling and richly detailed illustrations, the book invites young readers to see beyond appearances and recognise their own potential.

ISBN:978-1-7392214-3-0

Book Size 210 x 280

Number of pages -32

Format: Paperback

Retail Price- £9.99

Picture Book

**Publishing rights acquired
from HarperCollins India**

Why This Story Is Globally Relevant

Environmental awareness and climate education are increasingly part of school curricula around the world. *The Gift That Gives Back* introduces these ideas through the relatable perspective of a child learning to understand and care for her environment.

Key Themes

- Identity and self-worth
- Diversity and inclusion
- Confidence and aspiration
- Celebrating individuality

ABOUT THE AUTHOR AND ILLUSTRATOR

Divya Thomas is a storyteller and campaigner for gender equality and the environment. She is passionate about changing the narrative to empower both young children and grown-up children (adults) to redefine our world. Having lived in the U.S., U.K. and India, Divya draws on common themes across cultures to reflect her belief that while we are all different, we are all the same. This is her first work in print. Find more of her thoughts at www.anillustratedworld.com.

Ruchi Shah is a book illustrator/wall artist. She is an alumnus of University of the Arts, London and IDC, IIT Bombay. She received the Charles Wallace Scholarship in 2012 through the British Council. Her works explore places, spaces, materials and stories of everyday life. After working in Yahoo as a senior designer, she quit in 2010 to work independently. She has illustrated more than 15 books that have been published multilingually. Some of her works include *Our Incredible Cow* and *Candid Tales*. She also facilitates art workshops across different regions of India and Uganda. She received British Council's Social Impact Award in 2018 for her work."



SILVER SERPENT AND THE WILD ICE CHILD

The Cookham Chronicles

A timeless story of friendship and courage, where one boy must choose between inherited hatred and the power of kindness.

Genre: Historical Fiction, Middle Grade (Ages 8–12)

To be Published in September

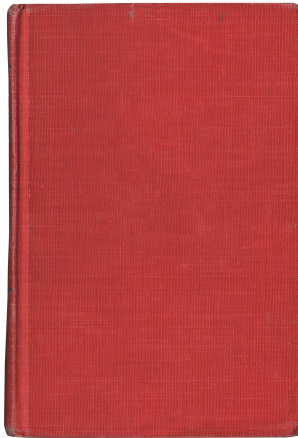
About the Book

Set in an 8th-century Anglo-Saxon monastery at Cookham, Silver Serpent and the Wild Ice Child is a middle grade historical fiction story that blends history, imagination, and gentle humour.

When a chronicler is drawn into a book and transformed into a hawk, he begins to observe life in the monastery and surrounding settlement from above. Through his watchful eyes, he befriends a girl who can speak with animals and her close circle of friends. Among them is an orphan boy raised to believe that revenge against historic enemies is his duty. As friendship and kindness begin to challenge his inherited fears, the boy must decide whether to cling to old rivalries or choose a different path.

Inspired by real archaeological discoveries and enriched with light-hearted ghostly characters, the story explores empathy, choices, inclusion, and the power of friendship.

Written for readers aged 8–12, this is a thoughtful and engaging historical tale with strong appeal for bookshops, libraries, and schools.



Why This Story Is Globally Relevant

The story resonates widely as it explores universal ideas of prejudice, belonging, and the power of choosing kindness over conflict. While rooted in Anglo-Saxon history, its focus on friendship, moral choice, and challenging inherited divisions speaks to children across cultures, making it both educational and emotionally relatable for a global audience.

Key Themes

- Friendship and empathy
- Choice versus inherited beliefs
- Inclusion and understanding differences
- History brought to life through imagination

ISBN Paperback- **978-1-9192655-3-7**

ISBN e-book- **978-1-9192655-4-4**

Genre- Middle grade historical fiction

Book size-127mm x 203mm

Format- Paperback

Number of pages - TBD

Retail Price-TBD

Release Date- September 2026

ABOUT THE AUTHOR

David Gilbert was born in East London in 1954. He studied European Literature at university before choosing a career beyond academia, building extensive leadership experience in UK retail and bookselling. He later became Managing Director of Currys and went on to serve as Managing Director of Waterstones, playing a central role in the country's book trade.

Following his commercial career, David worked extensively in the arts, including as Chair of the Arts Council-backed National Centre for Writing and as Chair of the Association of Illustrators.

Alongside his professional work, David continues to study Archaeology and Philosophy. He is a Trustee of the archaeological charity Friends of Cookham Abbey, whose ongoing excavations have inspired his writing. His debut children's book, Silver Serpent and The Wild Ice Child, draws directly on this site, blending historical research with imagination and storytelling.

David lives in Beaconsfield with his wife, Susan, and has two daughters.

author in me

AIM CATALOGUE

**Stories of courage, culture and
inner transformation.**

Transformative, culturally rooted
and thought-provoking narratives
with global relevance.

FICTION
NON - FICTION
POETRY
PICTURE BOOKS

Author In Me Publishing

3 Whincup close, High Wycombe,
HP111TD

01494265002

www.authorinme.com

For enquiries, email

info@authorinme.com



[@authorinme_publishing](https://www.instagram.com/authorinme_publishing)



[@Author In Me](https://twitter.com/AuthorInMe)



[_@Author In Me](https://www.linkedin.com/company/authorinme)

