

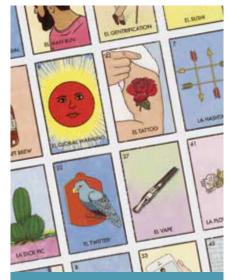
BLUE STAR PRESS







HEALTH & WELLNESS



HUMOUR



LIFESTYLE



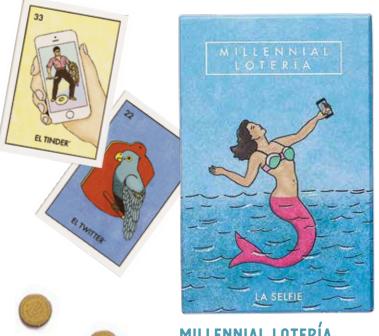
BLUE*STAR PRESS

BLUE STAR PRESS publishing focuses on the arts, creative processes, wellness and witty non-fiction. They collaborate with wildly creative authors and independent artists. Their team of thinkers, designers and wordsmiths brings talent and hard work to every project, with a deep commitment to publishing Bold Fine Print in service of their mission to inspire wellness through creative expression.



ART & CRAFT









234 x 150 mm · 46 cards · Game ISBN: 9781944515805 · SKU: BL-30986

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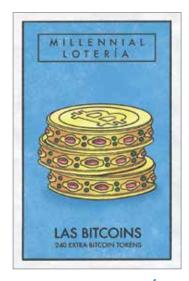


MILLENNIAL LOTERÍA: **EL EXPANSION PACK**

10 NEW CARDS, BOARDS & EXTRA BITCOINS

222 x 140 mm • 10 cards • Game ISBN: 9781944515812 · SKU: BL-30949 £16.99 inc. VAT

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240 EXTRA BITCOIN TOKENS

222 x 140 mm • 6 sheets ISBN: 9781950968077 · SKU: BL-31013 £12.99 inc. VAT

AVAILABLE APRIL 2020



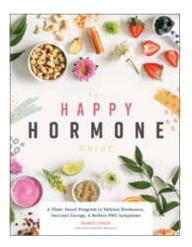


53

EL GENDER REVEAL



EL FLOATY



THE HAPPY HORMONE GUIDE

A PLANT-BASED PROGRAM TO BALANCE HORMONES, INCREASE ENERGY. & REDUCE PMS SYMPTOMS

SHANNON LEPARSKI

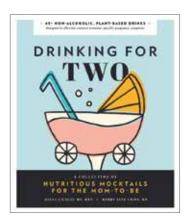
Certified hormone specialist Shannon Leparski presents a comprehensive, plant-based lifestyle program to help women balance their hormones, increase energy and reduce PMS symptoms. *The Happy Hormone Guide* includes comprehensive, phase-specific (menstrual, follicular, ovulatory and luteal) guidance. It explores the ebbs and flows of a woman's monthly cycle and provides a holistic view of the female hormone and endocrine system so that you can take control of your cycle and improve your quality of life.

249 x 191 mm · 236 pages · PB ISBN: 9781944515836 · SKU: BL-30951 £18.99

AVAILABLE FEBRUARY 2020







DRINKING FOR TWO

A COLLECTION OF NUTRITIOUS MOCKTAILS FOR THE MOM-TO-BE

DIANA LICALZI & KERRY JANE CRISS

45+ nutritious mocktail recipes carefully crafted with purpose to maximise flavour, deliver essential nutrients and antioxidants and target common pregnancy symptoms, all leading to a healthy pregnancy. With recipes for flat, bubbly, après-dinner and warm comfort drinks, registered dietitian and nutrition professional Diana Licalzi and Kerry Criss carefully developed and tested each mocktail.

193 x 180 mm · 160 pages · HB ISBN: 9781944515829 · SKU: BL-30950 £16.99

AVAILABLE FEBRUARY 2020







THE MODERN BOHEMIAN TABLE

GATHERING WITH FRIENDS AND ENTERTAINING IN STYLE

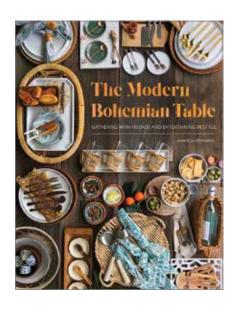
AMANDA BERNARDI

Learn the rules, traditions, and customs of table setting and entertaining and how to incorporate principles of Bohemian design. The Modern Bohemian Table inspires you with over 20 fresh and fun party ideas, broken up into seasons, including: Moroccan Rooftop Soiree; Wine Night; Medieval-Inspired Feast; Garden Gathering; Apres-Ski Get-Together. From tablescapes to menu planning, napkin folding to cocktail mixing, learn to gather your favourite people and fill their bellies with delicious food and laughter.

279 x 216 mm · 208 pages · HB ISBN: 9781944515942 · SKU: BL-31088

£30.00

AVAILABLE JUNE 2020









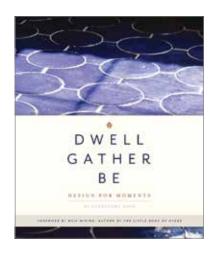






"BOHEMIAN STYLE HAS NO RULES AND NEITHER DOES THE BOHEMIAN WAY OF ENTERTAINING."





DWELL, GATHER, BE

DESIGN FOR MOMENTS

ALEXANDRA GOVE

In a world where perfectly designed homes are encountered at every turn, *Dwell, Gather, Be* goes deeper, exploring how thoughtful, intentional home design can cultivate meaningful moments in your life. Learn to elevate, celebrate and value the time you spend with the people you hold dear in the space that is uniquely yours.

287 x 223 mm · 224 pages · HB ISBN: 9781944515607 · SKU: BL-30948 £30.00

AVAILABLE FEBRUARY 2020







DOT DOT DOT JOURNAL

CHALKFULLOFLOVE

Hand letterer Sarah K (@chalkfulloflove) and illustrator and watercolourist Sarah Simon (@themintgardener) bring together their artistic talents and collaborate to create the next dot journal on everyone's wish list. It features 256 pages to track and organize, tips to inspire creative journalists, timeless quotes and elegant watercolours to spark imagination plus hand lettering tips for function and classic style.

208 x 147 mm · 256 pages · HB ISBN: 9781944515867 · SKU: BL-30953 £25.00 inc. VAT

AVAILABLE OCTOBER 2020



RULE THE WORLD PLANNER 2020

CONTRIBUTIONS BY ILANA GRIFFO, KORIE HEROLD, ALLI KOCH. SHANNON ROBERTS AND SARAH SIMON

For entrepreneurs, influencers and anyone with superwoman goals and aspirations, the *Rule the World Planner 2020* will help you tackle it all: track your to-dos, chase your dreams, and achieve your goals like a boss, all in a durable and chic spiralbound book.

223 x 175 mm · 240 pages · HB Spiralbound ISBN: 9781944515928 · SKU: BL-30955

£35.00 inc. VAT

AVAILABLE FEBRUARY 2020



THE BEAUTIFULLY ORGANIZED HOME PLANNER

THE ULTIMATE STEP-BY-STEP GUIDE TO ORGANIZING YOUR HOME LIFE

NIKKI BOYD

In her best-selling home organization book *Beautifully Organized*, professional organizer and *YouTube* sensation Nikki Boyd shares her best advice for how to create an organized, beautiful and welcoming home. In this companion book she walks with you through your home and provides you with the tools you need to make your space both beautiful and organized.

254 x 254 mm · 180 pages · HB Spiralbound ISBN: 9781944515980 · SKU: BL-31068

£26.99

AVAILABLE MAY 2020



STEKEBOY

BEAUTIFULLY ORGANIZED

A GUIDE TO FUNCTION AND STYLE IN YOUR HOME

NIKKI BOYD

In Beautifully Organized, Nikki teaches you to: Assess your home to transform the spaces within to enhance your lifestyle; Declutter and curate your possessions to keep what is useful and meaningful; Clean with efficiency, adding an element of pleasure to everyday tasks; Organize so you can find what you need, when you need it; Beautify and decorate to create a welcoming atmosphere for family and friends. With her keen eye for detail and trademark warmth, Nikki guides readers through these steps, teaching how to graciously share our homes with family and friends to create treasured shared experiences and memories.

236 x 184 mm · 224 pages · HB

ISBN: 9781944515683 · SKU: BL-30998

£20.00

AVAILABLE NOW

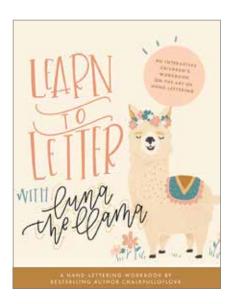






"LIKE MOST THINGS IN OUR LIVES, HAVING A PLAN
IS ESSENTIAL FOR SUCCESS, AND I HAVE THE
PERFECT PLAN FOR YOU." NIKKI BOYD





LEARN TO LETTER WITH LUNA THE LLAMA

AN INTERACTIVE CHILDREN'S WORKBOOK ON THE ART OF HAND LETTERING

CHALKFULLOFLOVE

For crafty kids who love to create, Learn to Letter with Luna the Llama pairs lettering exercises with clever humour. Silly jokes and giggles abound as children learn first by tracing and then by repetition. Learn to letter the lower and uppercase alphabets; Practice skills with numbers 0-9; Master techniques to connect letters. Together with Luna (and all of her friends) kids can then put their newly acquired hand lettering skills to use with five fun projects!

279 x 216 mm • 160 pages • PB

ISBN: 9781944515904 · SKU: BL-30954

£16.99

AVAILABLE FEBRUARY 2020











GROWING YOU

A PREGNANCY & BIRTH STORY BOOK

KORIE HEROLD

This elegant pregnancy journal takes you through nine months of pregnancy with prompts to record all of your special moments and create a keepsake to one day give to your child. Best-selling author and illustrator Korie Herold poured over every page, adding artistic details and flourishes to create the perfect keepsake pregnancy memory book. *Growing You* includes: Pregnancy milestones; Pocket folder to safely keep sonogram photos and other mementos; Space to journal through the months of your pregnancy.

229 x 152 mm · 112 pages · HB ISBN: 9781944515973 · SKU: BL-31109 £35.00 inc. VAT

AVAILABLE MAY 2020



AS WE GROW

A MODERN MEMORY BOOK FOR MARRIED COUPLES

KORIE HEROLD

The perfect gift for the newly engaged couple, the newly married couple, or those who have been married for years! As We Grow is a place to celebrate and remember the details of your marriage. Record the story of how you live and love and preserve it in writing – a treasure you can pass to your children and grandchildren.

258 x 283 mm · 160 pages · HB ISBN: 9781944515843 · SKU: BL-30987

£35.99 inc. VAT

AVAILABLE NOW



AS YOU GROW

A MODERN MEMORY BOOK FOR BABY

KORIE HEROLD

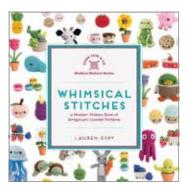
A modern take on a baby memory book and journal, As You Grow stands out from the crowd of baby books with its elegant, chic and timeless design. The gender-neutral artwork with guided sections provide space for every family to record moments from pregnancy to age five. Author and illustrator Korie Herold poured over every page, adding artistic detail and flourishes that work to create a book you can interact with now and look back on for a lifetime.

258 x 270 mm · 160 pages · HB ISBN: 9781944515478 · SKU: BL-30988

£35.99 inc. VAT







WHIMSICAL STITCHES

A MODERN MAKERS BOOK OF AMIGURUMI CROCHET PATTERNS

LAUREN ESPY

Explore Amigurumi, the Japanese art of crochet design, with 30 unique and darling patterns. Whether a novice or an experienced crocheter, anyone can pick up a needle and complete these cuddly creations. Author and Amigurumi guru Lauren Espy inspires crocheters with her easy-to-follow patterns, pictures and helpful instructions. Themes, include: In the Garden; At the Aquarium; Down on the Farm and At the Bakery.

210 x 210 mm · 176 pages · HB ISBN: 9781944515638 · SKU: BL-31008 £20.00

AVAILABLE NOW



THREAD FOLK

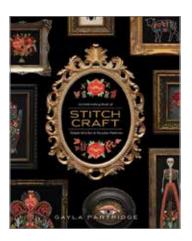
A MODERN MAKERS BOOK OF EMBROIDERY PROJECTS AND ARTIST COLLABORATIONS

LIBBY MOORE

Thread Folk is a modern refresh of an age-old craft. Author Libby Moore teaches basic stitches and how to choose materials, and shares original patterns with easy-to-remove perforated pages. Thread Folk also features Artist Collaborations, a series of projects based on the curated artwork of several distinctive, talented artists, including clothing designer Audrey Smit, and illustrators Alli Koch and Lauren Merrick.

210 x 210 mm · 144 pages · HB ISBN: 9781944515706 · SKU: BL-31007 £20.00

AVAILABLE NOW



STITCHCRAFT

AN EMBROIDERY BOOK OF SIMPLE STITCHES AND PECULIAR PATTERNS

GAYLA PARTRIDGE

Author Gayla Partridge draws upon her knowledge of phrenology, anatomy, floral design and Ouija to create deeply imaginative embroidery art. Through extraordinary, stylised photography and detailed close-ups of her designs, readers learn about Partridge's sources of inspiration, technique and modern twists on an age-old craft. The intricate pieces in *Stitchcraft* are entirely achievable with basic embroidery stitches and easy-to-follow instructions, enchanting embroidery beginners and experts alike.

254 x 203 mm · 208 pages · PB ISBN: 9781944515744 · SKU: BL-30996

£18.99



MODERN CROCHET

PATTERNS & DESIGNS FOR THE MINIMALIST MAKER

TERESA CARTER

Modern Crochet brings crochet to a new generation of makers! A comprehensive guide for beginning and experienced crocheters alike, Modern Crochet covers crochet tools, all things yarn (shapes, sizes, colours and dye lots), crochet abbreviations, how to read a pattern, how to work in both rows and rounds, the nuances of short rows and standing stitches. Plus, how to manage and measure gauge, tension, substitutions and so much more!

260 x 198 mm · 176 pages · HB

ISBN: 9781944515850 · SKU: BL-30952

£22.99

AVAILABLE FEBRUARY 2020













"TERESA CARTER HAS ELEVATED THE CRAFT OF CROCHET. ANYONE WHO PICKS UP THIS BOOK IS GOING TO SAY 'I WANT TO DO THAT!"

ILANA RABINOWITZ, LION BRAND YARN







MODERN WATERCOLOR BOTANICALS

A CREATIVE WORKSHOP IN WATERCOLOR, GOUACHE. & INK

SARAH SIMON - THE MINT GARDENER

Modern Watercolor Botanicals explores the wonderful world of watercolour and introduces the modern incorporation of gouache and ink into your artistic repertoire. Each botanically-based lesson offers instruction at three different skill levels: beginner, intermediate and advanced. Learn to paint eucalyptus wreaths, shape olive branches, detail wildflowers, shade tropical leaves and more!

248 x 248 mm · 218 pages · HB Spiralbound ISBN: 9781944515584 · SKU: BL-30947

£25.00

AVAILABLE FEBRUARY 2020







THE PLANT LADY

A FLORAL COLORING BOOK WITH SUCCULENTS AND FLOWERS

SARAH SIMON - THE MINT GARDENER

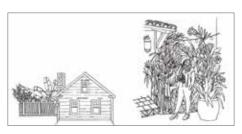
Artist Sarah Simon, of @themintgardener, weaves a beautiful floral theme through the pages using her favourite illustrated character, Florence the 'Plant Lady' to guide you through her new book. *The Plant Lady* features: over 80 illustrated pages; images printed on thick, premium quality paper and perforated edges for easy removal and framing.

248 x 248 mm · 80 pages · PB ISBN: 9781944515881 · SKU: BL-30956

£14.99 inc. VAT

AVAILABLE FEBRUARY 2020







BLOOM

A COLORING BOOK

ALLI KOCH

Alli Koch's new colouring book, *Bloom*, features 30 hand-drawn illustrations for you to colour! Alli of *@Allikdesign* introduced thousands to the basics of modern floral illustrating with her best-selling book, *How to Draw Modern Florals. Bloom* features: Two pages of velvet colouring; 30+ additional images on premium, high quality paper and perforated, removable pages.

248 x 248 mm · 82 pages · PB ISBN: 9781944515898 · SKU: BL-30957

£14.99 inc. VAT

AVAILABLE FEBRUARY 2020



FLORALS BY HAND

HOW TO DRAW AND DESIGN MODERN FLORAL PROJECTS

ALLI KOCH

Florals by Hand gives you the knowledge and skills to create your own floral and plant illustrations, with no previous artistic experience necessary! Each project is broken into easy-to-follow, step-by-step instructions, making how to draw leaves and flowers as easy as 1-2-3. Alli also guides you through the process of creating patterns and digitizing your illustrations. Her cheerful encouragement and gentle reminders that nature itself is imperfect makes learning this new skill an approachable adventure!

248 x 248mm • 206 pages • PB

ISBN: 9781944515775 • SKU: BL-31001

£16.99

AVAILABLE NOW



HOW TO DRAW MODERN FLORALS

AN INTRODUCTION TO THE ART OF FLOWERS, CACTI, AND MORE

ALLI KOCH

Alli Koch of @Alikdesign has mastered the art of turning simple doodles into beautifully designed floral illustrations and shares her expertise in *How To Draw Modern Florals*, a step-by-step guide that teaches everything you need to know about modern florals. Tools of the trade include; where to find inspiration, the anatomy of a flower and the basic shapes for drawing a flower. Learn designs from classic favourites like the rose to today's trendiest florals, as well as succulents and cacti.

254 x 254 mm · 120 pages · PB ISBN: 9781944515416 · SKU: BL-31004

£16.99

AVAILABLE NOW



Also available in hardback

254 x 254 mm · 120 pages HB Spiralbound ISBN: 9781944515508 · SKU: BL-31005 £25.00





CHALK ART & LETTERING IOI

AN INTRODUCTION TO CHALKBOARD LETTERING, DESIGN, AND MORE!

SHANNON ROBERTS & AMANDA ARNEILL

Discover your inner chalk artist! Chalk art and lettering pros Amanda Arneill and Shannon Roberts have teamed up to provide friendly, step-by-step instruction in chalk lettering and art, teaching you all you need to know to create your own chalk masterpieces.

254 x 254 mm · 144 pages · HB Spiralbound ISBN: 9781944515614 · SKU: BL-30999

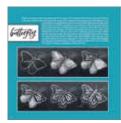
£25.00

AVAILABLE NOW













CHALK IT UP TO GRACE

A CHALKBOARD COLORING BOOK WITH REMOVABLE WALL ART PRINTS

SHANNON ROBERTS

An all-new inspirational colouring book from chalk artist Shannon Roberts features your favourite uplifting Bible verses and reminders. Shannon combines her beautiful chalk art with Scripture in this unique, chalkboard-themed colouring book. Every page is designed to help you reflect on the beauty of Scripture and bring it to life through colouring.

254 x 216 mm • 80 pages • PB ISBN: 9781944515287 • SKU: BL-31000

£15.99 inc. VAT



HAND LETTERING 101

AN INTRODUCTION TO THE ART OF CREATIVE LETTERING

CHALKFULLOFLOVE

In Hand Lettering 101, Sarah brings her popular Hand Lettering 101 workshop right to you with this beginner's workbook! Hand Lettering 101 teaches Sarah's fun faux-calligraphy style: you will learn the strokes to letter the lower and upper case alphabets and numbers 0-9, learn techniques for connecting letters, get tips on how to mix and match fonts, and learn to add flair with flourishes.

254 x 254 mm • 126 pages • HB Spiralbound ISBN: 9781944515652 • SKU: BL-31002

£25.00

AVAILABLE NOW





HAND LETTERING 201

INTERMEDIATE LETTERING + DESIGN BASICS

CHALKFULLOFLOVE

Chalkfulloflove already introduced thousands to the art of hand lettering with her first book, *Hand Lettering 101*. The wildly anticipated *Hand Lettering 201* goes deeper, introducing: A variety of new alphabets; A broad range of colour and design techniques; six projects that combine the skills; Tips and tricks to take your lettering to the next level! *Hand Lettering 201* is the perfect book for intermediate hand letterers, whether they learned to letter from Sarah's first book or are self-taught.

254 x 254 mm · 144 pages · HB Spiralbound ISBN: 9781944515546 · SKU: BL-31003

£25.00

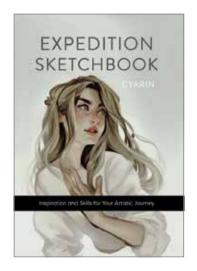












EXPEDITION SKETCHBOOK

INSPIRATION AND SKILLS FOR YOUR ARTISTIC JOURNEY

CYARIN - LAURA BROUWERS

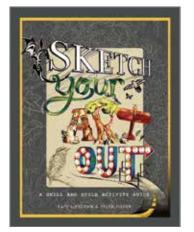
In this artistic memoir, world-renowned artist, Cyarin, invites readers and fans to accompany her on her journey as she shares sources of inspiration, her struggles and triumphs along the way. At a young age, she was diagnosed with Asperger's and autism and told she would likely never be able to live on her own or find success in a professional career. Years of hard work, determination and dedication to her craft has proven the opposite.

246 x 176 mm · 146 pages · HB ISBN: 9781944515782 · SKU: BL-30992 £20.00

AVAILABLE NOW







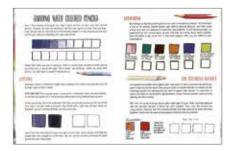
SKETCH YOUR ART OUT

A SKILL AND STYLE ACTIVITY BOOK

KATY LIPSCOMB & TYLER FISHER

Sketch Your Art Out is more than just a basic drawing guide. It seeks to inspire artists to work and live off their art, whether their practice is a long-time passion or just a passing hobby. From teaching the basics of design, to navigating the increasingly digital world of art selling, master artists Katy Lipscomb and Tyler Fisher share their knowledge. Includes insider tricks for how to create a viable business plan and successfully sell your art.

279 x 216 mm · 176 pages · HB ISBN: 9781944515522 · SKU: BL-30994 £18.99







CELESTIAL

A COLORABLE ZODIAC JOURNAL

GABRIEL PICOLO

Internet sensation Gabriel Picolo's whimsical illustrative style gives life to the traits of the zodiac in this beautiful journal! A stunningly illustrated journal intended for tracking personal development, meditation and self-reflection. These intricately detailed interpretations of zodiac signs, constellations and ancient mythology guide the user through 112 pages of colourable artistry.

260 x 185 mm • 112 pages • HB ISBN: 9781944515447 · SKU: BL-30990

£15.99 inc. VAT





COLOR YOUR MIND

A COLORING BOOK FOR THOSE WITH ALZHEIMER'S AND THE PEOPLE WHO LOVE THEM

MARIA SHRIVER, ILLUSTRATED BY BRITA LYNN THOMPSON

Authored by award-winning journalist, best-selling author and Alzheimer's advocate Maria Shriver, Color Your Mind is a resource for caregivers, family and friends to help forge communication and connection with people with Alzheimer's or other forms of dementia. Unique in that it connects colouring with helpful information about wellness, social connection, nutrition, exercise, moving the mind and sleep – all valuable lessons for a fulfilling, balanced life.

279 x 216 mm • 80 pages • PB ISBN: 9781944515485 · SKU: BL-30991 £15.99 inc. VAT



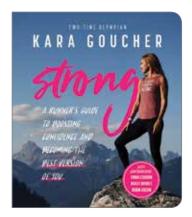












STRONG

A RUNNER'S GUIDE TO BOOSTING CONFIDENCE AND BECOMING THE BEST VERSION OF YOU

KARA GOUCHER

Two-time Olympian, Kara Goucher, shares her secrets to conquering self-doubt and improving running performance using proven tools from the field of sport psychology. Strong tips, techniques and real-life experiences from Olympians Emma Coburn and Molly Huddle, and *New York Times* bestselling author Robin Arzón. *Strong* also offers perspectives from two experts in the field of sport psychology, including Kara's own sport psychologist, Dr. Stephen Walker.

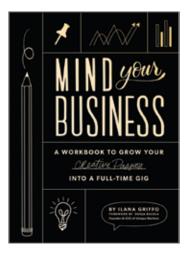
190 x 165 mm • 208 pages • PB ISBN: 9781944515591 • SKU: BL-30997

£18.99

AVAILABLE NOW







MIND YOUR BUSINESS

A WORKBOOK TO GROW YOUR CREATIVE PASSION INTO A FULL-TIME GIG

ILANA GRIFFO

Mind Your Business is the ONLY book that teaches you everything you need to know about how to build a successful business from scratch. From developing your brand to designing products to identifying your legal and tax needs, this comprehensive guide will take you through every step of the process and help you create a unique and customized roadmap for your business.

229 x 152 mm · 200 pages · PB ISBN: 9781944515720 · SKU: BL-31006 £19.99 inc. VAT







SMILE

SENDING HAPPINESS WITH NOTES OF LOVE. PEACE. & FRIENDSHIP

ROMERO BRITTO

24 all-occasion postcards feature the cheerful and vibrant artwork of Brazilian artist Romero Britto in a unique collection that celebrates love, peace and friendship. Write personal notes to spread happiness and cheer to those you love and care about! Marginal prompts accompany each postcard, guiding you to reflect on the people in your life who mean the most to you and encouraging you to share how you feel.

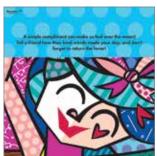
152 x 152 mm • 80 pages • HB

ISBN: 9781944515577 · SKU: BL-30995

£15.99 inc. VAT

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ADDING A LITTLE LEVITY

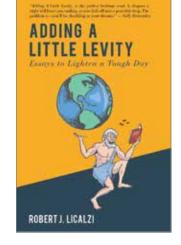
ESSAYS TO LIGHTEN A TOUGH DAY

ROBERT J. LICALZI

Make someone smile and you have done well; make someone laugh out loud and you have achieved something greater. This witty, wry collection of essays takes the reader from a blue-collar boyhood in Queens, across the seas to Japan and Puerto Rico and back again. Reality and hyperbole collide in tales of life's universal and painful experiences – the big interview, meeting your future in-laws and travel debacles galore – where to 'add a little levity' is to survive and thrive!

203 x 127 mm • 200 pages • PB ISBN: 9781944515553 · SKU: BL-30989

£12.99







SHITTY PRINTERS

J P GARRIGUES

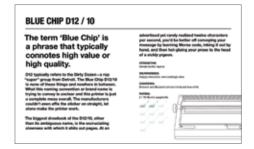
From the first consumer inkjet to more modern monstrosities, *Shitty Printers* breaks down the worst offenders of our home offices. Perhaps as payback for forming a nonsensical dichotomy, these printers couldn't just work. Not without a fight, at least. They insisted on screeching at plane-like decibels, plopping out pages at an excruciatingly slow pace, streaking only the most important documents, and running out of ink when you know you JUST refilled the cartridge. Each printer in this book is beautifully photographed and ruthlessly torn to shreds as their individual strengths, weaknesses and charisma are scored on sliding scales born from relatable frustration.

203 x 165 mm • 96 pages • PB

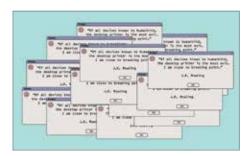
ISBN: 9781944515560 · SKU: BL-30993

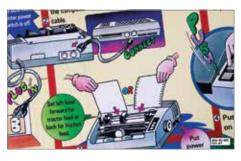
£12.99

AVAILABLE NOW











"A PRINTER CONSISTS OF THREE MAIN PARTS: THE CASE, THE JAMMED PAPER TRAY, AND THE BLINKING RED LIGHT."

DAVE BARRY, AUTHOR AND COLUMNIST







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e: exportorders@orcabookservices.co.uk

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