

BARE & BRAVE PUBLISHING

Books that don't look away.

Bare & Brave Publishing is an independent UK press founded by Emma Rogers — someone who got tired of books that flinch.

Two catalogues, one mission: content honest enough to actually help. The Big Stuff tackles the conversations kids need and adults avoid — body safety, big feelings, bullying, peer pressure — written with warmth, not lectures. The journal catalogue (Brave Work & Bare Truth) is for women doing the real work — ADHD, anxiety, burnout, identity — no shame, no perfect answers, no toxic positivity.

If it matters and nobody's saying it properly, it's probably a Bare & Brave book.

THE BIG STUFF

[For the conversations childhood actually needs.](#)

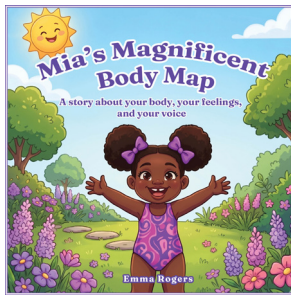
Picture books and chapter books for ages 3–13, tackling body safety, big feelings, bullying and peer pressure — honestly, warmly, without lectures.

THE JOURNAL CATALOGUE

[Brave Work Series & Bare Truth Series](#)

Guided journals for women navigating ADHD, anxiety, burnout and identity — built to meet readers where they actually are. No shame, no perfect answers.

The Catalogue



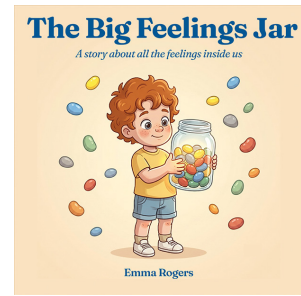
Mia's Magnificent Body Map

Body safety made warm and clear, for ages 4–7



Max's Magnificent Body Map

Body safety, the companion title



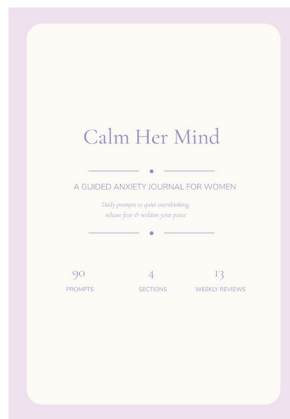
The Big Feelings Jar

Emotions made tangible, for ages 3–8



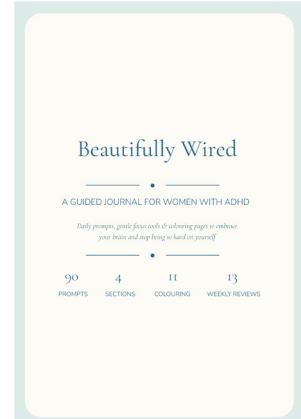
Fine

A chapter book about emotional hiding, ages 7–10



Calm Her Mind

A 90-day guided journal for women with anxiety



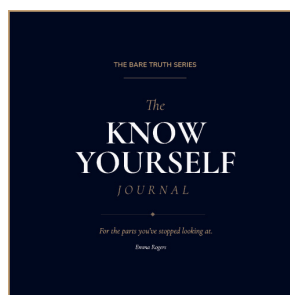
Beautifully Wired

A guided journal for women with ADHD



The Unlearning Journal

Bare Truth Bk1: identity work, stripped back



The Know Yourself Journal

Bare Truth Bk2: for the parts you've stopped looking at



The Still Standing Journal

Bare Truth Bk3: identity work for women who kept going

GET IN TOUCH

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