‘Book lovers will understand me, and they will know too that part of the pleasure of a library lies in its very existence.’

Jan Morris
CONTENTS

Break the Internet  1
Olivia Yallop

Out of Office  2
Anne Helen Petersen & Charlie Warzel

Saved by the Siesta  3
Brice Faraut

Becoming Aware  4
Daniel J. Siegel, MD

A Witness of Fact  5
Drew Rooke

The Urge  6
Carl Erik Fisher

Made In China  7
Anna Qu

The Long Song of Tchaikovsky Street  8
Pieter Waterdrinker

The Voids  9
Ryan O’Connor

Immune  10
Dr Servaas Bingé

The Lonely Hunter  11
Aimée Lutkin

Auē  12
Becky Manawatu

The Sisters Mao  13
Gavin McCrea

Who Needs the ABC?  14
Matthew Ricketson & Patrick Mullins

Generation Sleepless  15
Heather Turgeon & Julie Wright

The Herd  16
Johan Anderberg

After the Romanovs  17
Helen Rappaport

Devil House  18
John Darnielle

The Animals in That Country  19
Laura Jean McKay

Home and Dry  20
Birgit Bulla

When I Grow Up  21
Moya Sarner

Maybe You Should Talk to Someone  22
Lori Gottlieb
<table>
<thead>
<tr>
<th>CONTENTS continued</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fever</strong></td>
</tr>
<tr>
<td>Jonathan Bazzi</td>
</tr>
<tr>
<td><strong>What Goes Unsaid</strong></td>
</tr>
<tr>
<td>Emiliano Monge</td>
</tr>
<tr>
<td><strong>Movement</strong></td>
</tr>
<tr>
<td>Thalia Verkade &amp;</td>
</tr>
<tr>
<td>Marco te Brömmelstroet</td>
</tr>
<tr>
<td><strong>An Illustrated Book of Loaded Language</strong></td>
</tr>
</tbody>
</table>
Traditional media is over. The internet reigns. And in the attention economy, influencers are royalty. But who are they ... and how do you become one?

*Break the Internet* takes a deep dive into the influencer industry, tracing its evolution from blogging and legacy social media such as Tumblr to today’s world in which YouTube, Instagram, and TikTok dominate. Surveying the new media landscape that the rise of online celebrity has created, this is an insider account of a trend that is set to dominate our future — experts estimate that the economy of influence will be valued at $24 billion globally by 2025.

Olivia Yallop enrols in an influencer bootcamp, goes undercover at a fan meetup, and shadows online vloggers, Instagrammers, and content creators to understand how online personas are built, uncovering what it is really like to live a branded life and trade in a ‘social stock market’. From mumfluencers and activists to governments and investors, everyone wants to build their online influence. But how do you stay authentic in a system designed to commodify identity? *Break the Internet* examines both the dangers and the transformative potential of online culture.

‘Olivia Yallop has written the definitive insider account of influencer culture. *Break the Internet* is erudite, smart, entertaining, and essential.’ **Will Storr, author of Selfie**
Out of Office
the big problem and bigger promise of working from home

A game-changing book about the revolutionary potential of working from home, by two experts who work — and live — together.

When the COVID-19 pandemic closed offices around the world, sending millions into makeshift home offices, it was a forced compromise made under duress. But 2020 taught us that there may be another way to work: one that doesn’t involve hellish commutes and set schedules that no longer make sense, especially for companies with international reach.

While working from home can make people happier and make companies more productive, it has its pitfalls. Doing it well takes some thought. Out of Office combines Charlie and Anne’s first-person experiences of moving to a rural area and working remotely — for years before the pandemic hit — to demonstrate how workers everywhere can find new ways of working anywhere.

‘Insightful and timely … Never sacrificing meaningful analysis for easy answers, this is a remarkable examination of the rapidly changing workplace.’ Publishers Weekly, starred review

‘This book will challenge you to rethink what it takes to make remote work work — not just for companies, but for people … Warzel and Petersen highlight what too many workplaces are doing wrong — and how we can start getting it right.’ Adam Grant, #1 The New York Times bestselling author of Think Again

‘If you believe there’s a better way to live than refreshing your work email until you close your eyes at night, you’ll appreciate this deep dive into how workers relate to the office.’ Angela Haupt, The Washington Post

Anne Helen Petersen & Charlie Warzel

Out of Office
the big problem and bigger promise of working from home

ANNE HELEN PETERSEN is an American writer and journalist based in Missoula, Montana. She worked as a Senior Culture Writer for BuzzFeed until 2020, when she began writing a newsletter for subscribers at Substack. A former academic, Petersen received her PhD at the University of Texas at Austin. She is the author of three previous books, including Can’t Even: how millennials became the burnout generation (2020).

Based in Missoula, Montana, CHARLIE WARZEL became a New York Times opinion writer at large in 2019. Before that, he was a senior technology writer at BuzzFeed News. He has been a technology writer for Adweek magazine and a producer at NBC News.
Saved by the Siesta
the great benefits of a little nap

An expert guide on the art and science of napping.

A daytime nap fulfills all the same functions as a night’s sleep — it’s hormonal, purifying, curative, consolidating, and reinvigorating. It also helps us to combat sleepiness, pain, depression, weak immunity, stress, hypertension, excess weight, diabetes, and cardiovascular disease.

But to take advantage of all this we need to be aware of the subtleties of the siesta. There are different types of naps, correct body positions, even times of the day that are more conducive to sleeping. There’s also an ideal amount of time to nap — and, perhaps most importantly, a way to wake up without feeling sleepy.

Saved by the Siesta explains how siestas work and how you can overcome the destructive effects of a bad night’s sleep. It also delves into the stages of sleep and how they affect cognitive performance, memory, and even creativity.

A lucid and accessible synthesis of the science of sleep, as well as a practical guide to the art of the nap.
Daniel J. Siegel, MD

**Becoming Aware**

a 21-day mindfulness program for reducing anxiety and cultivating calm

This hands-on user’s guide to the groundbreaking Wheel of Awareness meditation practice featured in the bestseller *Aware* takes readers step-by-step through a 21-day journey to discover what it means to be truly present and aware in our daily lives.

In today’s increasingly fast-paced world it can be difficult to find moments to catch your breath, regain inner balance, and just ... be. This simple yet profound guide shows readers how to strengthen their minds by learning to focus attention, open awareness, and develop a positive state of mind — the three pillars of mindfulness practice that research shows lead to greater physical and mental wellbeing.

Psychiatrist and cofounder of the Mindsight Institute, Dr Daniel J. Siegel, created the science-grounded meditation practice called the Wheel of Awareness to unlock the power of the brain and develop internal resources that lead to an enduring sense of calm and quiet. Packed with guided meditation instructions, practical exercises, and everyday tools and techniques, *Becoming Aware* meets readers where they are and offers a simple program to enhance our inner sense of clarity and even our interpersonal wellbeing.
A Witness of Fact

the peculiar case of chief forensic pathologist Colin Manock

The compelling story of South Australia’s disgraced former chief forensic pathologist and the legal scandals in which he became implicated.

For nearly three decades, Dr Colin Manock was in charge of South Australia’s forensic pathology services, and played a vital role within the state’s criminal justice system: in cases of unexpected or unexplained death, it was his job to determine when a person took their final breath and whether they had died naturally or as a result of something more sinister. Throughout his long career, he performed more than 10,000 autopsies and gave expert scientific evidence in court that helped secure approximately 400 criminal convictions.

But, remarkably, Manock, a self-described ‘witness of fact’, did not have the necessary training for such a senior, specialist role, and he made serious errors in several major cases — with tragic consequences, including the apparently wrongful imprisonment of innocent people. The full extent of his wrongdoing and the exact number of cases impacted by it remains a mystery more than twenty-five years after he retired, due to the continuing refusal of those in power to heed calls to launch a formal inquiry into his career.

In this book, Rooke examines several of Manock’s most controversial cases, and speaks with many of his former colleagues, people directly impacted by his flawed work, and legal experts. At its heart, A Witness of Fact is about how an entire legal system has failed badly, how unsafe verdicts have been swept under the carpet — and how forensic evidence that is admitted in courts of law in Australia and across the world is dubious more often than we would like to think.
Carl Erik Fisher

The Urge
our history of addiction

An authoritative, illuminating, and deeply humane history of addiction — a phenomenon that remains baffling and deeply misunderstood despite having touched countless lives — by an addiction psychiatrist striving to understand his own family and himself.

Even after a decades-long opioid overdose crisis, intense controversy still rages over the fundamental nature of addiction and the best way to treat it. With uncommon empathy and erudition, Carl Erik Fisher draws on his own experience as a clinician, researcher, and alcoholic in recovery as he traces the history of a phenomenon that, centuries on, we hardly appear closer to understanding — let alone addressing effectively.

A rich, sweeping history that probes not only medicine and science but also literature, religion, philosophy, and sociology, The Urge illuminates the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another. Fisher introduces us to the people who have endeavoured to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and, of course, the legions of people who have struggled with their own addictions.

The Urge is at once an eye-opening history of ideas, a riveting personal story of addiction and recovery, and a clinician’s urgent call for a more expansive, nuanced, and compassionate view of one of society’s most intractable challenges.

‘This thoughtful, wise, and thoroughly researched book is sure to be a crucial contribution to our understanding of addiction.’
Johann Hari, author of Chasing the Scream

CARL ERIK FISHER is an addiction physician and bioethicist. An assistant professor of clinical psychiatry at Columbia University, he also maintains a private psychiatry practice focusing on complementary and integrative approaches to treating addiction. His writing has appeared in Nautilus, Slate, and Scientific American MIND, among other outlets. He lives in Brooklyn, New York, with his partner and son.
A young girl forced to work in a Queens sweatshop calls child services on her mother in this powerful debut memoir about labour and self-worth that traces a Chinese immigrant’s journey to an American future.

As a teen, Anna Qu is sent by her mother to work in her family’s garment factory in Queens. At home, she is treated as a maid and suffers punishment for doing her homework at night. Her mother wants to teach her a lesson: she is Chinese, not American, and such is their tough path in their new country. But instead of acquiescing, Qu alerts the Office of Children and Family Services, an act with consequences that impact the rest of her life.

Nearly twenty years later, estranged from her mother and working at a Manhattan start-up, Qu requests her OCFS report. When it arrives, key details are wrong. Faced with this false narrative, and on the brink of losing her job as the once-shiny start-up collapses, Qu looks once more at her life’s truths, from abandonment and an abusive family to seeking dignity and meaning in work.

Travelling from Wenzhou to Xi’an to New York, Made in China is a fierce memoir unafraid to ask thorny questions about trauma and survival in immigrant families, the meaning of work, and the costs of immigration.

‘Qu’s debut memoir untangles the knots of her complicated, traumatic past as she learns the truth about her own history and reckons with the hopes and constraints of the immigrant experience.’ *TIME*

ANNA QU is a Chinese American writer. She writes personal essays on identity and growing up in New York as an immigrant. Her work has appeared in *Three Penny Review*, *Lumina*, *Kartika*, *Kweli*, *Vol.1 Brooklyn*, and *Jezebel*, among others. She holds an MFA in creative nonfiction from Sarah Lawrence College. She serves as the nonfiction editor at *Kweli Journal*, and teaches at New England College, Sackett Street Writers’ Workshop, and Catapult. She lives in Brooklyn with her partner and their cat, Momo.
Pieter Waterdrinker
Translated by Paul Evans

The Long Song of Tchaikovsky Street
a Russian adventure

‘History doesn’t repeat itself, it rhymes.’

One day in 1988, an enigmatic priest knocks on Pieter Waterdrinker’s door with an unusual request: will he smuggle seven thousand bibles into the Soviet Union? Pieter agrees, and soon finds himself living in the midst of one of the biggest social and cultural revolutions of our time, working as a tour operator … with a sideline in contraband.

Thirty years later, from his apartment on Tchaikovsky Street in Saint Petersburg, where he lives with his Russian wife and three cats, Pieter reflects on his personal history in the Soviet Union, as well as the century of revolutions that took place in and around his street. A master storyteller, he blends history with memoir to create an ode to the divided soul of Russia, and an unputdownable account of his own struggles with life, literature, and love.

PIETER WATERDRINKER is one of Holland’s most successful novelists. He studied Russian, and was a long-time correspondent for a leading Dutch daily. A bestselling and award-winning author, he lives between Saint Petersburg and the south of France.

PAUL EVANS is a Welsh poet and writer. He has published poetry in Britain and Holland, and translations of Dutch poetry, drama, and fiction with Faber and Seren. His translated plays have been performed at The Old Vic and The Guggenheim. His latest poetry collection is Grand Larcenies (Carcanet, 2021).
Ryan O’Connor

The Voids

‘After a couple of weeks, I found myself standing outside the voids in the middle of the night listening for human activity, for any sign of life at all. Voids are flats that have been vacated, that will never be lived in again. But there never were any signs of life. Only the wind whistling through vacant interiors.’

In a condemned tower block in Glasgow, residents slowly trickle away until a young man is left alone, with only the angels and devils in his mind for company. Stumbling from one surreal situation to the next, he encounters others on the margins of society, finding friendship and camaraderie wherever it is offered, grappling with who he is and what shape his future might take.

The Voids is an unsparing story of modern-day Britain, told with brilliant flashes of humour and humanity.

‘Reading The Voids is a sensory experience … O’Connor’s lightness of touch, the pace, economy, characters … are all perfect, all harmonious, poetic, but unadorned, even in the blackest of moments.’ Paul Buchanan, The Blue Nile

‘A wild, magical, and magnetically mad picaresque … it had me bellowing with laughter on one page and needing to weep on the next. I tore through it, and it through me. A brilliant debut.’ Niall Griffiths, author of Sheepshagger

‘It is rare to discover a book that is simultaneously beautiful and devastating, where characters are frightening to behold but also worthy of compassion.’ Simon Van Booy, author of Night Came with Many Stars
Dr Servaas Bingé
Translated by David Shaw

**Immune**

**stay healthy and take good care of your immune system**

Learn how to strengthen your immune system, for life.

Our immune system is our body’s fortress — without it, we would be vulnerable to all sorts of infections and diseases. Yet misinformation about how to boost the immune system is everywhere. In *Immune*, Dr Servaas Bingé breaks through those myths, translating the latest scientific findings on immunity into clear advice with which you can optimise your lifestyle.

Using no-nonsense language with a touch of humour and lots of creative thinking, Bingé takes us on a fascinating journey through our immune system. He explains how we become ill and how best to protect against it, providing superb guidance for the most important thing you can do — stay healthy.

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DR SERVAAS BINGÉ is a general practitioner and sports physician. From his work as chief physician of Lotto-Soudal, the oldest professional cycling team in the world, he developed the concept of 'healthitude', combining our health, attitudes, and daily choices. He is a sought-after speaker and the author of four books.

DAVID SHAW works both as a journalist for Germany’s international broadcaster Deutsche Welle and as a translator from several languages, including German, Dutch, Russian, and French. He lives in Berlin.
The Lonely Hunter
how our search for love is broken

The Lonely Hunter explores the rise of singledom, the realities of loneliness, and whether it is possible to live contentedly alone.

‘So what’s going on in your love life?’ This seemingly innocent question at a dinner party prompted Aimée Lutkin to finally tell the truth: it had been six years since her last relationship, and she was starting to suspect that it would be better to accept the life she had as a single woman — a life she liked very much — rather than keep searching for a partner. But Lutkin’s answer was met with uproar: surely she couldn’t give up on love? So she threw herself into dating, going on two dates every week over a number of months.

Documenting her experiences, Lutkin explores the reality of sexual relationships today and reveals how the cultural messages we receive shape our expectations of love. From weird Tinder hookups to the way the self-care industry capitalises on our fear of being alone, and from the complexities of queer dating to the truth about the ‘loneliness epidemic’, she uses her experiences to fearlessly tell a wider story about how we love now.
Auē

1. **(verb)** to cry, howl, groan, wail, bawl.
2. **(interjection)** expression of astonishment or distress.

Taukiri was born into sorrow. Auē can be heard in the sound of the sea he loves and hates, and in the music he draws out of the guitar that was his father’s. It spills out of the gang violence that killed his father and sent his mother into hiding, and the shame he feels about abandoning his eight-year-old brother to a violent home.

But Taukiri’s brother, Ārama, is braver than he looks, and he has a friend, and his friend has a dog, and the three of them together might just be strong enough to turn back the tide of sadness.

This bestselling multi-award-winning novel is both raw and sublime, introducing a compelling new voice in New Zealand fiction.

‘There is something so assured and flawless in the delivery of the writing voice that is almost like acid on the skin.’ *Tara June Winch*, Miles Franklin Award–winning author of *The Yield*
Against the backdrop of China’s Cultural Revolution and Europe’s sexual revolution, the fates of two families in London and Beijing become unexpectedly intertwined, in this dazzling new novel from the author of Mrs Engels.

Revolution is a family affair.

In London, sisters Iris and Eva, members of a radical performance collective, plan an attack on the West End theatre where their mother is playing the title role in Miss Julie. Meanwhile in Beijing, Jiang, Chairman Mao’s wife, rehearses a gala performance of her model ballet, The Red Detachment of Women, which she will use in order to attack her enemies in the Party.

As the preparations for these two astonishing performances unfold, Iris, Eva, and Jiang are transformed into unforgettable protagonists in a single epic drama. The three ‘sisters’, although fighting very different personal battles, find themselves bound together by the passions of love, by the obsessions of power, and by the forces of history.

Exquisitely observed, relevant, and wise, The Sisters Mao shows us that the political is always personal.

‘A sumptuous, winning book.’ Sebastian Barry, author of A Thousand Moons

‘Electrifying’ Frank McGuinness, author of Someone Who’ll Watch Over Me

‘Mesmerising’ Xiaolu Guo, author of A Lover’s Discourse
Matthew Ricketson & Patrick Mullins

Who Needs the ABC?

how digital disruption and political dysfunction threaten the Australian Broadcasting Corporation’s existence

The Australian Broadcasting Corporation is under an existential threat, especially from the conservative federal government, even though it is the best-trusted news organisation in Australia, and plays a vital role in Australian life.

For years, the ABC’s funding has been slashed, forcing it to let go journalists with decades of experience in asking hard questions about anyone and everyone, including government. It has been besieged by written complaints from ministers, hectoring by prime ministers, and intense pressure on its most senior executives. Its board has been stacked with a succession of political appointees. It has been relentlessly, often baselessly, attacked by the Murdoch media.

Apart from the external attacks, the ABC has also inflicted damage on itself. It has not only shed staff, but has also cut important programs; contentious enterprises have been dropped and replaced by benign, inoffensive ones. It is not surprising that staff morale at the ABC has sunk in recent years.

This book details how the travails of the ABC in this period fit into a global debate about the role of public broadcasting in the modern era. Who Needs the ABC? also takes seriously the arguments made for the ABC’s break-up and privatisation, and offers a rejoinder to those calls. It doesn’t shy away from the failings that have led to the ABC’s current parlous position, but identifies the vital role that the broadcaster plays in Australian cultural and democratic life, and argues for a continuation of that role — and shows how it can be done.
An intimate glimpse inside a silent epidemic that is harming teens, and a pathway for parents to help them reclaim the restorative power of sleep.

If you could protect your child from unnecessary anxiety, depression, and chronic stress, and foster a greater sense of happiness and wellbeing in their lives, wouldn’t you? In this book, the authors of The Happy Sleeper, the classic book on helping babies and young children develop healthy sleep habits, uncover one of the greatest threats to our teenagers’ physical and mental health: sleep deprivation. Caught in a perfect storm of omnipresent screens, academic overload, and unnecessarily early school-start times, our children are operating in a constant state of sleep debt while struggling to meet the demands of adolescence.

In this essential book, Heather Turgeon and Julie Wright draw on the latest scientific research to reveal that today’s teenagers are, in fact, the most sleep-deprived population in human history. In fact, at a critical phase of development, many teens need more sleep than their younger siblings — but they’re getting drastically less. Generation Sleepless guides families in building healthy habits around sleep by:

- establishing family agreements around sleep habits
- altering family practices around phones, social media, and screen time;
- regaining overall equilibrium in the home; and
- remaking bedtime routines

Packed with years of research and in-depth reporting, Generation Sleepless is a wake-up call for parents that equips them with the right tools to start a family conversation about sleep, and to ultimately regain connection with their tweens and teens.
Johan Anderberg
Translated by Alice E. Olsson

The Herd
how Sweden chose its own path through the worst pandemic in 100 years

In the spring of 2020, as a new and deadly virus rapidly spread across the globe, the world shut down. But a small country in Northern Europe remained open.

The Swedish COVID-19 strategy has been alternately lauded and held up as a cautionary tale by international governments and journalists alike — with all eyes on what has been dubbed ‘The Swedish Experiment’. But what made Sweden take such a deviating path?

In The Herd, journalist Johan Anderberg narrates the improbable story of a nation that took a startlingly different approach to fighting the greatest global pandemic in over one hundred years. First, it was no restrictions. Then, it was no face masks. While the rest of the world looked on with incredulity, condemnation, admiration, or even envy, Sweden stood alone.

But The Herd is more than just a look at the evolution of the Swedish COVID-19 strategy. With ease, Anderberg guides the reader through the history of epidemiology, R0-rates, inoculation, and international organisations and strategies. He also presents a colourful cast of characters and the ticking-clock decisions they were faced with on a daily basis. Weaving past and present with effortless buoyancy, Anderberg has written an everyman’s guide to everything you want to know about the pandemic.

‘The Herd is a thrilling read about tight-knit groups of microbiologists and epidemiologists, old grudges, new alliances, and fiery emails ... Anderberg is ambitious, knowledgeable, and fearless.’ Dagens Nyheter

JORAN ANDERBERG is a Swedish journalist and writer who is a regular contributor to a number of Swedish and international media outlets, including The Wall Street Journal. The Herd was published in Sweden by Albert Bonnier Förlag in 2021, and is published in Australia and New Zealand, the UK, and the US by Scribe.

ALICE E. OLSSON is a literary translator, writer, and editor working across Swedish and English. She has served as the cultural affairs adviser at the Embassy of Sweden in London and is the recipient of a fellowship as well as multiple grants from the Swedish Arts Council.
After the Romanovs

Russian exiles in Paris from the Belle Époque through revolution and war

From The New York Times bestselling author of The Romanov Sisters comes the story of the Russian aristocrats, artists, and intellectuals who sought freedom and refuge in the City of Light.

Paris has always been a city of cultural excellence, fine wine and food, and the latest fashions. But it has also been a place of refuge for those fleeing persecution — never more so than before and after the Russian Revolution and the fall of the Romanov dynasty. For years, Russian aristocrats had enjoyed all that Belle Époque Paris had to offer, spending lavishly when they visited. It was a place of artistic experimentation, including the works of Diaghilev’s Ballets Russes. But the brutality of the Bolshevik takeover forced Russians of all types to flee their homeland, sometimes leaving with only the clothes on their backs.

Arriving in Paris, former princes could be seen driving taxicabs, while their wives who could sew worked for the fashion houses, their unique Russian style serving as inspiration for designers such as Coco Chanel. Talented intellectuals, artists, poets, philosophers, and writers struggled in exile, eking out a living at menial jobs. Some, like Bunin, Chagall, and Stravinsky, encountered great success in the same Paris that welcomed Americans such as Fitzgerald and Hemingway. Political activists sought to overthrow the Bolshevik regime from afar, while double agents plotted espionage and assassination from both sides. Others became trapped in a cycle of poverty and all-consuming homesickness for Russia, the homeland they had been forced to abandon.

This is their story.
JOHN DARNIELLE’S first novel, Wolf in White Van, was a New York Times bestseller, a National Book Award nominee, a finalist for the Los Angeles Times Book Prize for first fiction, and widely hailed as one of the best novels of the year. He is a writer, composer, guitarist, and vocalist for the band the Mountain Goats. He lives in Durham, North Carolina, with his wife and sons.

From The New York Times bestselling author and Mountain Goats singer/songwriter John Darnielle comes an epic, gripping novel about murder, truth, and the dangers of storytelling.

Gage Chandler is descended from kings. That’s what his mother always told him. Years later, he is a true crime writer, with one grisly success — and a movie adaptation — to his name, along with a series of subsequent less-notable efforts. But now he is being offered the chance for his big break: to move into the house where a pair of briefly notorious murders occurred, apparently the work of disaffected teens during the Satanic Panic of the 1980s. Chandler finds himself in Milpitas, California, a small town whose name rings a bell — his closest childhood friend lived there, once upon a time. He begins his research with diligence and enthusiasm, but soon the story leads him into a puzzle he never expected — back into his own work and what it means, back to the very core of what he does and who he is.

Devil House is John Darnielle’s most ambitious work yet, a book that blurs the line between fact and fiction, that combines daring formal experimentation with a spellbinding tale of crime, writing, memory, and artistic obsession.

PRAISE FOR JOHN DARNIELLE

‘A master at building suspense.’ Los Angeles Times
LAURA JEAN MCKAY is a writer and a lecturer in creative writing at Massey University in New Zealand. Her debut novel, *The Animals in That Country* (Scribe, 2020), won the 2021 Victorian Prize for Literature and the Victorian Premier’s Literary Award for Fiction. She is also the author of *Holiday in Cambodia* (2013).

Out on the road, no one speaks, everything talks.

Hard-drinking, foul-mouthed grandma Jean has never been good at getting on with other humans, apart from her granddaughter, Kimberly. Instead, she surrounds herself with animals, working as a guide in an outback wildlife park.

Then, a strange pandemic begins sweeping the country, its chief symptom that its victims begin to understand the language of animals. Many infected people lose their minds, including Jean’s son, Lee.

When he takes off with Kimberly, Jean follows, with Sue the dingo riding shotgun. As they travel, they discover a stark, strange world in which the animal apocalypse has only further isolated people from other species.

‘An affecting book that gets remarkably close to the unknowable wildness of animal sentience.’ *The Age*

‘The wildest ride you take all year.’ *The Saturday Paper*

‘Filthy, fresh, and funny; this is prose on high alert, hackles up and teeth bared in every sentence.’ *The Guardian*
Something’s up down below …

Urinary tract infections result in 8.1 million visits to doctors every year, and between 50 per cent and 60 per cent of adult women will have at least one UTI in their lifetime. An overactive bladder or urinary incontinence affect nearly one in five of the over-40 population, yet many people wait years before seeking treatment.

Maybe it’s time we started taking pee a bit more seriously … *Home and Dry* is the ultimate guide to the bladder; not only will it help you overcome problems such as recurrent infections or needing to go to the bathroom all the time, it will also inspire wonder for a fascinating part of the body we usually try to ignore. Using the latest research, Birgit Bulla explores the biggest problem area for women’s health, and shows how taking care of your bladder will make you feel a whole lot better.
MOYA SARNER is an award-winning freelance journalist who writes regular cover stories and inside pieces for the features pages of The Times, The Guardian, New Scientist, Stylist, and other publications. She is a psychotherapist in training, and particularly interested in psychoanalysis, the unconscious, and what we can and cannot bear to know about ourselves. When I Grow Up is her first book.
Lori Gottlieb

Maybe You Should Talk to Someone

a therapist, her therapist, and our lives revealed

NEW IN B FORMAT

A TIME MAGAZINE MUST-READ BOOK OF THE YEAR

Ever wonder what your therapist is really thinking?
Now you can find out …

Meet Lori Gottlieb, an insightful and compassionate therapist whose clients present with all kinds of problems. There are the struggling new parents, the older woman who feels she has nothing to live for, the self-destructive young alcoholic, and the terminally ill 35-year-old newlywed. And there’s John, a narcissistic television producer, who frankly just seems to be a bit of a jerk. Over the course of a year, they all make progress. But Gottlieb is not just a therapist — she’s also a patient who’s on a journey of her own. Interspersed with the stories of her clients are her own therapy sessions, as Gottlieb goes in search of the hidden roots of a devastating and life-changing event. Personal, revealing, funny, and wise, Maybe You Should Talk to Someone opens a rare window onto a world that is most often bound by secrecy, offering an illuminating tour of a profoundly private process.

‘An irresistibly candid and addicting memoir … Gottlieb can be judgmental and obsessive, but she’s authentic, even raw, about herself and her patients.’ Alex Kuczynski, The New York Times Book Review

‘[E]xplains the therapeutic process in no-nonsense terms while simultaneously giving hope to therapy skeptics like me who think real change through talk is elusive.’ Judith Newman, The New York Times
Jonathan Bazzi
Translated by Alice Whitmore

A multi-award-winning Italian debut, from a bold new voice in contemporary queer literature.

Jonathan is 31 years old, living in Milan with his boyfriend of three years and their two Devon Rex cats when, on a day like any other, he gets a fever. But unlike most, this fever doesn’t go away; it’s constant, low-level, and exhausting. After spending weeks googling his symptoms and documenting his illness, he finally sees a doctor. A series of blood tests, anxious visits to hospitals, and repeated misdiagnoses ensue, until his doctor suggests an HIV test, and the truth is finally revealed: Jonathan is HIV-positive.

As Jonathan comes to terms with what this diagnosis will mean for him, his future, and his relationships, he also takes the reader back in time, in search of his history, to the suburbs where he grew up, and from which he feels he has escaped: Rozzano, the ghetto of Milan and of Italy’s north. In the vein of Édouard Louis and Virginie Despentes, Fever is at once a deeply personal story and a searing examination of class, poverty, prejudice, and opportunity in modern Europe.

JONATHAN BAZZI (they/them) was born in Milan in 1985. They grew up in Rozzano, on the extreme southern outskirts of the city. They studied philosophy and graduated with a thesis on symbolic theology in the work of Edith Stein. Jonathan has collaborated with various newspapers and magazines, including Gay.it, Vice, The Vision, and Il Fatto.it. Fever is their first novel.

ALICE WHITMORE is a writer and literary translator living on Gunditjmara country. Her previous translations include Mariana Dimópulos’s All My Goodbyes and Imminence, Guillermo Fadanelli’s See You at Breakfast?, and Xhevdet Bajraj’s Collected Poems.
What Goes Unsaid
a memoir of fathers who never were

From one of Mexico’s most important writers, a fictionalised memoir about three men who are driven to escape the confines of their traditional lives and roles.

In 1958, Carlos Monge McKey sneaks out of his home in the middle of the night to fake his own death. He does not return for four years.

A decade later, his son, Carlos Monge Sánchez, deserts his family too, joining a guerrilla army of Mexican revolutionaries.

Their stories are unspooled by grandson and son Emiliano, a writer, who also chooses to escape reality, by creating fictions to run away from the truth.

What Goes Unsaid is an extraordinary memoir that delves into the fractured relationships between fathers and sons, grandfathers and grandsons; that disinter the ugly notions of masculinity and machismo all men carry with them — especially in a patriarchal culture like Mexico. It is the story of three men, who — each in his own way — flee their homes and families in an attempt to free themselves.

‘An impressive work that addresses complicated topics such as personal and family life, machismo through generations, and how it is addressed.’ Fernanda Melchor, author of Hurricane Season
Thalia Verkade
& Marco te Brömmelstroet
Translated by Fiona Graham

Movement
how to take back our streets and transform our lives

Our dependence on cars is damaging our health — and the planet’s. Movement asks radical questions about how we approach the biggest urban problem, reflecting on the apparent successes of Dutch cities.

Making our communities safer, cleaner, and greener starts with asking the fundamental question: who do our streets belong to?

Although there have been experiments in decreasing traffic in city centres, and an increase in bike-friendly infrastructure, there is still a long way to go.

In this enlightening and provocative book, Thalia Verkade and Marco te Brömmelstroet confront their own underlying beliefs and challenge us to rethink our ideas about transport, to put people at the centre of urban design.

Thalia Verkade
& Marco te Brömmelstroet
Translated by Fiona Graham

THALIA VERKADE is a journalist and writer from Rotterdam.

MARCO TE BRÖMMELSTROET is Professor of Urban Mobility Futures at the University of Amsterdam, known on Twitter as the Cycling Professor.

Together, they won the prize for best Dutch journalistic book of the year for Movement.

FIONA GRAHAM is a British literary translator, editor, and reviewer who has lived in Kenya, Germany, the Netherlands, Luxembourg, Nicaragua, and Belgium.
An Illustrated Book of Loaded Language

learn to hear what’s left unsaid

The creators of An Illustrated Book of Bad Arguments return at last with a desperately timely guide to rhetoric.

Tens of thousands of demonstrators packed the city’s streets on Friday. The actual count was 250,000. Why tens of thousands, then, and not a quarter million?

The grocer takes woke orders on its brands from a 17-year-old. The nameless 17-year-old’s opinion seems not worth considering. At what age will it be?

Rabbits zapped three badgers in an ambush last night, hours after six rabbits in a neighbouring town lost their lives. Were the six rabbits the sole participants in losing their own lives? Those silly rabbits ...

In this adorably illustrated book, old Mr Rabbit is your guide to these and many more examples of loaded language. He mines real reporting (by respected and rogue media alike) to unmask rhetoric that shifts blame, erases responsibility, dog-whistles, plays on fear, or rewrites history — subtly or shamelessly. It takes a long pair of ears to hear what’s left unsaid — but when the very notion of truth is at stake, listening for ‘spin’ makes all the difference.

PRAISE FOR AN ILLUSTRATED BOOK OF BAD ARGUMENTS:

‘A wonderfully digestible summary of the pitfalls and techniques of argumentation. I can’t think of a better way to be taught or reintroduced to these fundamental notions of logical discourse. A delightful little book.’ Aaron Koblin, former Creative Director of the Data Arts team at Google
Our Members Be Unlimited

a comic about workers and their unions

An original and visually powerful exploration of unionism.

In our current political climate, people are looking for answers — and alternatives. The promise of unions is that their ‘members be unlimited’: that they don’t belong to the rich, the powerful, or special interests, but to all workers.

How did the idea of unionism arise? Where has it flourished? And what are its challenges in the 21st century? From Britain to Bangladesh, from the first union of the 18th century to today, from solidarity in Walmart China to his own experiences in an Amazon warehouse in Melbourne, comics journalist Sam Wallman explores the urge to come together and cooperate that arises again and again in workers and workplaces everywhere.

With a dynamic and distinctive art style, and writing that’s both thoughtful and down to earth, Our Members Be Unlimited serves as an entry point for young people or those new to notions of collective action, but also as an invigorating read to those already engaged in the struggle for better working conditions — and a better world.
Anjali Joseph

Keeping in Touch

From award-winning writer Anjali Joseph, a compelling new novel about a dysfunctional love affair.

Meet Ved, a British investor heading back to his Indian roots with a business proposition: a lightbulb called the Everlasting Lucifer. Meet Keteki, an art curator with a nomadic lifestyle, on her way home to Assam.

In Heathrow airport, on the way to Mumbai, their paths cross, sparking an affair that soon turns into an intricate power game — and a complicated journey towards intimacy.

‘A novel with a lingering resonance for our times … Keeping in Touch is edgy, funny, and uncompromisingly modern.’

Fantastic Fiction

‘A fragile story of reluctant commitments … this is not just a love story but an intricate political saga of contemporary times. The author has interwoven a layered narrative … Anjali Joseph has written an outstanding novel. An excellent read.’ Jasmine Sandhu Sandhawalia, The Tribune (India)

PRAISE FOR ANJALI JOSEPH’S PREVIOUS NOVELS:

‘Rich and original. [Joseph] can describe silences and what is left unsaid between her characters just as well as she describes what they do and say.’ The Observer

‘Joseph’s is a deep and unusual talent; she attends to questions for which not every novelist is equipped … Exceptional.’ Amit Chaudhuri, The Guardian
RECENT RELEASES
Elisa Shua Dusapin

Winter in Sokcho

It's winter in Sokcho, a tourist town on the border between South and North Korea. A young French Korean woman works as a receptionist in a tired guesthouse. An unexpected guest arrives: a French cartoonist determined to find inspiration. When she agrees to accompany him on trips to discover an ‘authentic’ Korea, they visit snowy mountaintops and dramatic waterfalls. As she’s pulled into his vision and taken in by his drawings, she strikes upon a way to finally be seen.


Anna Sale

Let’s Talk About Hard Things

dead, sex, money, and other difficult conversations

In Let’s Talk About Hard Things, Sale takes her quest for more honest communication into her own life. She considers her history of facing (and sometimes avoiding) difficult subjects; all the things that shape our daily lives, the things we should be talking about, but often struggle to.

RRP: $35.00 | 234 x 153mm paperback, 304pp | ISBN: 9781925713480

Laura Elizabeth Woollett

The Newcomer

Judy Novak waits. And worries. It isn’t the first time 29-year-old Paulina has kept her mother waiting. Judy can’t ignore the island’s jagged cliffs and towering pines — or the dread that Paulina has finally acted on her threats to take her own life. Only, Paulina didn’t kill herself. She was murdered.

RRP: $32.99 | 234 x 153mm paperback, 368pp | ISBN: 9781922310231

Tanya Talaga

Seven Fallen Feathers

racism, death, and hard truths in a northern city

Using a sweeping narrative that focuses on the lives of the seven Indigenous high school students who died in Thunder Bay, Ontario, award-winning investigative journalist Tanya Talaga delves into the history of this small northern city, which has come to manifest Canada’s long struggle with human rights violations against Indigenous communities.

RRP: $32.99 | 210 x 135mm paperback, 384pp | ISBN: 9781922310743
Tessa McWatt

The Snow Line

Four strangers from around the world arrive in India for a wedding. Together with two unlikely companions, they take a road trip up a mountain deep in the Himalayas, heading for the snow line — the place where the ice begins. They are surrounded by magnificent views, but even standing in the same place, they all see things differently.

RRP: $29.99 | 210 x 148mm paperback, 256pp | ISBN: 9781925849028

Carol Leonnig

Zero Fail
the rise and fall of the Secret Service

Carol Leonnig has been reporting on the Secret Service for The Washington Post for most of the last decade, bringing to light the secrets, scandals, and shortcomings that plague the agency today. To explore these problems in the ranks, Leonnig interviewed dozens of current and former agents, government officials, and whistleblowers who put their jobs on the line to speak out about a hobbled agency in desperate need of reform.

RRP: $35.00 | 234 x 153mm paperback, 560pp | ISBN: 9781922585271

Catherine Raven

Fox and I
an uncommon friendship

Catherine Raven left home at 15, fleeing an abusive father and an indifferent mother. One day, she realised that a wild fox that had been appearing at her house was coming by every day precisely at 4.15. He became a regular visitor, eventually sitting near her as she read to him from The Little Prince or Dr Seuss. This is a story of survival, as well as a poignant and dramatic tale of living in the wilderness and coping with inevitable loss.

RRP: $32.99 | 234 x 153mm paperback, 304pp | ISBN: 9781922310835

Dennis Altman

God Save the Queen
the strange persistence of monarchies

God Save the Queen is the first book to look at constitutional monarchies globally, and particularly relevant given recent scandals surrounding the British and Spanish royal families. Is monarchy merely a feudal relic that should be abolished, or does the division between ceremonial and actual power act as a brake on authoritarian politicians?

RRP: $27.99 | 210 x 135mm paperback, 160pp | ISBN: 9781922310569
Kate Ryan

**The Golden Book**

It’s the 1980s, and in their small coastal town, Ali and her best friend, Jessie, are on the cusp. With the ‘The Golden Book’, a journal of incantation and risk-taking as their record, they begin to chafe at the restrictions placed on them by teachers, parents, and each other. Then Jessie suffers a devastating accident, and both their lives are forever changed. Kate Ryan asks profound questions about responsibility and blame, and, ultimately, about love.

RRP: $29.99 | 210 x 135mm paperback, 256pp | ISBN: 9781922310088

Raphaella Edelbauer

**The Liquid Land**

When her parents die in a car accident, highly talented Austrian physicist Ruth Schwarz is confronted with a problem. Her parents’ will calls for them to be buried in their childhood home — but for strangers, the village of Gross-Einland remains hidden from view. *The Liquid Land* is a dangerous novel, at once glittering nightmare and dark reality.

RRP: $32.99 | 234 x 153mm paperback, 336pp | ISBN: 9781925849967

Robert Gott

**The Orchard Murders**

In 1944, in the outer-Melbourne suburb of Nunawading, a brutal triple murder heralds the return of a long-forgotten cult. A man named Anthony Prescott has declared himself the Messiah and has promised his followers immortality. *The Orchard Murders* is the fourth novel in Robert Gott’s acclaimed series, set in Melbourne during the dark days of the Second World War.

RRP: $29.99 | 210 x 135mm paperback, 304pp | ISBN: 9781922310675

David Philipps

**Alpha**

*a reckoning for the Navy SEALs*

After nearly twenty years of military service, Navy SEAL Eddie Gallagher, who was admiringly described by those who served with him as ‘aggressive’, had risen in the elite command teams to the rank of chief petty officer. This is a story about a commando who was inspired to serve his nation, who became addicted to combat, and whose need to prove himself among his peers pushed him to extremes.

RRP: $35.00 | 234 x 153mm paperback, 480pp | ISBN: 9781922310446
RECENT RELEASES

Michael Brooks

**The Art of More**

*how mathematics created civilisation*

1, 2, 3 ... ? The untrained brain isn’t wired for maths; beyond the number 3, it just sees ‘more’. You might remember studying geometry, calculus, and algebra at school, but you probably didn’t realise — or weren’t taught — that these are the roots of art, architecture, government, and almost every other aspect of our civilisation.

RRP: $32.99 | 234 x 153mm paperback, 336pp | ISBN: 9781925849875

Alice Hattrick

**Ill Feelings**

*stories of unexplained illness*

*Ill Feelings* is a collective biography of medically unexplained illness. Structured around the narrative of their own ill feelings, Alice Hattrick uncovers their and their mother’s case histories, and branches out into the records of ill health that women have written about in diaries and letters.

RRP: $27.99 | 198 x 129mm paperback, 368pp | ISBN: 9781922310149

Miles Allinson

**In Moonland**

In present-day Melbourne, a man attempts to piece together the mystery of his father’s apparent suicide, as his young family slowly implodes. At the ashram of Bhagwan Shree Rajneesh, in 1976, a man searching for salvation must confront his capacity for violence and darkness. *In Moonland* is a portrait of three generations, each grappling with their own mortality.

RRP: $29.99 | 210 x 148mm paperback, 256pp | ISBN: 9781925322927

Madlen Ziege

**Nature Is Never Silent**

In forests, fields, and even gardens, there is a constant exchange of information going on. Animals and plants must communicate with one another to survive, but they also tell lies, set traps, talk to themselves, and speak to each other in a variety of unexpected ways. Here, behavioural biologist Madlen Ziege reveals the fascinating world of nonhuman communication.

RECENT RELEASES

Valentin Gendrot

**Cop**  
*a journalist infiltrates the police*

What happens behind the walls of a police station? In order to answer this question, undercover journalist Valentin Gendrot put his life on hold for two years. He recounts the precarious working conditions, the suicide of a colleague, the racist remarks made by state agents, the blunders, the cover-ups, and the violence directed towards young black, Arab, and migrant men. Gendrot opens a door no-one outside the police force has stepped through before.


Wes Ely

**Every Deep-Drawn Breath**  
*an intensive-care doctor’s notes on healing*

As COVID-19 survivors are discharged from hospitals, grateful to be alive, most don’t realise that the hardest part of their battle may be about to begin. Many will return home and struggle with long-term physical, mental, and emotional problems either caused or exacerbated by the life-saving treatment they received in intensive care. Dr Ely sounds a warning for the millions of people who will be admitted to ICUs in coming years.

RRP: $35.00 | 234 x 153mm paperback, 352pp | ISBN: 9781922310644

Alec MacGillis

**Fulfillment**  
*winning and losing in one-click America*

Alec MacGillis’s *Fulfillment* is an investigation of the America that falls within Amazon’s growing shadow: the company’s sprawling network of delivery hubs, data centres, and corporate campuses dominate a country where winner and loser cities and regions are drifting steadily apart, the civic fabric is unravelling, and work has become increasingly rudimentary and isolated.

RRP: $35.00 | 234 x 153mm paperback, 400pp | ISBN: 9781922585264

Kate Moore

**The Woman They Could Not Silence**  
*Elizabeth Packard’s incredible fight for freedom, and the men who tried to make her disappear*

Elizabeth Packard was an ordinary Victorian housewife and mother of six. That was, until the first Woman’s Rights Convention was held in 1848, inspiring Elizabeth and many other women to dream of greater freedoms. Fighting the stigma of her gender and her supposed madness, Elizabeth embarked on a ceaseless quest for justice.

RRP: $35.00 | 234 x 153mm paperback, 544pp | ISBN: 9781922585080
Chris Macheras

Old Vintage Melbourne

In 1835, as he walked the sacred grounds of the Bunurong Boon Wurrung and Wurundjeri Woi Wurrung peoples of the Eastern Kulin nation, John Batman wrote in his diary: ‘This will be the place for a village.’ That small village rapidly grew into the vibrant city of Melbourne. Adapted from the popular Old Vintage Melbourne Instagram account, this book invites you to reminisce about and cherish the important heritage of the city of Melbourne.

RRP: $49.99 | 263 x 297mm hardback, 160pp | ISBN: 9781922310941

John Medina

Brain Rules for Work
the science of thinking smarter in the office and at home

John Medina discusses vital questions about the workplace in the time of COVID-19, such as how to keep people interested in a presentation, how to keep oneself engaged in work and the office, and how to be productive — all based on scientific, peer-reviewed research.

RRP: $32.99 | 234 x 153mm paperback, 320pp | ISBN: 9781922585240

Russ Radcliffe

Best Australian Political Cartoons 2021

Featuring Dean Alston, Peter Broelman, Andrew Dyson, John Farmer, First Dog on the Moon, Matt Golding, Fiona Katauskas, Mark Knight, Jon Kudelka, Johannes Leak, Sean Leahy, Alan Moir, David Pope, David Rowe, John Spooner, Andrew Weldon, Cathy Wilcox, and more ...

RRP: $32.99 | 200 x 180mm paperback, 192pp | ISBN: 9781922310996

James Curran

Campese
the last of the dream sellers

As a rugby player, David Campese seemed to operate on pure instinct, one that left many a defender clutching for him in vain, stranded in the slipstream of his audacity. He followed no straight path, observed no convention, and in so doing brought a whole swag of new supporters to the game. Campese occupies a unique intersection in the sport’s history: one of its first professionals, and one of its last amateurs.

RRP: $32.99 | 234 x 153mm paperback, 256pp | ISBN: 9781922310576
**Warren Kirk**

**Christmas in Suburbia**

Contains 30 individual postcards — perfect to send or keep.

RRP: $24.99 | 15 x 165mm paperback, 48pp | ISBN: 9781922585110

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**Jeff Sparrow**

**Crimes Against Nature**

*capitalism and global heating*

*Crimes Against Nature* uses fresh and idiosyncratic material to offer a very different take on the most important issue of our times. It takes the familiar narrative about global warming — the one in which we are all to blame — and inverts it, to show how, again and again, pollution and ecological devastation have been imposed on the population without our consent and (often) against our will.


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**Alberto Prunetti**

**Down and Out in England and Italy**

Alberto Prunetti is the twenty-something-year-old son of a Tuscan factory worker who has never left home before — until the day he decides to join the ranks of millions of Italian migrants worldwide. Determined to make his fortune (or, at least, a living) in a new country, he arrives in the UK with only broken English, his wits, and an obsession with the work of George Orwell to guide him.


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**Casey Michel**

**American Kleptocracy**

*how the U.S. created the greatest money-laundering scheme in history*

*American Kleptocracy* examines how the United States' implosion into a centre of global offshoring took place, and how those on the front line are trying to restore America's legacy of anti-corruption leadership — and finally end this reign of American kleptocracy.

RRP: $35.00 | 234 x 153mm paperback, 368pp | ISBN: 9781922585196
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