



SCRIBE

January–June 2020

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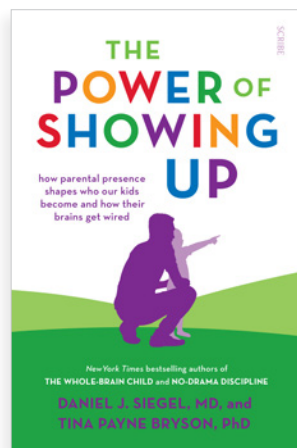
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Daniel J. Siegel &
Tina Payne Bryson

The Power of Showing Up

how parental presence shapes who our kids become and how their brains get wired



DANIEL J. SIEGEL, MD, is the executive director of the Mindsight Institute and the author of numerous books, including the bestsellers *Mindsight*, *Brainstorm*, *No-Drama Discipline*, and *The Whole-Brain Child* (co-authored with Tina Payne Bryson).

TINA PAYNE BRYSON, PhD, is a paediatric and adolescent psychotherapist, parenting consultant, and the director of parenting education and development for the Mindsight Institute.

What's the one thing a parent can do to make the most difference in the long run? The research is clear: show up! Now the bestselling authors of *The Whole-Brain Child* and *No-Drama Discipline* explain what this means over the course of childhood.

One of the very best scientific predictors for how any child turns out — in terms of happiness, academic success, leadership skills, and meaningful relationships — is whether at least one adult in their life has consistently shown up for them.

In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as Daniel J. Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's: safe, seen, soothed, and secure.

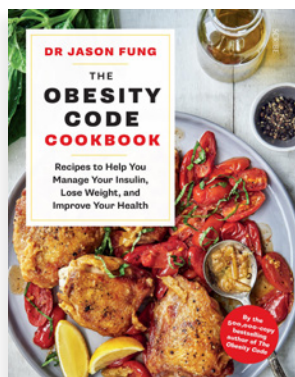
Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honouring the Four S's effectively in all kinds of situations: when our kids are struggling or when they're enjoying success; when we're consoling, disciplining, or arguing with them; and even when we're apologising for the times we haven't shown up for them. Demonstrating that mistakes and missteps are repairable, this book is a powerful guide to cultivating your child's healthy emotional landscape.

RRP: \$29.99
234 x 153mm PAPERBACK, 256pp
ISBN: 9781925849691

RIGHTS HELD: UK & C'WEALTH
OTHER RIGHTS: PENGUIN
RANDOM HOUSE

Dr Jason Fung

with Alison Maclean



DR JASON FUNG is recognised as one of the world's leading experts on weight loss and fasting for preventing and reversing diabetes, and his work has been featured in outlets such as *The Atlantic*, the *New York Post*, and *Forbes*. The author of several books, including the bestselling *The Obesity Code* and *The Diabetes Code*, he lives in Toronto, Canada.

ALISON MACLEAN has collaborated with chefs, restaurateurs, food writers, and gourmands to develop many bestselling cookbooks.

The Obesity Code Cookbook

recipes to help you manage your insulin, lose weight, and improve your health

From the bestselling author of *The Obesity Code*, a beautiful recipe collection to revolutionise the way you cook, eat, and live.

Dr Jason Fung has inspired hundreds of thousands of people around the world to transform their diets and lose weight with his groundbreaking book *The Obesity Code*.

Now, *The Obesity Code Cookbook* makes it even easier to follow Dr Fung's weight-loss advice. Over 90 mouth-watering recipes — from slow-roasted pork shoulder to chia pudding and almond cake — showcase healthy fats, nutrient-dense foods, and low or no carbs.

The Obesity Code Cookbook is an indispensable tool for home cooks looking to lower insulin, lose weight, manage diabetes, or simply lead a healthy, longer life.

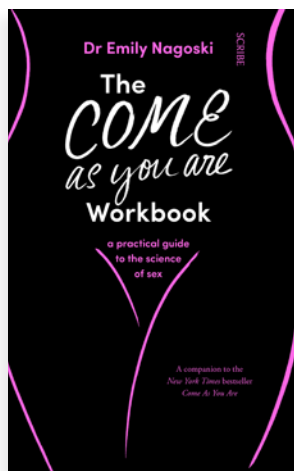
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229 x 178mm PAPERBACK, 216pp
incl. ILLOS
ISBN: 9781925849622

RIGHTS HELD: UK & C'WEALTH
OTHER RIGHTS: GREYSTONE

Dr Emily Nagoski

The Come as You Are Workbook

a practical guide to the science of sex



DR EMILY NAGOSKI is wellness education director and lecturer at Smith College, where she teaches women's sexuality. She has a PhD in health behaviour and a master's degree in counselling, and has taught graduate and undergraduate classes in human sexuality, relationships and communication, stress management, and sex education. She writes the popular sex blog TheDirtyNormal.com.

A new, practical workbook from the *New York Times* bestselling author of *Come As You Are* that allows you to apply the book's groundbreaking research and understanding of why and how women's sexuality works.

In the twentieth century, women's sexuality was seen as 'Men's Sexuality Lite': basically the same, but not quite as good. From genital response to sexual desire to orgasm, we just couldn't understand that complicated, inconsistent, crazy-making women's business.

That is, until Emily Nagoski changed the game with her *New York Times* bestseller, *Come As You Are*. Using groundbreaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organised, but how you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. And that, even if you don't yet feel that way, you are already sexually whole. Nagoski's book changed countless women's lives and approaches to sex, and now she offers the next step.

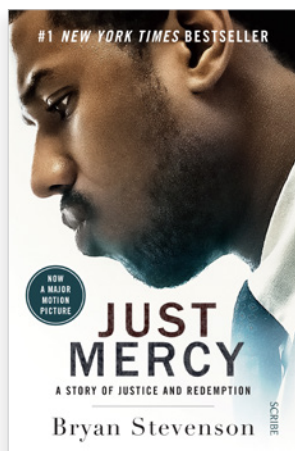
The Come as You Are Workbook is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've learned. This collection of worksheets, journalling prompts, illustrations, and diagrams is for anyone who wants to further their understanding of their own bodies and sex lives.

RRP: \$27.99
210 x 135mm PAPERBACK, 224pp
ISBN: 9781925849561

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Bryan Stevenson

Just Mercy (film tie-in edition) a story of justice and redemption



BRYAN STEVENSON is the executive director of the Equal Justice Initiative in Montgomery, Alabama, and a professor of law at New York University Law School. He has won relief for dozens of condemned prisoners and won national acclaim for his work challenging bias against the poor and people of colour.

A #1 *New York Times* bestseller, and a widely acclaimed and multi-award-winning book, this is a powerful true story about the potential for mercy to redeem us, and a clarion call to fix America's broken system of justice.

Bryan Stevenson was a young lawyer when he founded the Equal Justice Initiative, a legal practice dedicated to defending those most desperate and in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. One of his first cases was that of Walter McMillian, a young man who was sentenced to die for a notorious murder he insisted he didn't commit. The case drew Bryan into a tangle of conspiracy, political machination, and legal brinkmanship — and transformed his understanding of mercy and justice forever.

Just Mercy is at once an unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of true justice.

It is now the subject of a major motion picture, starring Michael B. Jordan and Jamie Foxx.

'Every bit as moving as *To Kill a Mockingbird*, and in some ways more so ... a searing indictment of American criminal justice and a stirring testament to the salvation that fighting for the vulnerable sometimes yields.' *The New York Review of Books*

'As deeply moving, poignant and powerful a book as has been, and maybe ever can be, written about the death penalty.' *Financial Times*

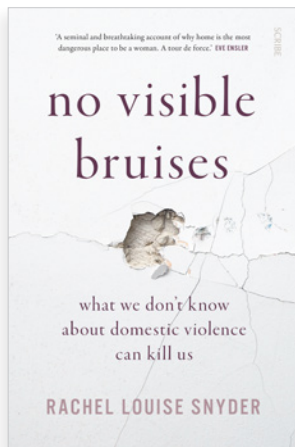
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OTHER RIGHTS: PENGUIN
RANDOM HOUSE

Rachel Louise Snyder

No Visible Bruises

what we don't know about domestic violence can kill us



RACHEL LOUISE SNYDER is the author of three books, and her journalism has appeared in *The New Yorker*, *The New York Times Magazine*, *The Atlantic*, *Salon*, *The New Republic*, and on NPR's *This American Life*. Currently, she is an Associate Professor Creative Writing and Journalism at American University in Washington, DC.

An award-winning journalist's exploration of the domestic violence epidemic, and how to combat it.

An average of 137 women are killed by familial violence across the globe every day. In the UK alone, two women die each week at the hands of their partners. In the US, domestic-violence homicides have risen by 32 per cent since 2017. The WHO deems it a 'global epidemic'. Yet public understanding of this urgent problem remains catastrophically low.

Journalist Rachel Louise Snyder was no exception. Despite years of experience reporting on international conflicts, when it came to violence in the domestic sphere, she believed all the common assumptions: that it was a matter of bad choices and cruel environments; that if things were dire enough, victims would leave; that violence inside the home was private. And, perhaps most of all, that unless you stand at the receiving end of a punch, it has nothing to do with you.

All this changed when Snyder began talking to the victims and perpetrators whose stories she tells in this book. Fearlessly reporting from the front lines of the epidemic, she interviews men who have murdered their families, women who have nearly been murdered, and people who have grown up besieged by familial aggression. She talks to experts in violence prevention and law enforcement, revealing how domestic abuse has its roots in our education, economic, health, and justice systems, and how by tackling these origins we can render it preventable.

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234 x 153mm PAPERBACK, 320pp
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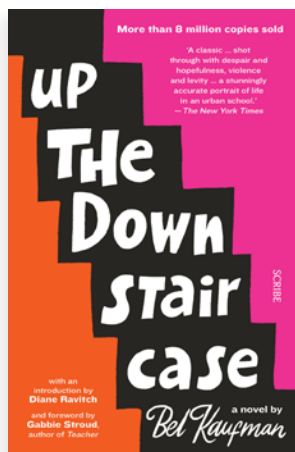
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ASSOCIATES

Bel Kaufman

Introduction by Diane Ravitch

Foreword by Gabbie Stroud

Up the Down Staircase



Our reissue of Bel Kaufman's classic 1964 novel timelessly depicts the shambolic joys and myriad frustrations of a young teacher. With an introduction by Diane Ravitch and a foreword by Gabbie Stroud.

Sylvia Barrett arrives at New York City's Calvin Coolidge High fresh from earning literature degrees at Hunter College and eager to shape young minds. Instead she encounters broken windows, a lack of supplies, a stifling bureaucracy, and students with no interest in Chaucer. Her bumpy yet ultimately rewarding journey is depicted through an extraordinary collection of correspondence — sternly worded yet nonsensical administrative memos, furtive notes of wisdom from teacher to teacher, 'polio consent slips', and student homework assignments that unwittingly speak from the heart.

Up the Down Staircase stands as the seminal novel of a beleaguered public school system that is redeemed by teachers who love to teach and students who long to be recognised. It is poignant, devastating, laugh-out-loud funny, and — in our current moment of debate around the future of education — more relevant than ever.

'The most enduring account we have of teachers' lives ... Empathetic and aware.' *The New Yorker*

'The seminal book on the hardships and joys of teaching.' *The New York Times*

BEL KAUFMAN was an author and schoolteacher. Born in Berlin in 1911, she spent her childhood in Odessa and emigrated with her family to the Bronx when she was twelve. Her grandfather was the famous Yiddish humourist Sholem Aleichem. In addition to *Up the Down Staircase*, she is also the author of the novel *Love, Etc.* She died in 2014.

DIANE RAVITCH is the author of *The Death and Life of the Great American School System*.

Australian author GABBIE STROUD was a primary-school teacher from 1999 to 2015. Now a freelance writer, her debut novel, *Measuring Up*, was published by Scribe in 2009.

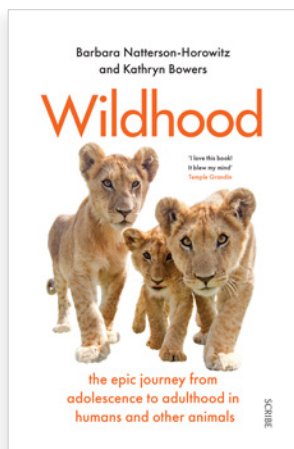
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RIGHTS HELD: UK & C'WEALTH
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RANDOM HOUSE

Barbara Natterson-
Horowitz & Kathryn
Bowers

Wildhood

the epic journey from adolescence to
adulthood in humans and other animals



BARBARA NATTERSON-HOROWITZ, MD, is a visiting professor at Harvard University in the Department of Human Evolutionary Biology. She is also Professor of Medicine/Cardiology at UCLA, where she co-founded the Evolutionary Medicine program.

KATHRYN BOWERS is a science journalist who has taught medical narrative and comparative literature at UCLA. She's a Future Tense Fellow at New America in Washington, DC, and was an editor at Zócalo Public Square in Los Angeles.

A revelatory investigation of human and animal adolescence from the *New York Times* bestselling authors of *Zoobiquity*.

Teenagers: behind the banter, the tediously repetitive games and clicks, the moping and screaming, the fast living, and the jockeying and preening lie the rules of the entire animal kingdom.

Based on their popular Harvard University course, latest research, and worldwide travels, Natterson-Horowitz and Bowers examine the four universal challenges that every adolescent on our planet must face on the journey to adulthood: how to be safe, how to navigate hierarchy, how to court potential mates, and how to leave the nest. Safety, status, sex, and survival.

For parents and children, predators and prey alike, this is a powerfully revelatory book, entertainingly written. To become, as its reader does, for a while, a young penguin or a young humpback whale, or even an octopus tapping a shrimp on the shoulder or an orca silencing their victim, is a giddy experience. The authors open up horizons for their ordinary human readers as they go about their daily animal lives, and permit them to look afresh at the confusing and exhilarating experience of adolescence. Even your average teen will not get bored.

'Unfainly fascinating — and sometimes downright mind-blowing — this is a remarkably original account of the nature, meaning, and purpose of adolescence in today's world ... *Wildhood* is one of the most insightful books ever written about this critically important stage of life.' Laurence Steinberg, University Professor of Psychology, Temple University, and author of *Age of Opportunity*

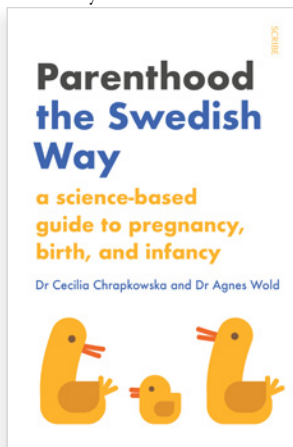
'A masterpiece.' Wendy Mogel, PhD, author of *Voice Lessons for Parents* and *The Blessing of a Skinned Knee*

RRP: \$35.00
234 x 153mm PAPERBACK, 368pp
ISBN: 9781925849653

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ENDEAVOR

Dr Cecilia Chrapkowska & Dr Agnes Wold

translated by Stuart Tudball &
Chris Wayment



DR CECILIA CHRAPKOWSKA is a board-certified specialist in paediatrics. She works at Astrid Lindgren's Children's Hospital at Karolinska University Hospital, Stockholm, and regularly appears as a child-health expert in national Swedish magazines and newspapers, and on radio and television.

DR AGNES WOLD, PHD, is a professor and senior consultant in bacteriology at the Sahlgrenska University Hospital in Gothenburg. She first became internationally renowned for her seminal paper published in *Nature* in 1997 on nepotism and sexism in peer-review practices, and has been a columnist for Sweden's largest newspaper and for the political magazine *Fokus*.

STUART TUDBALL is an experienced translator of Swedish.

CHRIS WAYMENT has been translating professionally since 1998.

Parenthood the Swedish Way

a science-based guide to pregnancy, birth, and infancy

An egalitarian, myth-busting guide through the maze of challenges that parents face raising healthy, happy families in the twenty-first century.

Many expectant parents will be surprised and relieved to hear the following: breastfeeding doesn't protect against allergies; sterilising bottles and dummies is unnecessary in most countries; and if you think you shouldn't drink alcohol when breastfeeding, you've been taken in by plain moralism and not scientific evidence. And by the way, you can forget the housework and prescribed routines: as long as you attend to your baby's basic needs and maintain your social and work connections, you'll be doing just fine.

Paediatrician Cecilia Chrapkowska runs one of Sweden's most popular parenting blogs, *Barnakuten*, and is a specialist on vaccinations. Dr Agnes Wold has been named Sweden's Woman of the Year for her tireless work in women's health. Together they present cutting-edge research from around the world that can guide you to make better parenting choices. Drawing on Sweden's famously generous parental leave and enlightened social policies, they also demonstrate the importance of equal parenting, and provide practical tools for parents everywhere to share responsibility equally.

Using common sense, the latest research, and a wealth of personal experiences, this is the fact-based, no-nonsense approach to birth, child health, and shared child-rearing you have been waiting for.

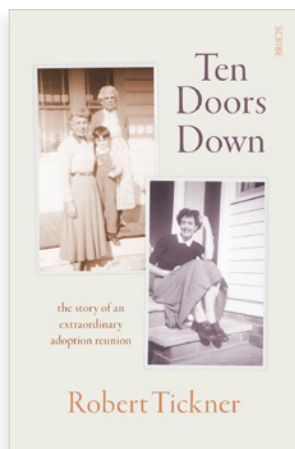
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AGENCY

Robert Tickner

Ten Doors Down

the story of an extraordinary adoption reunion



ROBERT TICKNER grew up a country boy on the New South Wales mid-north coast and became an Aboriginal Legal Service lawyer and an alderman of the Sydney City Council. In 1984 he won the federal seat of Hughes, and in 1990 he became the federal minister for Aboriginal and Torres Strait Islander affairs. He is Australia's longest-serving minister in that role, and served in a period of great reform during the Hawke and Keating governments. He then became CEO of Australian Red Cross and led the organisation for a decade from 2005 to 2015.

This is the story of a federal minister's remarkable reunion with his birth parents.

Robert Tickner had always known he was adopted but had rarely felt much curiosity about his origins. Born in 1951, he had a happy childhood, raised by his loving adoptive parents. He grew up a young man with a fierce sense of social justice, and with the desire and stamina to make political change. Serving in the Hawke and Keating governments, he held the portfolio of minister for Aboriginal and Torres Strait Islander affairs, and while there he was instrumental in instigating the national inquiry into the stolen generations.

When, in his forties, Robert at last turned his attention to the question of his own birth, he had some sense of the potentially life-changing course that lay ahead of him. But he could not have anticipated learning of the exceptional nature of the woman who had brought him into the world, the deep scars that his forced adoption had left on her, or the astonishing series of coincidences that had already linked their lives. And this was only the first half of a story that was to lead to a reunion with his birth father and siblings.

This deeply moving memoir is a testament to the significance of all forms of family in shaping us — and to the potential for love to heal great harm.

RRP: \$32.99

234 x 153mm PAPERBACK, 256pp

+ 8pp COLOUR PIC SECTION

ISBN: 9781925849455

RIGHTS HELD: WORLD

Michael Christie

Greenwood



MICHAEL CHRISTIE'S first novel, *If I Fall, If I Die* was longlisted for the Scotiabank Giller Prize, the Kirkus Prize, and selected as a *New York Times* Editors' Choice. His linked collection of stories, *The Beggar's Garden*, was long-listed for the Scotiabank Giller Prize, shortlisted for the Writers' Trust Fiction Prize, and won the Vancouver Book Award. He divides his time between Victoria, British Columbia, and Galiano Island, where he lives with his wife and two sons in a timber-frame house that he built himself.

'The truth is that all family lines, from the highest to the lowest, originate somewhere, on some particular day. Even the grandest trees must've once been seeds spun helpless on the wind, and then just meek saplings nosing up from the soil.'

2038. On a remote island off the Pacific coast of British Columbia stands the Greenwood Arboreal Cathedral, one of the world's last forests. Wealthy tourists flock from all corners of the dust-choked globe to see the spectacle and remember what once was. But even as they breathe in the fresh air and pose for photographs amidst the greenery, guide Jake knows that the forest is dying, though her bosses won't admit it.

1908. Two passenger locomotives meet head-on. The only survivors are two young boys, who take refuge in a trapper's cabin in a forest on the edge of town. In twenty-six years, one of them, now a recluse, will find an abandoned baby — another child of Greenwood — setting off a series of events that will change the course of his life, and the lives of those around him.

Structured like the rings of a tree, this remarkable novel moves from the future to the present to the past, and back again, to tell the story of one family and their enduring connection to the place that brought them together.

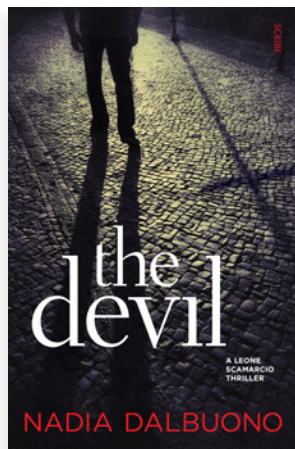
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Nadia Dalbuono

The Devil

A LEONE SCAMARCIO THRILLER



NADIA DALBUONO has spent the last twenty years working as a documentary director and consultant for Channel 4, ITV, Discovery, and National Geographic in various countries. *The Devil* is the fifth book in the Leone Scamarcio series, following *The Few*, *The American*, *The Hit*, and *The Extremist*. She divides her time between the UK and northern Italy.

When Leone Scamarcio investigates the murder of a boy with demonic possession, who will win: Scamarcio or the Devil?

On a cold and wintry Roman afternoon, a troubled young man, Andrea Borghese, is found dead in his parents' apartment. The last people to see him alive were five Roman Catholic priests who had left the Vatican to visit Andrea for a very particular purpose. They were performing an exorcism.

Meanwhile, Detective Leone Scamarcio is unravelling. His partner, the beautiful ex-showgirl Fiammetta DiBondi, is expecting their first child, and the baby is due any day. But what kind of world is this in which to raise a child? When his boss, Chief Garramone, calls with the Borghese case, insisting that Scamarcio is the only man he trusts with the job, Scamarcio accepts the mission as a welcome distraction.

But the case proves far more tangled than Scamarcio had anticipated, and he finds himself in an ever-thickening plot of occult practices, murder, church corruption, government bribery, pharmaceutical dirty dealings, family secrets, and the mafia. To make things even more complicated, Scamarcio's old flame, Aurelia, has returned to Rome, and Scamarcio is having trouble thinking straight. As he circles closer to the truth, the danger mounts, and when his new little family comes under threat, Leone Scamarcio will have to decide once and for all what he really stands for.

RRP: \$32.99

234 x 153mm PAPERBACK, 336pp

ISBN: 9781925713619

RIGHTS HELD: WORLD

Antony Dapiran

City on Fire

the fight for Hong Kong



Australian author and lawyer ANTONY DAPIRAN is a long-time resident of Hong Kong and one of the world's leading observers of Hong Kong politics. He has written about the protests for *The Australian Financial Review*, *The Guardian*, and *New Statesman*, has been interviewed on the subject by the ABC, Channel Ten, SBS, and the BBC, and his views have been quoted by leading media outlets in Australia and across the globe.

A long-term resident and expert observer of dissent in Hong Kong takes readers to the front lines of Hong Kong's revolution.

Through the long, hot summer of 2019, Hong Kong burned. Anti-government protests, sparked by a government proposal to introduce a controversial extradition law, grew into a pro-democracy movement that engulfed the city for months. Protesters fought street battles with police, and the unrest brought the People's Liberation Army to the very doorstep of Hong Kong. Driven primarily by students and youth protesters with their 'Be Water!' philosophy, borrowed from hometown hero Bruce Lee, this leaderless, technology-driven protest movement defied a global superpower and changed Hong Kong, perhaps forever. But it also changed China, and challenged China's global standing.

In *City on Fire*, Antony Dapiran provides the first detailed account of the protests, reveals the protesters' unique tactics, explains how the movement fits into the city's long history of dissent, and looks at what the protests will mean for the future of Hong Kong, China, and China's place in the world.

RRP: \$35.00

234 x 153mm PAPERBACK, 288pp

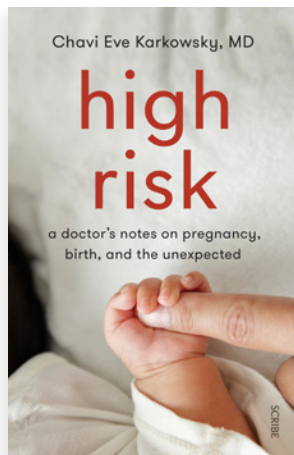
ISBN: 9781922310002

RIGHTS HELD: WORLD

Dr Chavi Eve
Karkowsky

High Risk

a doctor's notes on pregnancy, birth, and the unexpected



DR CHAVI EVE KARKOWSKY is a maternal-foetal medicine specialist working at the Montefiore Medical Center/Albert Einstein College of Medicine in New York City. Her writing has been published in *Slate*, *The Daily Beast*, *The Atlantic*, and *The Washington Post*.

One doctor's testament to the importance of listening — truly listening — to women and their medical experiences of pregnancy and childbirth.

'My work offers a window into the darkest and lightest corners of people's lives, into the extremes of human experience,' writes Dr Chavi Eve Karkowsky in *High Risk*, her timely and unflinching account of working in maternal-foetal medicine — the sub-speciality of obstetrics that concerns high-risk pregnancies.

As an outspoken champion of women's health, a mother of four, and a humane, wry, and altogether remarkable writer, Dr Karkowsky tells of miracles and joy, but also of challenge and loss — illustrating the complexity of reproduction and the health services that surround it. With historical insight and journalistic verve, she unpacks what is involved for women, for a family, and for us as a society, and explores what's at risk when these aspects of life remain clouded in mystery and misinformation.

Blending personal narrative and broader analysis, *High Risk* is a doctor's gripping and provocative testimonial to the strength and resilience of the women she treats, and — in an era when reproductive rights are under threat — a timely reminder that women's reproductive health is of vital concern to us all.

RRP: \$32.99

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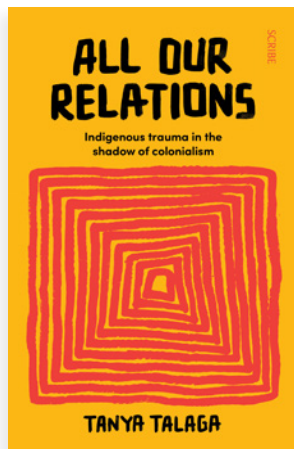
ISBN: 9781925849974

RIGHTS HELD: UK & C'WEALTH

Tanya Talaga

All Our Relations

Indigenous trauma in the shadow of colonialism



TANYA TALAGA is the acclaimed author of the multi-award-winning *Seven Fallen Feathers* and the US bestseller *All Our Relations*. A journalist with more than two decades of experience, she has been nominated five times for the Michener Award in public service journalism. Talaga is of Polish and Indigenous descent. She lives in Toronto with her two teenage children.

The world's Indigenous communities are fighting to live and dying too young. In this vital and incisive work, Tanya Talaga explores intergenerational trauma and the alarming rise of youth suicide.

From Northern Ontario to Nunavut, Norway, Brazil, Australia, and the United States, the Indigenous experience in colonised nations is startlingly similar and deeply disturbing. It is an experience marked by the violent separation of Peoples from the land, the separation of families, and the separation of individuals from traditional ways of life — all of which has culminated in a spiritual separation that has had an enduring impact on generations of Indigenous children. As a result of this colonial legacy, too many communities today lack access to the basic determinants of health — income, employment, education, a safe environment, health services — leading to a mental health and youth suicide crisis on a global scale. But, Talaga reminds us, First Peoples also share a history of resistance, resilience, and civil rights activism, from the Occupation of Alcatraz led by the Indians of All Tribes, to the Northern Ontario Stirling Lake Quiet Riot, to the Standing Rock protests against the Dakota Access Pipeline, which united Indigenous Nations from across Turtle Island in solidarity.

All Our Relations is a powerful call for action, justice, and a better, more equitable world for all Indigenous Peoples.

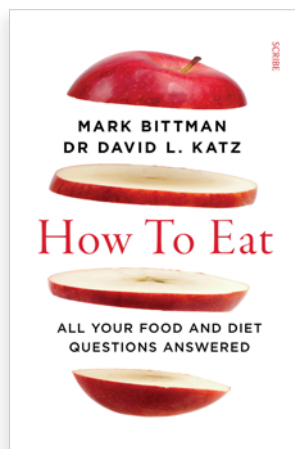
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ANANSI

Mark Bittman &
Dr David L. Katz

How To Eat

all your food and diet questions answered



MARK BITTMAN is the author of thirty acclaimed books, including the beloved 'How to Cook Everything' series. His TED Talk has more than 4 million views, and for more than two decades his popular and compelling stories appeared in *The New York Times*.

DR DAVID L. KATZ is the founding director of Yale University's Yale-Griffin Prevention Research Centre and founder/president of the True Health Initiative, a non-profit organisation that promotes healthy, sustainable diet and lifestyle. Katz is recognised globally for expertise in nutrition, weight management, and the prevention of chronic disease. He has a social media following of nearly one million.

Bestselling author Mark Bittman and physician David Katz cut through all the noise on food, health, and diet to give you the real answers you need.

What is the 'best' diet? Do calories matter? And when it comes to protein, fat, and carbs, which ones are good and which are bad? Mark Bittman and Dr David Katz answer all these questions and more in a lively and easy-to-read Q&A format. Inspired by their viral hit article on Grub Street — one of *New York* magazine's most popular and most-shared articles — Bittman and Katz share their clear, no-nonsense perspective on food and diet, answering questions covering everything from basic nutrients to superfoods to fad diets.

Topics include dietary patterns (Just what should humans eat?); grains (Aren't these just 'carbs'? Do I need to avoid gluten?); meat and dairy (Does grass-fed matter?); alcohol (Is drinking wine actually good for me?); and more. Throughout, Bittman and Katz filter the science of diet and nutrition through a lens of common sense, delivering straightforward advice with a healthy dose of wit.

'In an approachable Q&A format, award-winning *New York Times* columnist Bittman and Katz, the founding director of Yale University's Yale-Griffin Prevention Research Centre, tell you everything you ever wanted to know about eating healthily.'

Library Journal

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MIFFLIN HARCOURT

Tommy Wieringa

translated by Sam Garrett

The Blessed Rita



TOMMY WIERINGA was born in 1967 and grew up partly in the Netherlands, and partly in the tropics. He began his writing career with travel stories and journalism, and is the author of several internationally best-selling novels. His fiction has been longlisted for the Booker International Prize, shortlisted for the International IMPAC Dublin Literary Award and the Oxford/Weidenfeld Prize, and has won Holland's Libris Literature Prize.

SAM GARRETT has translated some forty novels and works of nonfiction. He has won prizes and appeared on shortlists for some of the world's most prestigious literary awards, and is the only translator to have twice won the British Society of Authors' Vondel Prize for Dutch–English translation.

'He had seen more and more people from the East in recent years. Mostly gypsies, people said. Bulgarians, Romanians — you could tell by the plates on the vans and the trailers. The Poles had been around for some time already. Burglaries, thefts. The blessings of the new Europe.'

Paul Krüzen lives with his father in an old farmhouse, not far from the German border. Where once his father took care of him, now Paul takes care of his father. It has been a long time since his beautiful, worldly-wise mother left them for the arms of a Russian pilot, never once looking back.

Paul's world is changing: his small Dutch village is now home to Chinese restaurateurs, Polish plumbers, and Russian thugs. Saint Rita, the patron saint of lost causes, watches over Paul and his best friend Hedwiges, two misfits at odds with the modern world, while Paul takes comfort in his own Blessed Rita, a prostitute from Quezon. But even she cannot protect them from the tragedy that is about to unfold.

In this sharply observed, darkly funny novel, Wieringa shines a light on people struggling at the margins of a changing world. *The Blessed Rita* is an affecting tribute to those left behind and an ode to those wanting to transcend themselves and their heritage.

'It is his best book ... The depth is deeper, the views stretch farther. His style approaches perfection, or surpasses it.'

Algemeen Dagblad

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Zalika Reid-Benta

Frying Plantain



ZALIKA REID-BENTA is a Toronto-based writer whose work has appeared on CBC Books, in *TOK: Writing the New Toronto*, and in *Apogee Journal*. In 2011, George Elliott Clarke recommended her as a 'Writer to Watch'. She received her MFA in fiction from Columbia University, and is an alumnus of the 2017 Banff Writing Studio.

A thrillingly universal portrait of a young woman caught between two cultures.

Kara Davis is a girl caught in the middle — of her Canadian nationality and her desire to be a 'true' Jamaican, of her mother and grandmother's rages and life lessons, of having to avoid being thought of as too 'faas' or too 'quiet' or too 'bold' or too 'soft'. Set in 'Little Jamaica', Toronto's Eglinton West neighbourhood, Kara moves from girlhood to the threshold of adulthood, from primary school to high school graduation, in these twelve interconnected stories. We see her on a visit to Jamaica, startled by the sight of a severed pig's head in her great aunt's freezer; in high school, the victim of a devastating prank by her closest friends; and as a teenager in and out of her grandmother's house, trying to cope with the ongoing battles between her unyielding grandparents.

A rich and unforgettable portrait of growing up between worlds, *Frying Plantain* shows how, in one charged moment, friendship and love can turn to enmity and hate, well-meaning protection can become control, and teasing play can turn to something much darker. In her brilliantly incisive debut, Zalika Reid-Benta artfully depicts the tensions between mothers and daughters, second-generation children and first-generation cultural expectations, and Black identity and predominantly white society.

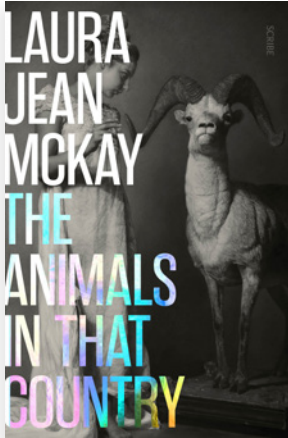
'Sharp-witted and sharp-tongued, *Frying Plantain* is written in the indelible ink of memory ... An unforgettable debut.' **Paul Beatty**, Booker Prize-winning author of *The Sellout*

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Laura Jean McKay

The Animals in That Country



LAURA JEAN MCKAY'S work has appeared widely in print and online; her first book, a short-story collection, was shortlisted for three national book awards. Laura has a PhD from the University of Melbourne focusing on literary animal studies, and she was the 'animal expert' presenter on ABC Listen's *Animal Sound Safari*.

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

Hard-drinking, foul-mouthed, and allergic to bullshit, Jean is not your usual grandma. She's never been good at getting on with other humans, apart from her beloved granddaughter, Kimberly. Instead, she surrounds herself with animals, working as a guide in an outback wildlife park. And although Jean talks to all her charges, she has a particular soft spot for a young dingo called Sue.

Then one day, disturbing news arrives of a pandemic sweeping the country. This is no ordinary flu: its chief symptom is that its victims begin to understand the language of animals — first mammals, then birds and insects, too. But as the flu progresses, the unstoppable voices become overwhelming, and many people begin to lose their minds.

When Jean's infected son, Lee, takes off with Kimberly, heading south, Jean feels the pull to follow her kin. Setting off on their trail, with Sue the dingo riding shotgun, they find themselves in a stark, strange world in which the animal apocalypse has only further isolated people from other species.

Bold, exhilarating, and wholly original, *The Animals in That Country* asks what it means to be human — and what would happen, for better or worse, if we finally understood what animals were saying.

RRP: \$29.99

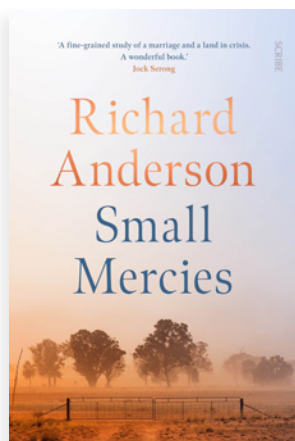
234 x 153mm PAPERBACK, 288pp

ISBN: 9781925849530

RIGHTS HELD: WORLD

Richard Anderson

Small Mercies



RICHARD ANDERSON is a farmer from northern New South Wales. He has been running a beef-cattle farm for over twenty-five years, and has also worked as a miner and had a stint on the local council. Richard is the author of two rural-crime novels, *Retribution* and *Boxed*, both published by Scribe.

A husband and wife take a brief break from their drought-afflicted farm, only to find that their relationship is parched, too.

After enduring months of extreme dry, farming couple Dimple and Ruthie face uncertain times. Ruthie receives the news every woman dreads. Meanwhile, a powerful landowner, Wally Oliver, appears on the local radio station, warning smaller farmers like Dimple and Ruthie that they are doomed, that the sooner they leave the land to large operators like him, the better. Bracing for a fight on all fronts, the couple decide to take a road trip to confront Oliver. Along the way, not only is their resolve tested, but their relationship as well.

Desperate not to dwell on the past but to face up to the future, Dimple and Ruthie make a crucial decision they soon regret. And when the storm clouds finally roll in across the land they love, there's more than the rain to contend with.

Told with enormous heart, *Small Mercies* is a tender love story. It is a story of a couple who feel they must change to endure, and it is the story of the land that is as important as their presence on it.

RRP: \$29.99

234 x 153mm PAPERBACK, 208pp

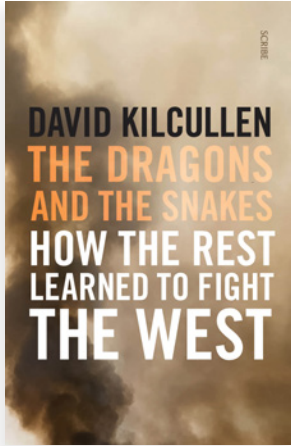
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RIGHTS HELD: WORLD

David Kilcullen

The Dragons and the Snakes

how the Rest learned to fight the West



DAVID KILCULLEN is a professor in the School of Humanities and Social Sciences of the University of New South Wales and a professor of practice in global security at Arizona State University. A former soldier and diplomat, he served as a counterinsurgency advisor during the wars in Iraq and Afghanistan. Dr Kilcullen is also the author of the highly acclaimed *The Accidental Guerrilla*, *Out of the Mountains*, and *Blood Year*.

Soldier-scholar David Kilcullen shows what opponents of the West have learned during the last quarter-century of conflict.

Just a few years ago, people spoke of the US as a hyperpower — a titan stalking the world stage with more relative power than any empire in history. Yet as early as 1993, newly appointed CIA director James Woolsey pointed out that although Western powers had ‘slain a large dragon’ by defeating the Soviet Union in the Cold War, they now faced a ‘bewildering variety of poisonous snakes’.

In this book, Kilcullen explains what happened to the ‘snakes’ (non-state threats, including from terrorists and guerrillas) and the ‘dragons’ (state-based competitors such as Russia and China). He explores how enemies learn under conditions of conflict, and examines how Western dominance over a very particular, narrowly defined form of warfare has forced adversaries to adapt in ways that present serious new challenges to America and its allies.

State and non-state threats have increasingly come to resemble each other, Kilcullen argues, with states adopting non-state techniques and non-state actors now able to access levels of precision and lethal weapon-systems once only available to governments.

A counterintuitive look at this new, vastly more complex environment, *The Dragons and the Snakes* not only reshapes our understanding of the West’s enemies’ capabilities but also shows how we can respond, given the increasing limits on US power.

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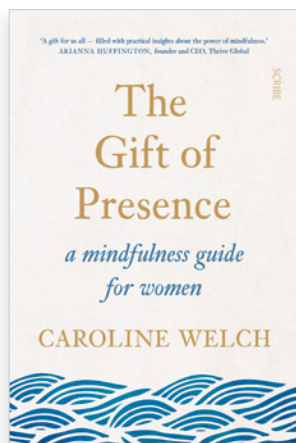
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Caroline Welch

The Gift of Presence

a mindfulness guide for women



CAROLINE WELCH is the co-founder and CEO of the Mindsight Institute, a graduate of the University of Wisconsin Law School, and is admitted to the state bars of California, Texas, and Wisconsin. She holds a master's degree in communications from the University of Southern California and previously worked as an English teacher in Japan, a corporate litigator, and Judge Judy's production attorney.

A practical, user-friendly guide for women seeking focus and calm in the midst of life's storms.

Overwhelmed by the demands of family, work, and multiple responsibilities, many women find themselves feeling scattered and distracted. In this eye-opening book, co-founder and CEO of the Mindsight Institute Caroline Welch takes readers on a mindfulness journey to help us de-stress and cultivate inner peace. According to Welch, we do not need countless hours sitting in silence to be more present in our lives — the key is to practice mindfulness wherever we are and whenever we can.

The Gift of Presence guides readers in developing four innate abilities we all possess that will allow us to become more resilient and centred in our lives — even when life is throwing all that it has at us:

- Presence: the ability to remain firmly in the present moment — to be fully aware of what's happening as it's happening.
- Purpose: the personal meaning that gets us going and gives direction to our lives.
- Pivoting: an openness to change that allows us to switch direction if that is what is needed.
- Pacing: the awareness that it is impossible to do everything we want or need to do all at once; the ability to take life one step at a time.

This life-changing book reveals that we already hold in our hands the keys to a more harmonious life — we simply need to look within.

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RANDOM HOUSE

Rebecca Giggs

Fathoms

the world in the whale



REBECCA GIGGS is an award-winning writer from Perth, Australia. Her work has appeared in *Granta*, *The Atlantic*, *The New York Times Magazine*, *Best Australian Essays*, *Best Australian Science Writing*, and other publications. *Fathoms* is her first book.

A stunning meditation on the awe-inspiring lives of whales, revealing what they can teach us about ourselves, our planet, and our relationship to other species.

What can whales reveal about our world today? When writer Rebecca Giggs encountered a humpback whale stranded on her local beachfront in Australia, she began to wonder how the lives of whales shed light on the condition of our seas.

Fathoms: the world in the whale blends natural history, philosophy, and science to explore: How do whales experience ecological change? Will our connection to these storied animals be transformed by technology? What can observing whales teach us about the complexity, splendour, and fragility of life?

In *Fathoms*, we learn about whales so rare they have never been named, whale songs that sweep across hemispheres in annual waves of popularity, and whales that have modified the chemical composition of our planet's atmosphere. We travel to Japan to board the ships that hunt whales, and delve into the deepest seas to discover the plastic pollution now pervading their undersea environment.

In the spirit of Rachel Carson and Rebecca Solnit, Giggs gives us a vivid exploration of the natural world even as she addresses what it means to write about nature at a time of environmental crisis. With depth and clarity, Giggs outlines the challenges we face as we attempt to understand the perspectives of other living beings, and our own place on an evolving planet. Evocative and inspiring, *Fathoms* marks the arrival of an essential new voice.

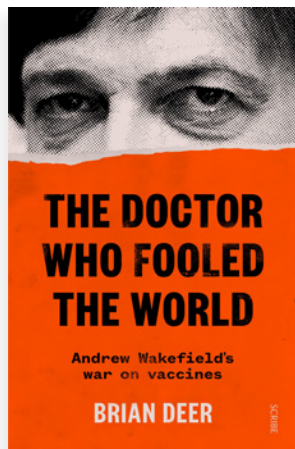
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RIGHTS HELD: WORLD

Brian Deer

The Doctor Who Fooled the World

Andrew Wakefield's war on vaccines



BRIAN DEER is a veteran British investigative journalist, best known for his inquiries into medicine, the drug industry, and social issues for *The Sunday Times*.

Award-winning investigative reporter Brian Deer reveals the shocking truth behind the rise of Andrew Wakefield — the so-called father of the anti-vaccine movement.

In February 1998, a then-unknown British doctor, Andrew Wakefield, published an explosive scientific paper in a top medical journal, *The Lancet*. Researching twelve developmentally challenged children, he claimed to have found evidence that MMR, the lifesaving three-in-one vaccine against measles, mumps, and rubella, was causing a frightening 'new syndrome' of autism and bowel disease. As a result, a generation of young parents were terrified, and vaccination rates plummeted.

In *The Doctor Who Fooled the World*, Brian Deer cuts to the heart of the most damaging medical conspiracy of our time. The only journalist to crack Wakefield's secrets, Deer explains how he gained legal access to patients' records, uncovering the truth about their histories and diagnoses. His landmark fifteen-year inquiry saw Wakefield struck from the medical register, his research retracted, and his claims about MMR dubbed 'an elaborate fraud'.

In this riveting detective story, Deer lays bare the rigged research, secret business schemes, and financial and commercial conflicts of interest that lay behind Wakefield's original false claims — and the continuing smear campaigns that have aimed to keep the truth hidden.

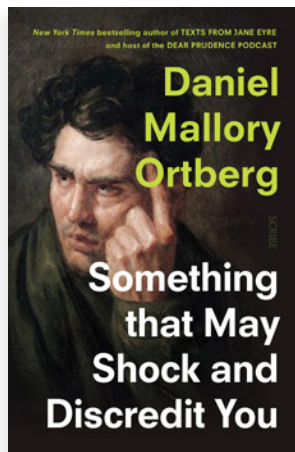
Now resurrected in the United States, Wakefield dominates a broader international anti-vaccine campaign, exporting his claims everywhere. Alarming, widespread outbreaks of measles have returned to threaten children's health. As before, the facts don't fit the story, but that hasn't got in the way of Wakefield's new campaign.

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MANAGEMENT

Daniel Mallory
Ortberg

Something That May Shock and Discredit You



DANIEL MALLORY ORTBERG is the 'Dear Prudence' advice columnist at *Slate*, the co-founder of *The Toast*, and the *New York Times* bestselling author of *Texts From Jane Eyre* and *The Merry Spinster*.

From the writer of *Slate*'s 'Dear Prudence' column and 'literally the funniest person on the internet' (Rachel Fershleiser, co-editor of the *New York Times* bestseller *Not Quite What I Was Planning*) comes a witty and clever collection of essays and cultural observations spanning pop culture — from the endearingly popular to the staggeringly obscure.

Sometimes you just have to yell. *New York Times* bestselling author of *Texts from Jane Eyre* Daniel Mallory Ortberg has mastered the art of 'poetic yelling,' a genre surely familiar to fans of his cult-favourite website *The Toast*.

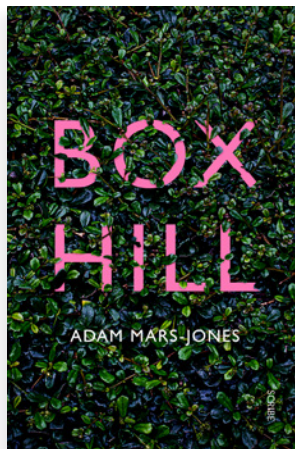
In this irreverent essay collection, Ortberg expands on this concept with in-depth and hilarious studies of all things pop culture, from high to low brow. From a thoughtful analysis on the beauty of William Shatner to a sinister reimagining of HGTV's *House Hunters*, *Something That May Shock and Discredit You* is a laugh-out-loud funny and whip-smart collection for those who don't take anything — including themselves — too seriously.

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Adam Mars-Jones

Box Hill



ADAM MARS-JONES's books include the novels *Pilcrow* and *Cedilla*, part of a million-word sequence, and the monograph *Noriko Smiling*, about a classic Japanese film. He writes regularly for the *London Review of Books*.

Box Hill is a sizzling, sometimes shocking, and strangely tragic love story between two men, set in the gay biker community of the late 1970s. Beautifully written, intimate, and profoundly affecting, Adam Mars-Jones's first novel in almost a decade is the winner of the 2019 Fitzcarraldo Editions Novel Prize.

PRAISE FOR *PILCROW*:

'Peculiar, original, utterly idiosyncratic.' *London Review of Books*

'Truly exhilarating.' *The Sunday Times*

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EDITIONS

Maike Wetzel

translated by Lyn Marven

Elly



MAIKE WETZEL was born in 1974 and works as a writer and screenwriter in Berlin. She studied at the Munich Film School and in the UK. The manuscript of her first novel, *Elly*, won the Robert Gernhardt Prize and the Martha Saalfeld Prize. Maike's short stories have been translated into numerous languages and have received multiple awards.

LYN MARVEN is a translator from German specialising in contemporary literature, women's writing, and short stories. Her previous translations include Maike Wetzel, *Long Days* (Comma Press, 2008), *Berlin Tales* (OUP, 2009), and Larissa Boehning, *Swallow Summer* (Comma Press, 2016). Lyn is Senior Lecturer in German at the University of Liverpool.

A missing child is a nightmare for any family. But what happens when they come back?

Eleven-year-old Elly is missing. After an extensive police search she is presumed dead, and her family must learn to live with a gaping hole in their lives. Then, four years later, she reappears. But soon her parents and sister are plagued by doubts. Is this stranger really the same little girl who went missing? And if not, who is she?

Elly is a gripping tale of grief, longing, and doubt, which takes every parent's greatest fear and lets it play out to an emotionally powerful, memorable climax. It is a literary novel with all the best qualities of a thriller.

'Elly is a book about the dark side of longing.' **Hubert Spiegel, speech at the Robert Gernhardt Prize**

'In few yet incredibly precise words, Maike Wetzel creates an oppressive tension around a family falling apart. A book that will not let you go.' **Brigitte Woman**

*'Reminiscent of Ian McEwan's *A Child in Time*, *Elly* will have wide appeal ... Maike Wetzel's fresh, original take on the popular literary theme of missing children is delivered in her clear, understated prose with its unflinching eye for detail.'*

New Books in German

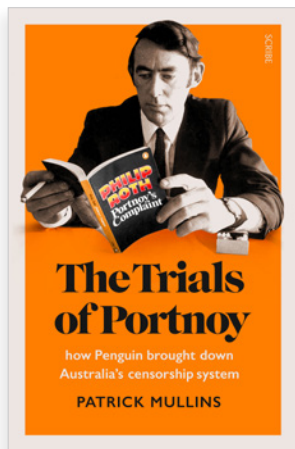
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Patrick Mullins

The Trials of Portnoy

how Penguin brought down Australia's censorship system



PATRICK MULLINS is a Canberra-based academic and writer. He is adjunct assistant professor at the University of Canberra, from which he obtained his PhD in 2014. His first book, *Tiberius with a Telephone*, a biography of former prime minister William McMahon, was published by Scribe in 2018.

Fifty years after the event, here is the first full account of an audacious publishing decision that — with the help of booksellers and readers around the country — forced the end of literary censorship in Australia.

For more than seventy years, a succession of politicians, judges, and government officials in Australia worked in the shadows to enforce one of the most pervasive and conservative regimes of censorship in the world. The goal was simple: to keep Australia free of the moral contamination of impure literature. Under the censorship regime, books that might damage the morals of the Australian public were banned, seized, and burned; bookstores were raided; publishers were fined; and writers were charged and even jailed. But in the 1970s, that all changed.

In 1970, in great secrecy and at considerable risk, Penguin Books Australia resolved to publish *Portnoy's Complaint* — Philip Roth's frank, funny, and profane bestseller about a man hung up about his mother and his penis. In doing so, Penguin spurred a direct confrontation with the censorship authorities, which culminated in criminal charges, police raids, and an unprecedented series of court trials across the country.

Sweeping from the cabinet room to the courtroom, *The Trials of Portnoy* draws on archival records and new interviews to show how Penguin and a band of writers, booksellers, academics, and lawyers determinedly sought for Australians the freedom to read what they wished — and how, in defeating the forces arrayed before them, they reshaped Australian literature and culture forever.

RRP: \$35.00

234 x 153mm PAPERBACK, 352pp

+ 8pp B&W PIC SECTION

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RIGHTS HELD: WORLD

Dr Paul Offit

Overkill

when modern medicine goes too far



DR PAUL OFFIT is the director of the Vaccine Education Center at the Children's Hospital of Philadelphia as well as the Maurice R. Hilleman professor of vaccinology and a professor of paediatrics at the Perelman School of Medicine at the University of Pennsylvania. He is the author of ten medical narratives, including *Vaccinated*, *Deadly Choices*, and *Bad Faith*.

An acclaimed medical expert and patient advocate offers an eye-opening look at many common and widely used medical interventions that have been shown to be far more harmful than helpful.

Modern medicine has significantly advanced in the last few decades as more informed practices, thorough research, and incredible breakthroughs have made it possible to successfully treat and even eradicate many serious ailments.

But while we have learned much that has changed our outlook and practices, we still rely on medical interventions that are vastly out of date and can adversely affect our health. It is an article of faith, for example, that finishing a course of antibiotics prevents the recurrence of illness, that sunscreens block harmful UV rays which cause skin cancer, and that all cancer-screening programs save lives. But do scientific studies back up such beliefs?

In this game-changing book, infectious-disease expert and Rotavirus vaccine inventor Dr Paul Offit highlights fifteen common medical interventions still recommended and practised by medical professionals, despite clear evidence that they are harmful — including the above examples, as well as the treatment of acid reflux in babies, the lowering of fevers, and the reliance on heart stents and knee surgery.

By analysing what makes these practices so ineffective and harmful, and by presenting medical alternatives, *Overkill* gives patients invaluable information to help them ask their doctors better questions and to advocate for their own health.

RRP: \$32.99
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Bethany Saltman

Strange Situation

a mother's journey into the science of attachment



BETHANY SALTMAN lives and writes in the Catskills of New York with her husband, daughter, and poodle. This is her first book.

A full-scale investigation of the controversial and often misunderstood science of attachment theory, inspired by the author's own experience as a parent and daughter.

When award-winning editor, writer, researcher, and longtime Zen student Bethany Saltman gave birth to her daughter, Azalea, she felt like there was something 'off' about her experience. She knew she loved her daughter, but would oftentimes be angry, short on patience, even unkind. She went in search of the reasons why, and how to better understand herself, her daughter, and their relationship.

Saltman launched a broad inquiry into the science of attachment, a field of developmental psychology that answers the question of why — from an evolutionary point of view — love exists between parents and children. Specifically, she focused on the data from a famous laboratory procedure, the 'Strange Situation', used around the world by scientists as the gold standard for measuring attachment security. What Saltman found by studying the Strange Situation is that love is unbreakable. Each and every one of us — including her — is built for it.

In this intimate, rigorous, and deeply personal rendering, Saltman discovers that while our behaviour as parents is important, what matters most is the way we think about our attachments, transmitted mind to mind from generation to generation. This is excellent news. After all, as Saltman's decades of Zen practice tell her and her readers, the one thing completely within our power to change is our minds.

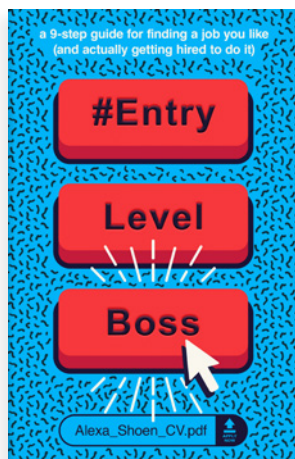
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RANDOM HOUSE

Alexa Shoen

#ENTRYLEVELBOSS

a 9-step guide for finding a job you like
(and actually getting hired to do it)



ALEXA SHOEN, born in 1989, is the internet's leading confidant for panicking job seekers and the CEO of #ENTRYLEVELBOSS: an online education company that transforms those job seekers into hired, happy professionals. She previously worked in design for Facebook, leading cross-platform initiatives to optimise the company's multi-billion-dollar advertising business. Before that, she was one of the most sought-after communication consultants in the European tech industry and advised high-growth companies in Berlin, London, and New York. Alexa is also an acclaimed independent jazz vocalist. She is originally from San Diego, California.

ENTRY LEVEL BOSS /'ɛntri: 'lɛvəl 'bas/
noun, verb, lifestyle

- Someone who masterfully goes out and gets themselves hired into their first proper job.
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Rise and Shine



PATRICK ALLINGTON is a writer, critic, editor, and academic. His fiction includes the novel *Figurehead*, which was longlisted for the 2010 Miles Franklin award, as well as short fiction published in *Meanjin*, *Griffith Review*, *The Big Issue*, and elsewhere. Patrick is a lecturer in English and Creative Writing at Flinders University.

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Sònia Hernández

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Prosopagnosia



SÒNIA HERNÁNDEZ was born in 1976, in Terrassa. *Granta* named her one of their 'Best Young Spanish-Language Novelists' in 2010. A writer and critic, she has contributed to many publications.

SAMUEL RUTTER is a writer and translator from Melbourne, Australia. He has translated contemporary authors including Daniel Sada, Hernán Ronsino, and Matías Celedón, and his work has been recognised by English PEN.

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Berta's mother is in her forties. She feels at least twenty kilos overweight, and her husband has just left her. She used to be a cultural critic for a regional newspaper. Now she feels it is her responsibility to make her and her daughter's lives as happy as possible.

A man who claims to be the famous Mexican artist Vicente Rojo becomes entangled in their lives when he sees Berta faint at school and offers her the gift of a painting. This sets in motion an uncanny game of assumed and ignored identities, where the limits of what one wants and what one can achieve become blurred.

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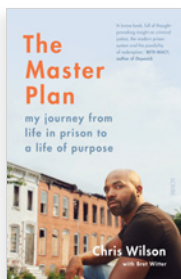
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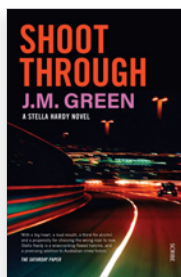
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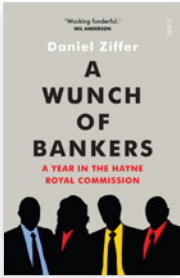
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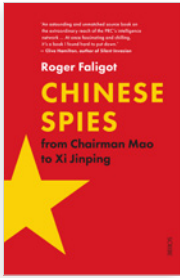
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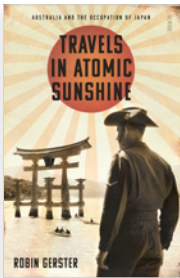
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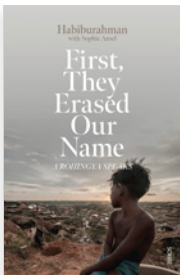
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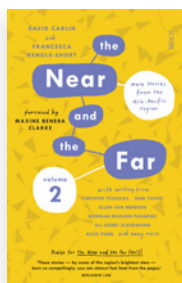
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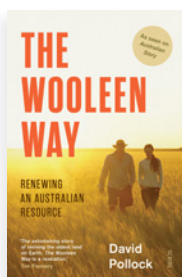
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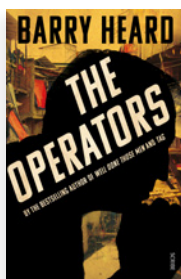
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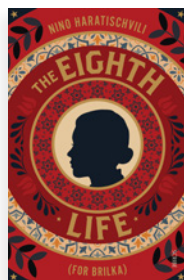
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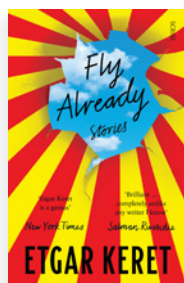
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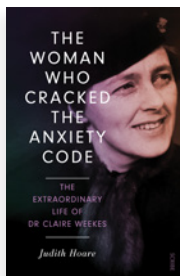
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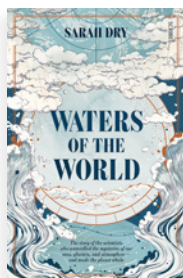


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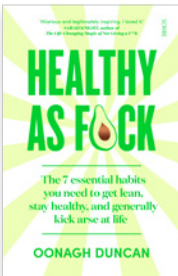
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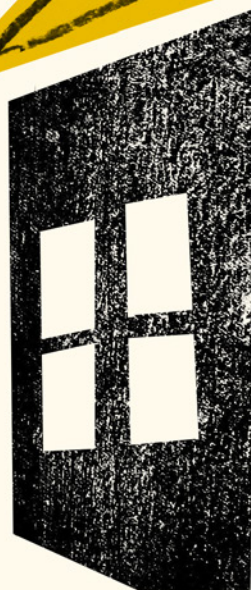
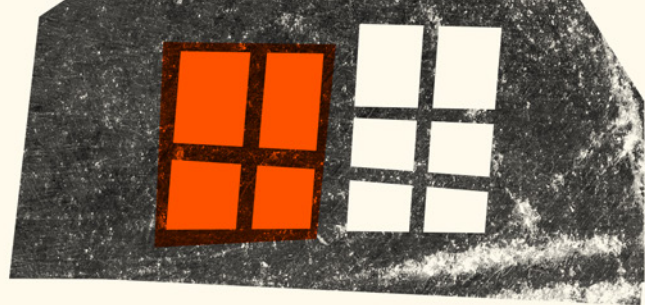
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