



SCRIBE

January–June 2019
United Kingdom

‘Reading is the work of the alert
mind, is demanding, and under
ideal conditions produces finally
a sort of ecstasy.’

— E. B. White

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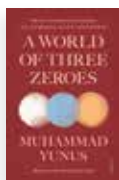
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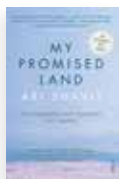
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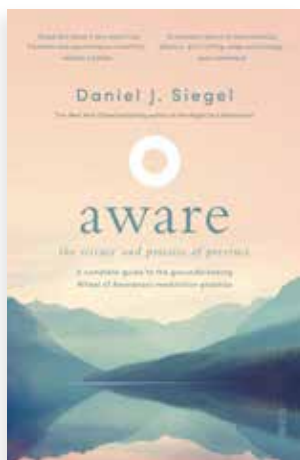


NEW TITLES

Daniel J. Siegel

Aware

the science and practice of presence — a complete guide to the groundbreaking Wheel of Awareness meditation practice



DANIEL J. SIEGEL received his medical degree from Harvard University and completed his postgraduate medical education at UCLA, where he is currently a clinical professor. He is the executive director of the Mindsight Institute, and the author of numerous books, including the bestsellers *Mindsight* and *Brainstorm*, as well as *No-Drama Discipline* and *The Whole-Brain Child* (co-authored with Tina Payne Bryson). He lives in Los Angeles with his wife and occasionally with his launched adolescents.

This pioneering new book from bestselling author Daniel J. Siegel provides practical instruction for mastering the Wheel of Awareness, a life-changing, science-based tool for cultivating more focus, presence, and peace in one's day-to-day life.

An in-depth look at the science that underlies meditation's effectiveness, this book teaches readers how to harness the principle 'Where attention goes, neural firing flows, and neural connection grows.' *Aware* reveals how developing a Wheel of Awareness practice can literally help you grow a healthier brain and reduce fear, anxiety, and stress.

Whether you have never meditated before or are an experienced practitioner, this is a hands-on guide that will enable you to become stronger and calmer in the face of the everyday challenges life throws your way.

'Dan Siegel who gave us a succinct and clear definition of mind now explores the awareness that knows that mind. Read this book if you want true freedom and spontaneous creativity.' **Deepak Chopra**

'For me, almost every line is an "aha" moment. At long last, someone nails what it is to have a healthy mind and if you don't have one, how to get one.' **Ruby Wax, author of *Sane New World***

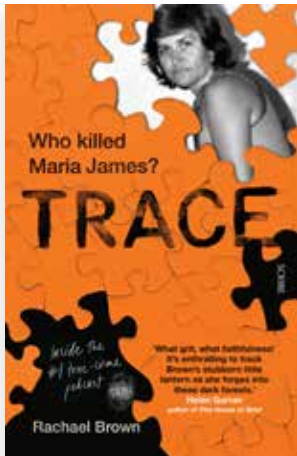
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Rachael Brown

Trace

who killed Maria James?



The whole place seems cold, and he feels a terrible sense of dread. He calls out, but gets no reply. Taking a knife from the cutlery drawer, he unlocks the back door as an escape route. Then he sees her on the floor. Her eyes and mouth are open, and there is blood everywhere. He's too late.

After a strange phone call with his ex-wife, John James had sensed something was wrong and raced over to her house. As he stood in her bedroom doorway, transfixed by the sight of her body, the killer was almost certainly just a breath away, hiding behind the door. Had John walked in, he could have been the next victim. Instead, he left to call the police. The culprit escaped, taking with him the secret of a shocking murder that has shown no sign of being solved for nearly 40 years — until now.

RACHAEL BROWN is an RMIT graduate and a broadcast journalist. In 2008, she won the Walkley Award for Best Radio Current Affairs Report for her investigation into the Victorian Medical Practitioners Board, whose negligence had contributed to the sexual assaults of 14 women. Rachael was the creator, investigator, and host of the international #1 true-crime podcast *Trace*, which won the 2017 Walkley Award for Innovation.

Based on the international #1 podcast, *Trace* re-examines the 1980 murder of Maria James — the single mother of two sons, one with a disability — revealing abuse in the Catholic Church, cult activities, and claims of incompetence and corruption at the highest levels. Investigating possible conspiracies and uncovering fresh evidence, Rachael Brown's riveting investigation has won multiple media awards and may lead to the reopening of this chilling case.

'What grit, what faithfulness! It's enthralling to track Brown's stubborn little lantern as she forges into these dark forests.' **Helen Garner**

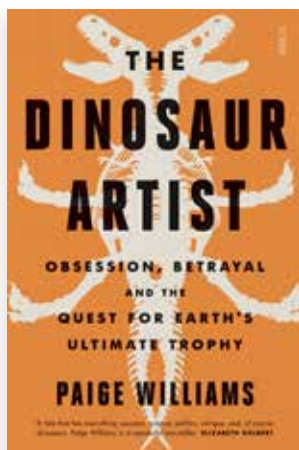
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Paige Williams

The Dinosaur Artist

obsession, betrayal, and the quest for Earth's ultimate trophy



PAIGE WILLIAMS is a staff writer at *The New Yorker* and a Mississippi native. A National Magazine Award winner for feature writing, she has had her journalism anthologised in various volumes of the *Best American* series. She is the Laventhol/Newsday Visiting Professor at Columbia University's Graduate School of Journalism, and has taught at schools including the University of Mississippi, New York University, the Missouri School of Journalism, and, at M.I.T., in the Knight Science Journalism program. Williams has been a fellow of The MacDowell Colony and was a Nieman Fellow at Harvard.

New Yorker magazine staff writer Paige Williams delves into the surprisingly perilous world of fossil collectors in this riveting true tale.

In 2012, a New York auction catalogue boasted an unusual offering: 'a superb *Tyrannosaurus* skeleton'. In fact, Lot 49135 consisted of a nearly complete *T. bataar* — a close cousin to the more-famous *T. rex* — that had been unearthed in Mongolia. At 2.4 metres high and 7.3 metres long, the specimen was spectacular, and the winning bid was over \$1 million.

Eric Prokopi, a 38-year-old Floridian, had brought this extraordinary skeleton to market. A one-time swimmer who'd spent his teenage years diving for shark teeth, Prokopi's singular obsession with fossils fuelled a thriving business, hunting for, preparing, and selling specimens to clients ranging from natural-history museums to avid private collectors like Leonardo DiCaprio.

But had Prokopi gone too far this time? As the *T. bataar* went to auction, a network of paleontologists alerted the government of Mongolia to the eye-catching lot. An international custody battle ensued, with Prokopi watching as his own world unravelled.

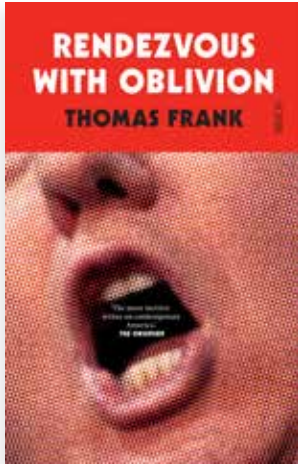
The Dinosaur Artist is a stunning book about humans' relationship with natural history, and the conflict between science and commerce. Stretching from Florida's Land O' Lakes to the Gobi Desert, it illuminates the history of fossil collecting — a murky, sometimes risky business, populated by eccentrics and obsessives, where the lines between poacher and hunter, collector and smuggler, can easily blur.

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Thomas Frank

Rendezvous with Oblivion



THOMAS FRANK is the author of *Pity the Billionaire*, *The Wrecking Crew*, *What's the Matter with Kansas?*, and *Listen, Liberal* (Scribe 2016). A former columnist for *The Wall Street Journal* and *Harper's*, Frank is the founding editor of *The Baffler*. He lives outside Washington, DC.

From the acclaimed author of *Listen, Liberal* and *What's the Matter with Kansas?*, a scathing collection of interlocking essays perfect for this political moment.

With his trademark sardonic wit and lacerating logic, *New York Times*-bestselling author Thomas Frank takes us on a tour through present-day America, showing us a society in the late stages of disintegration.

Holding nothing back, Frank skewers both the right and left, and rages about the systematic inequality that led, in 2016, to millions of anxious, ordinary people rallying to the presidential campaign of a billionaire who meant them no good.

For those who despair of the future of America and of reason itself, *Rendezvous with Oblivion* is a booster shot of energy, reality, and moral outrage.

PRAISE FOR THOMAS FRANK:

'The most incisive writer on contemporary America.'
The Observer

'Frank combines two things absent from most liberal commentary: muckraking reporting and satiric wit.'
The New York Times Book Review

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Elizabeth Kleinhenz

Germaine

the life of Germaine Greer



Intellectual. Feminist. Polemicist. Provocateur.

This riveting biography of Germaine Greer traces the personal and political history of one of the most important, radical, and controversial women of twentieth and twenty-first century feminism. It reveals how her public persona has shifted with time from sixties trailblazer to present-day rabble-rouser, and why she endures as a subject of fascination.

This is the first biography of Greer for two decades, drawing on unprecedented access to her extensive personal archive, opened at Melbourne University in 2016. Kleinhenz has interrogated Greer's personal and professional files, spoken to people who have known her from her school days onwards, and read every word written by and about her. Beginning with Greer's troubled early life in 1940s Melbourne, it traces her career, relationships with men and women, her travels, and her home life, and examines Greer's work and ideas from *The Female Eunuch* to the #MeToo movement. The result is a rich, detailed portrait of a woman rightly both legendary and notorious — revealed here in all her glories, weaknesses, and contradictions.

ELIZABETH KLEINHENZ was born in Melbourne, where she has spent most of her life. She enjoyed a long and distinguished career in the Victorian Education Department as a teacher and administrator of English, History, and German. In 2001, she joined the Australian Council for Educational Research and recently retired from the position of senior research fellow. Elizabeth is the author of *A Brimming Cup: the Life of Kathleen Fitzpatrick*, which was her PhD thesis.

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Jadan Carroll &
Molly Dyson

(Definitely) The Best Dogs of All Time



JADAN CARROLL lives in Melbourne and has worked in music management, entertainment publicity, and festival programming and production for the past ten years. He does not own a dog. This is his first book.

MOLLY DYSON is an Australian illustrator based in Berlin. Since completing a Bachelor of Fine Art at Victorian College of the Arts in 2010, her work has been featured in publications including *The Lifted Brow*, *Frankie*, *Vice*, and *Merry Jane*.

Since the dawn of time, dogs have been the number one source of joy in this world. This is a book about the very best of them.

Powerful dogs, mythical dogs, heroic dogs, talented dogs, literary dogs, dogs who have changed the course of history, and dogs who have set the internet ablaze.

Dogs, dogs, dogs, dogs, dogs, dogs, dogs.

From the deeply misunderstood Cerberus, the multi-headed hound of Hades, to Red Dog, Rin Tin Tin, Hachiko, and Duke — the thrice-elected mayor of Cormorant, Minnesota (who is an actual dog).

With words by Jadan Carroll and illustrations by Molly Dyson, *(Definitely) The Best Dogs of All Time* will tell heart-warming, absurd, and informative stories of the most exceptional hounds to have bounded across the earth, their majestic tongues flowing in the breeze, and of the humans who love them.



RRP: £9.99
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Sarah Smarsh

Heartland

a memoir of working hard and being broke in the richest country on earth



An eye-opening, topical, and moving memoir of one woman's experience of working-class poverty in America.

Born a fifth-generation Kansas wheat farmer on her paternal side and the product of generations of teenage mothers on her maternal side, Sarah Smarsh grew up in a family of labourers trapped in a cycle of poverty. She learned about hard work, and also absorbed painful lessons about economic inequality, eventually coming to understand the powerful forces that have blighted the lives of poor and working-class Americans living in the heartland.

By sharing the story of her life and the lives of the people she loves, Smarsh challenges us to consider modern-day America from a different perspective. Combining memoir with powerful analysis and cultural commentary, *Heartland* is a searing, uncompromising look at class, identity, and the perils of having less in a country known for its excess.

SARAH SMARSH has covered socioeconomic class, politics, and public policy for *The Guardian*, *VQR*, *New Yorker*.com, *Harpers.org*, *The Texas Observer*, and many others. She is currently a Joan Shorenstein Fellow at Harvard University's Kennedy School of Government. A former professor of nonfiction writing, Smarsh is a frequent speaker on economic inequality and related media narratives. She lives in Kansas. *Heartland* is her first book.

'You might think that a book about growing up on a poor Kansas farm would qualify as "sociology", and *Heartland* certainly does ... But this book is so much more than even the best sociology. It is poetry — of the wind and snow, the two-lane roads running through the wheat, the summer nights when work-drained families drink and dance under the prairie sky.' **Barbara Ehrenreich, author of *Nickel and Dimed***

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**Maria Dahvana
Headley**

The Mere Wife



MARIA DAHVANA HEADLEY is a #1 *New York Times*–bestselling author and editor, most recently of the novels *Magonia*, *Aerie*, and *Queen of Kings*, and the memoir *The Year of Yes*. With Kat Howard she is the co-author of *The End of the Sentence*, and with Neil Gaiman she is the co-editor of *Unnatural Creatures*. Her short stories have been short-listed for the Shirley Jackson, Nebula, and World Fantasy Awards, and her work has been supported by the MacDowell Colony and by Arte Studio Ginestrelle, where the first draft of this book was written. She was raised with a wolf and a pack of sled dogs in the high desert of rural Idaho and now lives in Brooklyn.

New York Times–bestselling author Maria Dahvana Headley’s fierce, feminist retelling of the classic tale of Beowulf.

To those who live there, Herot Hall is a paradise. With picket fences, gabled buildings, and wildflowers that seed themselves in ordered rows, the suburb is a self-sustaining community, enclosed and secure. But to those who live secretly along its periphery, Herot Hall is a fortress guarded by an intense network of gates, surveillance cameras, and motion-activated lights.

Dylan and Gren live on opposite sides of the perimeter, neither boy aware of the barriers erected to keep them apart. For Dylan and his mother, Willa, life moves at a charmingly slow pace. They flit between mothers’ groups, playdates, cocktail hours, and dinner parties. Gren lives with his mother, Dana, just outside the limits of Herot Hall. A former soldier, Dana didn’t want Gren, didn’t plan Gren, and doesn’t know how she got Gren. But now that she has him, she’s determined to protect him from a world that sees him only as a monster.

When Gren crosses the border into Herot Hall and runs off with Dylan, he sets up a collision between Dana’s and Willa’s worlds that echoes the Beowulf story — and gives sharp, startling currency to the ancient epic poem.

‘Maria Dahvana Headley is a firecracker: she’s whip-smart with a heart, and she writes like a dream.’

Neil Gaiman

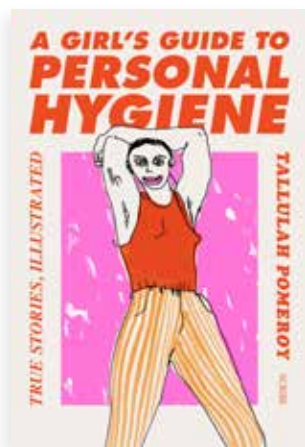
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Tallulah Pomeroy

A Girl's Guide to Personal Hygiene

true stories, illustrated



TALLULAH POMEROY is an English writer, illustrator, and artist whose work has been published by Ugly Duckling Presse. Now she lives in a van in Bristol, UK, making bowls and drawings. She is the in-house illustrator at *Catapult* magazine.

Women aren't as ladylike as people would like to imagine. Using secrets collected from hundreds of them, this exquisitely disgusting illustrated book rewrites our definition of femininity.

When artist Tallulah Pomeroy asked people to anonymously submit anecdotes about the weird, unruly things they did with their bodies, she was inundated. From tampons and trapped wind to ear wax and pubes, stories flowed in from a community of hilarious, radically honest women, who, by admitting to things they had thought were shameful, no longer had to feel ashamed.

Now illustrated, these stories take the female anatomy as far away from the male gaze as it is possible to get, in a celebration of women's bodies that is gleeful, gross, subversive, and beautiful, all at once.

'*A Girl's Guide to Personal Hygiene* is everything I never knew I wanted: a disgusting, hilarious, and honest book that pays tribute to the female body and all of its habits and suppurations. It is delightfully and uncomfortably relatable and I love it with my whole self — heart, sweat, bowels, and all.' **Carmen Maria Machado, author of *Her Body and Other Parties***

'An indelicate, necessary treasure — its gross joys deliver humanizing relief.' **Alissa Nutting, author of *Made for Love and Tampa***

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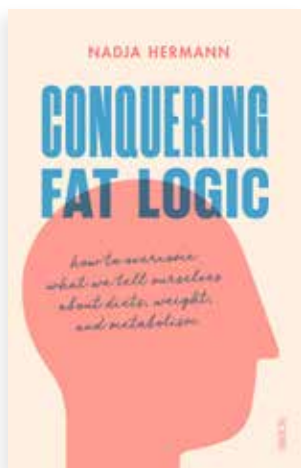
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Nadja Hermann

translated by David Shaw

Conquering Fat Logic

how to overcome what we tell ourselves about diets, weight, and metabolism



NADJA HERMANN is a behavioural therapist with a background in nutritional science. She documented her own weight reduction in minute detail, researched countless studies, sketched comics of her insights, and self-published an e-book that went viral in her native Germany, going on to sell over 175,000 copies in print.

DAVID SHAW works as a journalist for Germany's international broadcaster, Deutsche Welle, as well as translating from several languages, including German, Dutch, Russian, and French. He lives in Berlin.

One woman's journey to shatter the myths that prevented her from losing weight and finally finding health.

Why do diets fail? Is it because of genetic disposition? A sluggish metabolism? An underactive thyroid?

After years of failed diets, Dr Nadja Hermann, a nutritionist and behavioural psychologist, weighed 150 kg at the age of 30. Over the years, she had heard and read hundreds of reasons why diets wouldn't work for her. But when her weight started to affect her health, she took a hard look at the science and realised that most of what she believed about diets was a myth. What was more, those very myths were preventing her from losing weight.

Conquering these pieces of 'Fat Logic' was what finally led to Hermann achieving a healthy weight. One and a half years later, she weighed 65 kg, and has maintained that weight to this day. Now, using humour, the insight she's acquired, and a dose of science, Hermann debunks widespread lies about weight loss, and shows how it is possible to attain a healthy weight.

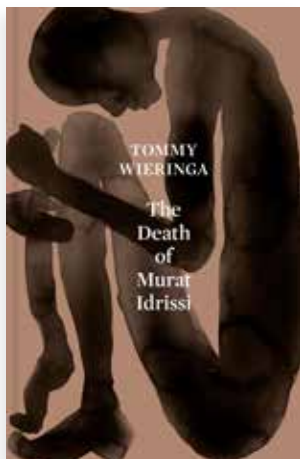
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Tommy Wieringa

translated by
Sam Garrett

The Death of Murat Idrissi



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 four other novels. His fiction has been 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 40 novels and works of non-fiction. 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.

Two venturesome women on a journey through the land of their fathers and mothers. A wrong turn. A bad decision.

They had no idea, when they arrived in Morocco, that their usual freedoms as young European women would not be available. So, when the spry Saleh presents himself as their guide and saviour, they embrace his offer. He extracts them from a tight space, only to lead them inexorably into an even tighter one: and from this far darker space there is no exit.

Their tale of confinement and escape is as old as the landscapes and cultures so vividly depicted in this story of where Europe and Africa come closest to meeting, even if they never quite touch.

PRAISE FOR WIERINGA'S LAST BOOK, *A BEAUTIFUL YOUNG WIFE*:

'Fiction at its most precise and potent.' **Julie Myerson**,
The Observer

'Beautiful, concise, taut.' **Mariella Frostrup**, **BBC Radio 4**
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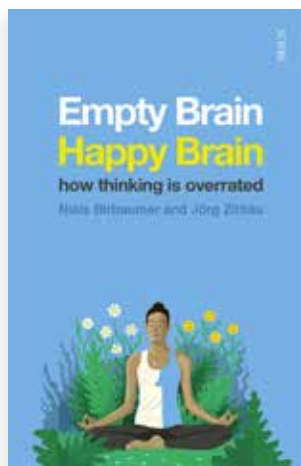
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**Niels Birbaumer &
Jörg Zittlau**

translated by
David Shaw

Empty Brain — Happy Brain

how thinking is overrated



Find the happiness of emptiness.

Few things scare us more than inner emptiness. The presumed emptiness of coma or dementia scares us so much that we even sign living wills to avoid these states. Yet as Zen masters have long known, inner emptiness can also be productive and useful. We can reach this state through meditation, concentration, music, or even during sex. In fact, our brain loves emptiness — it makes us happy.

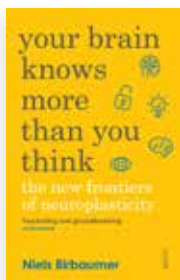
Leading brain researcher Niels Birbaumer investigates the pleasure in emptiness and how we can take advantage of it. He explains how to overcome the evolutionary attentiveness of your brain and take a break from thinking — a skill that's more important than ever in an increasingly frantic world.

NIELS BIRBAUMER is a psychologist and neurobiologist who has been awarded the Albert Einstein World Award of Science. He is co-director of the Institute of Behavioural Neurobiology at the University of Tübingen in Germany, and senior researcher at the Wyss Centre for Bio- and Neuro-engineering in Switzerland.

JÖRG ZITTLAU is a freelance science journalist and the author of several bestsellers.

DAVID SHAW works as a journalist for Germany's international broadcaster, Deutsche Welle, as well as translating from several languages, including German, Dutch, Russian, and French. He lives in Berlin.

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the new frontiers of neuroplasticity

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Hédi Fried

translated by
Alice E. Olsson

Questions I Am Asked About the Holocaust



'There are no stupid questions, nor any forbidden ones, but there are some questions that have no answer.'

Hédi Fried was 19 when the Nazis snatched her family from their home in Eastern Europe and transported them to Auschwitz, where her parents were murdered and she and her sister were forced into hard labour until the end of the war.

Now 94, she has spent her life educating young people about the Holocaust and answering their questions about one of the darkest periods in human history. Questions like, 'How was it to live in the camps?', 'Did you dream at night?', 'Why did Hitler hate the Jews?', and 'Can you forgive?'.

HÉDI FRIED is an author and psychologist. She is deeply committed to working for democratic values and against racism. She was born in the town of Sighet, in Romania in 1924, was transported to Auschwitz in 1944, and worked in several labour camps, eventually ending up in Bergen-Belsen. After liberation, she came to Sweden with her sister, and has lived there ever since. Her bestselling autobiography, *The Road to Auschwitz: fragments of a life*, was published in English and Swedish in the 1990s.

With sensitivity and complete candour, Fried answers these questions and more in this deeply human book that urges us never to forget and never to repeat.

ALICE E. OLSSON is a literary translator, writer, and editor working across Swedish and English.

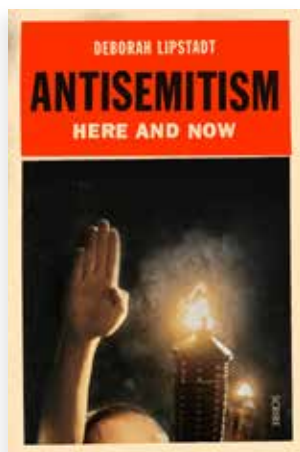
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Deborah Lipstadt

Antisemitism

here and now



DEBORAH LIPSTADT is the author of *Denying the Holocaust*, *History on Trial* (adapted into a film by David Hare), and *The Eichmann Trial*.

An argumentative, controversial analysis of the new antisemitism, by the historian who defeated David Irving in court.

Anti-Jewish violence and vandalism have been on the rise in Europe in the last five years. Deborah Lipstadt asks, ‘Does this mean we are returning to the brutality of the 1930s?’ ‘No’, is her initial answer, quickly followed by: ‘It’s complicated.’

Connecting different currents in contemporary culture, such as the resurgence of racist right-wing nationalisms, left-liberal tolerance of hostility to Jews, the plight of the Palestinians, the relationship of antisemitism to anti-Zionism, and the rise of Islamic extremism, Lipstadt explores how contradictory forces have found common scapegoats. Lucid and convincing, *Antisemitism* will calm the fearful, rouse the complacent, and demand a response from readers.

PRAISE FOR LIPSTADT’S PREVIOUS BOOKS:

‘Important and impassioned.’ *The New York Times Book Review on Denying the Holocaust*

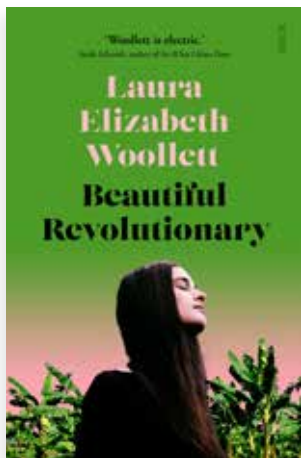
‘An excellent primer on a landmark event ... Impressive authority and commendable concision.’ *The Washington Post on The Eichmann Trial*

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Laura Elizabeth Woollett

Beautiful Revolutionary



LAURA ELIZABETH WOOLLETT was born and raised in Perth, Western Australia. In 2012, she completed an honours degree in creative writing at the University of Melbourne. In 2014, she was awarded a Wheeler Centre/Readings Foundation Hot Desk Fellowship and the John Marsden/Hachette Prize for Fiction, and was chosen as one of the 2015 Melbourne Writers Festival's '30 Under 30'. Her short-story collection, *The Love of a Bad Man* (Scribe, 2016), was shortlisted for the 2017 Victorian Premier's Literary Award for Fiction and the 2017 Ned Kelly Award for Best First Fiction.

The thrilling new novel, inspired by the events at Jonestown in the 1970s.

It's the summer of 1968, and Evelyn Lynden is a woman at war with herself. Minister's daughter. Atheist. Independent woman. Frustrated wife. Bitch with a bleeding heart.

Following her conscientious-objector husband Lenny to the rural Eden of Evergreen Valley, California, Evelyn wants to be happy with their new life. Yet she finds herself disillusioned with Lenny's passive ways — and anxious for a saviour. Enter the Reverend Jim Jones, the dynamic leader of a new revolutionary church ...

Meticulously researched and masterfully written, *Beautiful Revolutionary* explores the allure of the real-life charismatic leader who would destroy so many. It follows Evelyn as she is pulled into Jones's orbit — an orbit it would prove impossible for her to leave.

'[A]n utterly intoxicating portrait of the lives of those seeking to build something new in a world that seemed to be losing its mind ... Woollett is electric.' **Sarah Schmidt, author of *See What I Have Done***

'Laura Woollett's imaginative retelling of the Jonestown tragedy does what only fiction can do — endows Jim Jones and his inner circle with a sense of humanity ... A lyrical and sharply rendered tale of innocence lost and ideals betrayed.' **Julia Scheeres, author of *A Thousand Lives: the untold story of Jonestown***

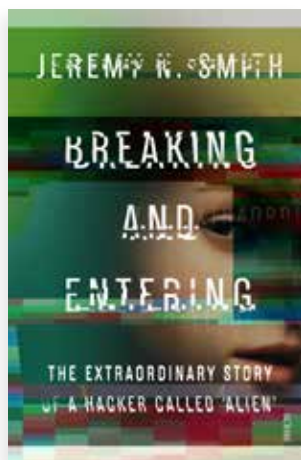
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Jeremy N. Smith

Breaking and Entering

the extraordinary story of a hacker called 'Alien'



JEREMY N. SMITH is the author of the bestselling *Epic Measures*, the true story of a 20-year, 500-scientist, \$100-million moonshot attempt to track and quantify every illness, injury, and death for everyone on Earth. He writes regularly for the *New York Times*, *The Atlantic*, and *Discover*, and he and his work have been featured by CNN, NPR News, and *Wired*, among many other outlets. He lives in Missoula, Montana, with his wife and daughter.

Hackers know everything about us. We know almost nothing about them. Until now.

The hacker now known as Alien entered MIT in 1998, intending to major in aerospace engineering. Almost immediately, she was recruited to join a secret student group scaling walls, breaking into buildings, pulling elaborate pranks, and exploring computer systems. Within a year, one of her hall mates was dead, two others were on trial, and three had been institutionalised. And Alien's adventures were only beginning.

Breaking and Entering is a whirlwind history of the last 20 years of hacking and cybersecurity. As Alien develops from teenage novice to international expert, she joins the secret vanguard of our digitised world, and reveals the forces at work behind our everyday technology.

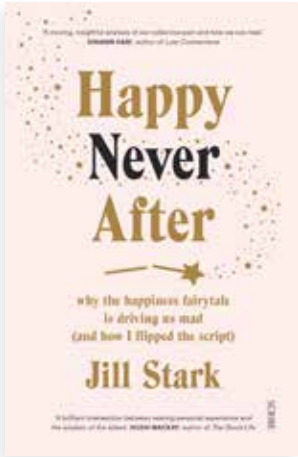
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Jill Stark

Happy Never After

why the happiness fairytale is driving us mad
(and how I flipped the script)



JILL STARK is an award-winning journalist and author with a career spanning two decades in both the UK and Australian media. She spent ten years on staff at *The Age* covering health and social affairs as a senior writer and columnist, and now works as a freelance journalist, media consultant, and speech writer. Her first book, *High Sobriety*, was longlisted for the Walkley Book Award and shortlisted in the Kibble Literary Awards.

What if all the things you'd been told would make you happy were red herrings?

Jill Stark was living the dream. She had a coveted job, she was dating a sports star, and her first book had just become a bestseller. After years of chasing the dream, she'd finally found it. And then it all fell apart.

Getting her happy-ever-after plunged Jill into the darkest period of her life, forcing her to ask if we've been sold a lie. Could it be that the relentless pursuit of happiness is making us miserable?

From the ashes of Jill's epic breakdown comes this raw, funny, and uplifting exploration of our age of anxiety. *Happy Never After* is a soul-searching journey from despair to clarity and a forensic examination of our troubled times. Road-testing neuroscience's latest psychological frontiers in compassion, acceptance, gratitude, play, hope, and solitude, Jill turns the happiness fairytale on its head.

'A moving, insightful analysis of our collective pain and how we can heal.' **Johann Hari, author of *Lost Connections***

'A brilliant intersection between searing personal experience and the wisdom of the elders: nothing brings us closer to despair than the relentless pursuit of our own happiness.' **Hugh MacKay, author of *The Good Life***

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Jonathan Carr

Make Me a City

a novel of Chicago rising



JONATHAN CARR, a Classics and English graduate of Cambridge University, holds a PhD from Bath Spa University in Creative Writing, a subject he first studied in Lake Charles, Louisiana. A prize-winning author of short fiction, he has previously worked as a travel correspondent and books reviewer. He lives in Bologna, Italy. His interest in Chicago derives from visits he has made there over many years. *Make Me a City* is his first novel.

How does a place become a city? Whose stories will survive and whose will be lost? How do you know if you truly belong?

It is 1800. On desolate, marshy ground between Lake Michigan and the Illinois River, a man builds a house and a city is born ...

This masterful debut novel spans Chicago's tumultuous first century, showing how a city is made: by a succession of vivid, sometimes villainous individuals and their cumulative invention, energy and vision.

We meet the city's unacknowledged founder, a descendant of colonisers and slaves; witness the dispersal of the indigenous Native Americans; hear stories of an entrepreneur, an engineer, a courageous female reporter and a corrupt alderman; and track the lives of immigrants from all over the world, as they struggle for acceptance in a country they have built.

Chicago, its inhabitants and its history are brought to dazzling, colourful life in this epic tale that speaks of not just one city but America as a whole, and of how people come to find their place in the world.

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Rebecca Giggs

Fathoms

the world in the whale



REBECCA GIGGS is an essayist and fiction writer whose work focuses on environmental themes. She grew up in Western Australia and now lives in Sydney. Her work has been published widely, including in *Granta*, *Aeon*, *The Atlantic*, and *The New York Times Magazine*.

A bold and lyrical exploration of our fraught relationship with the sea's most magnificent inhabitant, the whale.

Whales loom large in the human imagination. From a history of animals being harpooned worldwide to today's ecotourism operators and the work of marine biologists, whales have, for centuries, attracted myth, symbolism, significance, and exploitation.

But whales, and the waters they inhabit, are changing. Even as the international community draws closer to a ban on factory whaling, whales surface with disturbing news from the deep. Once-rare whale strandings, pollution and toxins accrued in whale bodies, plastics consumed by whales, the stress of exposure to industrial sound, and diseases contracted from livestock are direct results of human activity.

Incisive, provocative, and timely, *Fathoms* uses the story of the whale to examine our own story and that of the health of the planet.

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Elizabeth Cook

Lux



ELIZABETH COOK is an award-winning author, poet, librettist, and scholar. Born in Gibraltar, she spent her childhood in Nigeria and Dorset. She has been the British Academy Chatterton Lecturer and a Hawthornden Fellow, and has written for publications including the *London Review of Books*. She is the editor of the Oxford Authors *John Keats* and author of the acclaimed novel *Achilles* (Methuen and Picador USA), which, in a performance version, won a Fringe First at Edinburgh and has been performed at the National Theatre. She wrote the libretto for Francis Grier's *The Passion of Jesus of Nazareth*, commissioned by the BBC. She lives in London and Suffolk.

Author photo © Peter Everard Smith

A cathedral of a novel: awe-inspiring, echoing, timeless, and holy.

King David sings his psalms. A world away, King Henry plots. And Thomas Wyatt sees them both, his beloved falcon Lukkes on his arm.

Henry believes he must have what he wants. He wants Ann, a divorce, a son. He looks up at his tapestry of David and sees a mighty predecessor who wilfully took what he wanted.

Working on a new translation of the psalms, courtier-poet Wyatt sees something else: a different David, one who repented loudly and long, in song as in life.

As David pursues Bathsheba, Henry courts Ann, and Wyatt interweaves the past and present.

Lux is a story of faith and fidelity, power and its abuses, love and its flights.

PRAISE FOR COOK'S LAST BOOK, *ACHILLES*:

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'Masterful.' *London Review of Books*

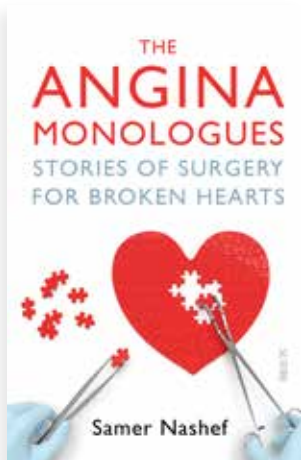
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Samer Nashef

The Angina Monologues

stories of surgery for broken hearts



SAMER NASHEF is a consultant cardiac surgeon at Papworth Hospital, Cambridge, and a world-leading expert on risk and quality in surgical care. He is the creator of EuroSCORE, which calculates the predicted risk of death from heart operations and is the most successful risk model in medicine, credited with saving tens of thousands of lives. The author of more than 200 publications, his research has been widely cited and he has been invited to lecture in more than 30 countries. He is also a dedicated teacher and public communicator, having appeared in NHS Direct videos, at the Wellcome Foundation and in Channel 4's 'The Operation'.

A pioneering cardiac surgeon expertly sews up the heart of surgery, the health of the nation, and the NHS.

The Angina Monologues speeds from the transporting of a donor's heart up the motorway hard shoulder, to cautionary stories of excessive intervention gone awry in US hospitals, to a traumatic trip to bring advanced cardiac surgery to the Palestinian West Bank. Nashef tells heart-stopping stories of transplants, bypasses, coronary artery repair, and cardiac arrest. He also delivers humane advice about medical realities rarely observed: the futility of obsessing over diet, the necessity of calculating risks, the role of decision making, the resilience of doctor and patient alike, and the threadbare brilliance of the NHS.

Nashef is a magnificently warm and likeable doctor and writer; and he has the best imaginable bedside manner.

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'One can't help but think of Henry Marsh when reading Samer Nashef ... [He] writes clearly, with plentiful moments of humour.' *The Independent*

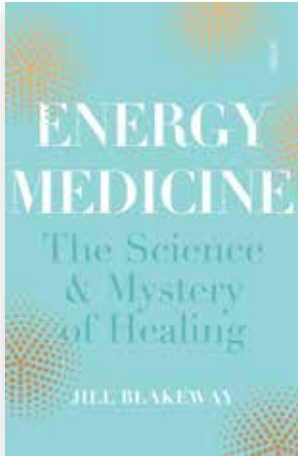
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Jill Blakeway

Energy Medicine

the science and mystery of healing



JILL BLAKEWAY has a doctorate in Acupuncture and Chinese Medicine and is a licensed and certified acupuncturist and clinical herbalist. She is the founder and director of The YinOva Center.

What is energy healing? And why does it work?

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Lori Gottlieb

Maybe You Should Talk to Someone



LORI GOTTLIEB is a psychotherapist and *New York Times*-bestselling author of four books, including *Marry Him: the case for settling for Mr Good Enough*. A contributing editor for *The Atlantic Magazine* and frequent contributor to *The New York Times*, she also writes a weekly *New York Magazine* advice column, 'What Your Therapist Really Thinks'. In her therapy practice, Lori works with couples and individuals both locally and internationally on a wide array of issues, including depression, anxiety, relationship difficulties, parenting, infidelity, infertility, creative blocks, life transitions, grief, and loss.

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's 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.

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**Agnes Wold &
Cecilia Chrapkowska**

translated by
**Stuart Tudball and Chris
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AGNES WOLD, PhD, works as Professor and Senior Consultant at the Sahlgrenska University Hospital in Gothenburg. She writes for the Swedish political magazine *Fokus* and was named Woman of the Year by *Expressen* in 2016.

CECILIA CHRAPKOWSKA is a board certified specialist in Pediatrics. She runs one of Sweden's most popular blogs on parenting, *Barnakuten*.

STUART TUDBALL is an experienced translator, with works including the *Eyewitness Travel Guide: Sweden*.

CHRIS WAYMENT has been translating professionally since 1998, with works including *Dos and Don'ts — Conflict Resolution at Work*.

Parenting the Swedish Way

debunking myths about pregnancy and infancy, and replacing hearsay with science

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Dr Agnes Wold has been named Sweden's Woman of the Year for her tireless work in women's health. Paediatrician Cecilia Chrapkowska runs the country's most popular parenting blog and is a specialist on vaccinations. Together they present cutting-edge research from around the world which 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.

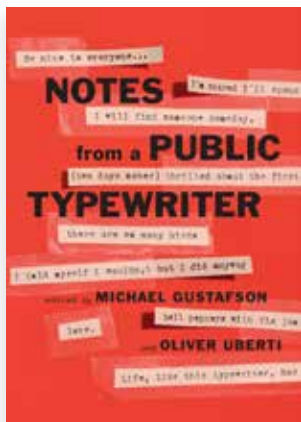
From the progressive land in the North, this is the fact-based, feminist guide to parenting you have been waiting for.

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**Michael Gustafson
& Oliver Uberti
(eds)**

Notes from a Public Typewriter



MICHAEL GUSTAFSON is the co-owner of Literati Bookstore, an independent bookstore in Ann Arbor, Michigan. He lives in Ann Arbor with his wife and Literati Bookstore co-owner, Hilary.

OLIVER UBERTI is an award-winning graphic designer and was Senior Design Editor at *National Geographic* before turning to books. He is the co-author and designer of two books published by Penguin in the UK, *London: The Information Capital* (2014) and *Where the Animals Go* (2016). He lives in Los Angeles.

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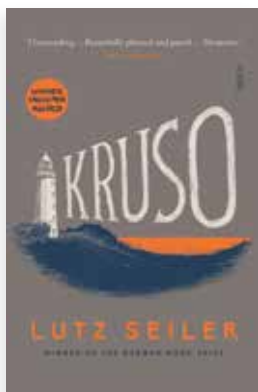
In *Notes from a Public Typewriter*, Michael and designer Oliver Uberti have combined their favorite notes with essays and photos to create an ode to community and the written word that will surprise, delight, and inspire.

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Translated by Tess Lewis

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Scott Carney

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how freezing water, extreme altitude, and environmental conditioning will renew our lost evolutionary strength

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Nigel Shadbolt & Roger Hampson

The Digital Ape

how to live (in peace) with smart machines

An examination of how smart machines are transforming us all — and what we should do about it, by one of Britain's leading authorities on artificial intelligence. The authors dispel terror, confusion, and misconception, and argue that it is human stupidity, not artificial intelligence, that should worry us.

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