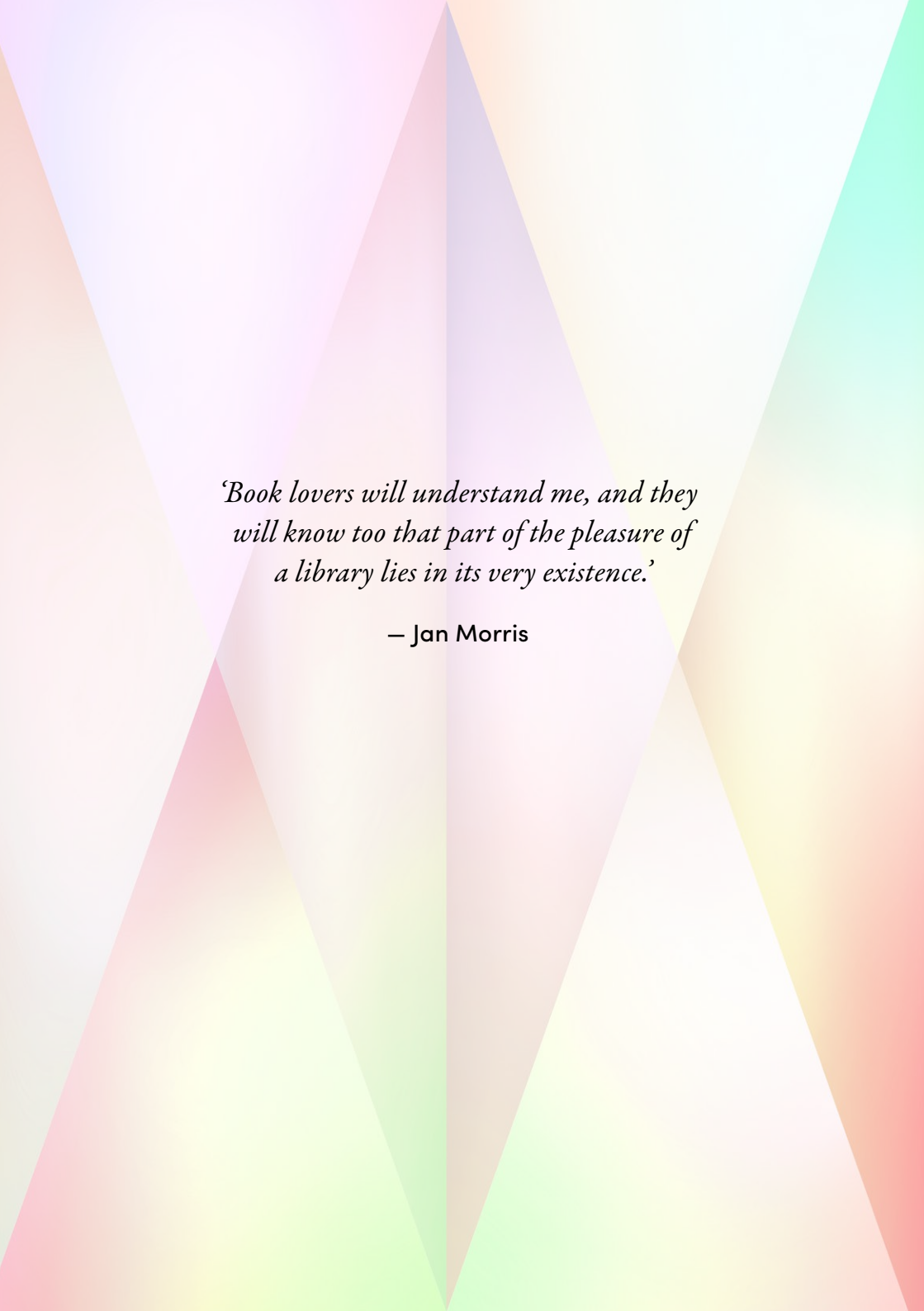


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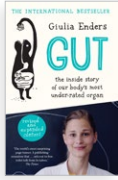
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*'Book lovers will understand me, and they  
will know too that part of the pleasure of  
a library lies in its very existence.'*

— Jan Morris

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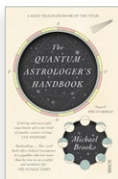


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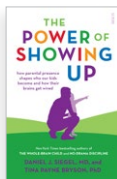


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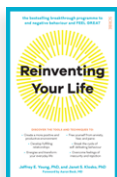


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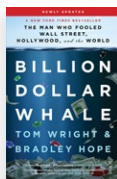


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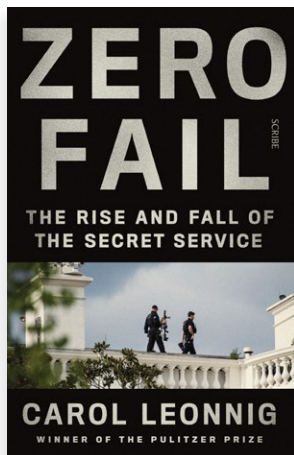


**NEW TITLES**

Carol Leonnig

## Zero Fail

the rise and fall of the Secret Service



CAROL LEONNIG is a national investigative reporter at *The Washington Post*, where she has worked since 2000. A three-time Pulitzer Prize winner and co-author of the #1 *New York Times* bestseller *A Very Stable Genius*, Leonnig is also an on-air contributor to NBC News and MSNBC. She lives in Washington, DC, with her husband and two children.

The first definitive account of the rise and fall of the Secret Service, from the Kennedy assassination to the alarming mismanagement of the Obama and Trump years, right up to the insurrection at the Capitol on 6 January 2021 — by the Pulitzer Prize winner and #1 *New York Times* bestselling co-author of *A Very Stable Genius*

Carol Leonnig has been reporting on the Secret Service for most of the last decade, bringing to light the secrets, scandals, and shortcomings that plague the agency today — from a toxic work culture to dangerously outdated equipment to the deep resentment within the ranks at key agency leaders, who put protecting the agency's once-hallowed image before fixing its flaws. But the Secret Service wasn't always so troubled.

The Secret Service was born in 1865, in the wake of the assassination of Abraham Lincoln, but its story begins in earnest in 1963, with the death of John F. Kennedy. Shocked into reform, it was radically transformed into an elite, highly trained unit. But this would not last forever. By Barack Obama's presidency, it was running on fumes and beset by mistakes and alarming lapses in judgement: break-ins at the White House, an armed gunman firing into the windows of the residence while confused agents stood by, and a massive prostitution scandal. With Trump's arrival, a series of promised reforms were cast aside, as a president disdainful of public service instead abused the Secret Service to rack up political and personal gains.

Leonnig interviews dozens of current and former agents, government officials, and whistleblowers, who put their jobs on the line to speak out about a hobbled agency in desperate need of reform.

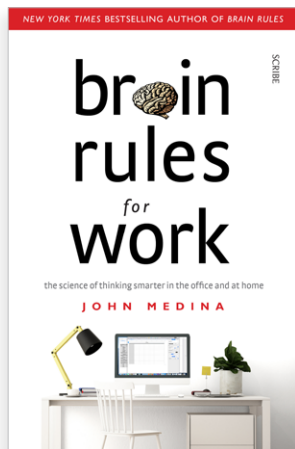
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John Medina

## Brain Rules for Work

the science of thinking smarter in  
the office and at home



DR JOHN MEDINA, a developmental molecular biologist, has had a lifelong fascination with how the mind reacts to and organises information. He is the author of the internationally bestselling works *Brain Rules*, *Brain Rules for Baby*, and *Brain Rules for Ageing Well*. Medina is an affiliate professor of bioengineering at the University of Washington School of Medicine. He lives in Seattle, Washington.

What makes an engaging presentation or a useful meeting? How can companies motivate and inspire people to do their best at work? Who are the most effective leaders?

Bestselling author and scientist Dr John Medina uses peer-reviewed research to answer the most important questions about the workplace today, providing answers that will help you get ahead.

The author of international bestseller *Brain Work*, Medina here turns his expertise to the professional world, guiding the reader through what brain science and evolutionary biology have to say on topics ranging from office space and work-life balance to power dynamics and work interactions. He examines why taking breaks in nature during the workday improves productivity; how planning a meeting beforehand makes it more effective; why open plan isn't a good office plan; how a more diverse team is a better team; why allowing for failure is vital to a company's success; and much more.

Breaking down the science to practical applications that every reader can understand and benefit from, *Brain Rules for Work* is the essential guide to modern office life.

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'A gifted communicator who is able to write for both the scientist and the layperson.' *Psychiatric Times*

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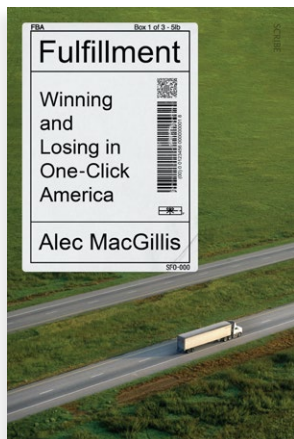
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Alec MacGillis

## Fulfillment

winning and losing in one-click America



**An award-winning journalist's investigation into Amazon's true impact on inequality.**

The market value of Amazon.com has exceeded one trillion dollars. In 2020, its annual revenue increased by over 100 billion dollars. As the company insinuates itself ever further into our lives, Alec MacGillis investigates how it is reshaping society.

With empathy and breadth, he tells the stories of those who've thrived and struggled in this rapidly changing environment, and shows how Amazon has even become a force in Washington, DC.

The result is an intimate account of contemporary capitalism: its drive to innovate, its dark, pitiless magic, and its remaking of our world with every click.

ALEC MACGILLIS is a senior reporter for *ProPublica* and the recipient of the George Polk Award, the Robin Toner prize, and other honors. He worked previously at *The Washington Post*, *Baltimore Sun*, and *The New Republic*, and his journalism has appeared in *The New York Times Magazine*, *The New Yorker*, *The Atlantic*, and other publications. His *ProPublica* reporting on Dayton, Ohio was the basis of a PBS Frontline documentary about the city. He is the author of *The Cynic*, a 2014 biography of Mitch McConnell. He lives in Baltimore.

'MacGillis has written an illuminating and richly reported portrait, not of a company, but of the country it has helped to reshape.' *FT*

'Paints a devastating picture of Amazon, but also gives human voices to the larger story of our unequal economy and society.' George Packer, staff writer at *The Atlantic*, author of *The Unwinding*

'A rich sociology of the world that Amazon has made.' *The New York Times*

'A grounded and expansive examination of the American economic divide ... It takes a skillful journalist to weave data and anecdotes together so effectively.' *Los Angeles Times*

'The story of a political system captivated by the idea that what is good for Amazon is good for America.' *The Washington Post*

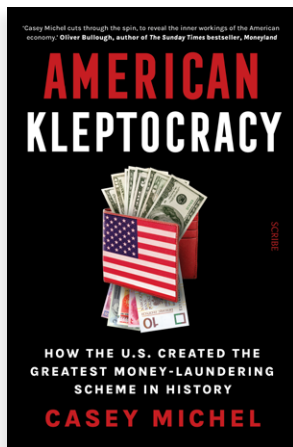
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Casey Michel

## American Kleptocracy

how the US created the greatest money-laundering scheme in history



CASEY MICHEL is a journalist whose writings on offshoring, kleptocracy, and financial secrecy have appeared in *Foreign Affairs*, *The Atlantic*, *The Washington Post*, *Vox*, *The New Republic*, and *POLITICO Magazine*, among others. He is a member of the advisory council for the Hudson Institute's Kleptocracy Initiative, and has contributed research pertaining to offshoring, illicit finance, and foreign interference to the German Marshall Fund, the Human Rights Foundation, and others.

An explosive investigation into how the United States of America built one of the largest illicit offshore banking systems in the world.

For years, one country has acted as the greatest offshore haven in the world, attracting hundreds of billions of dollars in illicit finance tied directly to corrupt regimes, extremist networks, and the worst the world has to offer: the United States of America.

*American Kleptocracy* examines how states such as Delaware and Nevada perfected the art of the anonymous shell company; how post-9/11 reformers watched their success usher in a new flood of illicit finance; how African despots and post-Soviet oligarchs came to dominate American coastlines, industries, and entire cities and small towns across the Midwest; how Nazi-era lobbyists birthed an entire industry of spin-men whitewashing transnational crooks and despots, and how dirty money has now begun infiltrating America's universities, think tanks, and cultural centres; and how those on the frontline are trying to restore America's legacy of anti-corruption leadership — and finally end this reign of American kleptocracy.

It also looks at how Trump's presidency accelerated all of the trends already on hand — and how the Biden administration can, and should, act on this tawdry inheritance.

'Casey Michel cuts through the spin, to reveal the inner workings of the American economy.' Oliver Bullough, author of *Moneyland*

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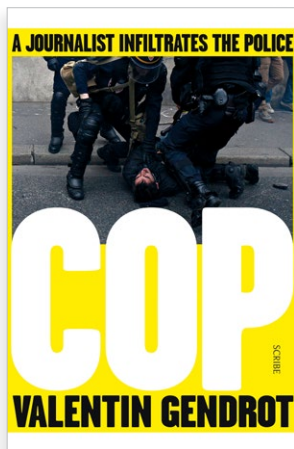
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Valentin Gendrot

Translated by Frank Wynne

## Cop

a journalist infiltrates the police



Born in 1988, VALENTIN GENDROT worked on local newspapers and radio after graduating from journalism college, and carried out several undercover investigations — including working on a Toyota production line and in a Lidl supermarket — before joining the Paris police force.

FRANK WYNNE is an Irish literary translator, writer, and editor. He has translated numerous French and Hispanic authors including Michel Houellebecq, Patrick Modiano, Javier Cercas, and Virginie Despentes. He has won the IMPAC Dublin Literary Award, the Independent Foreign Fiction Prize, the Scott Moncrieff Prize, the Premio Valle Inclán, and the Republic of Consciousness Prize. He has edited two major anthologies, *Found in Translation* (2018) and *QUEER* (2021).

Police officers are obliged to give an account of every incident they are involved in. But what happened today will never be logged. Because that's what police solidarity means: what happens in the van stays in the van. Well, not always. Not this time.

What really happens behind the walls of a police station? To answer this question, investigative journalist Valentin Gendrot put his life on hold for two years and became the first journalist in history to infiltrate the police undetected.

Within three months of training to become an officer, he was given a permit to carry a weapon in public. And although he lived in daily fear of being discovered, in his book Gendrot hides nothing.

Assigned to work in a tough area of Paris where tensions between the law and locals ran high, Gendrot witnessed police brutality, racism, blunders, and cover-ups. But he also saw the oppressive working conditions that officers endured, and experienced the tragic suicide of a colleague.

Asking important questions about who holds institutional power and how we can hold them to account, *Cop* is a gripping exposé of a world never before seen by outsiders.

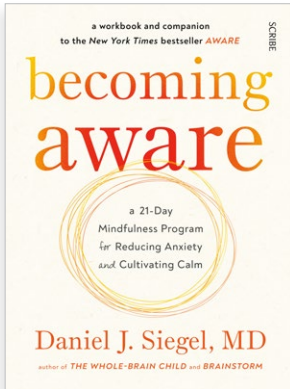
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Daniel J. Siegel, MD

## Becoming Aware

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



DANIEL J. SIEGEL, MD, 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.

A hands-on user's guide that takes readers step-by-step through a 21-day journey to discover what it means to be truly present and aware in our daily lives.

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

Packed with guided meditation instructions, practical exercises, and everyday tools and techniques, *Becoming Aware* offers a simple program to enhance our inner sense of clarity and even our interpersonal well-being.

### PRAISE FOR *AWARE*:

'Read this book if you want true freedom and spontaneous creativity.' Deepak Chopra

'Daniel Siegel finally gives us insight into who we are, how we work, and most important of all how to retrain and change our minds.' Ruby Wax

'Poised to transform countless lives.' Tara Brach, author of *Radical Acceptance*

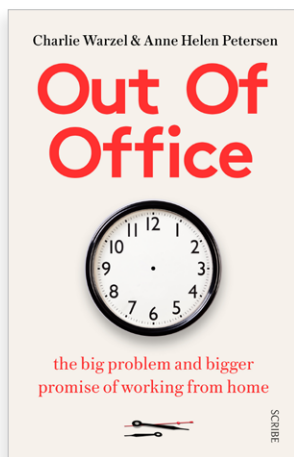
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RANDOM HOUSE

Anne Helen Petersen  
& Charlie Warzel

## Out of Office

the big problem and bigger promise of working from home



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

Based in Missoula, Montana, CHARLIE WARZEL became a *New York Times* opinion writer at large in 2019. Before that, he was a senior technology writer at *BuzzFeed News*. He has been a technology writer for *Adweek* magazine and a producer at NBC News.

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

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

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

### PRAISE FOR *CAN'T EVEN*:

'Extremely enlightening.' *The Guardian*

'Urgent and insightful.' *Stylist*

'A readable, well-researched guide to a generation.' *The Times*

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RANDOM HOUSE

## Brice Faraut

Translated by Eric Rosencrantz



BRICE FARAUT is a neuroscientist specialising in the effects of restricting sleep, leading to new discoveries in the effects of sleep deprivation and people's capacity to recover from it. He is the author of numerous scientific publications.

ERIC ROSENCRANTZ is a freelance translator, who over the years has translated everything from criminal law, music and art history, EU politics, and François Dubet's *Injustice at Work*, to documentaries about terrorists and locusts.

## Saved by the Siesta

fight tiredness and boost your health by unlocking the science of napping

**An expert guide to the new health trend that is helping people around the world feel more energised and less stressed.**

*Saved by the Siesta* explains how siestas work and the remarkable role they can play in overcoming the destructive effects on the brain and the body of a shortage of sleep.

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

But to take advantage of all this we need to be aware of the siesta's subtleties: its various types; the correct body position to adopt; the times that are conducive to sleeping; the most effective duration; the stages of sleep that heighten awareness, cognitive performance, memory, and creativity; and how to get to sleep quickly and wake up without feeling sleepy.

*Saved by the Siesta* provides all this information, and more. It is a lucid and accessible synthesis of the science of sleep, as well as a practical guide to the taking of naps to overcome disturbed night-time sleep.

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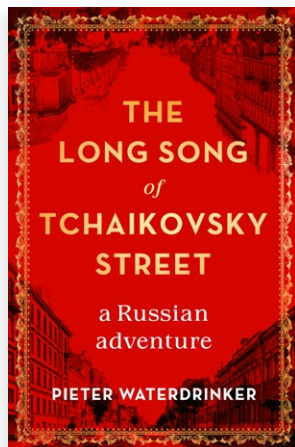
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Pieter Waterdrinker

Translated by Paul Evans

# The Long Song of Tchaikovsky Street

a Russian adventure



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

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

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

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

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

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Sònia Hernández

Translated by Samuel Rutter

## 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. He is based in Nashville, TN, where he is an MFA Candidate in fiction at Vanderbilt University.

**A sly and playful novel about the many faces we all have.**

Fifteen-year-old Berta says that beautiful things aren't made for her, she isn't destined to have them, the only things she deserves are ugly. It's why her main activity, when she's not at school, is playing the 'prosopagnosia game' — standing in front of the mirror and holding her breath until she can no longer recognise her own face.

Berta's mother is in her forties. By her own estimation, she is at least twenty kilos overweight, and her husband has just left her. Her whole life, she has felt a keen sense of being very near to the end of things. 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.

'This quirky coming-of-age novel by a celebrated young Spanish writer centres on a tender mother-daughter relationship.' *The New York Times* 'New & Noteworthy'

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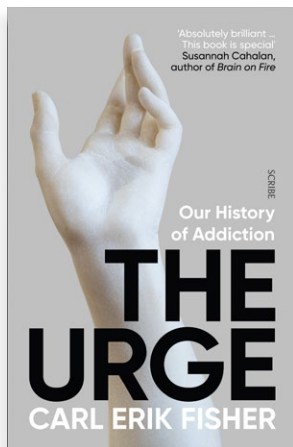
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Carl Erik Fisher

## The Urge

our history of addiction



CARL ERIK FISHER is an addiction physician and bioethicist. He is an assistant professor of clinical psychiatry at Columbia University, where he works in the Division of Law, Ethics, and Psychiatry. He also maintains a private psychiatry practice focusing on complementary and integrative approaches to treating addiction. His writing has appeared in *Nautilus*, *Slate*, and *Scientific American MIND*, among other outlets. He lives in Brooklyn, New York, with his partner and son.

As a psychiatrist-in-training fresh from medical school, Carl Erik Fisher came face to face with his own addiction crisis, one that nearly cost him everything. Here, he investigates the history of this age-old condition.

Humans have struggled to define, treat, and control addictive behaviour for most of recorded history, including well before the advent of modern science and medicine. *The Urge* is a rich, sweeping history that probes not only medicine and science but also literature, religion, philosophy, and sociology, illuminating the extent to which the story of addiction has persistently reflected broader questions of what it means to be human and care for one another.

Fisher introduces us to the people who have endeavoured to address this complex condition through the ages: physicians and politicians, activists and artists, researchers and writers, and of course the legions of people who have struggled with their own addictions. He also examines the treatments and strategies that have produced hope and relief.

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

'An absolutely brilliant exploration of humanity's ever-present struggle with addiction ... As edifying as it is electrifying, as meaningful as it is humane.' Susannah Cahalan, author of *Brain on Fire*

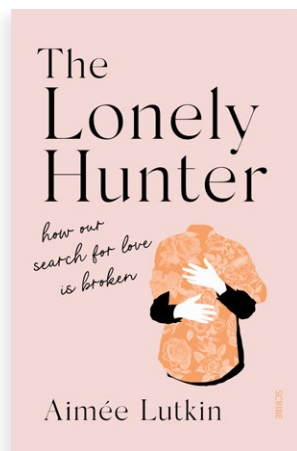
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COMPANY

Aimée Lutkin

## The Lonely Hunter

how our search for love is broken



AIMÉE LUTKIN is a writer, director, and performer from NYC, where she was born and raised. She currently lives and works in Los Angeles.

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

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

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

RRP: £9.99  
198 x 129mm paperback original,  
352pp  
ISBN: 9781912854295

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## Dr Servaas Bingé

Translated by David Shaw

## Immune

stay healthy and take good care of your immune system

Learn how to strengthen your immune system, for life.



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

DAVID SHAW works 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.

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

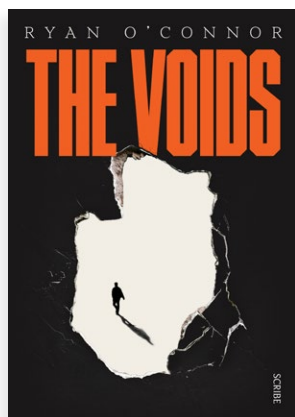
Using no-nonsense language with a touch of humour and lots of creative thinking, Bingé takes us on a fascinating journey through our immune system. He explains how we become ill and how best to protect against it, providing superb guidance for the most important thing you can do — stay healthy.

RRP: £12.99  
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Ryan O'Connor

## The Voids



RYAN O'CONNOR received the Scottish Book Trust Next Chapter Award in 2018; later the same year he was Highly Commended in the Bridport Prize short story category. He currently lives in Glasgow with his partner and young son. *The Voids* is his first novel.

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

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

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

'What is exceptional, and admirable, is that, in a field where it would be so easy to take an imitative route, *The Voids* is an original work in its own right.' John Burnside

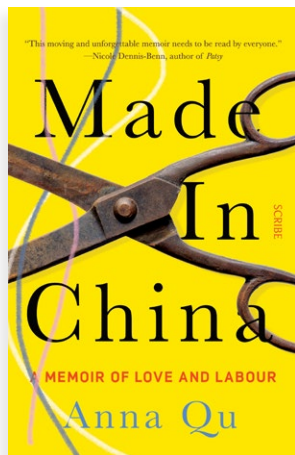
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210 x 148mm hardback, 288pp  
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Anna Qu

## Made In China

a memoir of love and labour



ANNA QU is a Chinese American writer. She writes personal essays on identity and growing up in New York as an immigrant. Her work has appeared in *Threepenny Review*, *Lumina*, *Kartika*, *Kweli*, Vol.1 Brooklyn, and *Jezebel*, among others. She holds an MFA in Creative Nonfiction from Sarah Lawrence College. She serves as the Nonfiction Editor at *Kweli Journal*, and teaches at New England College, Sackett Street Writers' Workshop, and Catapult. She lives in Brooklyn with her partner and their cat, Momo.

A young Chinese girl forced to work in a New York sweatshop calls child services on her mother in this powerful memoir about labour and self-worth, economic revolution, and cultural dislocation.

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

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

Travelling from Wenzhou to Xi'an to New York, *Made in China* is a fierce memoir unafraid to ask thorny questions about trauma and survival, capitalism, and the struggle for individual dignity.

'A sympathetic, brave portrayal of the confusions, difficulties, and hurts that come with growing up between worlds.'  
Alexandra Chang, author of *Days of Distraction*

RRP: £14.99  
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224pp  
ISBN: 9781914484087

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## Johan Anderberg

Translated by Alice E. Olsson



JOHAN ANDERBERG is a seasoned journalist who is published regularly in Swedish and international media outlets, including *Fokus*, *Expressen*, and the *Wall Street Journal*. Perhaps not surprisingly, Anderberg has previously written a political thriller.

ALICE E. OLSSON is a literary translator, writer, and editor working across Swedish and English. She is currently pursuing a PhD in Comparative Literature at University College London, specialising in literature and human rights.

## The Herd

how one nation chose its own path through the worst pandemic in 100 years

**A real-life thriller about a nation in crisis, and the controversial decisions its leaders made during the COVID-19 pandemic.**

First, the government instituted no restrictions. Then, it didn't order the wearing of face masks. While the rest of the world looked on with incredulity, condemnation, admiration, and even envy, a small country in Northern Europe stood alone. As COVID-19 spread across the globe rapidly, the world shut down. But Sweden remained open.

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

In *The Herd*, journalist Johan Anderberg narrates the improbable story of a small nation that took a startlingly different approach to fighting the virus, guiding the reader through the history of epidemiology and the ticking-clock decisions that pandemic decision-makers were faced with on a daily basis.

RRP: £14.99

234 x 153mm trade paperback,  
288pp

ISBN: 9781913348908

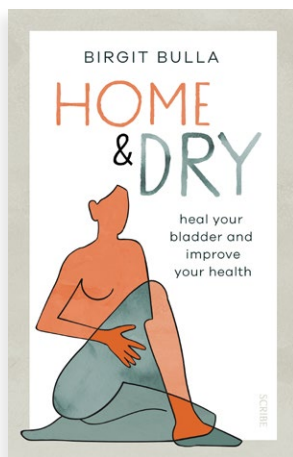
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**Birgit Bulla**

Translated by Rachel Stanyon

## Home and Dry

heal your bladder and improve your health



BIRGIT BULLA is a journalist who lives in Munich and works as a freelance editor for various magazines. Out of the blue in her mid-twenties, she developed an irritable bladder. The response to her blog, pinkelbelle.de, shows that she's far from alone. Today she knows everything about this part of the body, and it comes as no surprise: Bulla is, after all, the Latin word for bladder.

RACHEL STANYON has worked as a teacher and researcher in Germany and the UK, and is currently based in Australia, where she volunteers for the world literature journal *Asymptote* and works as a translator from German. She holds a master's in translation, and in 2016 won a place in the New Books in German Emerging Translators Programme.

### Something's up down below ...

Urinary tract infections result in 8.1 million visits to a doctor every year, and between 50 per cent and 60 per cent of adult women will have at least one UTI in their lifetime. Meanwhile, an overactive bladder or urinary incontinence affect nearly 1 in 5 of the over-40 population, yet many people wait up to 15 years before seeking treatment.

Maybe it's time we started taking pee a bit more seriously ... *Home and Dry* is the ultimate guide to the bladder; not only will it help you to overcome problems such as recurrent infections or needing the bathroom all the time, it will also inspire wonder for a fascinating part of the body that we usually try to ignore. Using the latest research, Birgit Bulla explores the biggest problem area for women's health, and shows how taking care of your bladder will make you feel a whole lot better.

RRP: £14.99  
210 x 135mm trade paperback,  
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John Darnielle

## Devil House



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

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

Gage Chandler is descended from kings. That's what his mother always told him.

Chandler is a true crime writer, with one grisly success — and movie adaptation — to his name, along with a series of subsequent lesser efforts that have paid the bills but not much more. But now he is being offered the chance for his big break: to move into the house — which locals call 'The Devil House' — in which a briefly notorious pair of murders occurred, apparently the work of disaffected 1980s teens. He begins his research with diligence and enthusiasm, but soon the story leads him into a puzzle he never expected — his own work and what it means, the very core of what he does and who he is.

### PRAISE FOR JOHN DARNIELLE:

'Moving, beautifully etched.' Kazuo Ishiguro

'Lucid and precise.' Carmen Maria Machado

'Exquisite.' *The Observer*

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Heather Turgeon &  
Julie Wright

## Generation Sleepless

why tweens and teens aren't sleeping  
enough and how we can help them



HEATHER TURGEON is a psychotherapist and author. Her work has appeared in *The New York Times* and *The Washington Post*, among other publications. Turgeon runs parenting groups and works with families in her clinical practice in Los Angeles. She has two (well-rested) elementary- and middle-school-age kids.

JULIE WRIGHT is one of Los Angeles's best-known parenting-group leaders, and has taught thousands of mothers in her popular Wright Mommy and Me groups. She trained at Cedars-Sinai Early Childhood Center and co-founded a program for parents and babies from zero to three at the Los Angeles Child Guidance Clinic.

**An intimate glimpse inside a silent epidemic that is harming teens, and a pathway for parents to help them reclaim the restorative power of sleep.**

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

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

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

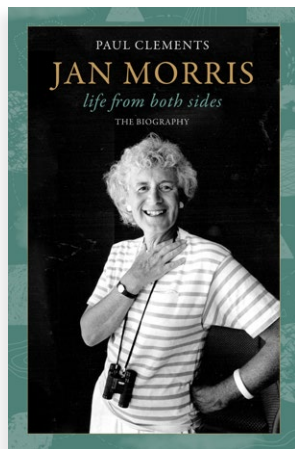
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## Paul Clements

## Jan Morris

### life from both sides



A journalist, author, and broadcaster, PAUL CLEMENTS is the author of five travel books and a biography of Richard Hayward, adapted for BBC television. He knew Jan Morris personally for thirty years, edited a collection of her work, and spent four months at Oxford University where he wrote the first critical study of her work, published by University of Wales Press. A former BBC assistant editor, he is a recipient of the Reuter Journalist's Fellowship Programme, a Fellow of Green Templeton College, Oxford, and a Fellow of the Royal Geographical Society. He lives with his wife and son in Belfast.

**The first full account of a truly remarkable life.**

When Jan Morris passed away in 2020, she was considered one of Britain's best-loved writers. The author of *Venice, Pax Britannica, Conundrum*, and more than fifty other books, her work was known for its observational genius, lyricism, and humour, and had earned her a passionate readership around the world.

Morris's life was no less fascinating than her oeuvre. Born James Humphry Morris in 1926, a childhood spent amidst Oxford's Gothic beauty and military service in Italy and the Middle East were followed by a career as an internationally feted foreign correspondent. From being the only journalist to join the first ascent of Mount Everest in 1953 to covering the trial of Adolf Eichmann, Morris's reportage spanned many of the twentieth century's defining moments.

However, public success masked a private dilemma that was only resolved when she transitioned genders in the late sixties, becoming renowned as a transgender pioneer. She went on to live happily with her wife Elizabeth in Wales for another five decades, and never stopped writing and publishing.

Here, for the first time, the many strands of Morris's rich life are brought together, portraying a person of extraordinary talent, curiosity, and *joie de vivre*.

RRP: £20.00

234 x 153mm hardback with 8pp

picture section, 608pp

ISBN: 9781911617440

RIGHTS HELD: WORLD

Tommi Parish

## Men I Trust



TOMMI PARRISH is a cartoonist, illustrator, and art editor based in Montreal. Their previous work, *The Lie And How We Told It*, was nominated for the Ignatz awards and won the 2019 Lambda Literary Award for Best LGBTQ Graphic Novel.

An original graphic novel about an unconventional love story.

A twenty-something sex worker meets a struggling single mother and becomes deeply infatuated, in this story about trying to achieve a healthy connection in a disconnected world.



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Clarissa Goenawan

## Watersong



CLARISSA GOENAWAN is an Indonesian-born Singaporean writer and translator. Her award-winning short stories have appeared in literary magazines and anthologies in Singapore, Australia, Japan, Indonesia, the UK, and the US. *Rainbirds*, her debut novel, has been published in eleven different languages. Her second novel, *The Perfect World of Miwako Sumida*, came out in 2020. *Watersong* is her third novel.

A mesmerising novel set in Japan, by the author of *Rainbirds* and *The Perfect World of Miwako Sumida*, about a young man trying to escape his past.

When Shouji Arai crosses one of his company's most powerful clients, he must leave Akakawa immediately or risk his life. But his girlfriend Youko is nowhere to be found.

Haunted by dreams of drowning and the words of a fortune teller who warned him away from three women with water in their names, he travels to Tokyo, where he tries in vain to track Youko down. But Shouji soon realises that not everything Youko told him about herself was true. Who is the real woman he once lived with and loved, and where could she be hiding?

*Watersong* is a spellbinding novel of loves lost and recovered, of secrets never spoken, and of how our pasts shape our futures.

### PRAISE FOR *THE PERFECT WORLD OF MIWAKO SUMIDA*:

'Vivid and intriguing.' Sharlene Teo, author of *Ponti*

'Offbeat, tender.' *The Irish Times*

'Tremendous.' *New York Journal of Books*

RRP: £12.99  
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flaps, 288pp  
ISBN: 9781914484117

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## Emiliano Monge

Translated by Frank Wynne



EMILIANO MONGE is an award-winning Mexican author whose name repeatedly appears on lists of the most significant Latin American writers. His novels have been translated into many languages and his short stories appear in anthologies all over the world. He is also a contributor to the prestigious newspaper *El País*.

FRANK WYNNE is a translator, writer, and editor. He has translated numerous French and Hispanic authors. His work has earned him the IMPAC Dublin Literary Award, Independent Foreign Fiction Prize, Scott Moncrieff Prize, Premio Valle Inclán, and the 2020 Republic of Consciousness Prize. He has also edited two major anthologies.

## What Goes Unsaid

a memoir of fathers who never were

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

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

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

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

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

'An impressive work that addresses complicated topics such as personal and family life, machismo through generations, and how it is addressed.' Fernanda Melchor, author of *Hurricane Season*

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Anjali Joseph

## Keeping in Touch



ANJALI JOSEPH is an award-winning Indian novelist who lives in Britain. Her work illuminates the inner lives of characters: from a Bombay letter writer to a single mother in a Norwich factory, or the sceptical late-thirties protagonists of her latest novel, *Keeping in Touch*, as they navigate falling in love.

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

Meet Ved, a British investor heading back to his Indian roots with a business proposition: a lightbulb called the Everlasting Lucifer.

Meet Keteki, an art curator with a nomadic lifestyle, on her way home to Assam.

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

### PRAISE FOR ANJALI JOSEPH'S PREVIOUS NOVELS:

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

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

‘Cool and clear ... whilst the overall tone of the novel is hauntingly melancholic, it is also distinguished by a refreshingly abrasive wit.’ *The Sunday Times*

‘An unerring instinct for detail that brings a scene to life ... Gorgeously vivid.’ *The Sunday Telegraph*

‘A latter-day Mrs Gaskell.’ *The Times*

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## Thalia Verkade & Marco te Brömmelstroet

Translated by Fiona Graham

## Movement

how to take back our streets and transform  
our lives



THALIA VERKADE is a journalist and writer from Rotterdam.

MARCO TE BRÖMMELSTROET is Professor of Urban Mobility Futures at the University of Amsterdam, known on Twitter as the Cycling Professor. Together, they won the prize for best Dutch journalistic book of the year for *Movement*.

FIONA GRAHAM is a British literary translator, editor, and reviewer who has lived in Kenya, Germany, the Netherlands, Luxembourg, Nicaragua, and Belgium. Her recent translations include Elisabeth Åsbrink's *1947: when now begins* and Torill Kornfeldt's *The Unnatural Selection of Our Species*.

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

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

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

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

‘Takes a revolutionary view of mobility ... The authors of this book have created a map for us, and I’d love to be able to use it!’ Lucy Siegle

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Moya Sarner

## When I Grow Up

stories of adults in search of adulthood



MOYA SARNER is an award-winning freelance journalist who writes regular cover stories and inside pieces for the features pages of *The Times*, *The Guardian*, *New Scientist*, *Stylist*, and other publications. She is particularly interested in psychoanalysis, the unconscious, and what we can and cannot bear to know about ourselves. She is a psychotherapist in training and her first book, which explores how we grow up and what it means to be an adult, will be published in 2022.

**When do you become an adult? What does it mean to grow up? And what are the experiences that propel us forward — or keep us stuck?**

As we get older, we pass many milestones, but for some of us it can feel as if adulthood is always just out of reach.

Journalist and psychotherapist-in-training Moya Sarner goes on a journey into what growing up really involves, and how we do it again and again throughout our lives. She draws on case studies, as well as her training, and theories of child psychology, psychoanalysis, neuroscience, and more, to explore what it means to be a 'grown up' and how we can meet the challenges and opportunities of every stage of our lives.

RRP: £16.99  
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**PAPERBACK**



Simon Akam

## **The Changing of the Guard** *the British army since 9/11*

A revelatory, explosive new analysis of the military today.

Over the first two decades of the twenty-first century the British Army fought in Iraq and Afghanistan, at considerable financial and human cost. Yet neither war achieved its objectives. Award-winning journalist Simon Akam questions why, and provides challenging but necessary answers. Composed from assiduous documentary research, field reportage, and hundreds of interviews, this book is a strikingly rich, nuanced portrait of one of our pivotal national institutions in a time of great stress. It is as much a book about Britain, and about the politics of failure, as it is about the military.

OCTOBER 2021 | RRP: £10.99 | 198 x 129mm paperback, 704pp | ISBN: 9781914484124



Jessica Gaitán Johannesson

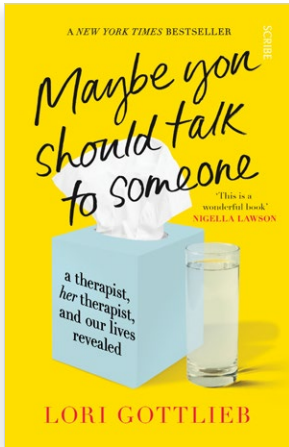
## **How We Are Translated**

LONGLISTED FOR THE DESMOND ELLIOTT PRIZE

Do you ever feel like you're not speaking the same language?

Swedish immigrant Kristin won't talk about her pregnancy. Her Brazilian-born Scottish boyfriend Ciaran won't speak English at all; he is trying to immerse himself in a *språkbad* or 'language bath', covering their Edinburgh apartment in post-it notes to teach himself Swedish. As this young couple is forced to confront the thing that they are both avoiding, they must reckon with the bigger questions of the world outside, and their places in it.

JANUARY 2022 | RRP: £8.99 | 198 x 129mm paperback, 160pp | ISBN: 9781914484186



Lori Gottlieb

## **Maybe You Should Talk to Someone**

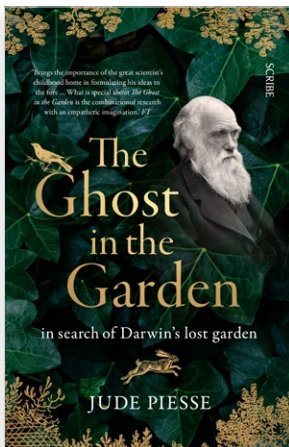
*a therapist, her therapist, and our lives revealed*

A *TIME* MAGAZINE MUST-READ BOOK OF THE YEAR

The bestselling book that reveals what your therapist is really thinking.

Therapist Lori Gottlieb takes us behind the scenes of her practice and into her own therapy sessions. She explores the inner lives of her patients — a self-absorbed Hollywood producer, a young newlywed with a terminal illness, a depressed senior citizen, and a self-destructive twenty-something — realising that the questions they are struggling with are often the same questions she is asking herself. This book offers a rare and candid insight into a profession that is conventionally bound with rules and secrecy.

JANUARY 2022 | RRP: £10.99 | 198 x 129mm paperback, 448pp | ISBN: 9781913348922



Jude Piesse

## **The Ghost in the Garden**

*in search of Darwin's lost garden*

The forgotten garden that inspired Charles Darwin becomes the modern-day setting for an exploration of memory, family, and the legacy of genius.

Darwin's childhood garden at The Mount in Shrewsbury was the site of some of the great scientist's earliest experiments. It was where, under the tutelage of his green-fingered mother and sisters, and the house's knowledgeable gardeners, he first examined the reproductive life of flowers, collected birds' eggs, and began to note down the ideas that would lead to his groundbreaking theory of evolution. In *The Ghost in the Garden*, Jude Piesse uncovers the lost histories that inspired Darwin's work.

FEBRUARY 2022 | RRP: £9.99 | 198 x 129mm paperback, 336pp | ISBN: 9781914484193



Susan Golombok

## **We Are Family**

**An insight into new ways of becoming a parent by a world-leading expert.**

Families come in all shapes and sizes: from the nuclear two-parent two-child unit to gay families, trans families, single parents, and babies conceived using donor eggs or sperm, or carried by a surrogate. An expert in family relationships, Professor Susan Golombok has seen it all. In *We Are Family*, she looks at how different parenting set-ups can thrive, and asks the crucial question: what really makes a family?

FEBRUARY 2022 | RRP: £9.99 | 198 x 129mm paperback, 320pp | ISBN: 9781912854493



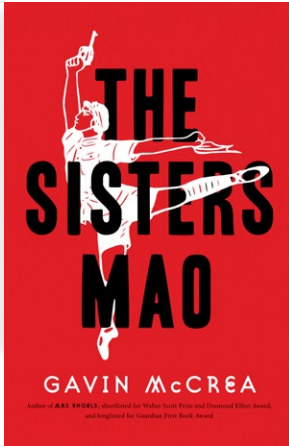
Madeleine Ryan

## **A Room Called Earth**

**A brilliant debut from a neurodiverse author that explores a young woman's magical, sensitive, and passionate inner world.**

A young woman gets ready to go to a party. She arrives, feels overwhelmed, leaves, and then returns. Minutely attuned to the people who come into her view, and alternating between alienation and profound connection, she is hilarious, self-aware, sometimes acerbic, and always honest. And by the end of the night, she's shown us something radical about love, loss, and the need to belong.

APRIL 2022 | RRP: £9.99 | 198 x 129mm paperback, 304pp | ISBN: 9781914484063



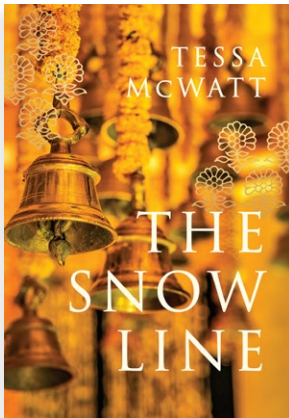
Gavin McCrea

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