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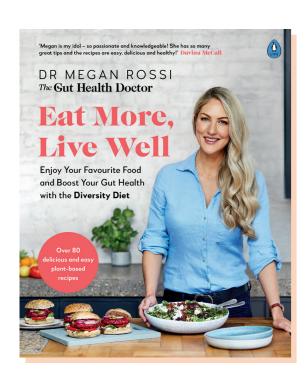
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JANUARY 2022



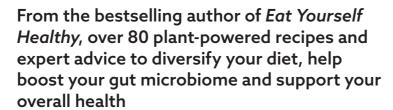
Eat More, Live Well

Dr Megan Rossi

Enjoy Your Favourite Food and Boost Your Gut Health with The Diversity Diet

December 2021

ISBN: 9780241480465 Other £16.99 • Trade Paperback 320 Pages



When we eat, we're not only feeding ourselves, we are also feeding millions of microbes that live in our gut. When they are healthy, they keep the rest of our body healthy, but most of us are not feeding them enough plant-based wholefoods to keep them working at their best.

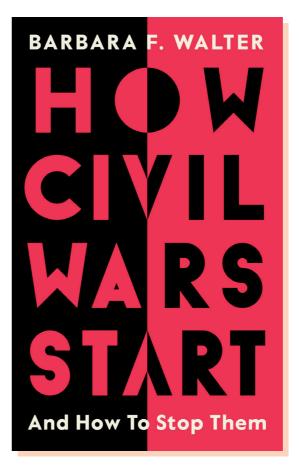
From the go-to gut-health expert and *Sunday Times* bestselling author Dr Megan Rossi, this book shows us the incredible health benefits of a plant-based diet, and shares over 80 simple, crowd-pleasing recipes that everyone will enjoy.

We need to eat 30+ plant-based foods a week to keep our gut happy so it's all about adding more foods into our diets, rather than cutting them out. Megan makes this easy with her mouth-watering dishes, including: Loaded nachos, Thai fishcakes, Raspberry and white chocolate muffins, a Hearty lasagne and even Raspberry and lemon ricotta baked cheesecake. With meal plans to suit any lifestyle and plenty of nifty tips and tricks, it has never been easier to eat more plants.

Dr Megan Rossi is a registered dietician with an award-winning PhD in gut health. A leading Research Fellow at King's College London, Dr Rossi is currently investigating nutrition-based therapies in gut health, including preand probiotics, dietary fibres, the low FODMAP diet and food additives, as well as leading a gut-health clinic on Harley Street. Most recently, Dr Rossi has created a range of products called Bio&Me, stocked in all major supermarkets, launched her online platform Inner Community and regularly appears in the press.

Her first book, *Eat Yourself Healthy* was an instant *Sunday Times* bestseller.

@TheGutHealthDoctor www.theguthealthdoctor.com



How Civil Wars Start

Barbara F. Walter

January 2022

ISBN: 9780241429754 Demy Octavo £18.99 • Hardback 320 Pages

PENGUIN VIKING

Civil wars are the biggest danger to world peace today - this book shows us why they happen, and how to avoid them

Most of us don't know it, but we are living in the world's greatest era of civil wars. While violence has declined worldwide, civil wars have increased.

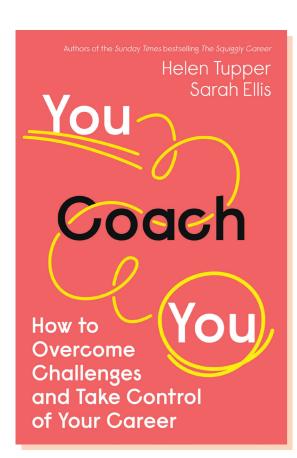
Since 1946, over 250 armed conflicts have broken out around the world, a number that continues to rise. Major civil wars are now being fought in countries including Iraq, Syria and Libya. Smaller civil wars are being fought in Ukraine, India and Malaysia. Even countries we thought could never experience another civil war – such as the USA, Sweden and Ireland – are showing signs of unrest.

In How Civil Wars Start, acclaimed expert Barbara F. Walter, who has advised on political violence everywhere from the CIA to the U.S. Senate to the United Nations, explains the rise of civil war and the conditions that create it. As democracies across the world backslide and citizens become more polarised, civil wars will become even more widespread and last longer than they have in the past. This urgent and important book shows us a path back toward peace.

Barbara F. Walter is a professor of political science at the University of California, San Diego. She received her Ph.D. from the University of Chicago and did post docs at the Olin Institute for Strategic Studies at Harvard University and at the War and Peace Institute at Columbia University.



JANUARY 2022 JANUARY 2022



You Coach You

Helen Tupper and Sarah Ellis

How to Overcome Challenges and Take Control of Your Career

January 2022

ISBN: 9780241502730 Royal Octavo £14.99 • Trade Paperback 240 Pages



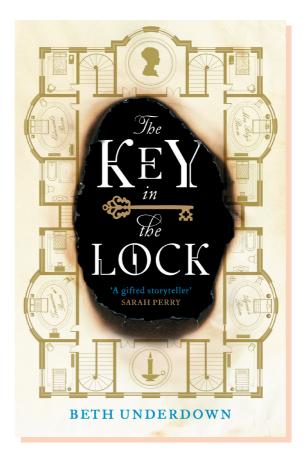
A practical guide giving you the skills and confidence to overcome career challenges on your own

Are you at a standstill in your career? Do you feel like you aren't where you thought you'd be by this point, or have you already got to where you wanted and realised it isn't bringing you joy?

The most successful people have always benefitted from professional coaching and now, in *You Coach You*, the UK's leading career experts Sarah Ellis and Helen Tupper will give you the knowledge and tools to coach yourself. Inside you'll learn how to get unstuck and rediscover your love of work, build boundaries and productive relationships, cultivate resilience and identify and achieve your career goals. Packed with practical exercises, tools and advice from inspiring people, this book will help you find motivation and achieve everything you've ever wanted in your career.

Helen Tupper has held leadership roles at Microsoft, Virgin and BP and is now CEO of Amazing If. Her love of learning has led her to study at Henley, Cranfield and Cass Business School. Helen is a trustee for the Working Families charity, a Fellow of The RSA and lives in Buckinghamshire with her husband and two children.

Sarah Ellis has led marketing and corporate responsibility teams for Barclays and Sainsbury's, before becoming Managing Director of a creative agency. She is now Chief Learning Officer at Amazing If. Sarah has studied at Warwick University, London and Harvard Business Schools, and is a qualified Mental Health first aider. Sarah is on the Mayor of London's workspace advisory board and lives in London with her partner and son.



The captivating new historical mystery from the Richard and Judy bestselling author of The Witchfinder's Sister

I still dream, every night, of Polneath on fire. Smoke unfurling out of an upper window and a hectic orange light cascading across the terrace.

By day, Ivy Boscawen mourns the loss of her son Tim in the Great War. But by night she mourns another boy – one whose death decades ago haunts her still.

For Ivy is sure that there is more to what happened all those years ago: the fire at the Great House, and the terrible events that came after. A truth she must uncover, if she is ever to be free.

Beth Underdown lectures in Creative Writing at the University of Manchester. Her debut, *The Witchfinder's Sister*, was an R&J bestseller.

The Key in the Lock

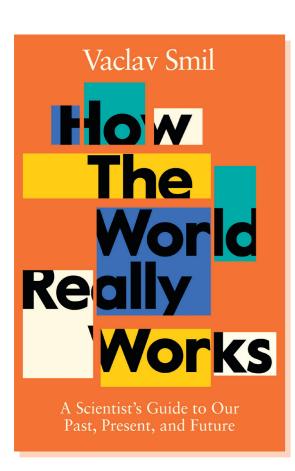
Beth Underdown

January 2022

ISBN: 9780241503300 Royal Octavo £14.99 • Hardback 304 Pages

PENGUIN VIKING

JANUARY 2022 JANUARY 2022



How the World **Really Works**

Vaclav Smil

A Scientist's Guide to Our Past, Present, and Future

ISBN: 9780241454398 Royal Octavo £20.00 · Hardback 448 Pages

January 2022

PENGUIN VIKING

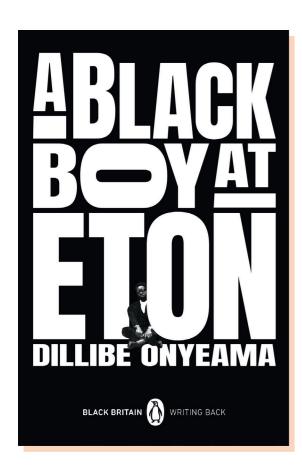
Delightfully contrarian, this is the one book you need to read to understand our modern world

We have never had so much information at our fingertips and yet most of us don't know how the world really works. This book explains seven of the most fundamental realities governing our survival and prosperity. From energy and food production, through our material world and its globalization, to risks, our environment and its future, How the World Really Works offers a muchneeded reality check - because before we can tackle problems effectively, we must understand the facts. In this ambitious and thought-provoking book we see, for example, that globalization isn't inevitable and that our societies have been steadily increasing their dependence on fossil fuels, making their complete and rapid elimination unlikely.

Vaclav Smil is neither a pessimist nor an optimist, he is a scientist; he is the world-leading expert on energy and an astonishing polymath. This is his magnum opus and is a continuation of his quest to make facts matter. Drawing on the latest science, including his own fascinating research, and tackling sources of misinformation head on - from Yuval Noah Harari to Noam Chomsky - ultimately Smil answers the most profound question of our age: are we irrevocably doomed or is a brighter utopia ahead?

Vaclav Smil is Distinguished Professor Emeritus at the University of Manitoba. He is the author of over forty books on topics including energy, environmental and population change, food production and nutrition, technical innovation, risk assessment and public policy. No other living scientist has had more books (on a wide variety of topics) reviewed in Nature. A Fellow of the Royal Society of Canada, in 2010 he was named by Foreign Policy as one of the Top 100 Global Thinkers.

FEBRUARY



A Black Boy at Eton

Dillibe Onyeama

February 2022

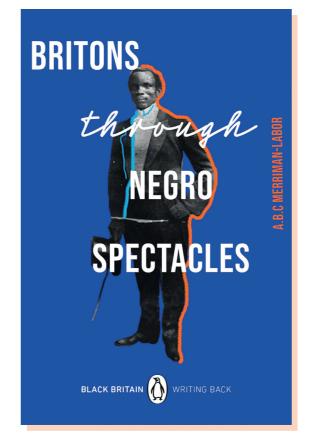
ISBN: 9780241993811 B Format £9.99 • Paperback 256 Pages

A title in the *Black Britain: Writing Back* series; rediscovered classic texts depicting black Britain across the last century, selected by Bernardine Evaristo

A powerful insider exposé on the inherent, systemic racism present at Eton in the 1960s from one the first black students to attend

Dillibe was the second black boy to study at Eton – joining in 1965 – and the first to complete his education there. Written at just 21, this is a deeply personal, revelatory account of the racism he endured during his time as a student at the prestigious institution. He tells in vivid detail of his own background as the son of a Nigerian judge at the International Court of Justice at The Hague, of his arrival at the school, of the curriculum, of his reception by other boys (and masters) and of his punishments. He tells, too, of the cruel racial prejudice and his reactions to it, and of the alienation and stereotyping he faced at such a young age. A Black Boy at Eton is a searing, ground-breaking book displaying the deep psychological effects of colonialism and racism.

Dillibe Onyeama is a Nigerian author and publishing executive, who founded the publishing company Delta Publications (Nigeria) Limited. In 1969, he became the first black person to finish their studies at Eton College, and went on to attend The Writers' School of Great Britain. He has published twenty-eight books – both fiction and non-fiction – covering a wide range of subjects, including biography, education and self-improvement. He lives and works in his native Enugu, in south-east Nigeria.



Britons Through Negro Spectacles

A.B.C. Merriman-Labor

February 2022

ISBN: 9780241559741 B Format £9.99 • Paperback 272 Pages



A title in the *Black Britain: Writing Back* series; rediscovered classic texts depicting black Britain across the last century, selected by Bernardine Evaristo

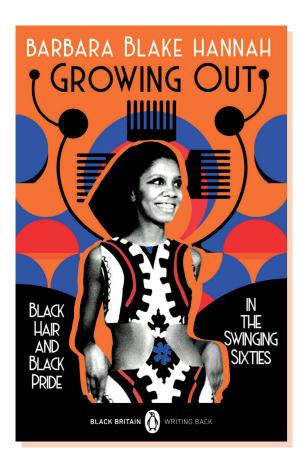
A riotous, witty travelogue documenting the authors' experiences in Britain in the early 1900s, from an African perspective

In *Britons Through Negro Spectacles* Merriman-Labor takes us on a joyous, intoxicating tour of London at the turn of the 20th century. Slyly subverting the colonial gaze usually placed on Africa, he introduces us to the citizens, culture and customs of Britain with a mischievous glint in his eye. This incredible work of social commentary feels a century ahead of its time, and provides unique insights into the intersection between empire, race and community at this important moment in history.

A.B.C. Merriman-Labor was a barrister, writer and munitions worker born in Freetown, Sierra Leone in 1877. His published works include A Series of Lectures on the Negro Race and The Story of the African Slave in a Nutshell. He also edited two editions of the Handbook of Sierra Leone. He arrived in the UK in 1904 to study law. In 1907, he organised a centenary commemoration of the abolition of the slave trade in Westminster Abbey. He later embarked on an 'entertainment-lecture' tour called Life and Scenes in Britain, travelling across thousands of miles of West, South West and Central Africa, which he expanded on to create Britons Through Negro Spectacles.







Growing Out

Barbara Blake Hannah

Black Hair and Black Pride in the Swinging 60s

February 2022

ISBN: 9780241993767 B Format £9.99 • Paperback 256 Pages



A title in the *Black Britain: Writing Back* series; rediscovered classic texts depicting black Britain across the last century, selected by Bernardine Evaristo

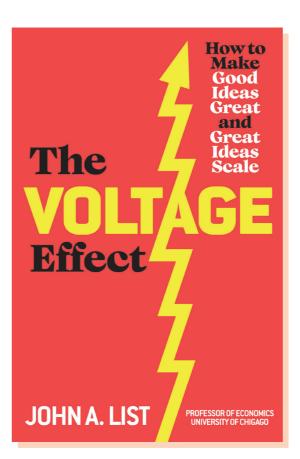
A beautiful memoir written by the first black female TV journalist about her experience migrating from the Caribbean to the UK, and the beauty and struggle of becoming a woman during that experience

Travelling over from Jamaica as a teenager, Barbara's journey is remarkable. She finds her footing in TV and blossoms. Covering incredible celebrity stories, travelling around the world and rubbing shoulders with the likes of Germaine Greer and Michael Caine – her life sparkles. But with the responsibility of being the first black woman reporting on TV comes an enormous amount of pressure, and a flood of hateful letters and complaints from viewers that eventually cost her the job.

In the aftermath of this fallout, she goes through a period of self-discovery that allows her to carve out a new space for herself, first in the UK and then back home in Jamaica, one that allows her to embrace and celebrate her black identity, rather than feeling suffocated in her attempts to emulate whiteness and conform to the culture around her.

Growing Out provides a dazzling, revelatory depiction of race and womanhood in the 1960s from an entirely unique perspective.

Barbara Blake Hannah is a Jamaican author, journalist, filmmaker and cultural consultant. She trained as a journalist, then emigrated to London and worked for the Jamaica Tourist Board and government. She became the first Black TV journalist in the UK in 1968. In 1972 she returned to Jamaica as a PR Officer for film and continued writing, becoming a Rastafari and campaigner for acceptance of the religion. In 1984 she was appointed an Independent Opposition Senator, the first Rastafari to sit in the Jamaican Parliament. In 2001, she served as a member of the Jamaican delegation to the UN World Conference Against Racism (WCAR) in South Africa, where she was appointed a member of the special plenary on Reparations, after which she established the Jamaica Reparations Movement that led to the establishment of the government's Parliamentary Commission on Reparations (2008). She presently serves as Cultural Liaison to the Jamaican Minister of Culture, Gender, Entertainment & Sport, and works in the film industry.



The Voltage Effect

John A List

February 2022

ISBN: 9780241556849 Royal Octavo £16.99 • Trade Paperback 272 Pages



The definitive guide to the science of scalability: how to make good ideas great, and great ideas scale

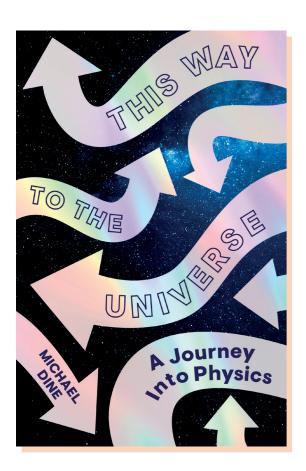
Why do some ideas make it big while others fail to take off? According to award-winning behavioural economist John List, the answer comes down to a single question: Can the idea scale?

Countless enterprises fall apart the moment they scale; their positive results fizzle, they lose valuable time and money, and the great electric charge of potential that drove them early on disappears. In short, they suffer a **voltage drop**. Yet success and failure are not about luck – in fact, there is a rhyme and reason as to why some ideas fail and why some make it big. Certain ideas are predictably scalable, while others are predictably destined for disaster.

In *The Voltage Effect*, University of Chicago economist John A. List explains how to identify the ideas that will be successful when scaled, and how to avoid those that won't. Drawing on his own original research, as well as fascinating examples from the realms of business, government, education and public health, he details the five signature elements that cause voltage drops, and unpacks the four proven techniques for increasing positive results – or *voltage gains* – and scaling great ideas to their fullest potential.

By understanding the science of scaling, we can drive change in our schools, workplaces, communities and society at large. Because a better world can only be built at scale.

John A. List is the Kenneth C. Griffin Distinguished Service Professor in Economics at the University of Chicago. He has served on the Council of Economic Advisers and is the recipient of numerous awards and honors including the Kenneth Galbraith Award. His work has been featured in the New York Times, The Economist, Harvard Business Review, Fortune, NPR, Slate, NBC, Bloomberg, and The Washington Post. He regularly serves as a consultant to Fortune 500 companies, non-profits, start-ups and the US government, with corporate clientele including Pinterest, Virgin Airlines, Chrysler, McDonalds and Amazon. List has authored over 250 peer-reviewed journal articles, several academic books, and, with Uri Gneezy, the international bestseller The Why Axis (Public Affairs).



This Way to the Universe

Michael Dine

A Journey into Physics

February 2022

ISBN: 9780241506790 Royal Octavo £20.00 • Hardback 320 Pages

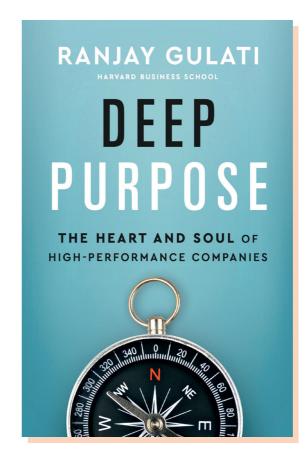
PENGUIN VIKING

Everything you need to know about physics, written in language anyone can follow by one of the greatest living physicists

This Way to the Universe is a celebration of the astounding, ongoing scientific investigations that have revealed the nature of reality at its smallest, at its largest, and at the scale of our daily lives. The enigmas Professor Michael Dine discusses are like landmarks on a fantastic journey to the edge of the universe.

Dine is widely recognized as one of the greatest living physicists, having made profound contributions to our understanding of matter, time, the Big Bang and even what might have come before it. Asked where to find out about the Big Bang, Dark Matter and Energy, the Higgs boson – the cutting edge of physics now – Dine had no single book he could recommend. This is his accessible, authoritative and up-to-date answer. Written in language anyone can follow, if you are looking for one book to help you understand physics, this is it.

Michael Dine is Distinguished Professor of Physics at the Santa Cruz Institute for Particle Physics, University of California. One of the world's leading physicists, he has made important contributions to our understanding of particle physics and string theory, has proposed arguably the leading candidate for the identity of dark matter, and put forth some of the most promising ideas to explain why our universe consists of something rather than nothing. This is his first book for a general readership.

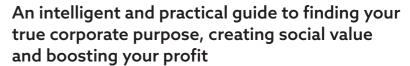


Deep Purpose

Ranjay Gulati

February 2022

ISBN: 9780241513392 Royal Octavo £20.00 • Hardback 256 Pages



Many companies have used purpose as a corporate buzzword to appear virtuous internally, and look good to the outside world. But a poor understanding of the importance of real purpose can have detrimental consequences for the profitability and sustainability of a business.

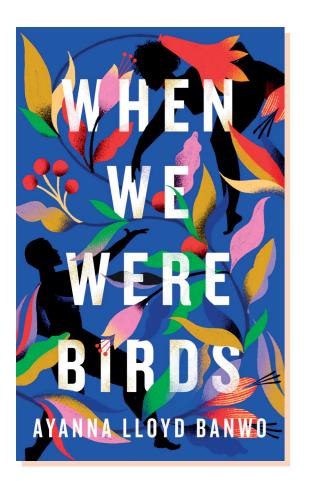
Deep Purpose is the essential guide to putting purpose at the core of a company, and in doing so, understanding its very soul. Drawing together years of research, including analysis of multinational corporations from Danone and PepsiCo to Microsoft and Patagonia, Harvard professor Ranjay Gulati has identified eight conceptual barriers that are dooming leaders and their companies to a more superficial engagement with purpose. In this book, he shows you how to understand and overcome these obstacles, in order to find your company's deep purpose and supercharge its capacity to serve all stakeholders and shareholders.

By fusing commercial and social logic, business leaders can enhance financial performance, boost employee morale and retention, and leave a positive mark on society. *Deep Purpose* has the power to transform the business landscape and usher in a new era of ethical corporate leadership.

Ranjay Gulati is a top Harvard Business School professor and Harvard MacArthur Fellow. He has been named by *The Economist* and the *Financial Times* as being in the top handful of business scholars whose work is most relevant to management practice. His research has been published in the *Harvard Business Review*, the *Wall Street Journal*, *Forbes* and the *Financial Times*.



FEBRUARY 2022 FEBRUARY 2022



When We Were Birds

Ayanna Lloyd Banwo

February 2022

ISBN: 9780241502792 Demy Octavo £14.99 • Hardback 304 Pages

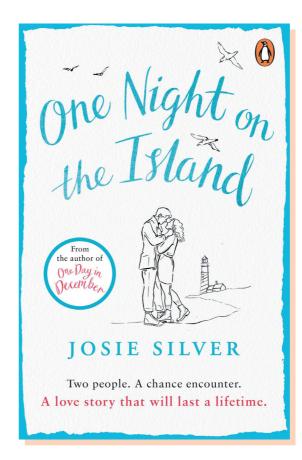


A gorgeously immersive, mesmerising and life-affirming literary debut - a love story and a ghost story set in modern day Trinidad

Darwin is a down-on-his-luck gravedigger, newly arrived in the city of Port Angeles to seek his fortune, young and beautiful and lost. Estranged from his mother, he is convinced that the father he never met may be waiting for him somewhere amid these bustling streets. Meanwhile in an old house on a hill, Yejide's mother is dying. And she is leaving behind a legacy that now passes to Yejide: the power to talk to the departed. Darwin and Yejide's destinies are intertwined, and they will find one another in the ancient cemetery at the heart of the city, where trouble is brewing and destiny awaits...

Embedded with a timeless, mythic magic, and yet alive with a fresh, modern sensibility, this hypnotic literary debut is a masterpiece of rhythm, exuberance, heart and loss in cycle with renewal and darkness with light: a reckoning with a grief that runs back generations and a defiant, joyful affirmation of hope.

Ayanna Lloyd Banwo is a writer from Trinidad & Tobago and a graduate of the University of East Anglia Creative Writing MA programme, and is now a postgraduate researcher in Creative-Critical Writing at UEA. She has contributed to the University of Leicester and National Trust's Colonial Countryside book project and her work has been published in *The Caribbean Writer*, *Moko Magazine*, *Small Axe*, *Poui*, *PREE*, *Callaloo* and *Anomaly*. When We Were Birds is her first novel; she is now working on her second.



One Night on the Island

Josie Silver

February 2022

ISBN: 9780241989937 B Format £7.99 • Paperback 432 Pages

PENGUIN VIKING

From the author of the million-copy bestseller One Day In December, comes a brand new love story

When Cleo's editor requests that she marry herself on a remote island for her dating column, she envisions skinny-dipping in the crystalline waters and revelling in the blissful quiet.

But when she arrives at Otter Lodge, Mack, a grumpy, yet undeniably handsome American, insists that her cosy cottage is actually his. With no beds to spare and a storm fast approaching, they're trapped.

Can what began as a disastrous double-booking turn into something more? And might this one night on the island change both of their lives forever?

An uplifting and immensely moving love story for fans of The Holiday, The Flatshare and Nicholas Sparks.

Josie Silver is the author of the *Sunday Times* and Reese Witherspoon's Hello Sunshine Book Club bestseller *One Day in December*. It has been published in 31 languages and counting. Josie is an unashamed romantic, and lives with her husband, their two teenage sons, two cats and a dog in a little town in the Midlands.



Four friends play hide and seek. One of them never returns.

Twenty years ago, Ben Draper went missing during a game of hide and seek at an exclusive boarding school. Now his body has been found, hidden in a crypt in the grounds.

DI Fleet and DS Collins investigate. Soon it becomes clear that the kids Ben was hiding from are also the prime suspects. And they're now some of the most powerful people in the country.

What really happened on the day of the game? And what will they have to risk to find out?

Simon Lelic is the author of five highly acclaimed thrillers: Rupture (winner of a Betty Trask Award and shortlisted for the John Creasy Debut Dagger), The Facility, The Child Who (longlisted for the CWA Gold Dagger and the CWA lan Fleming Steel Dagger), The House, The Liar's Room and The Search Party.

FEBRUARY 2022

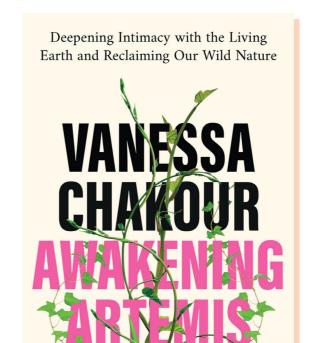
The Hiding Place

Simon Lelic

February 2022

ISBN: 9780241513743 Royal Octavo £12.99 • Hardback 352 Pages

PENGUIN VIKING



Awakening Artemis

Vanessa Chakour

Deepening Intimacy with the Living Earth and Reclaiming Our Wild Nature

February 2022

ISBN: 9780241471913 Demy Octavo £16.99 • Trade Paperback 352 Pages



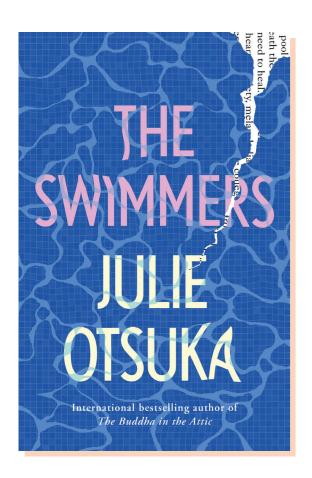
A personal journey of self-healing through reconnecting with nature and rewilding the mind

We all come from different cultures and practice different spiritual traditions, but we have one thing in common: we are all of the earth. Vanessa Chakour, founder of the rewilding programme Sacred Warrior, takes us on a journey to deepen our relationship with ourselves and the environment. Awakening Artemis is her love letter to the earth.

Sharing her personal journey of rewilding, her stories act as tools, both practical and inspirational, to encourage growth, healing and reconnection to the regenerative power of the natural world. Vanessa will help you embrace the strength and beauty in the wild, the weeds, and the unsavoury parts of yourself in order to grow and heal. By allowing yourself and the earth to flourish and awakening your inner Artemis, Chakour promises that you will find joy, peace, compassion for yourself, others, and the planet.

Vanessa Chakour is an herbalist, holistic arts educator, environmental activist and founder of Sacred Warrior a multi-disciplinary and experiential 'school' integrating studies in plant medicine, martial arts, wildlife conservation and meditation through courses, workshops and retreats.

She has delivered talks at venues such as the United Nations, Brown University and the Muhammad Ali Centre.



The Swimmers

Julie Otsuka

February 2022

ISBN: 9780241543887 B Format £12.99 • Hardback 176 Pages



A bold and lyrical novel about memory, love, a swimming pool - and the many ways we lose and find each other again

From the internationally bestselling author of *The Buddha* in the Attic.

Up above there are wildfires, smog alerts, epic droughts, paper jams, teachers' strikes, insurrections, revolutions, record-breaking summers of unendurable heat, but down below, at the pool, it is always a comfortable eighty-one degrees ...

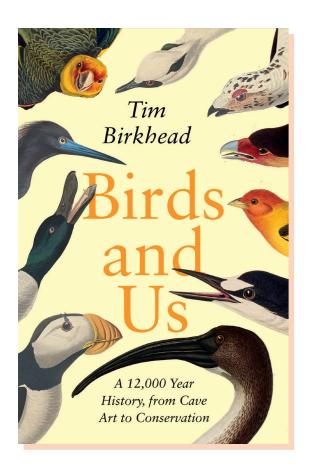
Alice is one of a group of obsessed recreational swimmers for whom their local swimming pool has become the centre of their lives – a place of unexpected kinship, freedom, and ritual. Until one day a crack appears beneath its surface ...

As cracks also begin to appear in Alice's memory, her husband and daughter are faced with the dilemma of how best to care for her. As Alice clings to the tethers of her past in a home she feels certain is not her home, her daughter must navigate the newly fractured landscape of their relationship.

A novel about mothers and daughters, grief and memory, love and implacable loss, *The Swimmers* is spellbinding, incantatory and unforgettable. The finest work yet from a true modern master.

Julie Otsuka was born and raised in California. She pursued a career as a painter for several years before turning to fiction writing at age 30. Her first two novels When the Emperor Was Divine (nominated for the Orange Prize) and The Buddha in the Attic were internationally celebrated. She is a recipient of the PEN/Faulkner Award, the Asian American Literary Award, France's Prix Femina Étranger and a Guggenheim Fellowship, and was a finalist for the National Book Award, the Los Angeles Times Book Prize, and the International IMPAC Dublin Literary Award. She now lives in New York City.

MARCH 2022



A sweeping and lyrical history of the relationship between birdlife and humankind over twelve millennia, exploring how birds have captured our imaginations and inspired our culture and our science

In *Birds and Us* award-winning writer and ornithologist Tim Birkhead takes us on an epic and dazzling journey through our mutual history with birds, from the ibises mummified and deified by Ancient Egyptians to Renaissance experiments on woodpecker anatomy, from Victorian obsessions with egg collecting to the present fight to save endangered species and restore their habitats.

Weaving in stories from his own life as a scientist, including far-flung expeditions to Neolithic caves in Spain and the guillemot colonies of the Faroe Islands, this ambitious book is the culmination of a lifetime's research and unforgettably demonstrates how birds have shaped us, and how we have shaped them.

Tim Birkhead is an award-winning author, scientist and university lecturer. He is Professor of Zoology in the Department of Animal & Plant Sciences at the University of Sheffield.



Cues

Vanessa Van Edwards

Master the Secret Language of Success

March 2022

ISBN: 9780241554937 Royal Octavo £14.99 • Trade Paperback 256 Pages How to control and utilise the tiny signals you're sending – from your stance and facial expressions, to your word choice and vocal tone – to improve your personal and professional relationships.

Conversations are full of tiny signals – audio and visual

Interpersonal expert Vanessa Van Edwards

conversations, your relationships, and how

you're perceived in the world

teaches you the tiny signals that influence your

Conversations are full of tiny signals – audio and visual cues we make, which others use to determine our trustworthiness, intelligence or talent. In *Cues*, world-renowned people skills expert Vanessa Van Edwards explains how to interpret, control and master these tiny signals to help you make an amazing impression at work. Using cutting-edge research and real-life case studies, *Cues* teaches you which body language cues can instantly increase conviction and charisma, which vocal cues make you sound more confident, which verbal cues help to maximise trust and bonding, and which visual cues will make you stand out.

Sending the right cues will help you be assertive without being arrogant, have an authoritative presence without being intimidating and, ultimately, showcase your talent, ideas and skills with confidence. Never be overlooked, misunderstood or underestimated again.

Vanessa Van Edwards is a researcher, speaker and bestselling author, and one of the world's leading experts on people skills and interpersonal intelligence. She is the leading people skills instructor for online learning platforms Udemy and Creative Live, and she has led trainings for numerous Fortune 500 companies globally. Her behaviour research lab, 'The Science of People', has been featured in Fast Company, Men's Health, Forbes, and on USA Today and the Today Show. Her 2017 Ted talk has amassed over two million views, while her YouTube channel has had over 35 million views and is home to almost 600,000 subscribers. She has 38,000 Twitter, 57,000 Instagram and 66,000 Facebook followers. Her email list totals to over 215,000 active subscribers and her website, scienceofpeople.com, receives an average of one million unique visitors per month.

Birds and Us

Tim Birkhead

A 12,000 Year History, from Cave Art to Conservation

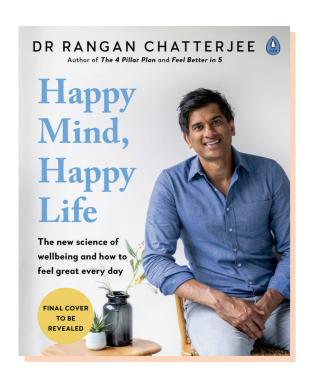
March 2022

ISBN: 9780241460498 Royal Octavo £25.00 • Hardback 400 Pages

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MARCH 2022 222



Happy Mind, Happy Life

Dr. Rangan Chatterjee

March 2022

ISBN: 9780241397855 Other £16.99 • Trade Paperback 272 Pages



A doctor's guide to improving your mental wellbeing from the bestselling author of *The 4 Pillar Plan*

We often conflate success and money with happiness, but over the course of his career, GP and bestselling author, Dr Rangan Chatterjee, has seen first hand how our search for happiness in all the wrong places is making us ill. Poor mental health has a direct impact on our overall health and, in fact, 90% of GP visits are due to stress. In his latest book, *Happy Mind*, *Happy Life*, he shows how making small changes to our mindset is the secret to feeling happier and healthier.

With 10 simple tools that have changed the lives of his patients, from eliminating choice to giving yourself away, the life-changing advice in this book is will help you reconnect with yourself, feel more fulfilled and discover true happiness.

Dr Rangan Chatterjee is regarded as one of the most influential doctors in the UK. A practising GP for the last two decades, Dr Chatterjee wants to inspire people to transform their health and happiness through making small sustainable changes to their lifestyles. He hosts Europe's biggest health podcast, Feel Better, Live More which is one of Apple's most downloaded podcasts. He is the author of three Sunday Times bestsellers and regularly appears on BBC television, national radio and has been featured in numerous international publications including The New York Times, Forbes, The Guardian, The Times, Grazia, Vogue, The Daily Telegraph and The Daily Mail and his TED talk, How To Make Disease Disappear, has been viewed almost 3.7 million times.

drchatterjee.com

Facebook: DrChatterjee
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YouTube: drchatterjee.com/youtube



Moon Witch, Spider King

Marlon James

Dark Star Trilogy 2

March 2022

ISBN: 9780241314432 Royal Octavo £20.00 • Hardback 480 Pages



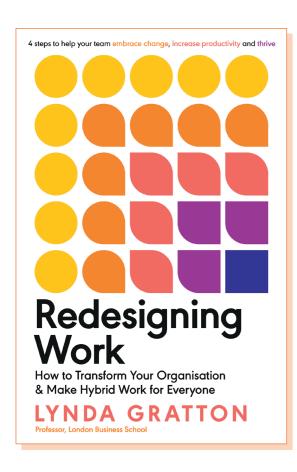
The second novel in Marlon James's revolutionary DARK STAR TRILOGY is here

In this mighty follow-up to his Number one bestseller *Black Leopard, Red Wolf*, Man Booker-winner Marlon James once again draws on a rich tradition of African mythology, fantasy and history to imagine a mythic world, a lost child, a 177-year-old witch, a deadly regal chancellor, and a mystery with many answers...

Part adventure tale, part chronicle of an indomitable woman – the witch Sogolon – who bows to no man, this is an unforgettable exploration of power, personality and the places where they overlap, set in a world at once ancient and startlingly modern.

In the words of Neil Gaiman, James has created 'a fantasy world as well realized as anything Tolkien made, with language as powerful as Angela Carter's'.

Marlon James is the author of the New York Times bestseller A Brief History of Seven Killings, The Book of Night Women and John Crow's Devil. A Brief History of Seven Killings won the Man Booker Prize, the American Book Award and the Anisfield-Wolf Award for Fiction and was a finalist for the National Book Critics Circle Award. The Book of Night Women won the Minnesota Book Award and was a finalist for the National Book Critics Circle Award, as well as the NAACP Image Award. Marlon James is a professor at Macalester College in St Paul. He divides his time between Minnesota and New York.



Redesigning Work

Lynda Gratton

How to Transform Your Organisation and Make Hybrid Work for Everyone

March 2022

ISBN: 9780241558188 Royal Octavo £14.99 • Trade Paperback 224 Pages



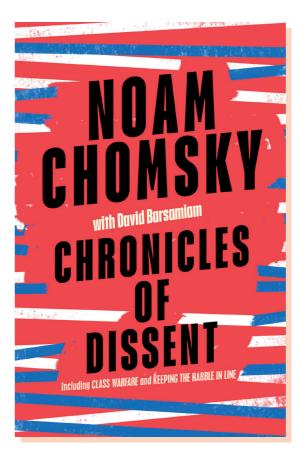
The ultimate guide to redesigning your organisation, from the global thought-leader on the future of work

We are experiencing the greatest global shift in the world of work for a century. So, how do we make the most of this unique opportunity and radically redesign the way we work, forever?

Professor Lynda Gratton is the global thought-leader on the future of work. Based on thirty years of research into the technological and demographic trends that are shaping work, and building on what we learned through our experiences of the global pandemic, Lynda Gratton presents her innovative blueprint for redesigning work.

Whether you're leading a small team or running a multinational, this is the time to make lasting change and equip your business for the future. This book gives you everything you need to do that.

Lynda Gratton is recognised as a global thought-leader on the future of work. She is a Professor of Management Practice at London Business School, where she has worked for over thirty years. She is the founder of The Future of Work Research Consortium, which has brought executives from more than 90 companies together. She has written eight books that have been translated into more than 15 languages, including The 100-Year Life. Lynda is a Fellow of the World Economic Forum and has chaired the WEF Council on Leadership. She serves as a judge on the FT Business Book of the Year panel, chairs the Drucker Prize panel and is on the governing body of London Business School. She wrote the cover article for Harvard Business Review in May 2021 and is regularly featured in the press. She has been awarded the Lifetime Achievement Award by HR Magazine and named by 'Business Thinkers 50' as one of the top 15 business thinkers in the world.



Chronicles of Dissent

Noam Chomsky

March 2022

ISBN: 9780241458266 Royal Octavo £16.99 • Trade Paperback 400 Pages



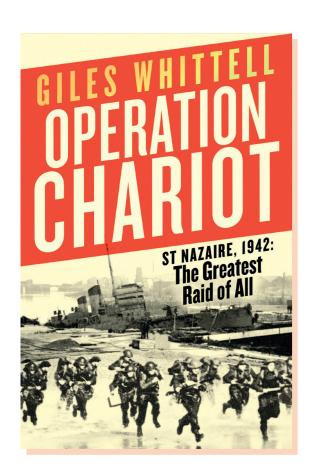
An accessible, powerful overview of Noam Chomsky's political thought

In sixteen extended talks with Alternative Radio's David Barsamian, Noam Chomsky explains why the 'war on drugs' is really a war on poor people; how attacks on political correctness are attacks on independent thought; how historical revisionism has recast the United States as the victim in the Vietnam War. Widely recognized as one of the most original and important thinkers of our age, Chomsky's trenchant analysis of current events is a breath of fresh air in a world more and more polluted by mainstream media.

Noam Chomsky is the bestselling author of over 100 influential political books, including Hegemony or Survival, Imperial Ambitions, Failed States, Interventions, What We Say Goes, Hopes and Prospects, Making the Future, On Anarchism, Masters of Mankind and Who Rules the World. He has also been the subject of numerous books of biography and interviews and has collaborated with journalists on books such as Perilous Power, Gaza in Crisis, and On Palestine.

Noam Chomsky is Institute Professor (Emeritus) in the Department of Linguistics and Philosophy at the Massachusetts Institute of Technology and Laureate Professor of Linguistics and Agnese Nelms Haury Chair in the Program in Environment and Social Justice at the University of Arizona.

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Operation Chariot

Giles Whittell

St Nazaire, 1942: The Greatest Raid of All

March 2022

ISBN: 9780241508572 Royal Octavo £20.00 • Hardback 384 Pages

PENGUIN VIKING

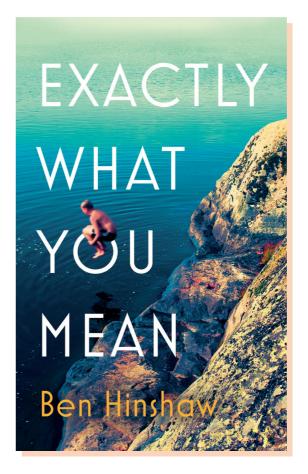
For the 80th anniversary, the first popular account of the most daring British raid of WW2

In the darkest months of the WW2, Churchill approved what seemed to many like a suicide mission. Under orders to attack the St Nazaire U-boat base on the Atlantic seaboard, British commandos undertook 'the greatest raid of all', turning an old destroyer into a live bomb and using it to ram the gates of a Nazi stronghold. Five Victoria Crosses were awarded – more than in any similar operation.

Drawing on official documents, interviews, unknown accounts and the astonished reactions of French civilians and German forces, Operation Chariot recreates in cinematic detail the hours in which the 'Charioteers' fought and died, from Lt Gerard Brett, curator at the V & A, to 'Bertie' Burtinshaw, who went into battle humming There'll Always be an England, and from Lt Stuart Chant, who set the fuses with 90 seconds to escape, to the epic solo reconnaissance of the legendary Times journalist Lt Micky Burn.

Unearthing the untold human stories of Operation Chariot, Giles Whittell reveals it to be a fundamentally misconceived raid whose impact and legacy was secured by astonishing bravery.

Giles Whittell is the author of Bridge of Spies, Spitfire Women of World War II and Snow: A Scientific and Cultural Exploration. He has worked as World Affairs Editor at Tortoise Media, he was The Times' chief leader writer for three years and has worked as a Times correspondent in Los Angeles, Moscow and Washington.



Exactly What You Mean

Ben Hinshaw

March 2022

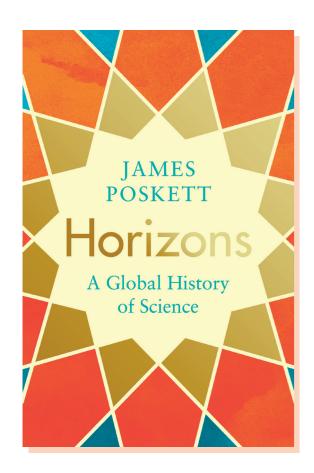
ISBN: 9780241524718 Demy Octavo £14.99 • Hardback 208 Pages

PENGUIN VIKING An innovative, tender and unsettling debut novel about unintended consequences that reach around the globe, from Guernsey to London and Europe to the States, exploring what it means to lose our innocence

Surrounded by the dramatic beauty of Guernsey, a teenager discovers a secret and finds his betrayal has the power to ruin adult lives. In London, a marriage shot through with infidelity leads to a quest for revenge, resulting in a series of simultaneously comical and catastrophic events. And in California, as wildfires threaten landscapes and lives, a young veteran struggles with the trauma of war, seeking solace at a local ranch.

In this extraordinary debut, a cast of characters grapple with unexpected betrayal, the loss of innocence and the lies we tell. With sharp insight, Ben Hinshaw illuminates the unnerving nature of what it means to grow up, to be a teenager playing at adulthood and an adult playing games.

Ben Hinshaw is a British-American writer whose short fiction has received an O. Henry Prize and appeared in *Harvard Review, The White Review* and elsewhere. He grew up on the island of Guernsey and has also lived in London, Nottingham and northern California. A former bookseller, he currently lives on Guernsey with his family.



Horizons

James Poskett

A Global History of Science

March 2022

ISBN: 9780241394090 Royal Octavo £25.00 • Hardback 368 Pages

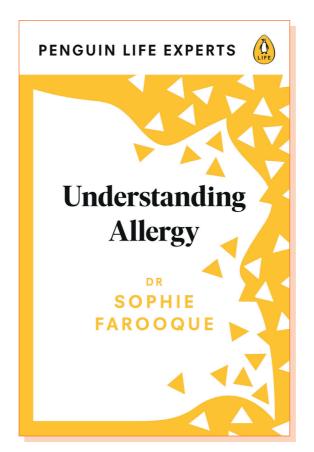
PENGUIN VIKING

A radical retelling of the history of science – The Silk Roads for science

We are told that modern science was invented in Europe, the product of great minds like Nicolaus Copernicus, Isaac Newton, Charles Darwin and Albert Einstein. But this is wrong. Science is not, and has never been, a uniquely European endeavour.

Copernicus relied on mathematical techniques borrowed from Arabic and Persian texts. When Newton set out the laws of motion, he relied on astronomical observations made in India and Africa. When Darwin was writing *On the Origin of Species*, he consulted a sixteenth-century Chinese encyclopaedia. And when Einstein was studying quantum mechanics, he was inspired by the young Bengali physicist, Satyendra Nath Bose. *Horizons* pushes the history of science beyond Europe, exploring the ways in which scientists from Africa, America, Asia and the Pacific fit into this global story.

James Poskett is Associate Professor in the History of Science and Technology at the University of Warwick. He completed his PhD at the University of Cambridge where he also held the Adrian Research Fellowship at Darwin College. Poskett has written for the *Guardian*, *Nature* and *BBC History Magazine*, among others. In 2013 he was shortlisted for the BBC New Generation Thinker Award and in 2012 he was awarded the Best Newcomer Prize by the Association of British Science Writers. *Horizons* is his first book for a general readership.



Understanding Allergy

Dr Sophie Farooque

March 2022

ISBN: 9780241527887 B Format £9.99 • Paperback 176 Pages



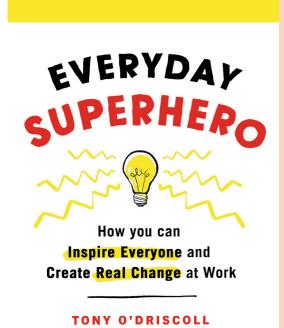
The expert go-to guide to understanding allergies

Allergies are one of the major causes of illness in developed countries and more and more of us are seeking treatment for them every year.

Allergies now affect about one in every three of the UK population and one in two of us think we suffer from them. We are more allergic than ever before, so why is the term 'allergy' still so misunderstood?

Understanding Allergy will be the practical go-to guide for equipping allergy sufferers and their families with the knowledge needed to help them navigate this minefield. With expert tips from a London-based allergy consultant, this book will be a whistle-stop tour from diagnosis, to treatment and lifestyle changes that will help you understand when, where and how to seek help.

Dr Sophie Farooque is one of the UK's leading allergy experts. She is a Fellow of the Royal College of Physicians and was elected onto the council of the British Society of Allergy and Clinical Immunology in 2018. She is a practising NHS consultant at St Mary's Hospital in Paddington, and has been involved extensively in the UK's response to reports of COVID-19 vaccine allergy. She speaks regularly at medical conferences both nationally and abroad and has been quoted in *The Guardian* and *The Times*, among other news outlets. She has appeared on *This Morning*, *Sky News* and the *One Show*. She is passionate about empowering both healthcare professionals and patients to have confidence in managing allergy. Find her on Twitter: @LondonAllergy.



AND GARY ZAMCHICK

Everyday Superhero

Tony O'Driscoll & Gary Zamchick

How You Can Inspire Everyone And Create Real Change At Work

March 2022

ISBN: 9780241502785 Other £14.99 • Trade Paperback 224 Pages



An illustrated business allegory that reveals the simple secret behind organisational change

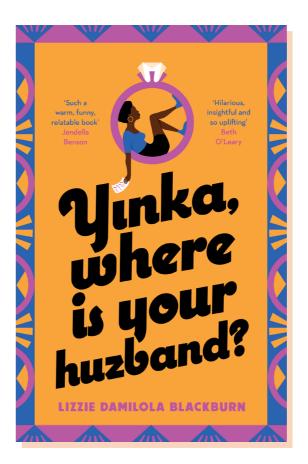
Are you struggling to create profound, lasting change in your organisation?

Everyday Superhero is a simple story with a powerful solution. Meet a stressed young manager, Mae B, whose teams are being led by an authoritarian CEO. We join her on her mission to overhaul the outdated leadership systems obsessed by power, profit and process and fight for central leadership that prioritises people, purpose and principles.

It's the start of a journey into a new vision of leadership, one that has been designed to take on the challenges that organisations face today. And if we follow Mae B's lead, we can all create change, when we need it most. Developed from the author's academic research at Duke University, this memorable adventure will help you create lasting change in complex and chaotic times.

Tony O'Driscoll is a professor at Duke University's Fuqua School of Business and a Research Fellow at Duke Corporate Education. He was a founding member of IBM Global Services Strategy and Change consulting practice, where he consulted at the highest level with business executives on creating competitive advantage in increasingly complex environments. Tony has authored articles in *Harvard Business Review*, the *Financial Times*, *Strategy* and *Business and Dialogue*. He has published two books on learning and organisation performance.

Gary Zamchick illustrated the best-selling French for Cats book series and has drawn illustrations in the New York Times and the Wall Street Journal. He has also facilitated new product ideation sessions with Amex, IBM, Wells Fargo, Verizon, Citibank, Coca-Cola and Marriott amongst others. Gary has worked in and out of world-class technology labs and design firms. He served as a strategic designer within AT&T Labs Research and Cornell Tech and as envisioner for the experiential architecture firm Rockwell Group.



Yinka, Where is Your Huzband?

Lizzie Damilola Blackburn

March 2022

ISBN: 9780241504598 Royal Octavo £14.99 • Hardback 352 Pages

PENGUIN VIKING

Riotously funny and full of heart, Yinka is the heroine we've all been waiting for... Set to be the biggest word-of-mouth hit in Spring 2022

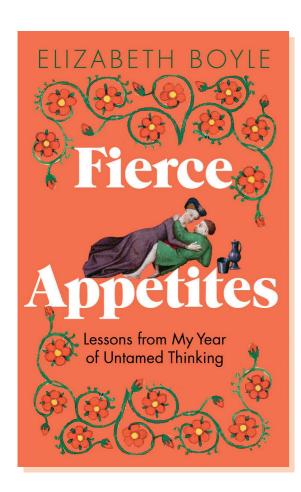
Yinka wants to find love. The problem is she also has a mum who thinks she's better qualified to find it for her.

She also has too many aunties who frequently pray for her delivery from singledom, a preference for chicken and chips over traditional Nigerian food and a bum she's sure is far too small as a result. Oh, and the fact that she's a thirty-one-year-old South-Londoner who doesn't believe in sex before marriage is a bit of an obstacle too...

When her cousin gets engaged, Yinka commences Operation Find A Date for Rachel's wedding. Will Yinka find herself a huzband? And what if the thing she really needs is to find herself?

Lizzie Damilola Blackburn is a British-Nigerian writer, born in Peckham, who wants to tell the stories that she and her friends have longed for but never seen – romcoms 'where Cinderella is Black and no one bats an eyelid'. In 2019 she won the Literary Consultancy Pen Factor Writing Competition with the early draft of *Yinka*, *Where is your Huzband?*, which she had been writing alongside juggling her job at Carers UK. She has been at the receiving end of the question in the title of her novel many times, and now lives with her husband in Milton Keynes.

MARCH 2022 MARCH 2022



Fierce Appetites

Elizabeth Boyle

March 2022

9781844885442 Demy Octavo £14.99 • Hardback 256 pages



A dazzling and irreverent hybrid of memoir and literary reconnaissance by an unconventional scholar

'It is difficult enough to know what is in the private depths of a person's heart when they are right in front of us, let alone when they've been dead for a thousand years.' For Elizabeth Boyle, 2020 began with the death of her beloved father. It was also the year she turned 40 and came to the end of (yet another) relationship. And it was a plague year – something that, as a medieval historian, she understood deeply.

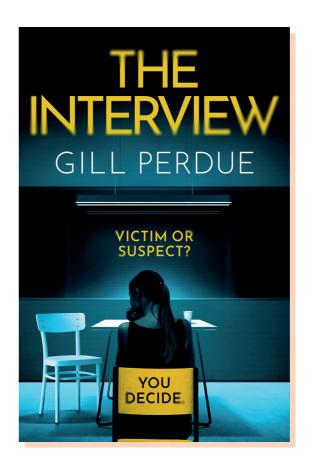
The extraordinary collision of personal and professional got her thinking about how the lives and loves of those who lived in the Middle Ages had much to say about her own life and about our present moment.

Fierce Appetites is Elizabeth's enthralling account of 2020, a year like no other. Writing a chapter a month, she navigates experiences that are raw and urgent – grief; addiction; family breakdown; the complexities of motherhood, love and sex; memory; class; education; travel (and staying put) – and uses her astounding knowledge of the past to offer insights, consolation and hope for the future.

From reading pamphlets to razing kingdoms, *Fierce Appetites* is an exhilarating and original journey through the mind and heart of an extraordinary scholar.

Elizabeth Boyle is a medieval historian specialising in the intellectual, literary and religious culture of Britain and Ireland. A former Leverhulme Early Career Fellow at the University of Cambridge, she is now based in the Department of Early Irish at Maynooth University, where she was Head of Department from 2015 to 2020. Fierce Appetites is her debut collection of personal essays.

@thecelticist www.thecelticist.ie



The Interview

Gill Perdue

March 2022

9781844885114 £13.99 • Trade Paperback 384 pages



An edge-of-your-seat story with fantastic female leads from an exciting new voice in crime writing

A girl covered in blood. A missing man. A coded fairy tale.

Detective Laura Shaw seems to have it all: a supportive husband, a happy two-year-old and a great career. She is her team's top victim interviewer, a genius at getting vulnerable people to open up. That's until she meets

Jenny – a 14-year-old assault victim who talks only in fairy tales. Jenny's stepfather is missing and the blood on her clothes isn't her own, so Laura's colleagues need answers fast. But Laura's strange behaviour makes the girl shut down even more, leaving her bewildered partner, Niamh, desperately trying to rescue the situation. It seems that this case has triggered something deep within Laura, and Jenny is not the only one with secrets. As the clock ticks down, Laura teeters on the brink of disaster, grappling with the biggest question of all: is every life worth saving?

Gill Perdue is a writer and dancing teacher. She worked as a primary school teacher for 15 years and has published four books for children. *The Interview* is her first crime novel. She lives in Dublin with her husband.

www.gillianperdue.com

MARCH 2022 MARCH 2022



Every Family Has A Story

Julia Samuel

How We Inherit Love and Loss

March 2022

ISBN: 9780241480625 B Format £14.99 • Hardback 336 Pages

With her usual warmth and wisdom, bestselling psychotherapist Julia Samuel explores the family: what we inherit and how we can change

Relationships fundamentally influence our health and happiness – and family is the only relationship that we cannot leave, however much we might like to. But we think too narrowly about the impact of our families on our lives.

This book sees bestselling psychotherapist Julia Samuel turn from her work with individuals to sessions with a wide variety of families. Diving deep into eight case studies, with her usual storytelling panache and the latest academic research, she analyses a range of common issues, including separation, step-relationships, leaving home, trauma and loss. In doing so, she reveals insightfully how deeply we are influenced by our families - including the often underappreciated impact of grandparents and siblings - and offers universally applicable insights into how families can face challenges together. Her 12 touchstones for family wellbeing - from fighting productively to making time for rituals, and from setting boundaries to allowing difference - provide us with the tools to ultimately be better family members ourselves.

Revealing forgiveness and learning amidst trauma and hardship, this is an honest and compassionate meditation on what we inherit and how we can create the families we wish for.

Julia Samuel, MBE, is a leading British psychotherapist. During the last thirty years, she has worked first for the NHS and then in private practice. She is Founder Patron of Child Bereavement UK. Her previous books are This Too Shall Pass and Grief Works, both of which were *Sunday Times* bestsellers. She lives in London with her husband, and has four children and six grandchildren.

APRIL 2022





Bittersweet

Susan Cain

April 2022

ISBN: 9780241300664 Royal Octavo £20.00 • Hardback 296 Pages

PENGUIN VIKING

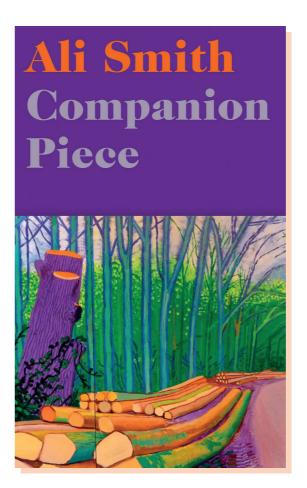
An uplifting and mind-shifting new book on the surprising power of being 'bittersweet', by the author of the megaselling phenomenon Quiet

In this inspiring masterpiece, bestselling author Susan Cain shows the power of the 'bittersweet' – the outlook that values the experiences of loss and pain, which can lead to growth and beauty. Understanding bittersweetness can change the way we work, the way we create and the way we love.

Each chapter helps us navigate an issue that defines our lives, from love to death and from authenticity to creativity. Using examples ranging from music and cinema to parenting and business, as well as her own life and the latest academic research, she shows how understanding bittersweetness will allow us, in a flawed world, to accept the loss of past identities; to fully embrace the loves we have; and to weather life's transitions.

Bittersweet reveals that vulnerability and even melancholy can be strengths, and that embracing our inevitable losses makes us more human and more whole. This is a book for those who have felt a piercing joy at the beauty of the world; who react intensely to art and nature; and in a culture that celebrates toughness, who yearn for a wiser and more meaningful world. For bittersweetness is the hidden source of our love stories, moonshots and masterpieces.

Susan Cain is the author of the Sunday Times and New York Times bestseller Quiet: The Power of Introverts in a World That Can't Stop Talking, which has sold over 2 million copies and been translated into more than 30 languages. Since her 2012 TED talk was posted online, it has been viewed over 40 million times. Her writing on introversion and shyness has appeared in the New York Times, the Guardian, Oprah magazine and Psychology Today. Cain has spoken at Microsoft and Google, has appeared on the BBC, and her work has been featured on the cover of Time, in the Daily Mail, the FT, the Atlantic, GQ, Grazia, the New Yorker, Wired, Fast Company, the Washington Post, CNN and beyond. She lives in the Hudson River Valley with her husband and two sons.



Companion Piece

Ali Smith

April 2022

ISBN: 9780241541340 £16.99 • Demy Hardback 400 pages



The unmissable coda to Ali Smith's dazzling, Man Booker-shortlisted Seasonal quartet

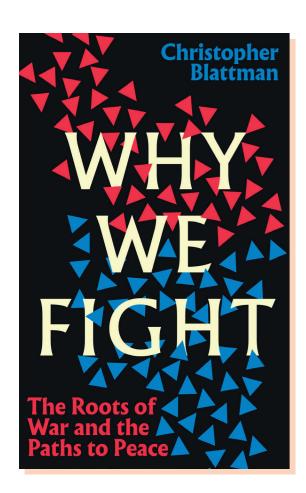
The new novel from Ali Smith is a celebration of companionship in all its timeless and contemporary, legendary and unpindownable, spellbinding and shapeshifting forms.

It follows the unique achievement of her Seasonal cycle of novels – *Autumn*, *Winter*, *Spring* and *Summer* – written and published in as close as possible to real time, between 2016 and 2020, absorbing and refracting the times we are living through: the 'state-of-the-nation novels which understand that the nation is you, is me, is all of us' (*New Statesman*).

'Ali Smith is lighting us a path out of the nightmarish now' Observer

Ali Smith was born in Inverness in 1962. She is the author of Spring, Winter, Autumn, Public Library and Other Stories, How to Be Both, Shire, Artful, There But For The, The First Person and Other Stories, Girl Meets Boy, The Accidental, The Whole Story and Other Stories, Hotel World, Other Stories and Other Stories, Like and Free Love. Hotel World was shortlisted for the Booker Prize and the Orange Prize. The Accidental was shortlisted for the Man Booker Prize and the Orange Prize, the Goldsmiths Prize and the Costa Novel of the Year Award, and was shortlisted for the Man Booker Prize. Autumn was shortlisted for the Man Booker Prize 2017 and Winter was shortlisted for the Orwell Prize 2018. Ali Smith lives in Cambridge.





Why We Fight

Christopher Blattman

The Roots of War and the Paths to Peace

April 2022

ISBN: 9780241444504 Demy Octavo £18.99 • Hardback 320 Pages

PENGUIN VIKING

Based on two decades of research, the five causes of wars and four ways to stop them

The truth is, warfare shouldn't happen – and most of the time it doesn't. Around the world there are millions of hostile rivalries at any given moment and yet only a tiny fraction erupt into prolonged fighting. Most books on conflict forget this. So in those rare instances of war, what broke down and kept the sides from compromise? From unchecked interests and intangible incentives, through uncertainty, commitment problems and misperceptions, this peerlessly authoritative and thought-provoking book shows that there are only so many logical possibilities for why we fight and how by knowing them we can act to prevent war altogether.

Drawing on the latest research in behavioural economics; gripping, counterintuitive examples from the long history of warfare around the world; and distinguished professor Christopher Blattman's own experience in warzones, we see, for example, how queens have waged war more than kings; that the homicide rate in the ganglands of Medellín, Columbia, is lower than you think; and that even monkeys have an innate righteousness. In an accessible, intuitive structure framed around causes and solutions, Why We Fight is a hopeful book, with answers to some of history's most important questions. In an age of growing isolationism and the weakening of global institutions, this book couldn't be timelier.

Christopher Blattman is the Ramalee E. Pearson Professor of Global Conflict Studies at the University of Chicago in the Harris School of Public Policy and the Pearson Institute. As a young man, he met his future wife in a Kenyan internet café, where she set him on a path to working on conflict and international development. He's now done so for 21 years. Through his academic work he has witnessed (and helped to stem) violence around the world. Blattman writes regularly for *The New York Times*, *Vox, Foreign Policy* and *Foreign Affairs*, among others. For 13 years he has run one of the most popular blogs on international affairs and global development, and is one of the 25 most followed economists on Twitter. This is his first trade book.



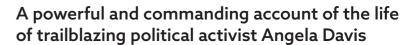
AN AUTOBIOGRAPHY

An Autobiography

Angela Y. Davis

April 2022

ISBN: 9780241551257 Royal Octavo £18.99 • Hardback 336 Pages



Edited by Toni Morrison and first published in 1974, *An Autobiography* is a classic of the Black Power era which resonates just as powerfully today. Long hard to find, it is reissued now with a new introduction by Davis, for a new audience inspired and galvanised by her ongoing activism and her extraordinary example.

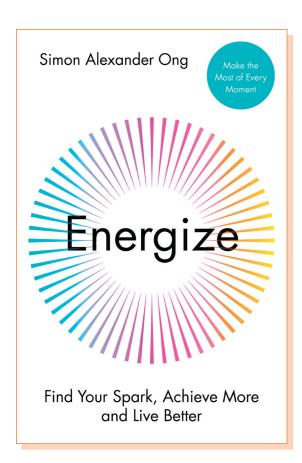
In the book, she describes her journey from a childhood on Dynamite Hill in Birmingham, Alabama, to one of the most significant political trials of the century: from her political activity in a New York high school to her work with the U.S. Communist Party, the Black Panther Party, and the Soledad Brothers; and from the faculty of the Philosophy Department at UCLA to the FBI's list of the Ten Most Wanted Fugitives.

Told with warmth, brilliance, humour and conviction, it is an unforgettable account of a life committed to radical change.

Angela Y. Davis is a political activist, scholar, author and speaker. She is an outspoken advocate for the oppressed and exploited, writing on Black liberation, prison abolition, the intersections of race, gender and class, and international solidarity with Palestine. She is the author of several books, including *Women, Race, and Class* and *Are Prisons Obsolete?* She is the subject of the acclaimed documentary *Free Angela and All Political Prisoners* and is Distinguished Professor Emerita at the University of California, Santa Cruz.



APRIL 2022 APRIL 2022



Energize

Simon Alexander Ong

How To Harness Your Energy and Make the Most of Every Moment

April 2022

ISBN: 9780241502754 Royal Octavo £14.99 • Trade Paperback 224 Pages

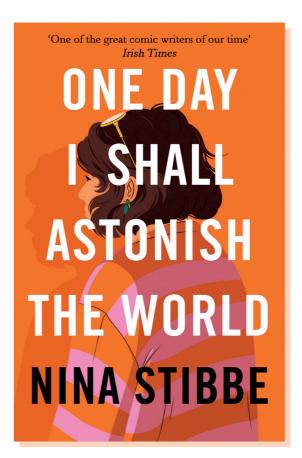


How to manage your energy to supercharge your productivity, performance and happiness

Your energy is the fuel that makes everything in your life possible. So how can you reach your full potential if you're always tired, stressed and struggling through your to-do list, running from one task to the next?

In *Energize*, life coach Simon Ong introduces you to the art and science of energy management. Revealing how your physical, mental and relational energy affect your ability to think creatively and make progress towards your goals, Ong will teach you how to renew, recharge and nurture yourself so that you feel refreshed and alive rather than drained at the end of your day. *Energize* will teach you how to make the most out of every single moment and achieve more than you ever thought possible.

Simon Alexander Ong is a personal development entrepreneur, coach and public speaker. His work has seen him invited onto Sky News, BBC Radio London and LBC Radio to be interviewed, while in 2018, Barclays UK featured him in a nationwide campaign, asking him questions on how families could embrace better lifestyle habits. His insights have seen him featured in *HuffPost, Forbes, Virgin* and the *Guardian*. Simon regularly speaks at organisations and keynotes public events and conferences. Some of these have included the Peter Jones Foundation, the World Business & Executive Coach Summit 2020 and the LSE. Simon is of Chinese origin and is based in London.



One Day I Shall Astonish the World

Nina Stibbe

April 2022

ISBN: 9780241451168 B Format £14.99 • Hardback 304 Pages

PENGUIN VIKING

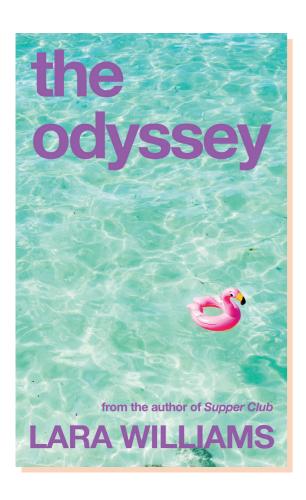
From the prize-winning author of *Reasons to be*Cheerful comes a story about the ebb and flow of female friendship over half a lifetime

Susan and Norma have been best friends for years, at first thrust together by force of circumstance (a job at the Pin Cushion, a haberdashery shop in 1990s Leicestershire) and then by force of character (neither being particularly inclined to make friends with anyone else). But now, thirty years later, faced with a husband seeking immortality and Norma out of reach on a wave of professional glory, Susan begins to wonder whether she has made the right choices about life, love, work and, most importantly, friendship.

Nina Stibbe's new novel is the story of the wonderful and sometimes surprising path of friendship: from its conspiratorial beginnings, along its irritating wrong turns, to its final gratifying destination.

Nina Stibbe was born in Leicester. She is the author of two works of non-fiction – Love, Nina and An Almost Perfect Christmas – and three previous novels: Man at the Helm, Paradise Lodge, and Reasons to be Cheerful, which is the only novel to have won both the Bollinger Everyman Wodehouse Prize for Comic Fiction and the Comedy Women in Print Award. Love, Nina won Non-Fiction Book of the Year and was adapted by Nick Hornby into a BBC TV series. Nina Stibbe lives in Cornwall.

APRIL 2022
APRIL 2022



The Odyssey

Lara Williams

April 2022

ISBN: 9780241502815 Demy Octavo £14.99 • Trade Paperback 272 Pages



Wickedly funny and slyly poignant, a very modern satire on cruise ships, crappy jobs and capitalism from the prize-winning author of Supper Club

Ingrid is a gift shop girl. Before that she was an IT technician, and before that a croupier, and before that a nursery nurse. She has worked on an enormous, luxury cruise liner for the past five years and in that time she has done more jobs than she can remember. She isn't good at any of them but she's good at pretending. And the endless maze-like corridors of the ship are the perfect place to forget the life she left behind on land and the person she used to be.

That is until the day that Ingrid is selected for the ship's prestigious 'mentorship scheme' – a mysterious initiative run by its captain and self-anointed lifestyle guru, Keith – and slowly but surely things start to go wrong.

Part *The Circle*, part *Convenience Store Woman* and part *My Year of Rest and Relaxation*, *The Odyssey* is a merciless takedown of modern capitalism and our anxious, ill-fated quests for something to believe in. And as its title suggests, it is a voyage that will eventually lead its unlikely heroine all the way home. Though she'd do almost anything to avoid getting there...

Lara Williams is the author of *Treats* and *Supper Club*. *Treats* was shortlisted for the Republic of Consciousness Prize, the Edinburgh First Book Award and the Saboteur Awards and longlisted for the Edge Hill Short Story Prize, and *Supper Club* won the *Guardian* 'Not the Booker' Prize, was named as a Book of the Year 2019 by *TIME* and *Vogue*, and has been translated into six languages. Lara Williams lives in Manchester and is a contributor to the *Guardian*, *Independent*, *Times Literary Supplement*, *Vice*, *Dazed* and others.

MAY 2022



One high-flying agent, One star editor. Will they go from enemies to lovers?

Nora is a literary agent at the top of her game. She answers emails from her peloton and can spot a bestseller a mile off.

Charlie is her work nemesis, a publishing wunderkind who is severely lacking in email manner... Or just manners in general.

They do not get on, professionally or personally. But, when Nora's little sister drags her on holiday to Sunshine Falls, North Carolina – the smallest of small towns – Nora keeps bumping into Charlie instead of the handsome lumberjack she was hoping for.

Maybe Nora needs to take a page out of an entirely different book . . .

Emily Henry studied creative writing at Hope College and the New York Center for Art & Media Studies, and now spends most of her time in Cincinnati, Ohio, and the part of Kentucky just beneath it. Emily's debut adult novel, *Beach Read*, spent 9 weeks on the *New York Times* bestseller list.



Preventable

Devi Sridhar

The Politics of Pandemics and How to Stop the Next One

May 2022

ISBN: 9780241510537 Royal Octavo £20.00 • Hardback 336 Pages

PENGUIN VIKING

speaking lessons I narrative her perso vision fo inevitable In grippin realities of

and the pandemic's go-to science communicator

Professor Devi Sridhar has risen to prominence for her vital role in communicating science to the public and speaking truth to power. In *Preventable* she highlights lessons learned from outbreaks past and present in a

The story of COVID-19 and how global politics

shape our health - from a world-leading expert

speaking truth to power. In *Preventable* she highlights lessons learned from outbreaks past and present in a narrative that traces the COVID-19 pandemic – including her personal experience as a scientist – and sets out a vision for how we can better protect ourselves from the inevitable health crises to come.

In gripping and heartfelt prose, Sridhar exposes the varied realities of those affected and puts you in the room with key decision makers at crucial moments. She vibrantly conveys the twists and turns of a plot that saw deadlier variants emerge (contrary to the predictions of social media pundits who argued it would mutate to a milder form); countries with weak health systems like Senegal and Vietnam fare better than countries like the US and UK (which were consistently ranked as the most prepared); and the quickest development of game-changing vaccines in history (and their unfair distribution).

Combining science, politics, ethics and economics, this definitive book dissects the global structures that determine our fate, and reveals the deep-seated economic and social inequalities at their heart – it will challenge, outrage and inspire.

Devi Sridhar is Professor and Chair of Global Public Health at the University of Edinburgh. She has served as a policy advisor for the WHO, UNICEF, UNESCO and the Scottish, UK and German governments. Devi writes for the *Guardian* and regularly appears on broadcast media. This is her first book for a general readership.

Book Lovers

Emily Henry

May 2022

ISBN: 9780241995341 B Format £7.99 • Paperback 384 Pages

PENGUIN VIKING

MAY 2022 MAY 2022



Ruth & Pen

Emilie Pine

May 2022

ISBN: 9780241393666 Demy Octavo £14.99 • Hardback 240 Pages



The brilliant debut novel from Emilie Pine, author of the international bestseller Notes To Self

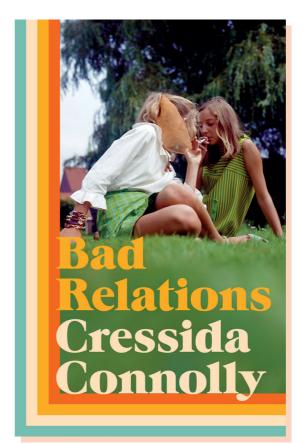
Dublin, 7 October 2019

One day, one city, two women: Ruth and Pen. Neither known to the other, but both asking themselves the same questions: how to be with others and how, when the world doesn't seem willing to make space for them, to be with themselves?

Ruth's marriage to Aidan is in crisis. Today she needs to make a choice – to stay or not to stay, to take the risk of reaching out or to pull up the drawbridge. For teenage Pen, today is the day the words will flow, and she will speak her truth to Alice, to ask for what she so desperately wants.

Deeply involving, poignant and radiantly intelligent, it is a portrait of the limits of grief and love, of how we navigate our inner and outer landscapes, and the tender courage demanded by the simple, daily quest of living.

Emilie Pine is Associate Professor of Modern Drama at University College Dublin, Ireland. She has published widely as an academic and critic. *Notes to Self* is her first collection of personal essays and the winner of the Butler Literary Award 2018.



Bad Relations

Cressida Connolly

May 2022

ISBN: 9780241537701 Demy Octavo £14.99 • Hardback 304 Pages



A rich, immersive novel about war, memory and loss, spanning three generations of one family

Bad Relations tells the story of a family fractured by history, geography and desire. On the battlefields of the Crimea, William Gale cradles the still-warm body of his brother. William's experience of war is to bring about a change in him that will reverberate through his family over the next two centuries. In the 1970s, William's English descendants invite Stephen, a distant Australian cousin, to stay in their bohemian house in Cornwall – but their golden summer entanglements will end in a dramatic fall from grace. Half a century later, a confrontation between the surviving members of the family culminates in a terrible reckoning.

Cressida Connolly's magnificent new novel is a tale of a tragedy that seeps through generations, and a family forced to confront what they truly value in life.

Cressida Connolly is a reviewer and journalist who has written for Vogue, the Telegraph, the Spectator, the Guardian and numerous other publications. Cressida is the author of four books: The Happiest Days, which won the MacMillan/PEN Award, The Rare and the Beautiful, My Former Heart and After the Party, which is currently shortlisted for the Walter Scott Prize for Historical Fiction and was a Waterstones Book of the Month. She lives in Worcestershire.

Life Time

The New Science of the **Body Clock, and How** it Can Revolutionize **Your Health**



Russell Foster

Professor of Circadian University of Oxford 'A superlative guide to some of the most intriguing questions **Bill Bryson**

Life Time

Russell Foster

The New Science of the Body Clock, and How It Can Revolutionize Your Health

May 2022

ISBN: 9780241529300 Demy Octavo £16.99 • Hardback 336 Pages

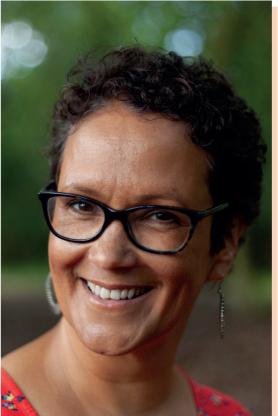


A guide to using the science of the body clock to create the optimum personal routine, and sleep better, work better and feel better

In Life Time, Professor Russell Foster, a world-leading expert on circadian neuroscience, takes us on a fascinating journey through our days and nights. Using surprising examples and cutting-edge science, he busts long-standing myths about the best daily routine: from how to use light for a better night's sleep to using meal times to supercharge your metabolism, from the optimal time to have sex for conception to the extraordinary effects the time we take medication can have on our risk of life-threatening conditions such as strokes.

In the 21st Century, we have thrown away an essential part of our biology. But using science, we can get back into the rhythm and live healthier, sharper lives.

Russell Foster is Professor of Circadian Neuroscience, Director of the Sleep and Circadian Neuroscience Institute (SCNi) and Head of the Nuffield Laboratory of Ophthalmology at the University of Oxford. He frequently contributes to newspapers, television and radio, including an appearance on Desert Island Discs, and has co-written four popular science books - this is his first as sole author.



The Bridge

Donna Lancaster

May 2022

ISBN: 9780241513095 Demy Octavo £14.99 • Hardback 256 Pages



A 9-step programme guiding you from heartbreak to self-compassion and wholehearted living

Every single one of us is living with the aftershocks of heartbreak. Whether it's the sting of not fitting in at school or the pain of witnessing our parents' divorce, the end of our own marriage or the death of a loved one, to be human is to bear the wounds of all our losses and setbacks.

Heartbreak can manifest itself as depression, anxiety, selfsabotage, an inability to feel emotions, make connections, or live life on your own terms. Donna's practical 9-step programme will empower you with the tools and support you need to gain clarity, identify what has hurt you, and learn how to release the pain, fear and anger keeping you trapped.

Donna will teach you how to care for yourself with love, give you the courage to really feel your feelings, step into your authentic self and move towards whole-hearted living.

This book is for anyone who is experiencing pain, heartbreak, sadness or overwhelming emotion, and can't seem to get beyond it. All of us want to be able to live with more compassion. The Bridge will help us get there.

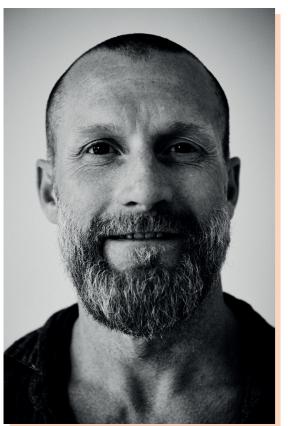
Donna Lancaster has worked as a coach and therapist for more than 25 years. She was formerly the head of teaching at the Hoffman Institute UK. She co-created The Bridge Retreat, a six-day personal development experience.

She has an Amazon Prime documentary called Love(d) which shares the stories of 12 people during The Bridge Retreat as they take the leap to overcome grief and loss in their lives. Donna's work has been featured in the Telegraph, Psychologies, Evening Standard, Huffington Post, Balance, Conde Nast and Tatler.

MAY 2022







The ultimate guide to boosting your mental way we, as humans, were supposed to live, eat, sleep, breathe and move

The bright lights, late nights and constant hustle of our modern world have detached us from the way we, as humans, were supposed to live, connect and thrive.

Be More Human will explore the importance of reconnecting with our natural state and help us learn how to meet our true needs and live more naturally. Tony Riddle (@thenaturallifestylist) will explore how the majority of us do not sit, breathe, eat, sleep or move as nature intended and so we're actively going against our biology.

Committed to helping us reconnect with how we were built to live, his expertise will make this a transformative, empowering and practical guide to getting back in tune with a happier, healthier self.



The Sunday Times bestselling author of Dresden

on the most important city of the 20th century

An almighty storm hit Berlin in the last days of April 1945.

Enveloped by the unstoppable force of East and West, explosive shells pounded buildings while the inhabitants

of a once glorious city sheltered in dark cellars - just like

their Fuhrer in his bunker. The Battle of Berlin was a key

moment in history marking the end of a deathly regime,

the defeated city was ripped in two by the competing

In Berlin, bestselling historian Sinclair McKay draws on

of a city ravaged by ideology, war and grief. Yet to fully

never-before-seen first-person accounts to paint a picture

grasp the fall of Berlin, it is crucial to also explore in detail

the years beforehand and to trace the city being rebuilt,

as two cities in the aftermath. From the passionate and

austere Communists of 1919 to the sleek and serious

industrialists of 1949, and from the glitter of innovation

Sinclair McKay is the bestselling author of Dresden,

Bletchley Park Brainteasers and Secret Service

the Spectator and lives in London.

The Secret Life of Bletchley Park, The Secret Listeners,

Brainteasers. He is a literary critic for the Telegraph and

from artists such as George Grosz to the desperate border crossings for three decades from 1961, this is a story of a city that shaped an entire century, as seen through the eyes not of its rulers, but of those who walked its streets.

superpowers of the Cold War.

Sinclair McKay

Life and Loss in the City That Shaped The Century

May 2022

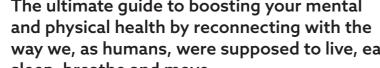
£20.00 • Hardback 400 Pages

PENGUIN VIKING

Berlin

ISBN: 9780241503171 Royal Octavo





Rewild: A guide to living naturally for optimum mental and physical health

Reboot, Reconnect and

Be More Human

May 2022

Tony Riddle

ISBN: 9780241509593 Royal Octavo £14.99 • Trade Paperback 256 Pages



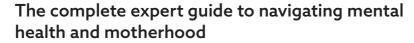




The New Mum's Little Book of Pep Talks

May 2022

ISBN: 9780241559819 Demy Octavo £12.99 • Trade Paperback 256 Pages



This book will share advice and support on issues that new mothers face, from A for Anger to I for Insomnia, providing an empowering pep talk for those days when new mothers need it most.

Psychotherapist and mother of three, Anna Mathur will support readers through the rollercoaster of feelings that come with being a new mum and provide expert advice based on her own professional and personal experiences. Whether you need some quick grounding, a note of compassion or you want to untangle a feeling, flick to a page for a quick, uplifting moment of much-needed

There are quick takeaway mantras and action tips for those tight on time, and further reading should you want to explore topics more deeply. This comprehensive A-Z covers everything from baby blues and anxiety to guilt, insomnia, stress, your inner critic and maintaining friendships.

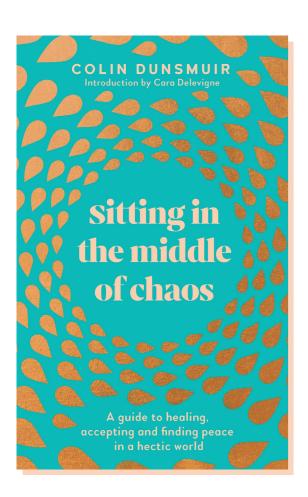
Anna Mathur is a psychotherapist, bestselling author of Mind over Mother, and a mum of three children. She's passionate about taking therapy out of the therapy room and loves sharing her own personal and professional experiences to support fellow mums through motherhood.

She shares daily, supportive insights on her Instagram page @annamathur and runs regular 'Mental Health' lives, discussing topics based on her professional and personal experience. Anna has appeared on Sky News, Good Morning Britain, PA Media and BBC Three and has been featured in publications such as Grazia, Stylist, Red and the Telegraph. Her podcast, 'The Therapy Edit' has around a quarter of a million downloads and she has appeared on podcasts including Deliciously Ella, Control Alt Delete, Scrummy Mummies, The Midult and Honestly.





JUNE



Sitting In the Middle of Chaos

Colin Dunsmuir

A Guide to Healing, Accepting and Finding Peace in a Hectic World

June 2022

ISBN: 9780241484548 Demy Octavo £14.99 • Trade Paperback 256 Pages



A therapeutic programme to help readers accept their flaws and find a more fulfilling way of living

Keen to boost your mental and physical wellbeing, general health or gain a supportive framework to help you to overcome difficult situations that you're facing in life?

Sitting in the Middle of Chaos is a therapeutic programme to help readers accept their flaws and discover a more fulfilling way of living, featuring a foreword by Cara Delevingne. In this book, Colin dispels the myth that yoga is just about movements, poses and wearing expensive leggings. Instead he explores how ancient yoga philosophy and teachings can easily be applied to and benefit all areas of our modern lives.

This book takes deep, spiritual yogic learnings and adapts them for a modern life and audience. Colin provides you with accessible, easy-to-follow tips on breathing, meditation, movement, diet and connection with others.

Each chapter is inspired by a yoga sutra, contains a case study, a brief exploration of the yogic philosophy behind the story, and provides practical exercises for you to try at home

Colin Dunsmuir is a leading voice in the global yoga community, with 25 years of study behind him. He is an experienced course tutor and certified yoga teacher trainer and yoga therapist.

Colin works 1-2-1 with high profile clients, is the director of the London Yoga Festival, and sits on the Professional Specific Board for Yoga Therapy with the Complimentary Natural Health Care Council (CNHC). He is a committee member of the British Council of Yoga Therapy, and is currently setting up the Professional Association of Yoga Therapy. He is also working with the NHS to bring yoga into traditional medical treatment.



The Whalebone Theatre

Joanna Quinn

June 2022

ISBN: 9780241542835 Royal Octavo £14.99 • Hardback 432 Pages



A brilliant, beguiling story of inheritance, imagination, courage and loss, and of an irrepressible girl from a gloriously dysfunctional home who fights to carve out her own story

'Maudie, why are all the best characters men?'

Maudie closes the book with a clllump. 'We haven't read all the books yet, Miss Cristabel. I can't believe that every story is the same'

Cristabel Seagrave has always wanted her life to be a story, but there are no girls in the books in her dusty family library. For an unwanted orphan who grows into an unmarriageable young woman, there is no place at all for her in a traditional English manor.

But from the day that a whale washes up on the beach at the Chilcombe estate in Dorset and twelve-year-old Cristabel plants her flag and claims it as her own, she is determined to do things differently.

With her step-parents blithely distracted by their endless party guests, Cristabel and her siblings, Flossie and Digby, scratch together an education from the plays they read in their freezing attic, drunken conversations eavesdropped on through oak-panelled doors and the esoteric lessons of Maudie their maid.

With the arrival of a troupe of aspiring bohemians, Cristabel determines to transform the whale's skeleton into an open-air theatre, a place where her imagination can take flight and she can escape the stifling confines of the house. For as the children grow to adulthood and war approaches, jolting their lives on to very different tracks, it becomes clear that the roles they were expected to play are no longer those they want. As they find themselves drawn into the conflict, they must each find a way to write their own story...

Joanna Quinn has previously had short stories published by The White Review, Comma Press, New Welsh Review and the Bridport Prize. She was chosen as an emerging writer as part of the Arvon/Jerwood mentoring scheme and was one of four writers shortlisted for the national Arts Foundation Fellowship for Short Stories. She is currently working towards a PhD in Creative Writing at Goldsmiths, where Francis Spufford is her supervisor.



The Lazarus Heist

Geoff White

From Hollywood to High Finance: Inside North Korea's Global Cyber War

June 2022 ISBN: 9780241554258 Royal Octavo £20.00 • Hardback 304 Pages

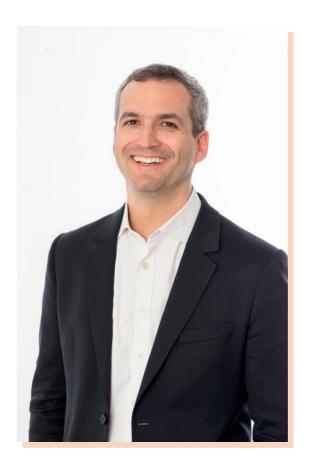


The jaw-dropping story behind North Korea's dangerous cyber-criminals, the Lazarus Group, who hacked Hollywood and the world

In 2014, Sony Pictures Entertainment was brutally hacked, with thousands of computers wiped and the personal data of hundreds of employees released online. This was the world's first glance at the Lazarus Group, a shadowy consortium of hackers working on behalf of the North Korean state. Since then, the group has grown into one of the most effective criminal enterprises on the planet – it is estimated they have stolen over \$150 million dollars and almost \$2 billion in cryptocurrency from financial institutions worldwide, from the United States, to Ecuador to the Philippines, and infamously bringing the British health service to a halt in 2018.

In *The Lazarus Heist*, investigative journalist Geoff White examines how the North Korean regime has harnessed cutting-edge technology to launch a decade-long campaign of brazen and merciless raids on its richer, more powerful adversaries. From the bustling streets of Dhaka, to the glamourous studios of Hollywood and the secretive dynastic court of Pyongyang, this is the shocking story of the world's most elite hackers, their victims and the people who have tried – and ultimately, failed – to stop them.

Geoff White is among the UK's leading technology journalists and a global specialist on cyber-crime. He has won multiple awards for his work on the Snowden leaks, the hacking of Britain's largest internet service provider, TalkTalk, and his exposés of fraud in the online dating industry. His work has appeared in outlets including Channel 4 News, the BBC and the Sunday Times. His podcast series 'The Dark Web' has been a top-10 hit on Audible since its launch in 2017, while his latest podcast, also titled 'The Lazarus Heist', was Number One in the UK Apple chart and ranked within the top 50 in the US.



Microcrisis

James Kinross

Why Our Diets and Lifestyles are Destroying Human Ecology, and What It Means for Our Health

June 2022

ISBN: 9780241543979 Royal Octavo £20.00 • Hardback 336 Pages



An urgent investigation into a brave new world in science - the microbiome - and how it could save our health

The microbiome is the missing link in modern medicine – a vast genetic universe of bacteria, yeasts, viruses and parasites that live within us. Recent discoveries suggest that it influences every aspect of our health, even the way we think and feel.

In this mindblowing book, scientist and surgeon James Kinross explains how the organisms that live within us have helped us evolve, shaped our biology and defined the success of our species. But just as we have discovered this delicate and complex ecosystem within us, it is being irrevocably destroyed through the globalisation of our diets and lifestyles, and the destruction of our environment.

With dazzling science and fascinating stories that span from the dawn of humankind to the current race to develop personalised healthcare, this pioneering book explores a new frontier in the climate crisis – the crisis within our bodies – and will change the way you think about human health forever.

James Kinross is a Senior Lecturer in Colorectal Surgery and a Consultant Surgeon at Imperial College London. His clinical interest is in the treatment of colorectal cancer. He was an NIHR Clinical Lecturer and was awarded a Royal College of Surgeons of England training fellowship during his PhD on the gut microbiome. He is a visiting professor at the Royal College of Surgeons of Ireland.



The Young Accomplice

Benjamin Wood

June 2022

ISBN: 9780241438244 Demy Octavo £14.99 • Hardback 416 Pages

PENGUIN VIKING

A brilliantly propulsive novel from a prizewinning author about power, betrayal and the shadow of blackmail in the years before and after WWII

In a quiet Surrey village sits Leventree, an architectural practice set up by idealistic couple Florence and Arthur Mayhood, offering apprenticeships to young offenders after their release. Motivated by his own memories of Borstal, Arthur aims to mentor young adults with a troubled upbringing and give them opportunities to succeed.

Their first protégées are siblings, Joyce and Charlie Savigear, who quickly settle in; but when a dangerous figure from Joyce's past comes knocking, the Mayhoods' earnest hopes of doing good turn tragic. Forced into betrayal, Joyce must make a decision that will change her brother's life and threaten everything the Mayhoods have been trying to build.

A sinister and thrilling story that unpicks the tendrils of power and choice, lies and truth, and dire consequences borne of good intentions.

Benjamin Wood's first novel, *The Bellwether Revivals*, was shortlisted for the Costa First Novel Award and the Commonwealth Book Prize, and won Le Prix du Roman Fnac. A finalist for the *Sunday Times* Young Writer of the Year Award, his other works have been shortlisted for the Encore Award, the CWA Gold Dagger Award and the European Prize for Literature. He is a Senior Lecturer in Creative Writing at King's College London and lives in Surrey with his wife and sons.



A Good Daughter

Jane Corry

June 2022

ISBN: 9780241989029 B Format £7.99 • Paperback 512 Pages

PENGUIN VIKING

A suspenseful, darkly emotive domestic thriller from the *Sunday Times* bestseller about what happens when family ties are pushed to breaking point

A parent would do anything for their child. But how far would a child go for their parents?

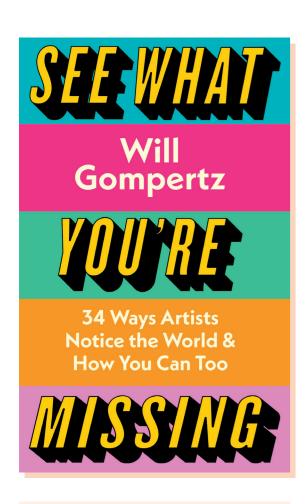
Amy has broken the law. A mistake at work might mean the end of her career – because you can't afford to make mistakes if you're a midwife. Amy escapes to her dad's home in Devon to lick her wounds. She can check on him too – his dementia is worsening by the day, and her guilt along with it.

But then the front door is opened by a beautiful stranger. Francoise introduces herself as her dad's new carer - but her father seems more unwell than ever. Amy doesn't trust Francoise - but she doesn't trust herself either.

Each of them have a secret. And one of them will kill to keep it.

Jane Corry is a former magazine journalist who spent three years working as the writer-in-residence of a high security prison for men. This often hair-raising experience helped inspire her Sunday Times-bestselling psychological thrillers, My Husband's Wife, Blood Sisters, The Dead Ex, I Looked Away and I Made A Mistake which have been published in more than 35 countries and sold over a million copies. Jane was a tutor in creative writing at Oxford University; an RLF Fellow at Exeter University; and is a regular contributor to the Daily Telegraph and My Weekly magazine.

JUNE 2022



See What You're Missing

Will Gompertz

34 Ways Artists Notice the World - and How You Can Too

June 2022

ISBN: 9780241315460 Demy Octavo £20.00 • Hardback 352 Pages

 $\frac{PENGUIN}{VIKING}$

The internationally bestselling author on how art can help us appreciate life

Artists have learnt to pay attention. The rest of us spend most of our time on auto-pilot, rushing from place to place, our overfamiliarity blinding us to the marvellous, life-affirming phenomena of our world. But that doesn't have to be the case.

In his typical engaging style, Will Gompertz takes us into the minds of artists – from contemporary stars to old masters, the well-known to the lesser-so, and from around the world – to show us how to look and experience the world with their heightened awareness.

In See What You're Missing we learn, for example, how Hasegawa Tohaku can help us to see beauty, how David Hockney helps us to see colour and how Frida Kahlo can help us see pain. In doing so we come to know the exhilarating feeling of being truly alive.

Will Gompertz is a world-leading expert in, and champion of, the arts. Having spent seven years as a Director of the Tate Galleries followed by eleven years as the BBC's Arts Editor, he is now Artistic Director at the Barbican. Will has interviewed and observed many of the world's leading artists, actors, writers, musicians, directors and designers. Creativity magazine in New York ranked him as one of the 50 most original thinkers in the world. He is the author of the internationally bestselling What Are You Looking At? and Think Like an Artist, both translated into more than 20 languages.

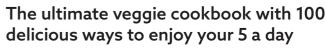


The Veg Box

David and Stephen Flynn

June 2022

ISBN: 9780241535240 Other £20.00 • Hardback 288 Pages



Bestselling authors and vegan chefs, the Happy Pear, are back with their best cookbook yet, designed to inspire and delight readers with 100 delicious recipes using 10 different veg. Starting out as greengrocers over 20 years ago, their passion for veg has always been central to their food and this book makes it easier than ever before for readers to enjoy fresh ingredients at their very best.

With each chapter containing 10 recipes for each veg, including beetroot, courgette, and mushrooms, this book showcases tasty new ways to cook each ingredient, how to get the most out of your veg box to reduce your food waste. There are even clever tips on how to shop and cook more sustainably. With family-friendly meals, quick weeknight dinners and sweet treats, this is veg as you've never seen it before.

Nearly twenty years ago David and Stephen Flynn, a.k.a the Happy Pear twins, discovered the joys and benefits of a plant-based diet and embarked on a mission to encourage everyone to 'eat more veg'. Now, with fans like Russell Brand, Joe Wicks, Rangan Chatterjee and Fearne Cotton, sales of over a quarter of a million copies of their three cookbooks, a social audience of nearly one million, bestselling vegan products throughout Ireland and the UK, and their original Happy Pear cafés still thriving in Ireland, David and Stephen Flynn's vision goes from strength to strength. Their most recent book, *The Happy Health Plan* came out in December 2020.







The Children of the Anthropocene

Bella Lack

Stories from the Young
People at the Heart of the
Climate Crisis

June 2022

ISBN: 9780241501085 B Format £9.99 • Paperback 272 Pages



A critical book chronicling the lives of young people on the frontlines of the environmental crisis around the world

The Children of the Anthropocene chronicles the lives of young people on the frontlines of the environmental crisis around the world. We watch fearfully as species slip into oblivion at our hands. We often forget that humans, too, are bound up with the fate of the natural world.

Across the planet the futures of many young people hang in the balance as they face the realities of the environmental crisis. Bella's book celebrates the work they are doing to save both the planet and the lives of the young people most directly impacted by the crisis.

The book contains a vast breadth of diverse stories, from a young Alaskan activist, Quannah, who sees her ancestral way of life melting away at speed with along the glaciers, to a young person from the Terraba tribe in Costa Rica who switches from predator to protector of the biodiversity in their community.

This book tells the stories of an endangered species often overlooked: the children of the Anthropocene.

Bella Lack is a 17-year-old conservationist and environmental activist. She is an ambassador for the Born Free Foundation, STAE, RSPCA and the Jane Goodall Institute. Bella spoke at Chris Packham's People's Walk for Wildlife, the Illegal Wildlife Trade Conference in 2018 and delivered a TEDx talk in Brighton in 2019.

Bella creates short films and uses social media to educate and inspire as many people as possible to protect the natural world. Since August 2019, she has been working on a feature-length documentary with primatologist Jane Goodall called 'ANIMAL'.

She has been interviewed on Sky, ITV and Channel 4, CGTN in China and has also made a short documentary for BBC Three. She has shared the stage with the likes of Steve Backshall and Chris Packham and helped to create *The People's Manifesto for Wildlife*.



The Amusements

Aingeala Flannery

June 2022

9781844885879. Demy Octavo Trade Paperback with flaps. £12.99. 256 pages



The rich, resonant and intricate debut novel from an award-winning short story writer

'I, Helen Grant, wannabe artist and probable lesbian might as well have gone down to the dunes and jammed my head into the sand. I was prepared to lop off an ear, a hand, or whatever appendage Stella Swaine demanded, determined as I was to play Vincent Van Gogh to her Paul Gauguin.'

In the resort town of Tramore, County Waterford, visitors arrive in waves with the tourist season, reliving the best days of their childhoods at the seaside amusements.

Local teenager Helen is indifferent to the charm of her surroundings; infatuated with her glamorous classmate Stella, she yearns to escape with her to art college, and from there, the world. But leaving is easier said than done. With an alcoholic father and an unsympathetic mother, Helen's free-falling family may wreck her dream, just as it seems to be within reach...

As it follows Helen, Stella and their families' and neighbours' lives over two decades *The Amusements* is an unforgettable story about roads taken and not taken. It is a brilliantly observed portrait of life in a small town, echoing with truth and compassion.

Aingeala Flannery is an award-winning journalist, broadcaster and arts professional who is project manager for Laureate na nÓg (Ireland's Children's Literature Laureate). She has completed an MFA in Creative Writing at University College Dublin with Anne Enright. Her short story 'Visiting Hours' was the winner of the 2019 Harper's Bazaar Short Story Competition. In 2020, she was awarded a literary bursary by the Arts Council of Ireland, and her work has appeared in the Bath Anthology and been broadcast on RTÉ Radio One. She lives in Dublin with her son.

@missflannery



PAPERBACKS

JANUARY

Unsettled Ground

Claire Fuller

Sensehacking

Charles Spence

About Us

Sinéad Moriarty

The Power of Strangers

Joe Keohane

The Hitmen

Stephen Breen and Owen Conlon

Connect the Dots

Dr Christian Busch

FEBRUARY

Transcendent Kingdom

Yaa Gvas

Real Estate

Deborah Levy

Conversations On Love

Natasha Lunn

Open Water

Caleb Azumah Nelsor

About Time

David Rooney

The Cold Millions

less Walter

A Good Father

Catherine Ialbot

The Fortune Men

Nadifa Mohamed

The Spymaster of Baghdad

Margaret Coke

MARCH

Connections: A Story of Human Feeling

Karl Deisseroth

Openhearted

Ann Ingle

Rememberings

Sinead O'conno

The Magician

Colm Toibin

Cecily

Annie Garthwaite

RO'CK of Ages

Ross O'Carroll-Kelly

The Best Catholics in The World

Derek Scally

Holding Her Breath

Fimear Ryar

APRIL

Fragile Monsters

Catherine Menon

The World Before Us

Tom Higham

Gordon's Game

Paul Howard and Gordon D'Arcy

The Frontiers of Knowledge

A.C. Grayling

The Summer Job

Lizzy Dent

Silverview

John Le Carré





MAY

Assembly

Natasha Brown

Sorry for Your Trouble

Ann Marie Hourihane

Normal Sheeple

Ross O'Carroll-Kelly

Barbarossa: How Hitler Lost the War

David Dimblehy

The Man Who Died Twice

Richard Osman

The Island of Missing Trees

Elif Shafak

Taste: My Life Through Food

Stanley Tucci

It's Marty!

Marty Morrissey

JUNE

The Women of Troy

Pat Barker

The Paper Palace

Miranda Cowley

Life On A Knife's Edge

Rahul Jandial

From a Mountain in Tibet: A Monk's Journey

Lama Yeshe Losal Rinpoche

Facing the Mountain

Daniel James Brown

Built on a Lie

Owen Walker

Cut Short:
Youth Violence,
Loss and Hope
in the City

Ciaran Thapar

