



TRANSWORLD
PUBLISHERS

NON-FICTION CATALOGUE JANUARY - JUNE 2021



Penguin
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House

The Sober Girl Society Handbook

An empowering guide to living hangover free

Millie Gooch

Part memoir, part survival guide, this empowering self-help book is *The Unexpected Joy of Being Sober* for the Gen Z generation.

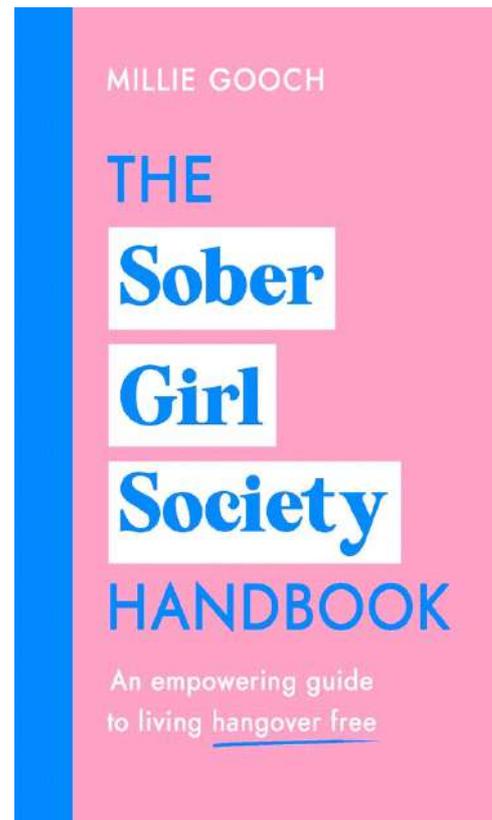
Have you ever woken up feeling anxious after a night of drinking? Do you cringe with embarrassment when reminded of your wild antics at girls' night? Are blackouts increasingly becoming a problem?

Whichever way you look at it, it's hard to avoid how alcohol really makes some of us feel: *terrible*. Whether you're simply sober-curious or determined to make a more permanent change, this book shows not only why you should but also how you can, in a way that will change your life forever.

Offering tips and advice on how to stay sober in a world that revolves around drinking, this handbook will empower you to transform your relationship with alcohol so you can lead your most fulfilling life.

It's time to join the Sober Girl Society!

Millie Gooch is the founder of the Sober Girl Society and is one of the voices leading the sobriety movement in the UK. As a journalist, she has written for a range of publications, and her campaigning work has been featured everywhere from *ELLE* and *Stylist* to the *BBC* and *Evening Standard*.



January 2021
9781787634121
B Format (TW)
£12.99 : Hardback
304 pages

How to Master Your Monkey Mind

Overcome anxiety, increase confidence and regain control of your life

Don Macpherson

One of Britain's leading mind coaches shares ten tools to tune your brain and regain control of your life.

**Are you a worrier?
Do stress and anxiety cloud your mind?
Do you ever really sleep properly?**

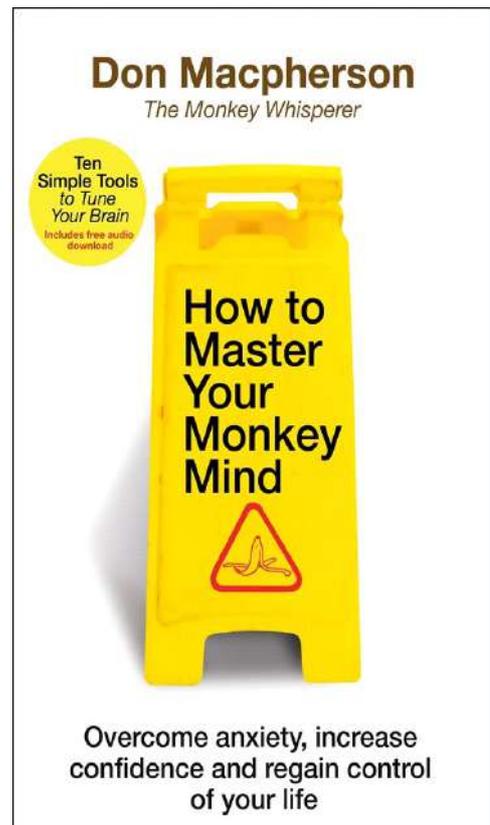
For the first time, in this book, renowned mind coach Don Macpherson will **share his ten simple tools** to help you turn down the volume on the negative chatter in your head and take back control of your life.

With more than 25 years' experience in his field, his techniques have turned around the performances of countless elite sports stars from the worlds of Formula One, rugby union and tennis.

Don will show you how to find your inner confidence, be more assertive and change your life for the better.

Includes FREE audio download

Don Macpherson is a British mind coach who combines mind management techniques and hypnosis with an in-depth knowledge of modern neuroscience. His most high-profile work has been coaching dozens of world-class sports professionals, including F1 racing drivers, Premiership footballers, international rugby players and Wimbledon tennis champions. Over thirty years Don has also helped countless other people with a diverse range of issues such as anxiety, stress, lack of confidence and relationship problems. Don takes challenging mind-management concepts, and makes them easy to understand and to put into practice.



January 2021
9781787633575
Demy Octavo
£14.99 : Trade Paperback
288 pages

The Panic Years

Nell Frizzell

Raw, hilarious and disarmingly honest, *The Panic Years* by renowned journalist Nell Frizzell, is an arm around the shoulder for every woman trying to navigate life's big decisions against the backdrop of the mother of all questions: should I have a baby?

As featured on The High-Low podcast.

'Every millennial woman should have it on her bookshelf'
Pandora Sykes

'As informative as it is poetic' Dolly Alderton

The Panic Years: something between adolescence and menopause, a personal crisis, a transformation.

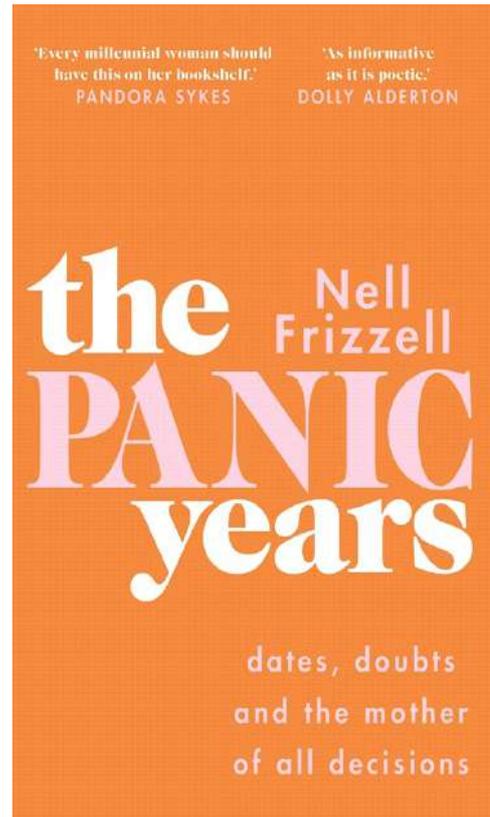
The panic years can hit at any time but they are most commonly triggered somewhere between the ages of twenty-five and forty. During this time, every decision a woman makes - from postcode to partner, friends to family, work to weekends - will be impacted by the urgency of the one decision with a deadline, the one decision that is impossible to take back: whether or not to have a baby.

But how to stay sane in such a maddening time?
How to understand who you are and what you might want from life?
How to know if you're making the right decisions?

Raw, hilarious and beguilingly honest, Nell Frizzell's account of her panic years is both an arm around the shoulder and a campaign to start a conversation. This affects us all - women, men, mothers, children, partners, friends, colleagues - so it's time we started talking about it with a little more candour.

'Vital reading. Nell Frizzell is a master.' Rob Delaney, co-writer and co-star of *Catastrophe*

Nell Frizzell is a journalist, writer and Vogue columnist. She has written for The Guardian, VICE, The Telegraph, Elle, The Observer, Grazia, I-D among many others. Her first book The Panic Years is an exploration of bodies, babies and the big questions facing modern life.



February 2021
9781787632837
£14.99 : Hardback
336 pages

Between Two Kingdoms

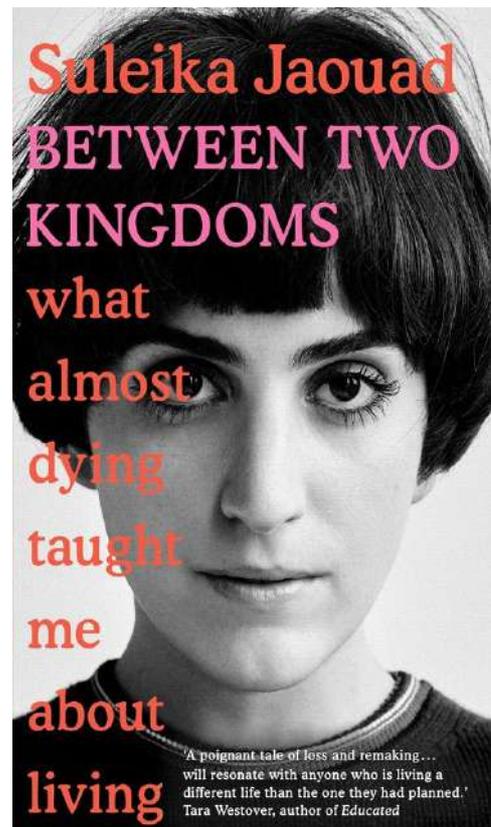
What almost dying taught me about living
Suleika Jaouad

An Emmy-award winning writer's moving and inspirational memoir exploring what we can learn about life from a brush with death.

We all face moments that bring us to our knees: heartbreak, trauma, illness. When things don't go to plan *this* is the book to reach for - an inspirational memoir about what the struggle to survive teaches us about how to live.

At just twenty-two, Suleika Jaouad was diagnosed with leukemia and given a 35 per cent chance of survival. For five years her world comprised four white walls, a hospital bed, fluorescent lights, tubes and wires. She became patient 5624. At twenty-seven, and celebrating her first year of remission, Suleika realized that, having survived, she had no idea how to live. And so she set out to meet some of the strangers who had written to her about their experiences of life, death, healing and recovery in response to her Emmy-Award winning *New York Times* column, 'Life Interrupted'. *Between Two Kingdoms* is the result. Drawing on Suleika's TED Talk, now with 2.9 million views, it illuminates universal questions about how we live, mourn, heal, grow up and begin again.

Suleika Jaouad is an Emmy Award-winning writer, speaker, and the *New York Times* 'Life Interrupted' columnist. Her essays and reported features have appeared in *The New York Times Magazine* and *Vogue*. She is also the creator of The Isolation Journals, a global movement cultivating creativity during challenging times. *Between Two Kingdoms* is her first book.



February 2021
9781787632318
Demy Octavo
£16.99 : Hardback
368 pages

The Wild Track

On motherhood, adoption and belonging

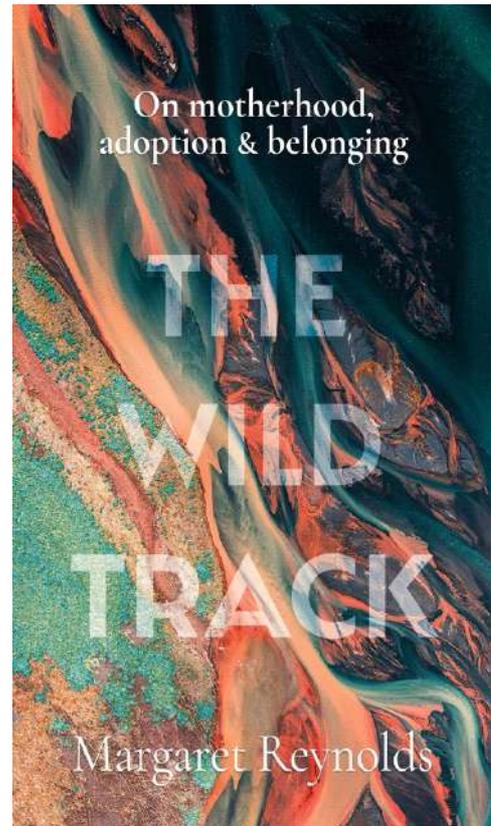
Margaret Reynolds

Beautifully written and extremely moving, this is a probing exploration of what drives a woman to become a mother, told through the prism of the author's experience in deciding and attempting to adopt a child.

How to find an outlet for a love that demands expression? Single, in her mid-forties and having experienced a sudden early menopause, the realisation comes to Peggy quietly, and clearly; she decides to adopt a child. But the preparation is arduous and the scrutiny is intense. There are questions about past lives, about her own childhood, heritage, capabilities, expectations and identity.

This is a book about what makes a mother, and a home; how the legacies of childhood may impact on the experience of parenting; and how the pervasive nature of childhood trauma might be faced by a mother's determination to love.

Margaret Reynolds is a writer, academic, critic and broadcaster. Her critical edition of Elizabeth Barrett Browning's *Aurora Leigh* won the British Academy's Rose Mary Crawshay prize. Other books include *The Penguin Book of Lesbian Short Stories*, *The Sappho Companion*, *Victorian Women Poets: An Anthology* (with Angela Leighton) and a series of study guides on contemporary writers, *Vintage Living Texts*. She is Professor of English at Queen Mary, University of London and a Life Member of Clare Hall, Cambridge. She is the presenter of BBC Radio 4's long running 'Adventures in Poetry'.



February 2021
9780857527424
Demy Octavo
£16.99 : Hardback
256 pages

Red Line

The Unravelling of Syria and the Race to Destroy the Most Dangerous Arsenal in the World

Joby Warrick

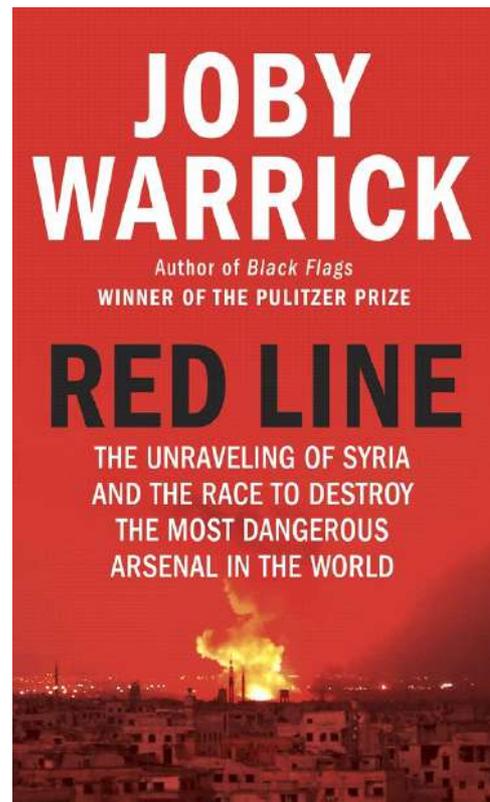
From the Pulitzer Prize-winning author of *Black Flags*, the harrowing true story of the mission to find and destroy Syria's chemical weapons and defeat ISIS - only to lose control of both.

In August 2012, Syrian president Bashar al-Assad was clinging to power in a vicious civil war. Concerned that Assad might resort to chemical weapons, the international community warned that any such use would cross "a red line", warranting a military response. When a year later Assad bombed the Damascus suburb of Ghouta with sarin gas, killing hundreds, global leaders were torn between living up to their word and becoming mired in another unpopular Middle Eastern war. So when Russia offered to store Syria's chemical weapons, the world leaped at the solution.

So begins a race to find, remove, and destroy 1,300 tons of chemical weapons in the middle of Syria's civil war. Told in harrowing detail, the initial effort is a tactical triumph for the West, but soon Russia's long game becomes clear: it has UN cover to assist Assad's regime. Meanwhile, the territory gains of ISIS further destabilise the country, and the terrorist organisation seeks to secure Syria's chemical arsenals for itself, with horrifying consequences.

Red Line is a classic Joby Warrick true-life thriller: a character-driven narrative with a cast of heroes and villains, including weapons hunters, politicians, commandos, diplomats, and spies. Through original reporting and eyewitness accounts from direct participants, Joby Warrick reveals how a well-intentioned effort to save Syrian lives became swept up in a calamitous chain of events that would spawn a terrorist movement, unleash torrents of refugees, frustrate two U.S. presidents and empower the Western alliance's most dangerous foes.

JOBY WARRICK has been a reporter for *The Washington Post* since 1996. He is a two-time winner of the Pulitzer Prize, and the author of *Black Flags* and *The Triple Agent*.



February 2021
9780857527530
Royal Octavo
£20.00 : Hardback
368 pages

The Auschwitz Photographer

Based on the true story of Wilhelm Brasse prisoner 3444

Luca Crippa and Maurizio Onnis

The extraordinary story of Auschwitz prisoner Wilhelm Brasse, whose photographs exposed the atrocities of the Holocaust and helped to convict the Nazis at Nuremberg.

When Germany invaded Wilhelm Brasse's native Poland in 1939, he refused to swear allegiance to The Wehrmacht. He was deported to Auschwitz concentration camp as political prisoner number 3444. A trained portrait photographer, he was ordered by the SS to record the inner workings of the camp. He began by taking identification photographs of prisoners as they entered, went on to capture the criminal medical experiments of Josef Mengele, and also recorded executions. Between 1940 and 1945, Brasse took around 50,000 photographs. He took them because he had no choice.

Brasse's conscience wouldn't allow him to hide behind his camera forever. First he risked his life by joining the camp's Resistance movement, faking documents and trying to smuggle images to the outside world to reveal the horror. Then, as Soviet troops advanced on the camp to liberate it, Brasse refused SS orders to destroy his photographs. 'Because the world must know,' he said.

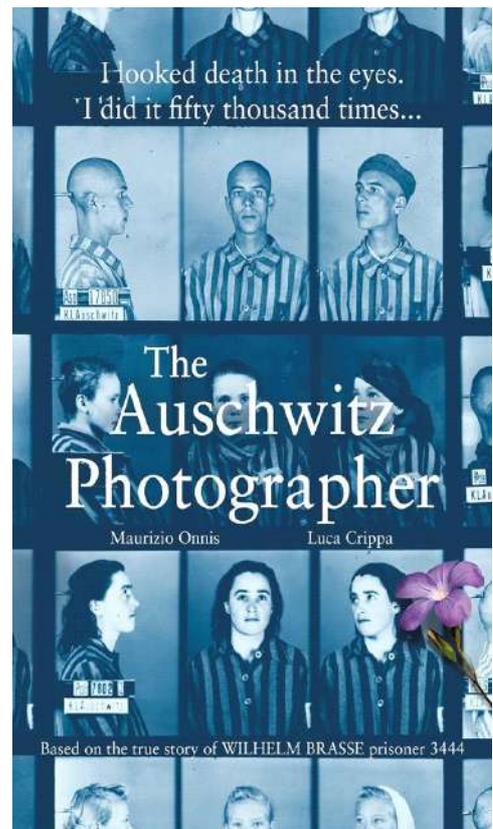
For readers of *The Librarian of Auschwitz* and *The Boy Who Followed His Father into Auschwitz*, this extraordinary true story of hope and courage lies at the very centre of Holocaust history.

Luca Crippa (Author)

Luca Crippa is an expert in theology and philosophy. He has worked as a research professor and editorial consultant for many years. He is the author of a number of history text books and essays, historical novels and documentaries.

Maurizio Onnis (Author)

Maurizio Onnis has travelled extensively in developing countries and has studied anthropology and history of religions and cultures. He has written historical novels and screenplays.



March 2021
9780857527165
Demy Octavo
£14.99 : Hardback
272 pages
2x8pp b&w photos

After

A Doctor Explores What Near-Death Experiences Reveal About Life and Beyond

Bruce Greyson, MD

The world leading expert reveals his extraordinary exploration of stories of near-death experiences and what they tell us about consciousness after life.

'This long-awaited and amazing book is a major contribution to the study of what happens when we die, and will quickly prove to be a classic in near-death studies.' - Raymond Moody, author of *Life After Life*

What happens when we die?

Ten per cent of people whose hearts stop, and then restart, report near-death experiences. Stories of lights, tunnels and reunion with late loved ones have been relayed - and dismissed - since ancient times. But when Dr Bruce Greyson's patients started describing events that he simply could not dismiss, he began to investigate.

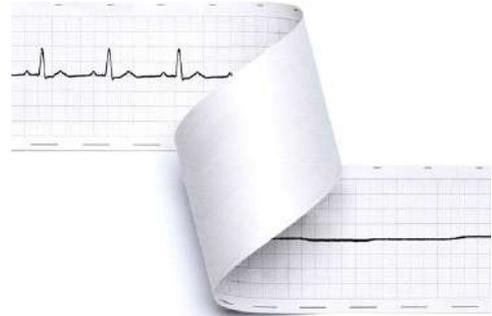
In *After*, he shares the scientific revelations of four decades of research into the dying process. He has become increasingly convinced that dying is less an ending than a transition, the threshold between one form of consciousness and another. Dr Greyson challenges us to consider what these lessons can teach us about the relationship between our brain and our mind, expanding our understanding of consciousness and of what it means to be human.

Bruce Greyson, MD is Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine. He was a co-founder and President of the International Association for Near-Death Studies and Editor of the *Journal of Near-Death Studies*.

His research for the past four decades has focused on near-death experiences and particularly their after-effects and implications. His academic work has been translated into twenty languages and used in hundreds of studies worldwide. Dr Greyson has published more than a hundred scholarly articles about near-death experiences and gives regular addresses at international conferences on the matter. *AFTER* is his first book to bring his ground-breaking research for general readers.

'This book will quickly prove to be a classic.'
Dr Raymond Moody, author of the
multimillion-copy bestseller, *Life after Life*

After



A Doctor Explores What Near-Death
Experiences Reveal About Life and Beyond

DR BRUCE GREYSON

March 2021
9781787634626
Royal Octavo
£16.99 : Hardback
352 pages

Supercharge Your Brain

The New Science of Maximising Your Brain Health, from Sleep to Nutrition, Exercise to Social Life

James Goodwin

Leading brain health expert Professor James Goodwin delivers practical advice on how to optimise our brain's performance and halt cognitive decline.

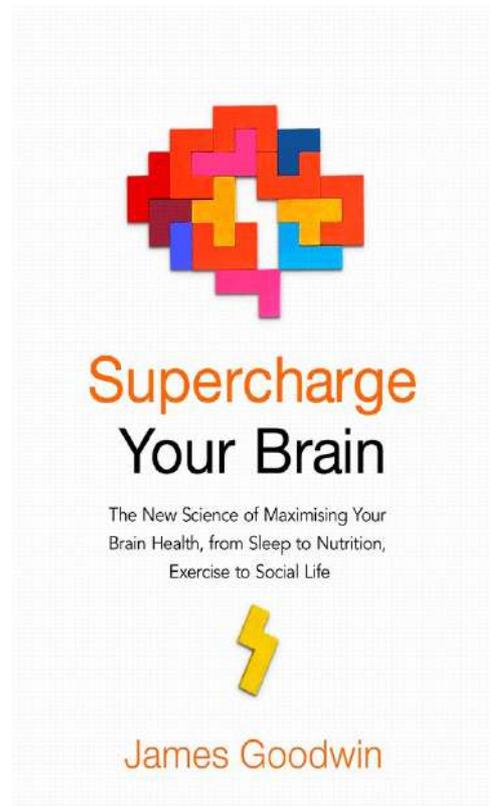
The definitive guide to keeping your brain healthy for a long and lucid life, by one of the world's leading scientists in the field of brain health and ageing.

The brain is our most vital and complex organ. It controls and coordinates our actions, thoughts and interactions with the world around us. It is the source of personality, of our sense of self, and it shapes every aspect of our human experience.

Yet most of us know precious little about how our brains actually work, or what we can do to optimise their performance. Whilst cognitive decline is the biggest long-term health worry for many of us, practical knowledge of how to look after our brain is thin on the ground.

Combining the latest scientific research with insightful storytelling and practical advice, *Supercharge Your Brain* reveals everything you need to know about how your brain functions, and what you can do to keep it in peak condition. In this ground-breaking new book, leading expert Professor James Goodwin explains how simple strategies concerning exercise, diet, social life and sleep can transform your brain health paradigm, and shows how you can keep your brain youthful and stay sharp across your life.

Dr James Goodwin is Special Advisor to the Global Council on Brain Health. He holds a Chair at Exeter University Medical School and is a Professor of Physiology at Loughborough University. Dr Goodwin was previously Chief Scientist at Age UK, Britain's foremost non-profit dedicated to improving the lives of older people and delivering the benefits of research into ageing. He is also a regular media commentator, appearing on Today, the Jeremy Vine Show, BBC TV News, local radio, ITV and Sky News. When not writing he enjoys fly fishing in Devon where he lives with his two dogs.



March 2021
9781787633186
Royal Octavo
£14.99 : Trade Paperback
262 pages

Elegy For a River

Whiskers, Claws and Conservation's Last, Wild Hope
Tom Moorhouse

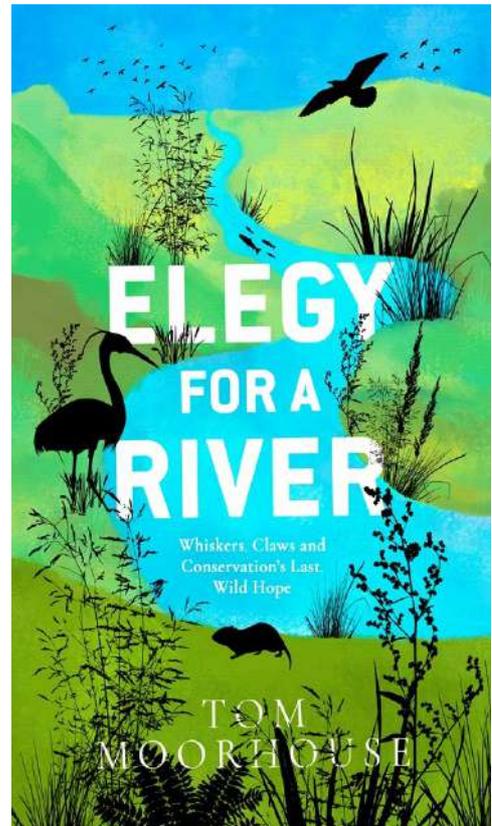
A conservationist's hopeful and charming study of our endangered riverbanks and specifically the water vole, once ubiquitous and now close to extinction.

Water voles are small, brownish, bewhiskered and charming. Made famous by 'Ratty' in *The Wind in the Willows*, once they were a ubiquitous part of our waterways. They were a totem of our rivers. Now, however, they are nearly gone. This is their story, and the story of a conservationist with a wild hope: that he could bring them back.

Tom Moorhouse spent eleven years beside rivers, fens, canals, lakes and streams, researching British wildlife. Quite a lot of it tried to bite him. He studied four main species - two native and endangered, two invasive and endangering - beginning with water voles. He wanted to solve their conservation problems. He wanted to put things right.

This book is about whether it worked, and what he learnt - and about what those lessons mean, not just for water voles but for all the world's wildlife. It is a book for anyone who has watched ripples spread on lazy waters, and wondered what moves beneath. Or who has waited in quiet hope for a rustle in the reeds, the munch of a stem, or the patter of unseen paws.

Dr Tom Moorhouse is a conservation research scientist who has worked for twenty years at the Wildlife Conservation Research Unit, part of Oxford University's Zoology Department. He completed his DPhil on the conservation ecology of water voles in 2003 at Oxford. His work subsequently focused on water vole reintroductions, then the management of signal crayfish and hedgehog conservation. More recently he has studied the impacts of wildlife tourism and of global demand for wildlife products. Outside of conservation research, Tom is the author of award-winning children's fiction. He has also published a number of public engagement pieces based on his own work, including the winner of the 2003 New Scientist New Millennial Science Writing Competition, entitled *Reintroducing 'Ratty'*. He lives with his wife and daughter in Oxford and spends as much time as possible beside water.



March 2021
9780857527011
Demy Octavo
£12.99 : Hardback
304 pages

Woodston

The Biography of an English Farm

John Lewis-Stempel

The story of a typical English farm, and with it the fascinating history of the English countryside, by the award-winning, bestselling author whose family has worked the land for centuries.

In the beginning was the soil...

From the volcanoes that stained it, to the Romans who occupied it, to Tudors who traded it, to the bombs that fell on it, John Lewis-Stempel charts an affectionate history of Woodston farm; the quintessential English farm.

Combining the skill of the farmer and the historian with an instinctive love of the land, Lewis-Stempel mines the memories of his relatives and written records to provide a deep and thoughtful interrogation of the land that his family have been bound to for millennia. He draws upon his wealth of historical knowledge and innate sense of place to chart a fascinating biography of a farm in England.

An English Farm not only reminds us of the historical riches that are buried beneath our feet but of our shared roots that tie us to this land.

John Lewis-Stempel is a writer and farmer. His books include the Sunday Times bestsellers *The Running Hare* and *The Wood*. He is the only person to have won the Wainwright Prize for Nature Writing twice, with *Meadowland* and *Where Poppies Blow*. In 2016 he was Magazine Columnist of the Year for his column in *Country Life*. He lives in Herefordshire with his wife and two children.



**COVER
COMING
SOON**

April 2021
9780857525796
Royal Octavo
£18.99 : Hardback
400 pages

The Age of Unpeace

How Globalisation Sows the Seeds of Conflict

Mark Leonard

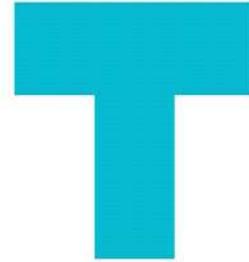
We thought connecting the world would bring lasting peace. Instead, it is driving us apart.

In the three decades since the end of the Cold War, global leaders have been integrating the world's economy, transport and communications, breaking down borders in the hope that it would make war impossible. In doing so, they have unwittingly created a formidable arsenal of weapons for new kinds of conflict and the motivation to keep fighting.

Troublingly, we are now seeing rising conflict at every level, from individuals on social media all the way up to stand-offs between nation states. The past decade has seen a new antagonism between the US and China; an inability to co-operate on global issues such as climate change or pandemic response; and a breakdown in the distinction between war and peace, as overseas troops are replaced by sanctions, cyberwar, and the threat of large migrant flows.

As a leading authority on international relations, Mark Leonard's work has taken him into many of the rooms where our futures are being decided at every level of society, from the Facebook HQ and facial recognition labs in China to meetings in presidential palaces and at remote military installations. In seeking to understand the ways that globalisation has broken its fundamental promise to make our world safer and more prosperous, Leonard explores how we might wrestle a more hopeful future from an age of unpeace.

Mark Leonard is director of the European Council on Foreign Relations, chairing a council of 300 European leaders including serving and former presidents, prime ministers, economics and foreign ministers, and the author of *Why Europe Will Run the 21st Century* (2005) and *What Does China Think?* (2008). He lives in London and Berlin.



**COVER
COMING
SOON**

May 2021
9781787634657
216x153
£16.99 : Hardback
256 pages

Taking on Gravity

A Guide to Inventing the Impossible from the Man Who Learned to Fly

Richard Browning

An entertaining and inspiring guide to innovation from 'Real-Life Iron Man', Richard Browning, inventor of the world's first jet-powered flying suit.

For fans of Adrian Newey, Guy Martin and Chris Hadfield, in *Taking on Gravity* inventor Richard Browning tells the inspiring story behind his iconic jet suit, and shares his creative principles for generating true innovation.

From Icarus to Iron Man, the dream of human flight has always inspired and challenged us. Now, with his pioneering jet suit, Richard Browning has redefined what is possible.

Richard Browning's story is one of groundbreaking innovation. Building an aviation business from his garage, he has invented a whole new form of personal flight - a fantasy previously reserved for the pages of science fiction. His iconic jet suit has captured the imaginations of millions around the world, triggered ongoing developments in technology and engineering, and inspired a new generation of creative minds to pursue their dreams.

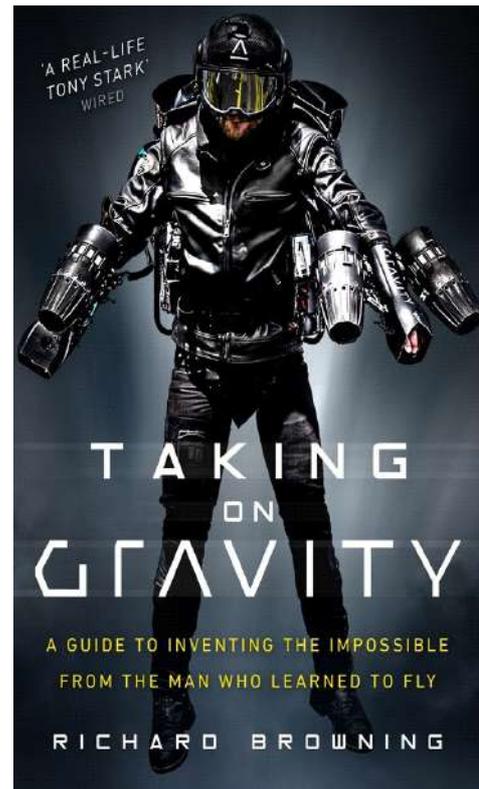
In *Taking on Gravity*, Browning reveals the creative principles of his multimillion-pound company, Gravity Industries, and shows us how grass-roots innovation can disrupt established industries in exciting and unexpected ways. On this journey into the sky we'll experience what it's like to take flight, to test the limits of the human body, and to convert moonshot ideas into tangible results.

The Gravity story is an inspiring example of human creativity and our ceaseless desire to push the boundaries of what is possible. Where we go next is up to you.

Richard Browning is the founder of human propulsion technology start-up Gravity Industries Ltd, which he officially launched in March 2017 after inventing, building and patenting an 'Iron Man-like' flight system, the Daedalus flight suit.

A former Royal Marine reservist, Richard worked on a number of innovations and new technologies at BP before becoming involved in several start-ups, including a solar project in Kenya, lighting schools via reconditioning old car batteries.

His passion for flight and his vision for Gravity are inspired by his father, an aeronautical engineer and inventor.



May 2021

9781787630895

£20.00

Royal Octavo : Hardback

256 pages

Books do Furnish a Life

Reading and Writing Science

Richard Dawkins

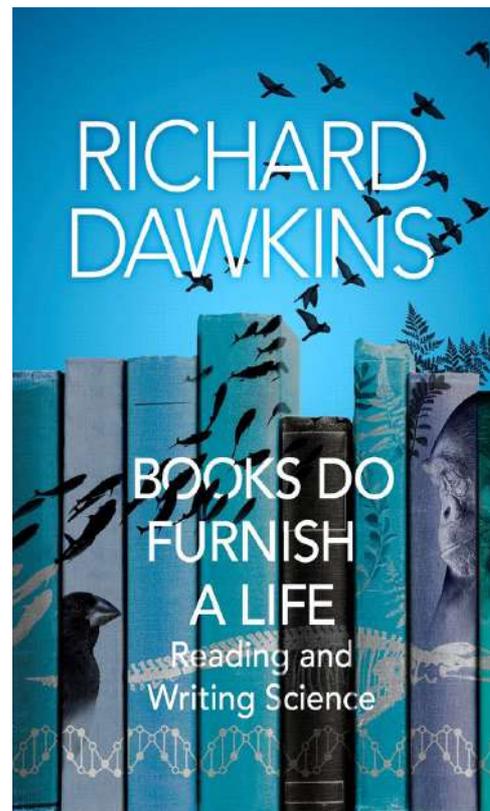
For the first time, this is a collection of our greatest science writer's commentary on the best of contemporary science literature, including exclusive new material from other great thinkers.

Science has never had a greater impact on our lives, or on the life of the planet than now. Never has it been more important to communicate the discoveries of science and to recognise the importance of great science literature.

For the first time, *Books Do Furnish a Life* brings together Dawkins' forewords, afterwords and introductions to the work of some of the leading thinkers of our age - Carl Sagan, Lawrence Krauss, Jacob Bronowski, Lewis Wolpert - with a selection of his reviews to provide an electrifying celebration of science writing, both fiction and non-fiction.

Including conversations with Neil DeGrasse Tyson, Steven Pinker, Matt Ridley and more, this is a brilliant guide to the most exciting ideas of our time and their proponents and a sparkling addition to Dawkins' own remarkable canon of work.

Richard Dawkins is author of *The Selfish Gene*, voted *The Royal Society's Most Inspiring Science Book of All Time*, and also the bestsellers *The Blind Watchmaker*, *Climbing Mount Improbable*, *The Ancestor's Tale*, *The God Delusion*, and two volumes of autobiography, *An Appetite for Wonder* and *Brief Candle in the Dark*. He is a Fellow of New College, Oxford and both the Royal Society and the Royal Society of Literature. In 2013, Dawkins was voted the world's top thinker in *Prospect* magazine's poll of 10,000 readers from over 100 countries.



May 2021
9781787633681
Royal Octavo
£25.00 : Hardback
480 pages

33 Meditations on Death

Notes from the Wrong End of Medicine

David Jarrett

By an eminent geriatric consultant, *33 Meditations on Death* is a call to arms for us to discuss and plan how we improve our end of life.

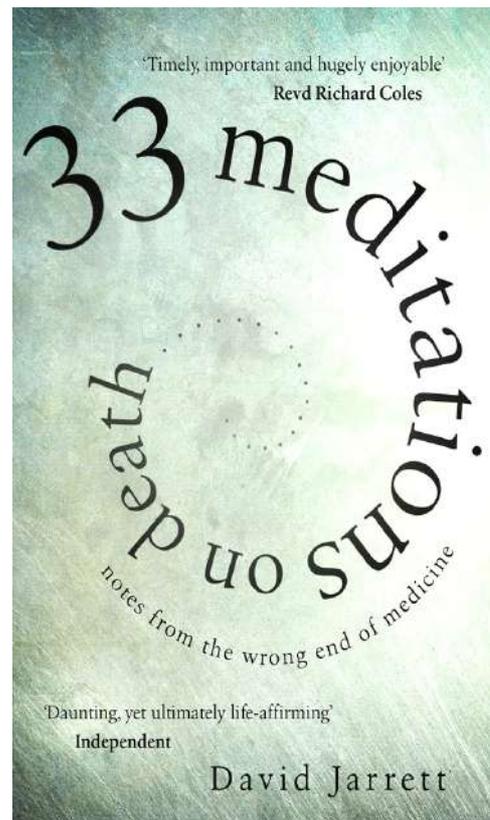
"Brilliant - a grimly humorous yet humane account of the realities of growing old in the modern age. Everybody over the age of 60 should read it and ponder their probable future." - Henry Marsh

What is a good death? How would you choose to live your last few months? How do we best care for the rising tide of very elderly?

This unusual and important book is a series of reflections on death in all its forms: the science of it, the medicine, the tragedy and the comedy. Dr David Jarrett draws on family stories and case histories from his thirty years of treating the old, demented and frail to try to find his own understanding of the end. And he writes about all the conversations that we, our parents, our children, the medical community, our government and society as a whole should be having.

Profound, provocative, strangely funny and astonishingly compelling, it is an impassioned plea that we start talking frankly and openly about death. And it is a call to arms for us to make radical changes to our perspective on 'the seventh age of man'.

David Jarrett has been a doctor for forty years, thirty of which as an NHS consultant in geriatric and stroke medicine. He is a clinician, teacher, examiner and former medical manager with extensive experience of frailty, death and dying and the modern world's failure to confront the realities. He has also worked in Canada, India, Africa and the USSR. He is married with two children and lives in Hampshire during the week, and in London at weekends.



May 2021
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B Format (TW)
£9.99 : Paperback
288 pages

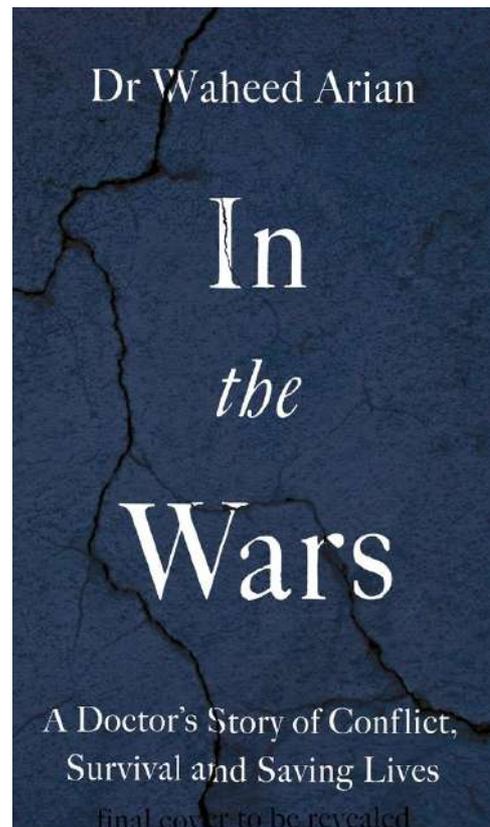
In the Wars

A doctor's story of conflict, survival and saving lives
Dr Waheed Arian

For readers of *War Doctor* and *Educated*, a doctor's story of grit and resilience, from the war-torn streets of Kabul to saving the lives of those caught up in conflict around the world.

Born in war-torn Afghanistan, Waheed Arian's earliest memories are of bombs. Fleeing the conflict with his family, he spent much of his childhood in refugee camps in Pakistan, living sometimes ten to a room without basic sanitation or access to education. After he contracted tuberculosis, his first-hand experience of the power of medicine inspired Waheed to dedicate his life to healing others. But how does a boy with nothing hope to become a doctor? Waheed largely taught himself, from textbooks bought from street-sellers, and learned English from the BBC World Service. Smuggled to the UK at fifteen with just \$100 in his pocket, he found a job in a shop. He was advised to set his sights on becoming a taxi driver. But the boy from Kabul had bigger ambitions. He studied all hours and was accepted to read medicine at Cambridge University, Imperial College and Harvard, and went on to become a doctor in the NHS. In 2015 he founded Arian Teleheal, a pioneering global charity that connects doctors in war zones and low-resource countries with their counterparts in the US, UK, Europe and Australia. Together, learning from each other, they save and change lives - the lives of millions of people just like Waheed.

Waheed Arian is an NHS A&E doctor. His pioneering charity, Arian Teleheal, works directly with clinicians on the ground, and provides governments and global organizations with a blueprint for delivering innovative healthcare and education. Dr Arian has been recognized as a UNESCO Global Hope Hero, a UN Global Goals Goalkeeper, an NHS Innovation Mentor, and was appointed to the WHO Roster of Digital Health Experts in 2019. In the UK, he has been awarded the Rotary International Peace Award and the prime minister's Points of Light Award. He is a sought-after speaker at national and international conferences and events.



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The Authority Gap

Why women are still taken less seriously than men, and what we can do about it

Mary Ann Sieghart

A provocative and rigorously-researched book which seeks to interrogate our unconscious biases in detail, to look at the way they affect not only how business, politics and other institutions function, but how we function socially in our day-to-day lives.

You probably, in the abstract, believe in equality between men and women, and accept that women are as intelligent and competent as men. But do you actually take women as seriously? Do you listen as attentively to what they say? Do you read the books they write? For a lot of us, the answers to these questions are surprising.

The Authority Gap will examine the evidence that shows how few of us, female as well as male, bear out our beliefs about equality in our behaviour. It will take a long, hard look at the question of why women are still taken less seriously than men; why women are promoted to fewer top jobs, accorded less credit for their work, and accorded less authority than their male counterparts. Mary Ann Sieghart seeks to interrogate our unconscious biases in detail and map out the measures we can take, as individuals and society, both to counteract them, and to see them for what they are – an irrational but tenacious product of our social conditioning.

Mary Ann Sieghart spent 20 years as a senior editor and columnist at *The Times* and won a large following for her columns on politics, economics, feminism, parenthood and life in general. She has presented many programmes on BBC Radio 4, such as *Start the Week*, *Fallout*, *Profile*, *Analysis*, *One to One* and a clutch of one-off documentaries. Most recently she presented *Fallout*, a series of Radio 4 programmes on the possible outcomes of the Coronavirus.

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**COVER
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How Confidence Works

The new science of self-belief, why some people learn it and others don't

Ian Robertson

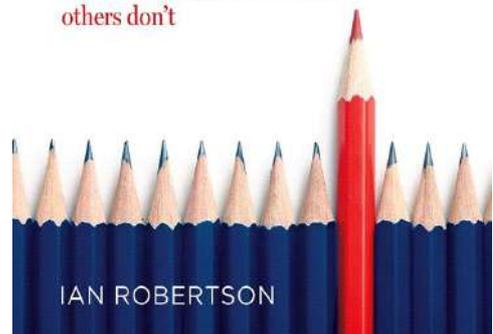
Exploring the new science of confidence, Professor Ian Robertson explains where it comes from, how it spreads and how it can be learned.

Imagine we could discover something that could make us richer, healthier, longer-living, smarter, kinder, happier, more motivated and more innovative. What is this elixir? Confidence. If you have it, it can empower you to reach heights you never thought possible. But if you don't, it can have a devastating effect on your future. Confidence lies at the core of what makes things happen. Probing the science and neuroscience behind confidence that has emerged over the last decade, clinical psychologist and neuroscientist Professor Ian Robertson tells us how confidence plays out in our minds, our brains and indeed our bodies. He explains where it comes from and how it spreads - with extraordinary economic and political consequences. And why it's not necessarily something you are born with, but something that can be learned.

Ian Robertson is Professor Emeritus in Psychology at Trinity College, Dublin and was the founding director of the Trinity College Institute of Neuroscience. He is Co-Director of the Global Brain Health Institute and is T. Boone Pickens Distinguished Scientist at the University of Texas at Dallas. A trained clinical psychologist as well as a neuroscientist, he is internationally renowned for his research on neuropsychology. He has written five non-fiction books aimed at the general reader, and numerous newspaper and magazine articles and comment pieces in the *Guardian*, *Times*, *Telegraph*, *Irish Times*, *Time* magazine and *New York* magazine amongst others. He has appeared on BBC Radio and featured in several major television documentaries. He is a regular speaker at major futurology and business conferences in Europe, the USA and Asia.

How Confidence Works

The new science of self-belief,
why some people learn it and
others don't



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The Spy who was left out in the Cold

The Secret History of Agent Goleniewski

Tim Tate

Michal Goleniewski was one of the most significant spies of the early Cold War - the secrets he brought to the West exposed the degree to which their security services had been penetrated by the KGB. This is his little known yet extraordinary story . . .

Spring 1958: a mysterious individual believed to be high up in the Polish secret service began passing Soviet secrets to the West.

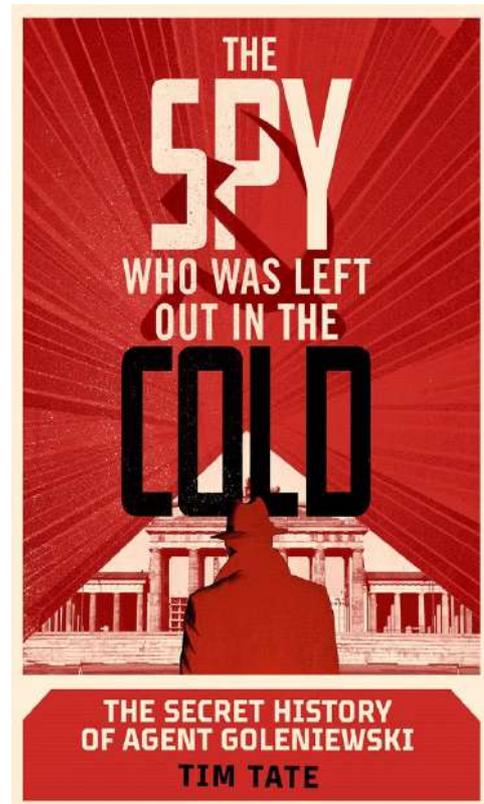
His name was Michal Goleniewski and he remains one of the most important, yet least known and most misunderstood spies of the Cold War. Even his death is shrouded in mystery and he has been written out of the history of Cold War espionage - until now.

Tim Tate draws on a wealth of previously-unpublished primary source documents to tell the dramatic true story of the best spy the west ever lost - of how Goleniewski exposed hundreds of KGB agents operating undercover in the West; from George Blake and the 'Portland Spy Ring', to a senior Swedish Air Force and NATO officer and a traitor inside the Israeli government. The information he produced devastated intelligence services on both sides of the Iron Curtain.

Bringing together love and loyalty, courage and treachery, betrayal, greed and, ultimately, insanity, here is the extraordinary true story of one of the most significant but little known spies of the Cold War,

Born in Calcutta, **Tim Tate** is a multi-award winning documentary film-maker, investigative journalist and best-selling author. Over a career spanning almost forty years he has written for most national newspapers and made more than eighty documentaries for British and international broadcasters.

He is the author of sixteen published non-fiction books, including the acclaimed *Hitler's Forgotten Children* and most recently *Hitler's British Traitors* - hailed 'a brilliant book' by Dan Snow and selected as *The Times*' 'Book of the Week'. Tim Tate lives in Wiltshire.



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God is Dead

The Rise and Fall of Frank Vandenbroucke, Cycling's Great Wasted Talent

Andy McGrath

The remarkable untold story of the mercurial cycling prodigy Frank Vandenbroucke. Featuring exclusive contributions from his family, friends and teammates, William Hill award-winning author Andy McGrath lays bare Vandenbroucke's chaotic and complicated life.

The remarkable untold story of the mercurial cycling prodigy Frank Vandenbroucke, written by William Hill award-winning author Andy McGrath.

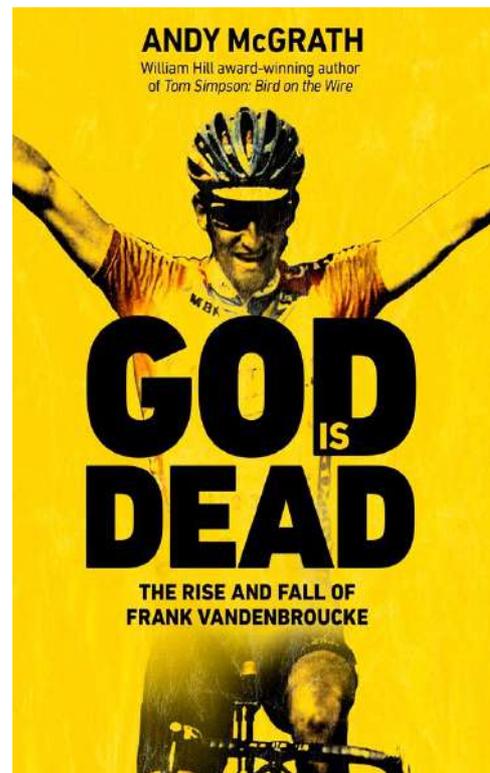
They called him God. For his grace on a bicycle, for his divine talent, for his heavenly looks. Frank Vandenbroucke had it all, and in the late Nineties he raced with dazzling speed and lived even faster.

The Belgian won several of cycling's most illustrious races, including Liège-Bastogne-Liège, Paris-Nice and Ghent-Wevelgem. He was a mix of poise and panache who enthralled a generation of cycling fans. Off the bike, he only had one enemy - himself. Vandenbroucke dabbled in nocturnal party sessions mixing sleeping pills and alcohol and regularly fell out with team managers. By 1999 his team had suspended him and this proved to be the start of a long, eventful fall from grace. Depression, a drug ban, addiction, car crashes, divorce and countless court appearances subsumed his life. He threatened his wife with a gun. He tried to commit suicide twice. And when police found performance-enhancing drugs at his house, Vandenbroucke said they were for his dog.

It seemed he had finally learned from his mistakes. Then, on 12 October 2009, aged just 34, Vandenbroucke was found dead in a hotel room in Senegal.

Guided by exclusive contributions from his family, friends and team-mates, William Hill award-winning author Andy McGrath lays bare Vandenbroucke's chaotic, complicated life and times. *God is Dead* is the remarkable biography of this mercurial cycling prodigy.

Andy McGrath is the managing editor of Rouleur Magazine. Having previously worked at *Cycling Weekly* and *Cycle Sport*, he has also written on cycling for *The Guardian* and *Financial Times*.



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