NON-FICTION CATALOGUE
JULY - DECEMBER 2021
Since the pandemic, many businesses have gone under. But some businesses are positively buoyant, despite the odds being stacked against them. Why is that? **Rebuild** is a life raft, a vital guide to how we reset and build back better.

Over the past thirty years the business of what we buy has been dominated by the biggest, fastest and cheapest. But those values no longer resonate. We’ve come to realize that more doesn't equal better. Good business is now about putting people and planet before profit. The post-pandemic era is all about care, respect and understanding the implications of what we're doing. This 'Kindness Economy' is a new value system that means in order to thrive businesses must rediscover their true purpose, and fuse brand magnetism with social progress. We're not simply consuming anymore, we're buying *into* something. Which means that, whether physical or digital, the most important space that any business can now occupy is the space in peoples' hearts. Full of expert insight, **Rebuild** is about resetting the dial. It gives businesspeople pause for thought and the practical tools to build back post-pandemic and speaks to anyone who votes with the pound in their pocket, who with social progress in mind wants to spend their money differently and better.

Mary Portas is one of the UK’s most high-profile businesswomen. After making her name transforming Harvey Nichols into London's sexiest fashion destination, Mary launched her own retail consultancy, Portas, which works with clients ranging from Louis Vuitton to Sainsbury’s. She has been a regular on our TV screens, advised the government on the future of high streets and developed a fashion label. Her proudest achievement to date is the creation of twenty-six Mary’s Living & Giving shops for Save the Children. She is the author of *Shop Girl* and *Work Like a Woman*. 
The Authority Gap
Why women are still taken less seriously than men, and
what we can do about it
Mary Ann Sieghart

Based on new, original research and interviews with
pioneering women including Baroness Hale, Mary Beard and
Caitlin Moran, this is a fresh feminist take on how to address
and counteract systemic sexism, perfect for fans of Invisible
Women.

Imagine living in a world in which you were routinely
patronized by women.

Imagine having your views ignored or your expertise
frequently challenged by them.

Imagine trying to speak up in a meeting, only to be talked
over by female colleagues.

Imagine subordinates resisting you as a boss, merely
because of your gender.

Imagine people always addressing the woman you are with
before you.

Now imagine a world in which the reverse of this is true.

The Authority Gap provides a startling perspective on the
unseen bias at work in our everyday lives, to reveal the scale
of the gap that still persists between men and women.

Marshalling a wealth of data with precision and insight, and
based on interviews with pioneering women including
Baroness Hale, Mary Beard and Janet Yellen, this is a fresh
feminist take on how to address and counteract systemic
sexism in ways that benefit us all.

Mary Ann Sieghart spent 20 years as Assistant 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, Profile, Analysis and One to One. She
chaired the revival of The Brains Trust on BBC2 and recently
spent a year as a Visiting Fellow of All Souls College, Oxford.
She has chaired the Social Market Foundation think tank and
sits on numerous boards.
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 earth...

From the Paleozoic volcanoes that stained its soil, to the Saxons who occupied it, to the Tudors who traded its wool, to the Land Girls of wartime, John Lewis-Stempel charts a sweeping, lyrical history of Woodston: the quintessential English farm.

With his combined skills of farmer and historian, Lewis-Stempel digs deep into written records, the memories of relatives, and the landscape itself to celebrate the farmland his family have been bound to for millennia. Through Woodston's life, we feel the joyful arrival of oxen ploughing; we see pigs rootling in the medieval apple orchard; and take in the sharp, drowsy fragrance of hops on Edwardian air. He draws upon his wealth of historical knowledge and his innate sense of place to create a passionate, fascinating biography of farming in England.

Woodston not only reminds us of the rural riches buried beneath our feet but of our shared roots that tie us to the 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.
The Painful Truth
The new science of why we hurt and how we can heal
Monty Lyman

A philosophical and medical journey through the experience of pain, used as a prism to marvel at biology, psychology and what it means to be human.

What causes the placebo effect? What is phantom limb pain? Why do we experience pain, even after we've healed?

We're currently experiencing a Renaissance in pain science. In recent years our understanding of pain has altered so radically it's fair to say that everything we thought we knew about pain is wrong. As Dr Monty Lyman reveals, we misunderstand pain - with harmful consequences. Exploring cutting-edge research and encompassing phantom aches to persistent pain, and interviews with survivors of torture as well as those who have never felt pain, Dr Lyman not only provides hope for reducing and managing pain but takes us to a deeper understanding of what it means to be human.

This is the untold story of pain - our most elusive feeling.

Dr Monty Lyman is a doctor and research fellow at the University of Oxford. His first book, The Remarkable Life of the Skin, was shortlisted for the 2019 Royal Society Science Book Prize, was a Radio 4 Book of the Week and a Sunday Times Book of the Year. He has given many talks at national conferences and has won several essay prizes, including the 2020 Royal Society of Medicine pain essay prize. He lives in Oxford, England.
The Sensational Toddler Sleep Plan
Alison Scott-Wright

The author of the bestselling *The Sensational Baby Sleep Plan* shows parents how to handle sleep issues in older babies and children.

*** WITH A FOREWORD BY MILLIE MACKINTOSH ***

From the author of the hugely successful *The Sensational Baby Sleep Plan* comes this follow-up guide, helping parents to deal with sleep issues in toddlers and children aged twelve months plus.

*The Sensational Toddler Sleep Plan* gives parents clear and realistic advice on how to:

* Implement Alison's proven and fail-safe reassurance sleep-training technique, and establish healthy bedtime associations for the older baby, toddler or child.
* Understand your toddler's development, and implement routine boundaries through responsible and positive parenting.
* Manage changes to routine such as moving from cot to bed and travelling through time zones.
* Cope with dietary intolerances and acid reflex that might be affecting your child's ability to fall and stay asleep.
* Introduce a new baby into the family and deal with sibling issues.

Babycare expert Alison Scott-Wright will help you manage the transition from baby to toddler and ensure the whole family gets the sleep they need.

Alison Scott-Wright comes from a vast and varied nursing background. Her successful and ever-expanding consultancy service gives parents factual, reality-based advice on a range of baby-related issues.
The Age of Unpeace
How Connectivity Causes 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 of making 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 nation-states in entrenched stand-offs. 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 has been inside many of the rooms where our futures, at every level of society, are being decided - from Facebook HQ and facial-recognition labs in China to presidential palaces and remote military installations. In seeking to understand the ways in which globalization has broken its fundamental promise to make our world safer and more prosperous, Leonard explores how we might wrest a more hopeful future from an age of unpeace.

Masters of Scale
Surprising truths from the world’s most successful entrepreneurs
Reid Hoffman with June Cohen and Deron Triff

Business secrets from the heads of the world’s most exciting and innovative companies, including Facebook, Google, Airbnb, Netflix, Spotify, Uber, Starbucks, Bumble and Instagram.

On his podcast Masters of Scale, Silicon Valley legend Reid Hoffman (founder of LinkedIn, investor at Greylock) sits down with the leaders of the world’s most iconic companies, including Apple, Nike, Netflix, Spotify, Starbucks, Google, Instagram and Microsoft, as well as the bold, disruptive startups - from 23andMe to TaskRabbit, from the Black List to the Bevel razor - solving the problems of the 21st century. In this book, he draws on their most riveting, revealing stories to distil the counterintuitive secrets behind the most extraordinary success stories of our times.

Through vivid storytelling and straightforward analysis, Masters of Scale distils their collective insights into a set of counterintuitive principles that anyone can use. How do you find a winning idea and turn it into a scalable venture? What can you learn from a "squirmy no"? When should you stop listening to your customers? Which fires should you put out right away, and which should you let burn? And can you really make money while making the world a better place? (Answer: Yes. But you have to do the work to keep your profits and values aligned.)

Based on more than 100 interviews, and incorporating new material never aired on the podcast, Masters of Scale offers a unique insider's guide, filled with insights, wisdom, and strategies that will inspire you to reimagine how you do business today.
Drawing on Derren’s own experiences, this is a profound and practical guide to finding value in sadness and strength from difficult times - it is from the friction in life that we find meaning and can grow.

Perhaps being happy is not the answer after all. In this thoughtful and brilliant new book, the internationally bestselling author of HAPPY considers the value of friction in our lives. In chapters revealing his own moments of anger and prejudice, anxiety and shyness, loneliness and loss, Derren Brown examines the means to a more rewarding life, be it saving yourself from small talk or navigating middle age. Referencing the ideas of some of the world’s great philosophers, he has to wonder if the Greeks were right - unless we tend to all aspects of our lives - our whole flawed natures - the snubbed secreted aspects of ourselves will wreak revenge. Perhaps we need to accept and experience complexity, and allow uncertainty? Is anxiety in fact a pointer for growth? Rather than being true to ourselves, might we instead prioritize better interaction with other people? Considering these questions leads him to surprising sources of consolation and compassion.

Derren began his UK television career in December 2000 with a series of specials called Mind Control. Since redefining the genre of magic for intelligent, modern audiences, he has become synonymous with the art of psychological manipulation. His TV shows have become must-see events. Amongst a varied and notorious career, Derren has played Russian Roulette on live television, convinced middle-managers to commit an armed robbery in the street, led the nation in a séance, stuck viewers to their sofas, successfully predicted the National Lottery, motivated a shy man to land a packed passenger plane at 30,000 feet, exposed psychic and faith-healing charlatans, and hypnotised a man to assassinate Stephen Fry. On top of this he tours the UK every year with a sell-out stage show and has recently finished a run on Broadway, NYC.

He has published five books: Tricks of the Mind, Confessions of a Conjuror, Happy, A Little Happier and a book of his caricatures, Portraits.
Making Numbers Count
How to translate data into stories that stick
Chip Heath and Karla Starr

From bestselling author Chip Heath, a lively, practical, first-of-its-kind guide to turning cold, clinical data into a memorable story.

Until recently, most languages had no words for numbers greater than five - anything from six to infinity was known as 'lots'. While the numbers in our world have become increasingly complex, our brains are stuck in the past. Yet the ability to communicate and understand numbers has never mattered more. So how can we more effectively translate numbers and stats so that the data comes alive? In Making Numbers Count, Chip Heath argues that understanding numbers is essential - but humans aren't built to understand them. Drawing on years of research into making ideas stick, he outlines six critical principles that will give anyone the tools to communicate numbers with more transparency and meaning. Using concepts such as simplicity, concreteness and familiarity, he reveals what's compelling about a number and shows how to transform it into its most engaging form. Whether you're interested in global problems like climate change, running a tech firm or a farm, or just explaining how many Cokes you'd have to drink if you burned calories like a hummingbird, this book will help math-lovers and math-haters alike translate the numbers that animate our world.

Chip Heath (Author)
Chip Heath is a professor at Stanford Graduate School of Business. Chip and his brother Dan have written four New York Times bestselling books: Made to Stick, Switch, Decisive and The Power of Moments. Their books have sold over three million copies worldwide and have been translated into thirty-three languages including Thai, Arabic and Lithuanian. He has helped over 530 startups refine and articulate their strategy and mission. Chip lives in California.

Karla Starr (Author)
Karla Starr has written for O, The Atlantic, Slate, Popular Science, the Guardian and the LA Times. The recipient of a Best Science/Health award from the Society of Professional Journalists, she lives in Portland, Oregon. She is the author of Can You Learn to Be Lucky?
London Clay
Journeys into the Deep City
Tom Chivers

London Clay is an exploration of the stories that make a city. Written in rich and vivid prose, Chivers leads us on a journey to find the source of his memories, and to discover lost rivers, secret woodlands, the marshes and islands long buried beneath the city he loves.

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London Clay explores the hidden layers that make up this city.

Armed with just his tattered Streetfinder map, Chivers leads his reader down forgotten waterways into abandoned catacombs and buried stations, exploring the nooks and crannies of a forgotten city. His network of journeys combine together to produce a compelling interrogation of London's past.

In a route that covers much of his own personal history, this is a bold exploration of the city's secrets and asks us also to consider important questions about its future.

Tom Chivers is a poet and publisher. He is the author of two pamphlets and two full collections of poetry to date, and is director of the independent press Penned in the Margins. In 2008 he was the Bishopsgate Institute's first writer in residence, and has appeared widely at events and made a number of contributions to radio, including presenting a 30 minute documentary for Radio 4. He has collaborated with the climate arts organisation Cape Farewell and conducts immersive walking tours of London. Chivers is currently an Associate Artist of the National Centre for Writing.
Brothers in Arms  
A Legendary Tank Regiment's Bloody War from D-Day to VE Day  
James Holland

Through compelling eye-witness testimony and renowned historian James Holland’s expert analysis, *Brothers In Arms* brings to vivid life the final bloody scramble across Europe from the powerful perspective of one of the greatest tank regiments: the Sherwood Rangers.

It took a certain type of courage to serve in a tank in World War Two. Encased in steel, surrounded by highly explosive shells, a big and slow-moving target, every crew member was utterly vulnerable to enemy attack from all sides. Living - and dying - in a tank was a brutal way to fight a war.

The Sherwood Rangers were one of the great tank regiments. They had learned their trade the hard way, under the burning sun of North Africa, on the battlefields of El Alamein and Alam el Halfa. By the time they landed on Gold Beach on D-Day, they were toughened by experience and ready for combat.

From that moment on, the Sherwood Rangers were in the thick of the action til the war’s end. They and their Sherman tanks covered thousands of miles and endured some of the fiercest fighting in Western Europe. The first British unit to cross into Germany, their engagements stretch from the Normandy beaches, to the bridges at Eindhoven, and the grinding crossing of the Siegfried Line and on into the Nazi heartland.

James Holland is an internationally acclaimed and award-winning historian, writer, and broadcaster. The author of a number of best-selling histories including *Battle of Britain*, *Dam Busters*, *Burma '44* and, most recently, *Big Week*, he has also written nine works of historical fiction, including the Jack Tanner novels.

He is currently writing an acclaimed three-volume new history of the Second World War, *The War in the West*. He has presented - and written - many television programmes and series for the BBC, Channel 4, National Geographic, History and Discovery Channels.

He is also co-founder of the Chalke Valley History Festival and co-founder of WarGen.org, an online Second World War resource site, and presents the Chalke Valley History Hit podcast. A fellow of the Royal Historical Society, he also has a weekly podcast with Al Murray, *We Have Ways of Making You Talk: Al Murray and James Holland Talk World War II*. He can be found on Twitter as @James1940.
Liquid History
An Illustrated Guide to London’s Greatest Pubs
John Warland

An illustrated guide to London’s best pubs and their extraordinary history, presented by the founder of the world-famous Liquid History Tours.

Pull up a stool for a thirst-quenching trundle through London’s liquid history in search of the city’s greatest pubs. We pop in for a pint in Shakespeare’s local, raise a toast at Jack the Ripper’s bar and push open the bloodstained doors of the Bucket of Blood.

Liquid History is a beautifully illustrated love letter to London’s finest hostelries, written by the city’s leading pub tour guide and host of the celebrated Liquid History Tours. Profiling over 50 timeless boozers, this book tells the story of London’s history and the taverns that have hosted, harboured and refreshed its leading characters.

Exploring the watering holes of London’s writers and artists, its most notorious criminals and celebrated figures, we move from architectural marvels to secretive backstreet boozers to join the dots for London’s ultimate knees-up.

John Warland studied for a finance degree in the City of London before moving into garden design, for which he has won six RHS Gold medals at Chelsea and Hampton Court flower shows. Gardening is rather thirsty work, so with a passion for characterful watering holes John decided to make a career out of going to the pub, establishing Liquid History Tours in 2011. Now easing into his forties and based in Richmond, he spends his time exploring the streets of London and beyond for quirky history, liquid refreshment and horticultural bounty.
The Redemption of Bobby Love
Bobby Love and Cheryl Love

The inspiring, dramatic and heartwarming true story of an escaped convict, the love of his life, and how we all deserve a second chance, which captured the imaginations of millions on Humans of New York.

The young Walter Miller was a product of his time. Growing up Black in the Jim Crow American South, the cards were stacked against him. And like so many young Black men, once he'd landed in the criminal justice system it was hard to find a way out. Soon enough, he found himself behind bars.

But Walter was smarter than his jailers. He escaped prison. He fled to New York with $100 in his pocket. He changed his name to Bobby Love, and began again - living a crime-free life for forty years, with a job, a loving wife, a church-going family. And a big secret. Until the FBI came knocking one cold winter morning, and it all came crashing down.

_The Redemption of Bobby Love_ is an extraordinary true story that illuminates some of the enduring themes of being Black in America, then and now. Fuelled by the drama of a jailbreak and the suspense of a man on the run, at its heart is a remarkable tale about breaking free from society's prejudices and making the most of a precious second chance.

**BOBBY LOVE** was born in Greensboro, North Carolina. He is a husband, a father and a professional cook. He currently splits his time between Brooklyn, New York and the metro Atlanta area, with his wife and children. **CHERYL LOVE** was born in New York. She is a wife, mother and nutrition coordinator. She currently splits her time between Brooklyn, New York and the metro Atlanta area, with her husband and children.
The Soaring Life of the Lark
John Lewis-Stempel

Britain’s finest nature writer explores the music and poetry; the breath-taking heights and struggle to survive of one of Britain’s most iconic songbirds.

"How to describe the ecstatic song of larks? How the writers and poets have tried..."

Skylarks are the heralds of our countryside. Their music is the quintessential sound of spring. The spirit of English pastoralism, they inspire poets, composers and farmers alike. In the trenches of World War I they were a reminder of the chattering meadows of home.

Perhaps you were up with the lark, or as happy as one. History has seen us poeticise and musicise the bird, but also capture and eat them. We watch as they climb the sky, delight in their joyful singing, and yet we harm them too.

The Soaring life of the Lark explores the music and poetry; the breath-taking heights and struggle to survive of one of Britain’s most iconic songbirds.

John Lewis-Stempel is a farmer and ‘Britain’s finest living nature writer’ (The Times). 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 named Magazine Columnist of the Year for his column in Country Life. He farms cattle, sheep, pigs and poultry. Traditionally.
Rutherford and Fry’s Complete Guide to Absolutely Everything (Abridged)
30 Ways Science Proves Your Intuition Wrong
Dr Adam Rutherford and Dr Hannah Fry

The presenters of BBC Radio 4’s flagship show, The Curious Cases of Rutherford and Fry, set about explaining why the world is as it is, and celebrate how we know what we know (even while we get so much wrong).

In Rutherford and Fry’s comprehensive guidebook, they tell the complete story of the universe and absolutely everything in it – skipping over some of the boring parts. This is a celebration of the weirdness of the cosmos, the strangeness of humans and the fact that amid all the mess, we can somehow make sense of life.

Our brains have evolved to tell us all sorts of things that feel intuitively right but just aren’t true: the world looks flat, the stars seem fixed in the heavenly firmament, a day is 24 hours... This book is crammed full of tales of how stuff really works. With the power of science, Rutherford and Fry show us how to bypass our monkey-brains, taking us on a journey from the origin of time and space, via planets, galaxies, evolution, the dinosaurs, all the way into our minds, and wrestling with some truly head-scratching questions that only science can answer:

What is time, and where does it come from?
Why are animals the size and shape they are?
What is a thought?
How horoscopes work (Spoiler: they don’t, but you think they do)
Does my dog love me?
Why nothing is truly round
Do you need your eyes to see?

Adam Rutherford (Author)
Adam Rutherford is an award-winning geneticist, writer and broadcaster. His books include Creation (2014), The Book of Humans (2018), and the best-selling A Brief History of Everyone Who Ever Lived (2016). He has written and presented numerous documentaries for BBC radio and television, including Inside Science and The Cell. Adam has also worked as a science consultant on the Oscar-winning films Ex-Machina (2015) and Annihilation (2018).

Hannah Fry (Author)
Hannah Fry is an Associate Professor in the mathematics of cities from University College London. In her day job she uses mathematical models to study patterns in human behaviour, and has worked with governments, police forces, health analysts and supermarkets. Her TED talks have amassed millions of views and she has fronted television documentaries for the BBC and PBS; she also hosts the long-running science podcast, 'The Curious Cases of Rutherford & Fry' with the BBC.
The Story of the World in 100 Moments
100 Treasures That made Britain
Neil Oliver

Britain's foremost historian and broadcaster presents a journey through time, curating one hundred moments that shaped our world, from 5000 BC to the present.

In his brilliant and excitingly ambitious new book, Neil Oliver takes us on a whistlestop tour around the world and through a million years to give us a unique and invaluable grasp of how human history pieces together. From the east to the west, north to south, these 100 moments act like stepping stones allowing us to make sense of how these pivotal events have shaped the world we know today. Including many moments readers will expect, there are also surprises, and with them, some remarkable, unforgettable stories that give a whole new insight on our past.

Neil Oliver was born in Renfrewshire in Scotland. He studied archaeology at the University of Glasgow and worked as an archaeologist before training as a journalist. In 2002 he made his television debut presenting BBC2’s Two Men in a Trench in which he and Tony Pollard visited historic British battlefields. Since that time he has been a regular on TV, presenting A History of Scotland, Vikings, and Coast. He was appointed President of the National Trust in Scotland in 2017. He travels all the time, but his home is in Stirling, with his wife, three children and an Irish wolfhound.
Never Give Up
The extraordinary new autobiography, sequel
to the global phenomenon Mud, Sweat and
Tears
Bear Grylls

The extraordinary new autobiography from adventurer Bear Grylls. The sequel to the multi-million copy selling global phenomenon Mud, Sweat and Tears.

The extraordinary new autobiography from adventurer Bear Grylls.

In Never Give Up, global adventurer and TV presenter Bear Grylls chronicles his life and career since stepping onto screen, taking readers along with him on his most famous adventures, sharing personal stories from his favourite expeditions, and capturing his hairiest survival challenges.

The follow up to the internationally bestselling Mud, Sweat and Tears, in this new autobiography Bear takes readers behind the scenes on infamous 'Man vs. Wild' shoots and provides an insight into what it’s really like to go ‘Running Wild’ with guests including President Obama, Roger Federer and Julia Roberts.

Along the way, Bear explores the valuable lessons he’s learned in the wild, opens up about his most personal challenges and achievements, and celebrates the true value of adventure and the enduring importance of courage, kindness and resilience.

Bear Grylls OBE has become known worldwide as one of the most recognized faces of survival and outdoor adventure. Trained as part of 21 SAS Regiment, Grylls went on to become one of the youngest climbers ever to reach the summit of Mount Everest. He then went on to star in seven seasons of the Discovery Channel’s Emmy Award-nominated Man vs. Wild TV series, which became one of the most watched shows on the planet, reaching an estimated 1.2 billion viewers. Since then he has gone on to host more extreme adventure TV shows across more global networks than anyone else in the world, including six seasons of the global hit Running Wild with Bear Grylls. His Running Wild guests have included President Obama, Will Ferrell, Ben Stiller, Roger Federer, Julia Roberts, Prime Minister Modi of India and many other stars. His autobiography, Mud Sweat and Tears, spent fifteen weeks at Number 1 on the Sunday Times bestseller list and he has written over ninety books, selling in excess of eighteen million copies worldwide. He is an Honorary Colonel to the Royal Marines Commandos, the youngest ever UK Chief Scout, and the first ever Chief Ambassador to the World Scout Organization, representing a global family of some fifty million Scouts.
The Shape of Battle
Six Campaigns from Hastings to Helmand
Allan Mallinson

One of our most distinguished military historians tells the story of six defining feats of arms - Hastings, Towton, Waterloo, D-Day, Imjin River and Operation Panther's Claw in Afghanistan - and the wars and campaigns in which they occurred, and the factors that determined their precise form and course.

Every battle is different. Each takes place in a different context - the war, the campaign, the weapons. However, battles across the centuries, and the continents, have a good deal in common, whether fought with sticks and stones or advanced technology. Fighting is, after all, an intensely human affair; human nature doesn't change. So why were battles fought as they were? What gave them their shape? Why did they go as they did: victory for one side, defeat for the other?

In The Shape of Battle, one of our most distinguished military historians tells the story of six defining feats of arms, the war and campaign in which they each occurred, and the factors that determined their precise form and course. They are British battles, but three were fought with allies.

First, Hastings. Everyone knows the date, but not, perhaps, the remarkable strategic background. Then Towton (1461), in the Wars of the Roses, the bloodiest battle to be fought on English soil. Third: Waterloo - more written about in English than any other feat of arms, but rarely in its true context as the culminating battle of the longest war in modern times, and of its antagonists' (Wellington, Napoleon and Blücher) military careers. Fourth is D-Day, a battle in itself within a larger operation ('Overlord'), and the longest-planned and most complex offensive battle in history. Fifth is the little known Battle of the Imjin River (1951) during the Korean War, the British Army's last large-scale defensive battle. Finally, a battle that has yet to receive the official distinction of being one: Operation Panther's Claw, in Afghanistan, 2009. It was an offensive conducted over six weeks with all the trappings of 21st-century warfare yet whose shape and face at times resembled the Middle Ages.

The Shape of Battle is not a polemic, it doesn’t try to argue a case. It lets the narratives - the battles - speak for themselves.

A professional soldier for thirty-five years, Allan Mallinson began writing while still serving. His first book was a history of four regiments of British light dragoons, one of which he commanded. His debut novel was the bestselling A Close Run Thing, the first in an acclaimed series chronicling the life of a fictitious cavalry officer before and after Waterloo (The Tigress of Mysore is the fourteenth in the series). His The Making of the British Army was shortlisted for a number of prizes, while 1914: Fight the Good Fight won the British Army’s ‘Book of the Year’ Award. Its sequel, Too Important for the Generals, is a provocative look at leadership during the Great War, while Fight to the Finish is a comprehensive history of the First World War, month by month. Allan Mallinson reviews for the Spectator and the TLS and also writes for The Times. He lives on Salisbury Plain.
My Life in Dire Straits
The Inside Story of One of the Biggest Bands in Rock History

John Illsley

The first - and only - inside story of one of the greatest bands in rock history, as told by bassist and founder member John Illsley.

Dire Straits filled giant stadiums around the world and sold hundreds of millions of records. Their classic songs - 'Sultans of Swing', 'Romeo and Juliet', 'Money for Nothing', 'Brothers in Arms' and so many more - formed the soundtrack of a generation and live on today. In My Life in Dire Straits, John Illsley, founder member, mainstay and bassist evokes the spirit of the times and tells the story of a global music phenomenon, the biggest band of the eighties and one of the great live acts of rock history. Starting with his own unlikely beginnings in Middle England, he recounts the band’s rise from humble origins in London's spit-and-sawdust pubs to the best-known venues in the world, the working man's clubs to Madison Square Gardens, sharing gigs with wild punk bands to the Live Aid stage at Wembley. John’s story is also a tribute to his great friend Mark Knopfler, the band’s lead singer, songwriter and remarkable guitarist. They were the only band members to stay the fifteen-year distance and his memoir is told with searching honesty, soulful reflection and wry humour. It is the only account of that incredible story.

John Illsley is an English musician who rose to fame as the bass guitarist of the critically acclaimed band Dire Straits. With Dire Straits, John has been the recipient of multiple BRIT and Grammy Awards, and a Heritage Award. As one of the founding members (with Mark Knopfler, his brother David and drummer Pick Withers) John played a major role in the development of the Dire Straits sound. When Dire Straits finished touring in 1993, John became involved in the art world. Having carved a reputation for himself as a painter, John had solo exhibitions in London, New York, Sydney and across Europe. He also co-founded the children’s charity Life Education in 1987 which was recently integrated into Coram, one of the oldest UK charities. John also owns a pub, the East End Arms in the New Forest.
The Oracle of the Night
The history and science of dreams
Sidarta Ribeiro

A ground-breaking history of the human mind told through our experience of dreams - from the earliest accounts to current scientific findings - and the essential role of dreams in the formation of who we are and the world we have made.

What is a dream? Why do we dream? How do our bodies and minds use dreams?

These questions are the starting point for this unprecedented, astonishing study of the role and significance of dreams, from the beginning of human history. An investigation on the grand scale, encompassing literature, anthropology, religion, and science, it articulates the essential place dreams occupy in human culture, and how they functioned as the catalyst that compelled us to transform our earthly habitat into a human world.

From the earliest cave paintings - where the author finds a key to humankind’s first dreams, which contributed to our capacity to perceive past and future - to cutting-edge scientific research, Ribeiro arrives at startling and revolutionary conclusions about the role of dreams in human existence and evolution.

He explores the advances that contemporary neuroscience, biochemistry and psychology have made into the connections between sleep, dreams, and learning, before revealing what dreams have taught us about the neural basis of memory and the transformation of memory in recall. And he makes clear that the earliest insight into dreams as oracular has been confirmed by contemporary research.

Accessible, authoritative, and fascinating from first to last, The Oracle of Night gives us a wholly new way to understand this most basic of human experiences.

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