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## ABOUT PENGUIN LIFE

At Penguin Life we pride ourselves on publishing the most prominent names in the fields of neuroscience, health and wellbeing, personal development, psychology, psychotherapy, medical science, mental health and spirituality.

Launched in 2016, Penguin Life publishes books by experts who share a passion for living well, supported by classic catalogue bestsellers such as Brené Brown's *Daring Greatly*, Susan Cain's *Quiet* and Edward de Bono's *Six Thinking Hats* and, more recently, the psychotherapist Philippa Perry's *The Book You Wish Your Parents Had Read* and Haemin Sunim's *The Things You Can See Only When You Slow Down*.

Since its launch, a number of Penguin Life titles have hit the Top Ten bestseller list:

*A Mindfulness Guide for the Frazzled* by Ruby Wax

*The Little Book of Hygge* by Meik Wiking

*Sleep* by Nick Littlehales

*The Things You Can See Only When You Slow Down* by Haemin Sunim

*Grief Works* by Julia Samuel

*The 4 Pillar Plan* by Dr Rangan Chatterjee

*The Stress Solution* by Dr Rangan Chatterjee

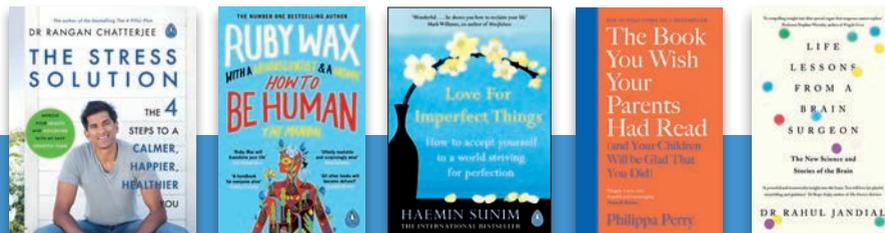
*How to be Human* by Ruby Wax

*Love for Imperfect Things* by Haemin Sunim

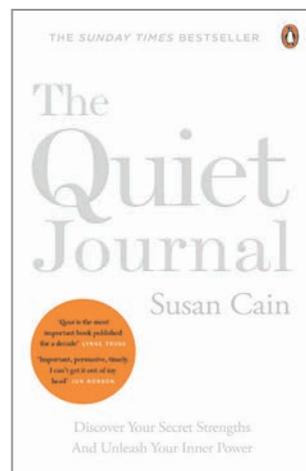
*The Book You Wish Your Parents Had Read* by Philippa Perry

*Life Lessons from a Brain Surgeon* by Dr Rahul Jandial

# NEW RELEASES



By the author of the million-copy bestselling *Quiet*.



**A step-by-step, practical guide to understanding and unleashing your inner power and discovering your secret strengths as an introvert**

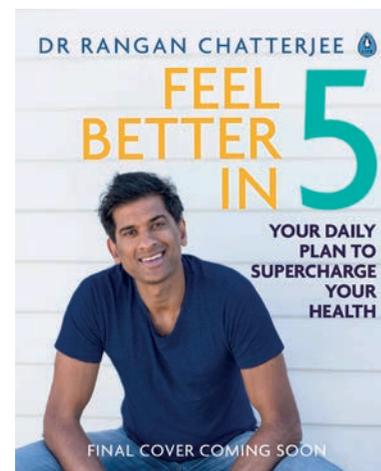
The *Sunday Times* bestselling phenomenon *Quiet* has forever changed how we see introverts and how introverts see themselves. This companion journal will help you to harness your secret strengths, improve communication and nurture your best self.

This guided journal takes you on the *Quiet* journey to becoming a stronger, more confident person. In part one, you'll learn more about your own temperament through a self-assessment quiz, which will teach you to make progress towards self-awareness, and realize your own authentic qualities and worth. Part two will then empower you to put that knowledge to practice with prompts for taking action at home and at work. This is the perfect practical resource for introverts or the people who want to better understand and support them.

'*Quiet* is the most important book published for a decade' **Lynne Truss**

'Important, persuasive, timely. I can't get it out of my head' **Jon Ronson**

**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.



From the author of *Sunday Times* bestselling *The 4 Pillar Plan* (143.6k) and *The Stress Solution* (64.7k), comes the ultimate 5-minute health plan.

**Trying to be healthy can be overwhelming – what if all it took to make a real difference was 5 minutes of your day?**

Ditch the pills, beat the sleepless nights and banish the yo-yo diets. In just a few minutes, *Feel Better in 5* will kick-start your health and happiness by showing you how to incorporate Dr Chatterjee's simple daily plan into your current routine. Top tips include:

- Gut boosting foods that lift the brain fog
- Creative activities to feel more energised
- Strength workouts you can do anywhere

Drawing on Dr Chatterjee's twenty years of experience and real-life case studies from his GP practice, this easy-to-follow book shows how small changes can make a big difference.

*Feel Better in 5* is the only lifestyle plan you need. Feeling healthier has never been easier.

**Dr Rangan Chatterjee** is the host of the #1 iTunes podcast, *Feel Better, Live More*, and presenter of BBC 1's *Doctor in the House*. He is the author of two *Sunday Times* bestselling books – *The 4 Pillar Plan* and *The Stress Solution* – and his TED talk 'How to Make Diseases Disappear' has now been viewed over 1.8 million times.

A gastrointestinal surgeon explains the truth behind our bad food habits from dieting to binge-eating and what we can do about it.



**A third of us are currently on a diet – how do we stop? And why are so many of us eating more but feeling hungrier than ever?**

For over 20 years, Dr Andrew Jenkinson has helped thousands of people to solve their weight problems. Looking at how we eat today, in this book he explores why modern nutrition has failed us. *Why We Eat (Too Much)* draws on the latest scientific research on appetite, anthropological insights from food habits around the world and personal stories of healthy and lasting weight loss. Here you can learn:

- how to avoid the negative effects of the food and pharma industries
- how diets actually work and how each food type nourishes you
- why your hormones can cause weight gain and diabetes
- how to lose weight for good, without counting calories
- the real impact of geography and major life events on your body.

This book is your one-stop solution to eating well and feeling more energised with no complications to your lifestyle. Dr Jenkinson offers an innovative model for why we all should – and can – enjoy the benefits of dieting without enduring its downsides.

**Dr Andrew Jenkinson** is a consultant surgeon with a special interest in advanced laparoscopic, or keyhole, surgery. He is part of an expert team developing advances in gastrointestinal (stomach and bowel) surgery at University College Hospital in Bloomsbury, central London.



A ground-breaking study of what 'medical miracles' can teach us about health and healing.

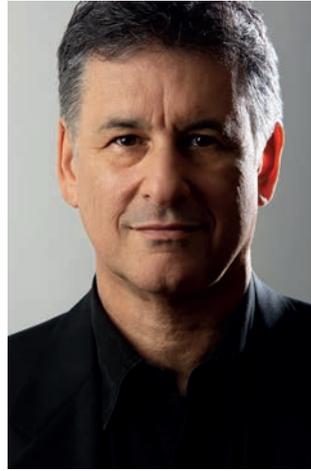
**Against better advice, Dr Jeff Rediger, a Harvard Medical Faculty member, has spent nearly 20 years investigating so-called medical miracles. Here, he unveils the science behind 'spontaneous' healing and lays out the physical and mental principles of recovery, through breath-taking stories of remission.**

Long after she's supposed to be dead, a woman with aggressive pancreatic cancer finds herself cured. A teenage girl suddenly and unexpectedly overcomes the cerebral palsy she's had since birth. An 85-year-old man stuns doctors when his CT scan shows that the tumours on his kidneys have inexplicably vanished. What can we learn from these incredible, yet true, case studies?

Dr Rediger offers clear, practical advice on how we can improve our health, from diet and relaxation to a positive mindset when facing illness. *Cured* is a fascinating and insightful book about how we can harness our body's natural resilience to take control of our health.

**Dr Jeff Rediger** is an instructor in psychiatry at Harvard Medical School and medical director for the McLean SouthEast Adult Psychiatric Programs. He has a Master of Divinity degree from Princeton Theological Seminary and publishes in the fields of medicine, psychiatry and spirituality.

A neuroscientist's in-depth exploration of what happens to our brains from womb to tomb.



**More of us are living into our eighties than ever before – what if the best was yet to come? The bestselling author of *The Organized Mind* reveals the evolving power of the human brain through the ages.**

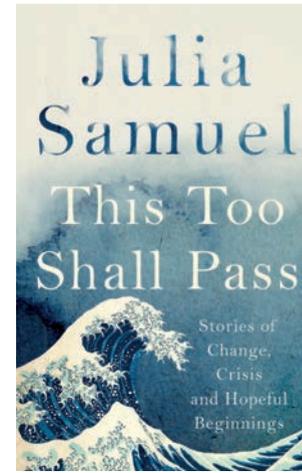
Recent studies show that our decision-making skills improve as we age, and that our happiness levels peak at age 82.

Dr Daniel Levitin draws on cutting-edge research from neuroscience and psychology to demonstrate the cognitive benefits of getting older. He challenges the beliefs that surround the ageing process, including our assumptions around memory loss and our focus on lifespan instead of 'healthspan'.

Packed with engaging interviews with individuals who have thrived far beyond the conventional age of retirement, this book offers a realistic plan full of practical, cognitive enhancing tricks for everyone to follow during each decade of their life.

*The Changing Mind* is a radical exploration of what we all can learn from those who age joyously.

**Dr. Daniel J. Levitin** has a PhD in Psychology, training at Stanford University Medical School and the University of California, Berkeley. He is the author of the No. 1 bestseller *This Is Your Brain on Music*, published in nineteen languages, and the bestsellers *The World in Six Songs* and *The Organized Mind*. Currently he is a James McGill Professor of Psychology, Behavioural Neuroscience and Music at McGill University in Montreal, Canada.



A leading therapist shares memorable patient stories to explore the key crises in life and what we can learn from them.

**Nearly all of us find change difficult. But what wisdom can we glean from 'having a wobble' or 'going through a rough patch'?**

Psychotherapist Julia Samuel guides us through how the most troublesome times of our lives can teach us to grow and transform ourselves.

*This Too Shall Pass* unflinchingly deals with major issues relating to: family, love, work, health and identity. We follow the personal narratives of 20 or so everyday people in their twenties to eighties during their most vulnerable and transformative experiences. We follow Jackson's character-building story of first love; Rachel's difficult return from maternity leave; Maria's mid-life love crisis; Sara's hopeful new life as a refugee and Owen's well-received coming out.

These are unforgettable and deeply intimate yet universal stories. They will resonate with each and every one of us and enlighten our own journeys in times of change – both good and bad.

**Julia Samuel MBE** is a leading psychotherapist and paediatric counsellor. For the last twenty-five years, she has worked in private practice and with the NHS at St Mary's, Paddington, where she pioneered the role of maternity and paediatric counsellor. She is Founder Patron of Child Bereavement UK and the author of *Grief Works*.



From the world's first fashion psychologist, a pioneering guide to a calmer, happier and more confident you.



**What you wear affects your mood, how you feel about yourself and how others think about you. How you dress matters.**

As a qualified therapist, designer, fashion PR and former model, Dawnn Karen understands better than anyone the intimate relationship between what you wear and how you feel. Working with clients that are stuck in a rut, Karen shows people how to use clothes to express their identity, build their self-confidence and work through wardrobe hang-ups.

In *Dress Your Best Life*, Karen draws on her research and client work, teaching you how to:

- Reduce anxiety through colour choices
- Dress to match or lift your mood
- Maintain cultural identity when dressing
- Project power at home and work

This book will help you harness the power of clothes to change your life.

**Dawnn Karen** is a fashion psychologist. Karen has a master's degree in counselling psychology from Columbia University and she is a qualified therapist. She is a former model and designer, and runs a fashion consultancy helping varied clients from politicians to new parents feel more confident in their clothes. Karen has written for several international publications, spoken at international events and on major broadcast networks as a media and fashion expert. Karen lives in New York.



A radical guide to thinking differently about the world and initiating change.

**Optimism demands action. Optimism is an active choice. Optimism is not naïve and it is not impossible.**

We are living in an age of turmoil, destruction and uncertainty. Global warming, human expansion, mass extinction and Neoliberalism have led to a destructive divide in wealth and a polarisation of mainstream politics. But, according to Lily Cole, there is a constructive way to meet this challenge. There is a reason to keep on fighting and there are plenty of reasons for optimism.

Cole has met with some of the millions of people around the world who are working on solutions to our biggest challenges and committed to creating a more sustainable and peaceful future for humanity. Exploring issues from fast fashion to fast food and renewable energy to gender equality, and featuring interviews with Sir David Attenborough, Sir Paul McCartney, Elon Musk and Extinction Rebellion co-founder Professor Gail Bradbrook, *Reasons for Optimism* is a beacon of hope in dark times.

**Lily Cole** is an internationally renowned supermodel and actress, who has been involved in environmental campaigning and activism throughout her career. She was awarded an honorary doctorate from University of Glasgow for her contribution to humanitarian and environmental causes. Cole campaigns with WaterAid, the Environmental Justice Foundation and Comic Relief, and has spoken at the World Economic Forum, Google's Zeitgeist conference and Wired.

A practical guide on using your 5 senses to reclaim your mental wellbeing and become the happiest, healthiest version of you.



**At some point in our lives we will all struggle with our mental health. But how many of us know what to actually do when we're struggling? How do you spot the warning signs and what can you do to stop things from escalating?**

From leading consultant psychologist Dr Sarah Vohra comes *The 5 Senses Plan* – a practical guide to improving your mental wellbeing using your 5 senses to help you along the way. *The 5 Senses Plan* offers expert advice and easy-to-follow exercises on how to optimise your senses, including:

**SIGHT:** how to see beyond the negative and use CBT techniques to reframe thought patterns. **HEARING:** exploring the role of a mentor and creating a space to listen and be listened to. **SMELL:** how to introduce calming scents into your life and the science behind aromatherapy. **TOUCH:** putting your worries in a worry box to help validate and contain your thoughts. **TASTE:** how to eat for your mind and discover mood-boosting micronutrients.

Dr Vohra debunks the myths and conflicting advice surrounding mental health, setting out a 10-week plan to equip you with the knowledge and strategies for a happier, calmer mind. With *The 5 Senses Plan*, feel empowered with the knowledge to take control of your own mental health, the confidence to have honest conversations and the strength to seek support early.

**Dr Sarah Vohra** is a consultant psychiatrist with over 10 years of experience working with the NHS. She has a monthly column for *Women's Health* magazine as their resident psychologist, and she is also a regular contributor to *Stella* magazine. Dr Vohra's mission is to empower people with the knowledge to be able to signs of mental ill-health in both themselves and others.



A practical guide on how to use Breathwork to find calm, supercharge your health and perform at your best.

**More energy, less stress, better sleep, happier lives.**

Isn't that what we all wish we had more of? Well, the solution is, quite literally, under your nose: your breath.

From leading Breathwork practitioner Richie Bostock comes *Exhale* – a guide to learning the transformative power of breathing to help you lead a happier, healthier life.

With over 40 exercises, experience the life-changing effects of Breathwork and cultivate your own breathing toolkit. With techniques inspired by traditional Sufi meditation and practices implemented by the Navy SEALs, Richie's Breathwork plan will help you find the solution to life's everyday challenges, in as little as ten minutes a day.

Once confined to the secret practices of eastern masters and spiritual gurus, *Exhale* will help you master your physical, mental and emotional state in the comfort of your own home. Whether you're looking to reduce stress, improve creativity, tackle back pain or treat chronic ailments, conscious breathing has benefits for everyone.

Greater health and happiness is only a few breaths away.

**Richie Bostock** began researching Breathwork to help alleviate his father's MS pain and he is now one of the world's leading practitioners, having trained under Wim Hof. He works on a one-on-one basis with athletes, holds workshops and retreats across the world, and trains health practitioners, personal trainers and yoga instructors.

A practical, contemporary guide on how to harness the natural power of the moon to make positive changes in your life.



**Do you ever feel like you're stuck in a rut? Are you constantly thinking the same negative thoughts? And, how many times do you wish you could start again?**

From the author of *The Crystal Code*, comes *Luna* – your essential guide to harnessing the healing energy of the moon for a happier, more fulfilling life. *Luna* introduces the key rituals you can practise during the moon's cycles, including:

The New Moon Ritual: to inspire new beginnings and positive change for a happier life. The Waxing Moon Ritual: to help you take action and move towards your personal goals. The Full Moon Ritual: to promote abundance and success to help you thrive in life. The Waning Moon Ritual: to release you from self-limiting beliefs that are holding you down.

*Luna* is the perfect companion for modern, lunar-curious women who are keen to learn the art of self-care. Explore the natural rhythms of your body, discover inner balance and calm, and develop your self-awareness so you can tune in to what your body and mind really need.

**Tamara Driessen** is a crystal healer, shamanic practitioner, reiki master and tarot advisor. She's an intuitive healer who infuses mystic wisdom into everyday life. She trained with a shaman in Bali and now runs regular moon ceremonies and crystal healing workshops in the UK and beyond.



The science of how your breathing can make you healthier, happier and live longer.

**This scientific adventure explores the transformation that occurs within our bodies every 3.3 seconds – the average time of a single breath.**

300,000 years ago, *Homo sapiens* had bigger skulls. Cooked food meant our heads shrank; alongside a growing brain, our airways got narrower. Urbanisation then led us to breathe less deeply and less healthily. And so today more than 90% of us breathe incorrectly. So we might have been breathing all our life, but we need to learn how to breathe properly!

In 3.3, James Nestor meets cutting-edge scientists at Harvard and experiments on himself in labs at Stanford to see the impact of bad breathing. He revives the lost, and recently scientifically proven, wisdom of swim coaches, Indian mystics, Russian cardiologists, Czechoslovakian Olympians and New Jersey choral conductors – the world's foremost "pulmonauts" – to show how breathing in specific patterns can trigger our bodies to absorb more oxygen.

Nestor also explains the benefits for everyone that result, from staying healthy and warding off anxiety to improving focus and losing weight.

**James Nestor** has written for *Scientific American*, *Outside Magazine*, *Men's Journal*, *National Public Radio* and the *New York Times*. His book *DEEP: Freediving, Renegade Science, and What The Ocean Tells Us About Ourselves* was a Finalist for the PEN American Center Best Sports Book of the Year.

A six-step guide to harnessing the science of 'lucky' encounters to create fruitful outcomes.



**Why do some of us seem to only encounter bad luck while others are often lucky in life? Is it simply blind luck or could there be something more – and if so, what can you do about it?**

In six simple steps, Dr Christian Busch, the leading authority on serendipity, reveals what happy or successful people have in common – surprise: it isn't simply luck.

Dr Busch draws on social experiments with self-appointed 'lucky' and 'unlucky' people, case studies of women and men in business who have spotted, sought then seized opportunities and encountered success, and his own personal experiences. This is the first book about the art and science of attracting good opportunities into our lives.

From the history of inventions such as Viagra to the art of attracting romantic partners, all the way to not only notice but follow through with innovative ideas, this will make you look at every day in your life as a brand new opportunity rather than a challenge.

**Dr Christian Busch** holds a PhD and MSc from the LSE, where he teaches MSc and executive education courses, and is the former Deputy Director at the LSE Innovation Centre. He frequently speaks at conferences such as the World Economic Forum, TED, and Financial Times Sustainability Summit. In 2016, he received the 'Best Paper Award' (Entrepreneurship) of Emerald Publishing, and the 'Best Social Entrepreneurship Paper Award' of the Academy of Management. Dr Busch was a finalist in the FT/McKinsey Bracken Bower Prize for his essay on serendipity.



The ultimate hair care book for curly, kinky and afro hair types.

A practical guide to caring for afro, curly and textured hair types from award-winning British-Ghanaian hairstylist Charlotte Mensah, the first black woman to be inducted into the British Hairdressing Hall of Fame. This book uses her personal journey through the world of beauty and fashion to explain the history of Afro hair, and offers practical advice on maintaining hair of different textures. There are illustrations to showcase the more technical parts of hair styling.

**Charlotte Mensah** is a hair stylist, owner and artistic director of the Hair Lounge salon, and founder of the Charlotte Mensah Manketti Oil products. She trained at the London College of Fashion in the late '80s, under the guidance of 'The Godfather of British Afro Hairdressing', the late Winston Isaacs. Mensah welcomes a constant tide of devoted clients, from the business, music and TV worlds, including Reni Eddo-Lodge, Janelle Monáe, Natalie Dormer, Zadie Smith and Chimamanda Ngozi Adichie. She was recently crowned 'Afro Hairdresser of the Year' for the third time at the British Hairdressing Awards, and has appeared in magazines such as *Elle*, *Vogue*, *Harper's Bazaar*, *Tatler* and the *New York Times*.



## YOUR ONE WILD AND PRECIOUS LIFE

How to be happy, fulfilled and successful at every age

**MAUREEN GAFFNEY**

A unique whole-life plan for navigating these ever-changing times and living a happy, productive and successful life, from leading psychologist Maureen Gaffney.

1st October 2020  
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## I WON'T INTERRUPT YOU

**NANCY KLINE**

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## UNTITLED

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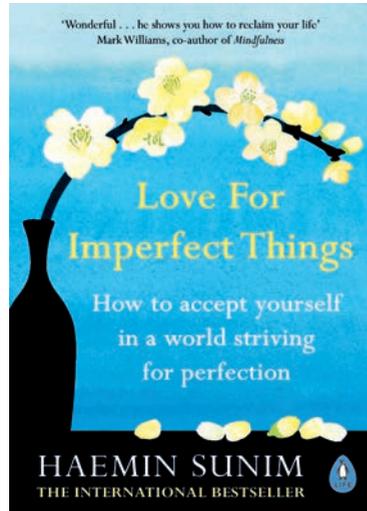
## THE WAY OF THE GUITAR

**STEWART FRENCH**

An escapist manifesto for the life-changing benefits of playing the guitar, from Stewart French, a virtuoso classical guitarist and a lecturer on guitar technique at the University of London.

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**LOVE FOR  
IMPERFECT THINGS**  
How to Accept Yourself in a  
World Striving for Perfection

HAEMIN SUNIM

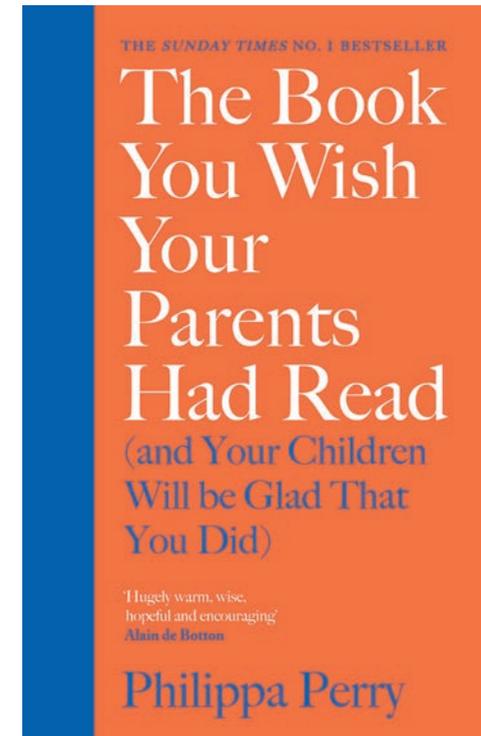
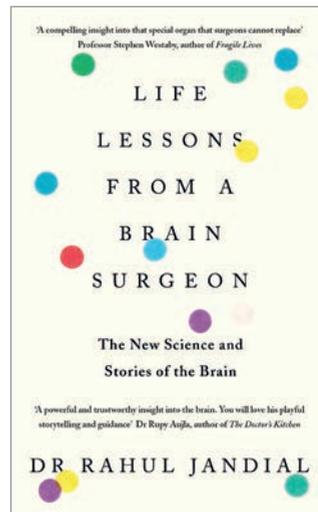
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DR RAHUL JANDIAL

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PHILIPPA PERRY

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## PSYCHOLOGY

### Ruby Wax

comedian and campaigner and author of *A Mindfulness Guide for the Frazzled* and *How to be Human*

### Meik Wiking

happiness researcher and author of *The Little Book of Hygge*, *The Little Book of Lykke* and *The Art of Making Memories*

### Haemin Sunim

Buddhist monk and author of *The Things You Can See Only When You Slow Down* and *Love for Imperfect Things*

### Julia Samuel

psychotherapist and author of *This Too Shall Pass* and *Grief Works*

### Susan Cain

introversion campaigner and author of *Quiet* and *Quiet Power*

### Dave Alred

elite performance coach and author of *The Pressure Principle*

### Susan David

psychologist and consultant and author of *Emotional Agility*

### Hilary Jacobs Hendel

psychoanalyst and author of *It's Not Always Depression*

### Michael Acton Smith

mindfulness expert and entrepreneur, author of *Calm* and *The Magic of Sleep*

## NUTRITION

### Dr Lisa Mosconi

neuroscientist and nutritionist, author of *Brain Food*

### Dr Megan Rossi

dietician and author of *Eat Yourself Healthy*

### Alex Laird

medical herbalist and author of *Root to Stem*

## GENERAL HEALTH AND FITNESS

### Dr Rangan Chatterjee

GP and author of *Feel Better in 5*, *The 4 Pillar Plan* and *The Stress Solution*

### Nick Littlehales

elite sports sleep coach and author of *Sleep*

### Dr Qing Li

immunologist and physician and author of *Into the Forest*

### William Pullen

psychotherapist and author of *Run for Your Life*

### Svava Sigbertsdottir

personal trainer and author of *The Viking Method*

### Rob Lipsett

personal trainer and author of *The Rob Lipsett Game Plan*

### Laura Hoggins

personal trainer and author of *Lift Yourself*

## OTHER

### Dr Anjali Mahto

consultant dermatologist and author of *The Skincare Bible*

### Will McCallum

environmental campaigner and author of *How to Give Up Plastic*

### James Wallman

experientialist and author of *Stuffocation*

### Rebecca Schiller

birthing coach and campaigner and author of *Your No Guilt Pregnancy Plan*

### Lisa Conway-Hughes

financial advisor and author of *Money Lessons*

### Philippa Perry

psychotherapist and author of *The Book You Wish Your Parents Had Read*

### Jane Simpson

continence nurse and author of *The Pelvic Floor Bible*

### Jennifer Petriglieri

relationship and behavioural academic, author of *Couples That Work*

### Shaa Wasmund

entrepreneur and author of *How to Fix Your Sh\*t*

**Julia Murday**

Head of Communications

[jmurday@penguinrandomhouse.co.uk](mailto:jmurday@penguinrandomhouse.co.uk)

020 7139 3288

**Alice Gordge**

Publishing Assistant

[agordge@penguinrandomhouse.co.uk](mailto:agordge@penguinrandomhouse.co.uk)

020 7139 3704



LIVING WELL