

PENGUIN  
GENERAL  
2016



JANUARY- JULY



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JANUARY

# A Mindfulness Guide for the FRAZZLED

A Guide to Mindfulness for Life

**Ruby Wax**

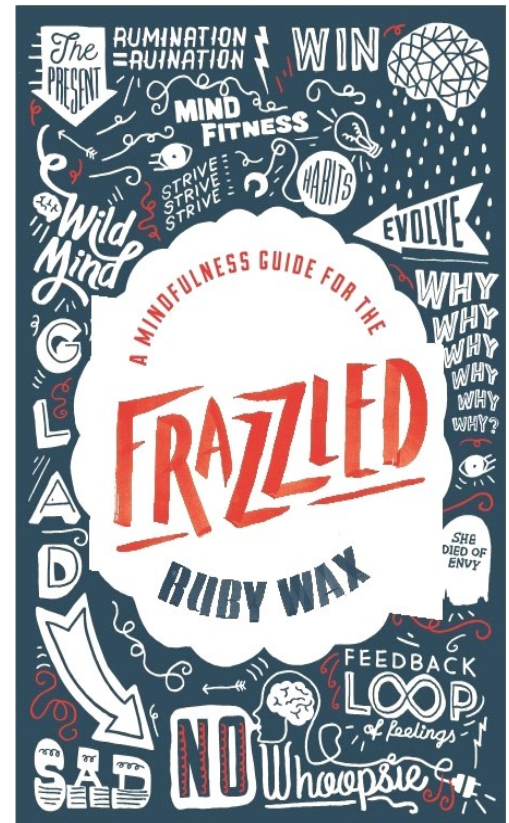
**An inspiring, provocative and accessible guide to mindfulness from comedian and neuroscientist Ruby Wax**

Five hundred years ago no-one died of stress: we have invented this concept and now we let it rule us. Rest has become a dirty word, and our idea of satisfaction is answering the last email. We're sleepwalking through our own lives. Ruby Wax shows us how to wake up from this stupor with a scientific solution to modern problems: mindfulness.

Outrageously witty, smart and accessible, Ruby Wax shows ordinary people how and why to change for good. With practical exercises for your daily routine, and a six-week course based on her studies of Mindfulness Based Cognitive Therapy with Mark Williams at Oxford University, *A Mindfulness Guide for the Frazzled* is the only guide you need for a healthier, happier life.

Ruby Wax is a comedian and TV writer who also holds an MA in Mindfulness Based Cognitive Therapy from Oxford University. She is the author of *Sane New World* and was recently awarded an OBE for services to mental health.

A very funny book about how to be calm and poised and not bonkers - Helen Fielding on *Sane New World*



**January 2016**

9780241186480

£14.99

Demy Octavo : Hardback

320 pages

## The Good Liar Nicholas Searle

### When Only A Lie Will Reveal The Truth

**This is a life told back to front.**

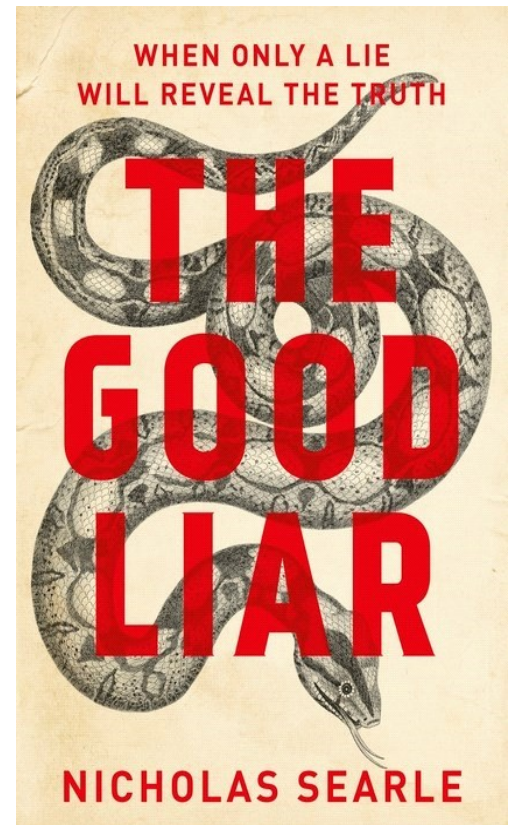
**This is a man who has lied all his life.**

Roy is a conman living in a small English town, about to pull off his final con. He is going to meet and woo a beautiful woman and slip away with her life savings. But who is the man behind the con?

**What has he had to do to survive a life of lies?**

**And who has had to pay the price?**

Nicholas Searle grew up in Cornwall and studied languages at the universities of Bath and Göttingen. He is not allowed to say more about his career than that he was a Senior Civil Servant for many years before deciding to leave in 2011 and begin writing fiction. *The Good Liar* is his first novel. He lives in Yorkshire.



**January 2016**

9780241206935

£12.99

Royal Octavo : Hardback

288 pages

## Even the Dead

A Quirke Mystery

### Benjamin Black

**Two victims - one dead, one missing. A visceral, gritty and cinematic thriller from John Banville's alter ego**

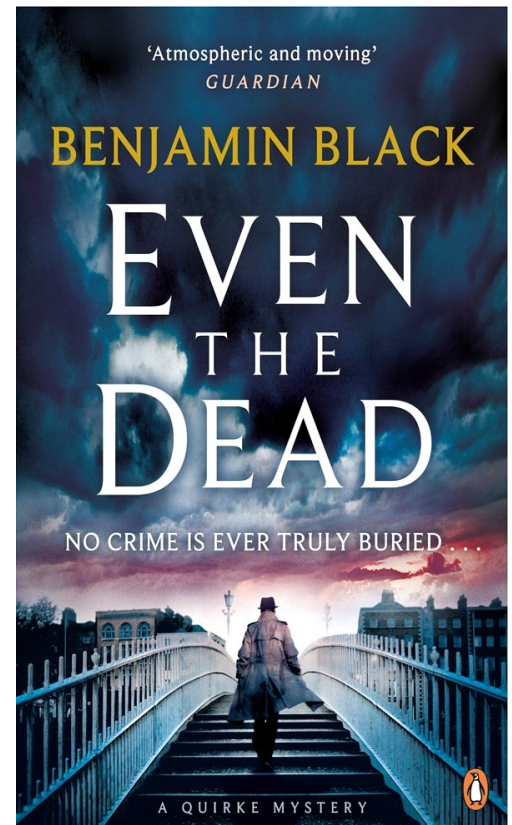
*Every web has a spider sitting at the centre of it.*

When a body is found in a burnt-out car, pathologist Quirke is asked to verify the apparent suicide of a successful civil servant. But Quirke suspects foul play.

The only witness has vanished without a trace, and Quirke's daughter is desperate to find her. Suddenly, Quirke finds himself entangled in the shadowy world of Dublin's elite. When the trail reaches his own family, the past and present collide. But crimes of the past are supposed to stay hidden, and Quirke has shaken the web. . .

*Now he must wait to see what comes running out.*

Benjamin Black is the pen name of acclaimed author John Banville, who was born in Wexford, Ireland, in 1945. He is the author of fifteen novels, including *The Sea*, which won the 2005 Man Booker Prize. In 2013 he was awarded the Irish PEN Award for Outstanding Achievement in Irish Literature, and in 2014 the Quirke novels were adapted into a major BBC TV series. This is the seventh book in the acclaimed Quirke series.



**January 2016**

9780241197356

£7.99

B Format : Paperback

356 pages



FEBRUARY

## **If I Could Tell You** **Elizabeth Wilhide**

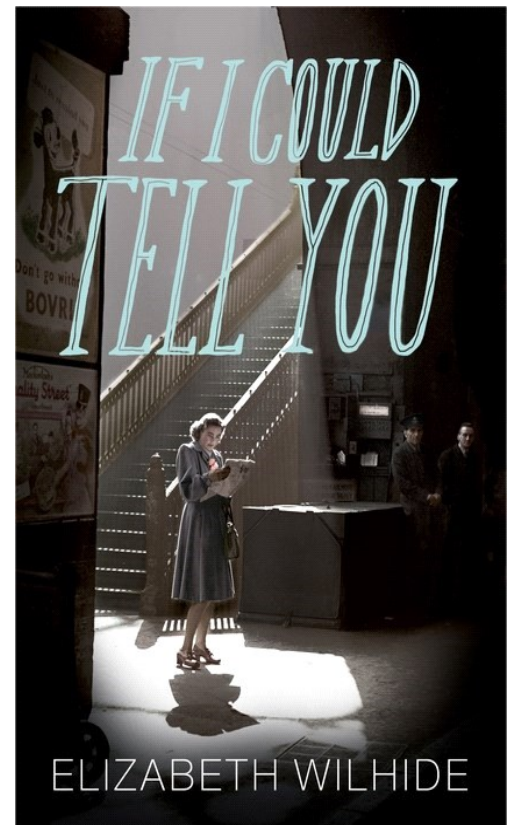
**A passionate love story about how the Second World War changed women's lives for ever**

Suffolk, 1939: Julia is a young wife and mother, whose husband Richard's good looks mask his crashing conventionalism. When she falls for the dashing but unreliable documentary filmmaker Dougie she gives up her staid, provincial life and moves to London to live a bohemian life with him, unwittingly and agonizingly losing the right to see her young son along the way.

In London she quickly realizes how useless and unskilled she is at anything, and the great romance is not all it seemed. But then the war intervenes, a new sense of purpose arrives, and Julia discovers she has a rare gift . . .

Elizabeth Wilhide is the author of *Ashenden*, and over twenty books on interior design, decoration and architecture. Born in the United States, she has lived in Britain since 1967. She has two children and lives in south London.

A beguilingly effortless read Daily Mail on Ashenden



**February 2016**

9780241209592

£12.99

Royal Octavo : Hardback

280 pages

# My Name is Lucy Barton

## Elizabeth Strout

**A heart-wrenching story of mothers and daughters from the Pulitzer prize-winning author of *Olive Kitteridge***

A mother comes to visit her daughter in hospital after having not seen her in many years. Her unexpected visit forces Lucy to confront her past, uncovering long-buried memories of a profoundly impoverished childhood; and her present, as the façade of her new life in New York begins to crumble, awakening her to the reality of her faltering marriage and her unsteady journey towards becoming a writer.

From Lucy's hospital bed, we are drawn ever more deeply into the emotional complexity of family life, the inescapable power of the past, and the memories - however painful - that bind a family together.

Elizabeth Strout is the Pulitzer prize-winning author of *Olive Kitteridge*, as well as *The Burgess Boys*, a *New York Times* bestseller, *Abide With Me* and *Amy and Isabelle*, which won the *Los Angeles Times* Art Seidenbaum Award for First Fiction and the *Chicago Tribune* Heartland Prize. She has also been a finalist for the PEN/Faulkner Award and the Orange Prize. She lives in New York City and Portland, Maine.

One of those rare, invigorating books that take an apparently familiar world and peer into it with ruthless intimacy, revealing a strange and startling place - The New York Times Book Review on *Amy and Isabelle*

ELIZABETH  
STROUT

# My Name is Lucy Barton



**February 2016**  
9780241248775  
£12.99  
B Format : Hardback  
224 pages

## Thus Bad Begins Javier Marías

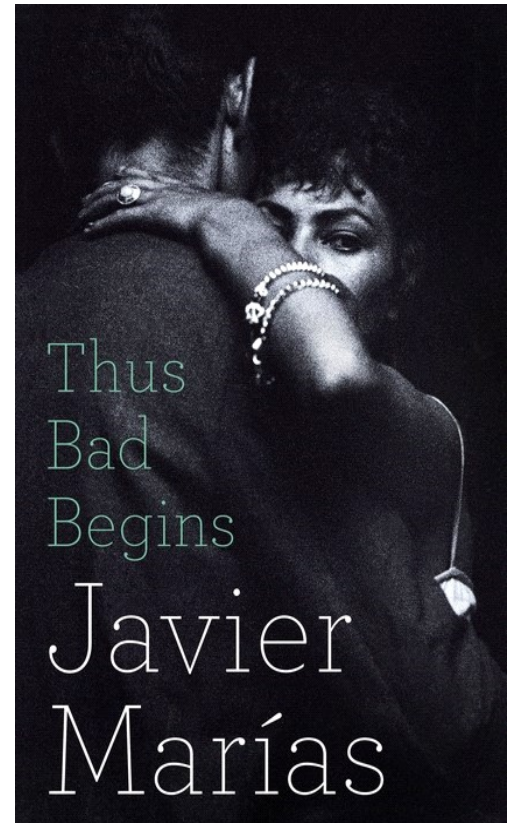
**A young man is drawn into the melancholic, unforgiving world of his employers, where marriages are haunted by past crimes and the truth is far crueller than deception**

As a young man, Juan de Vere takes a job that will haunt him for the rest of his life. Eduardo Muriel is a famous film director: charming, discreet, honourable. Muriel's wife Beatriz is a soft, ripe woman who slips through her husband's home like an unwanted ghost, finding solace in other beds. And on the periphery of all their lives stands Dr Jorge Van Vechten, a shadowy family friend implicated in unsavoury rumours - rumours Muriel asks his new assistant Juan to investigate. But as Juan draws closer to the truth, he begins to ask questions of his own. Why does Muriel hate Beatriz? How did Beatriz meet Van Vechten? And what happened during the war?

As Juan learns more about his employers, he begins to understand the conflicting pulls of desire, power and guilt that govern their lives - and his own. Marías presents a study of the infinitely permeable boundaries between private and public selves, between observer and participant, between the deceptions we suffer from others and those we enact upon ourselves.

Javier Marías was born in Madrid in 1951. He has published thirteen novels, two collections of short stories and several volumes of essays. His work has been translated into forty-two languages and won a dazzling array of international literary awards.

No one else, anywhere, is writing quite like this - Daily Telegraph on *The Infatuations*



**February 2016**  
9780241972809  
£18.99  
Royal Octavo : Hardback  
352 pages

MARCH

## **An Affair with My Mother**

A Story of Adoption, Secrecy and Love

**Caitríona Palmer**

**A moving and gripping account of a remarkable mother-daughter relationship**

Caitriona Palmer had a happy childhood in Dublin, raised by loving adoptive parents. When she was in her late twenties, she established contact with her birth mother, Sarah, and they developed a close attachment. But Sarah set one painful condition to this joyous new relationship: she wished to keep it - to keep Caitriona - secret from her family, from her friends, from everyone.

Who was Sarah, and why did she want to preserve a decades-old secret? *An Affair with My Mother* tells the story of Caitriona's quest to answer these questions, and of the intense, furtive 'affair' she and her mother conducted in carefully chosen locations around Dublin. By turns heartwarming and heartbreaking, *An Affair with My Mother* is a beautifully and tenderly written account of a remarkable relationship that has survived seemingly intolerable pressures.

Caitríona Palmer lives in Washington, DC, where she writes for the *Irish Independent* and has done radio work for RTE and the BBC. She is married to a fellow-journalist, with whom she has three children.



**March 2016**

9781844883578

£14.99

Royal Octavo : Trade Paperback

288 pages

## Throwing Rocks at the Google Bus

How Growth Became the Enemy of Prosperity

**Douglas Rushkoff**

**The promise and perils of the digital economy,  
from one of the most brilliant social critics of our  
time**

The digital economy was supposed to create a new age of prosperity for everyone. But as Facebook resells our data for billions and self-driving cars threaten drivers' work, it is only exacerbating the gap between the top 1% and everyone else. If we want it to truly redistribute wealth, we need to act now.

In *The Growth Trap*, Douglas Rushkoff identifies this crucial turning point and calls on everyone to remake the economic operating system from the inside out. With practical steps and incisive analysis, he offers a pragmatic, optimistic and human-centred model for economic progress in the digital age.

Douglas Rushkoff is the author of many bestselling books on media, technology and culture, including *Present Shock*, *Program or Be Programmed* and *Media Virus*. He is Professor of Media Theory and Digital Economics at CUNY/Queens. He wrote the graphic novels *Testament* and *A.D.D.*, and made the television documentaries *Generation Like*, *Merchants of Cool*, *The Persuaders*, and *Digital Nation*. He lives in New York, and lectures about media, society and economics around the world.



**March 2016**

9780241004418

£14.99

Royal Octavo : Trade Paperback

288 pages

## Hot Milk Deborah Levy

**From the Man Booker-shortlisted author of *Swimming Home*, a novel about psychosomatic illness, female identity and the stubborn bond between mother and daughter**

Two strangers arrive in a small Spanish fishing village. The older woman is suffering from mysterious paralysis, driven to seek a cure beyond the bounds of conventional medicine. Her daughter Sofia has spent years playing the reluctant detective in this mystery, struggling to understand her mother's illness.

Surrounded by the oppressive desert heat, searching for a cure to a defiant and quite possibly imagined disease, Sofia is forced to confront her difficult relationship with her mother. Deborah Levy explores female rage and sexuality and the ways in which children and parents are both debtors and creditors.

Deborah Levy writes fiction, plays and poetry. Her work has been staged by the Royal Shakespeare Company, and she is the author of numerous highly praised books including *Things I Don't Want to Know* and *The Unloved*, both of which are now available from Penguin. Her novel *Swimming Home* was shortlisted for the 2012 Man Booker Prize, 2012 Specsavers National Book Awards (UK Author of the Year) and the 2013 Jewish Quarterly Wingate Prize.

Levy's strength is her originality of thought and expression -  
Jeanette Winterson



**March 2016**  
9780241146545  
£16.99  
Demy Octavo : Hardback  
208 pages



## The Way We Were

### Sinead Moriarty

**Being a good mother is doing the right thing. But sometimes the right thing is not so clear.**

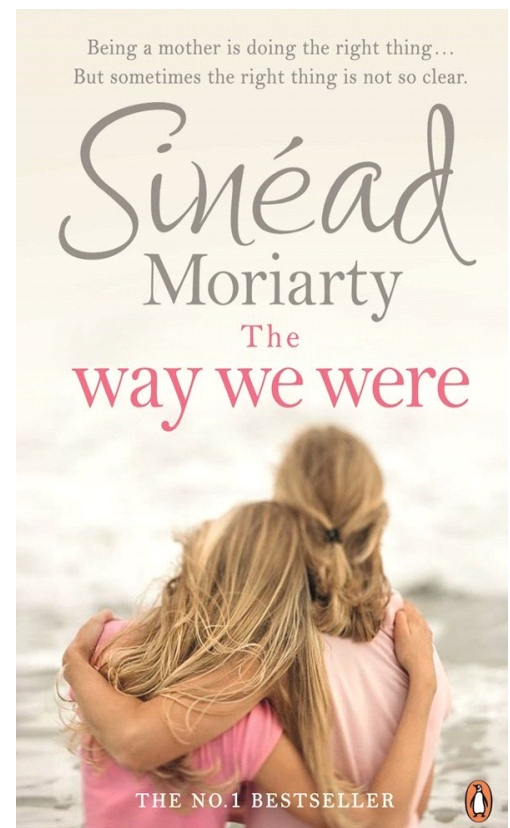
When Alice's husband Ben dies suddenly, her world falls apart. They shared twenty years and two daughters and life without him is unimaginable.

Having lost her parents while young, Alice understands her girls' pain. At fifteen, Jools is at that awkward age and only Ben could get through to her. And eleven-year-old Holly looks for the answer to everything in books but this time she's drawing a blank. Alice realizes that for their sakes she must summon up superhuman reserves of strength.

Somehow all three of them come through the dark days. In time, it's even possible for Alice to consider marrying again, with the girls' blessing. So when Ben turns up after three years, her world is again turned upside-down. The girls assume that their family can go back to the way they were. Alice is not so sure.

Once more Alice has to find the strength to be the mother her daughters need her to be. But this time what that means is far from clear ...

Growing up, Sinead Moriarty was inspired by watching her mother, an author of children's books, writing at the kitchen table. Her childhood dream was to write a novel. It was at the age of thirty, while working as a journalist in London, that she began to write creatively in her spare time - after work, at lunch times ... and, truth be told, during work hours. Her first novel, *The Baby Trail*, a bitter-sweet story of a couple struggling to have a baby (inspired by her own early difficulties conceiving) was published in 2004 and has been translated into twenty languages. *The Way We Were* is Sinead's eleventh novel. She lives in her native Dublin with her husband and their three children.



**March 2016**  
 9780241970720  
 £7.99  
 B Format : Paperback  
 448 pages

## 15 Million Degrees

A Journey to the Centre of the Sun

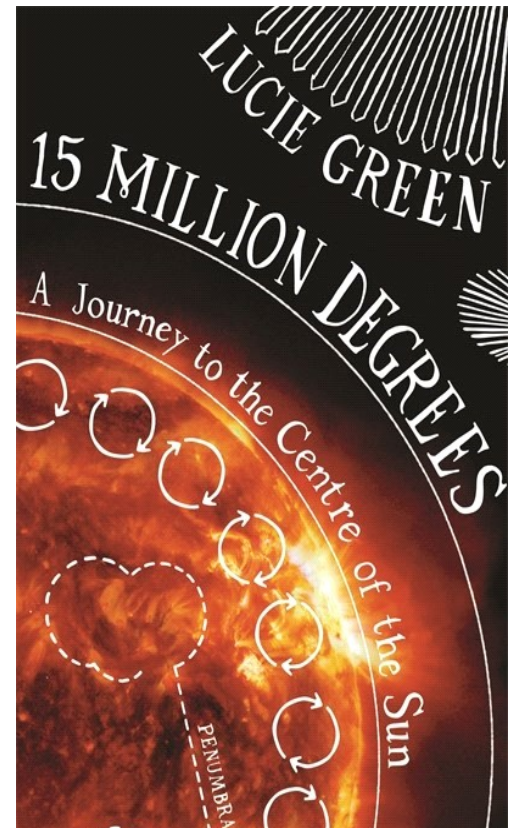
Lucie Green

**One of the world's brightest science stars explains that there's more to the Sun than meets the eye**

Light takes just eight minutes to reach Earth from the surface of the Sun - but its journey within the Sun takes hundreds of thousands of years. What is going on in there? How does the Sun produce light and heat - and how on earth did scientists find out?

In this astonishing and enlightening adventure, you'll travel millions of miles from inside the Sun to its surface and to Earth, on the way discovering the latest research in solar physics, learning how the sun works and meeting the groundbreaking scientists who pieced this extraordinary story together.

Dr Lucie Green is a solar physicist at UCL's Mullard Space Science Laboratory and regularly appears on the BBC's *Star Gazing Live* with Brian Cox, the *Today* programme, *The Infinite Monkey Cage* and *Sky at Night*. She works with the world's major space agencies (including NASA), and speaks regularly at the Royal Society and Cheltenham Science Festival. In 2009 she won the Royal Society's Kohn Award for her work promoting public engagement with science.



**March 2016**

9780670922185

£18.99

Demy Octavo : Hardback

320 pages

Gorgeous fold-out jacket

## **Sisters and Lies** **Bernice Barrington**

**A tense, thrilling novel about how secrets can divide a family - and how danger can bring them back together ...**

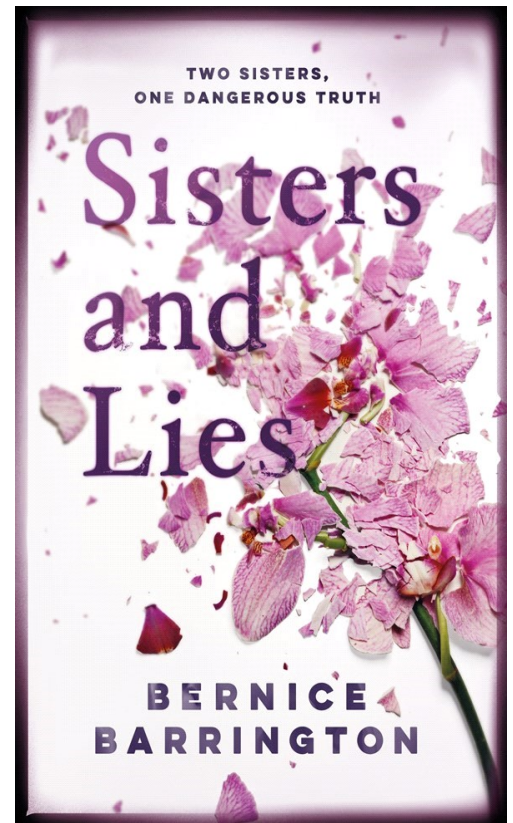
One hot August night, Rachel Power gets the call everyone fears. It's the police. Her younger sister Evie's had a car crash, she's in a coma. Can Rachel fly to London right away?

With Evie injured and comatose, Rachel is left to pick up the pieces of her sister's life. But it's hard fitting them together, especially when she really doesn't like what she sees.

The more mysteries Rachel uncovers the more she starts asking herself how well she ever really knew her sister. And then she begins to wonder if the crash was really the accident everybody says it is.

Back in hospital, Evie, trapped inside an unresponsive body, is desperately trying to wake up. Because she's got an urgent message for Rachel - a warning which could just save both their lives . . .

Bernice Barrington is a journalist. She grew up on a farm in north Longford and then studied English and German at Trinity College in the late 1990s. She lives in Dalkey with her husband.



**March 2016**

9781844883714

£12.99

Royal Octavo : Trade Paperback

320 pages

## Pivot

Turn What's Working in Your Career into What's Next

### Jenny Blake

#### ***The Lean Startup* meets a personal playbook for career change**

Borrowing from the Silicon Valley mindset of building lean, agile companies that thrive under conditions of risk and uncertainty, Jenny Blake shows you how to apply the same attitude to your career.

In *Pivot*, Blake removes the feelings of confusion and panic that often come with trying something new. Instead, she shows you how to build upon existing assets - your strengths, interests and networks - to launch a new career filled with meaning, adventure, learning and growth.

Jenny Blake is a career and business strategist and international speaker who helps people move beyond burnout and create sustainable careers they love. She left her job in career development at Google in 2011 after five and a half years at the company to launch her first book, *Life After College*, and has since run her own consulting business in New York City.

Looking to make a career change? *Pivot* is the book you will turn to again and again - Dan Pink, author of *To Sell is Human* and *Drive*



**March 2016**

9780241975466

£14.99

Royal Octavo : Trade Paperback

272 pages

APRIL

## The A-Z of Eating

A Flavour Map for the Adventurous Cook

### Felicity Cloake

**From one of Britain's finest cookery writers, an inspiring and incredibly delicious collection of recipes**

The recipes in *The A-Z of Eating* are all themed around Felicity Cloake's favourite ingredients (A is for Almond, B is for Blue Cheese, C is for Caramel and so on). Each chapter opener contains a fascinating introduction to the ingredient, blending history, food science, and much more. There are recipes to impress (roquefort and honey cheesecake with walnut and pear, roast duck with miso caramel); recipes for party food (cheese and marmite doughnuts, sriracha rice crispie cakes); right down to simple yet utterly delicious midweek suppers (slow roast tomato pasta with lemon salt, ricotta and basil, charred squash soup with zhoug and toasted pumpkin seeds). A must for all food-lovers.

Felicity Cloake is a journalist and food writer from London. She writes for the *Daily Mail*, *Metro*, *New Statesman*, and writes the weekly columns 'How to Make the Perfect . . .' and 'Readers' Recipe Swap' in the *Guardian*. She was named Food Journalist of the Year and won the New Media of the Year Award at the 2011 Guild of Food Writers Awards. She is the author of *Perfect*, *Perfect Too* and *Perfect Host*.

Brilliant . . . Finely honed culinary instincts, an open mind and a capacious cookbook collection . . . Miss Cloake has them all - Evening Standard on *Perfect Too*



**April 2016**

9780241003138

£25.00

Crown Quarto : Hardback

300 pages

## Emotional Agility

Get Unstuck, Embrace Change, and Thrive in Work and Life

**Susan David**

**The leading voice on emotions offers a revolutionary approach that enables us to understand and embrace difficult emotions without letting them derail us**

Every day we speak around 16,000 words - but the voice in our head creates thousands more. Thoughts such as 'I'm not spending enough time with my children' or 'I don't have the confidence to do this presentation' are taken as unshakable facts when in reality they are the judgemental opinions of our inner voice.

*Emotional Agility* gives you the ability to make peace with that voice in your head, achieve your goals, and live your life to the fullest right now. Susan David's deeply researched techniques enable you to unhook yourself from your negative emotional patterns. By holding our thoughts at arms-length we are able to evaluate them and change our actions to match our values.

This book is not a quick fix but a new way of living. Become aware of your emotional nature, learn to face your feelings, and flourish using your *Emotional Agility*.

**Susan David** has a PhD in psychology and a post-doctorate in emotions research from Yale. She is a professor of psychology at the Harvard Medical School faculty and the founder and co-director at the Harvard/McLean-affiliated Institute of Coaching. Susan is the CEO of Evidence Based Psychology, whose worldwide client list includes Ernst and Young Global, the UN Development Program, JP Morgan Chase and GlaxoSmithKline. She has edited a number of books including the *Oxford Handbook of Happiness* and her research has featured in the *Harvard Business Review*, *TIME* and the *Wall Street Journal*. Born in South Africa, Susan now lives in Boston with her family.



**April 2016**

9780241254929

£14.99

Royal Octavo : Trade Paperback

272 pages

## The Path

What the Great Chinese Philosophers Can Teach Us  
About the Good Life

**Michael Puett, Christine Gross-Loh**

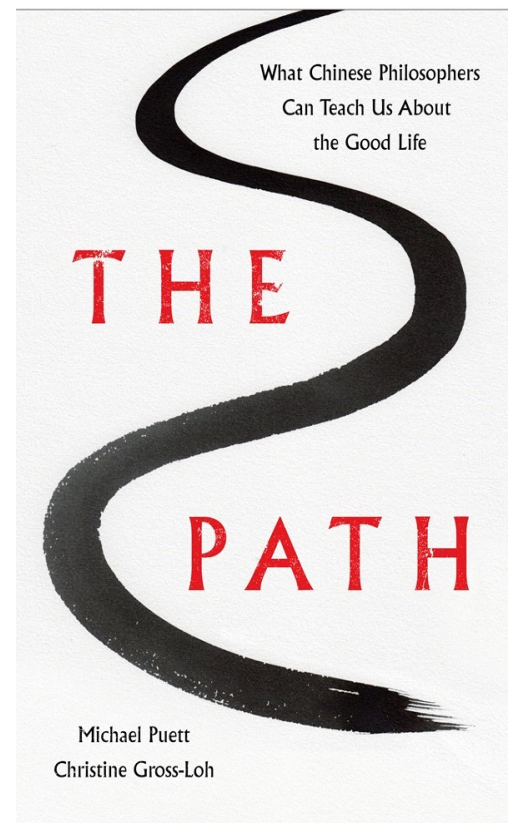
**Harvard's most popular professor explains how  
thinkers from Confucius to Xunzi can transform  
our daily lives**

In the first book of its kind, *The Path* draws on the work of six of the great - but largely unknown - Chinese philosophers to offer a fresh and revolutionary guide to human flourishing.

By examining the teachings of Chinese thinkers, and explaining what they reveal about our daily lives - from greeting others to raising children - *The Path* challenges some of our deepest held assumptions. It shows that the way to live well is not to slavishly follow a grand *plan*, as so much of western thought would have us believe, but rather to follow a *path* - one of self-cultivation and self-discovery.

Michael Puett is Professor of Chinese History at Harvard University and has lectured widely at the world's leading universities. His course in Chinese Philosophy has been so successful that his classes have been moved to the largest, 1000-seat lecture hall available at Harvard. His co-author and former PhD student Christine Gross-Loh has written for the *Wall Street Journal*, the *Atlantic* and the *Huffington Post*, and has made numerous television appearances. She is the author of *Parenting without Borders*.

I read *The Path* in one sitting and have been talking about it to everyone. It's brilliant, mesmerizing, profound-and deeply contrarian. It stands conventional wisdom on its head and points the way to a life of genuine fulfillment and meaning - Amy Chua, Yale Law professor and author of *Battle Hymn of the Tiger Mother*



**April 2016**

9780241004494

£14.99

Demy Octavo : Hardback

208 pages



## Chronicles

On Our Troubled Times

**Thomas Piketty**

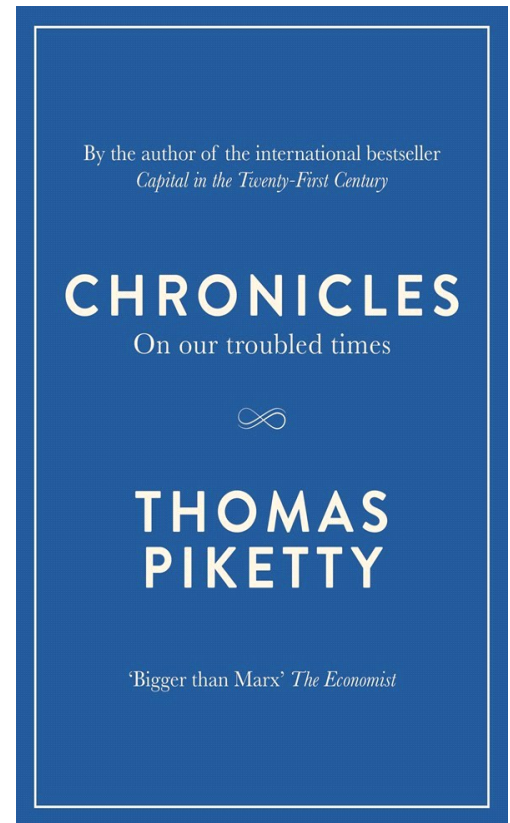
**The return of the best-selling, award-winning economist *extraordinaire***

With the same powerful evidence, and range of reference, as his global bestseller *Capital in the Twenty-First Century* -- and in columns of 700 words, rather than 700 pages -- *Chronicles* sets out Thomas Piketty's analysis of the financial crisis, what has happened since and where we should go from here.

Tackling a wider range of subjects than in *Capital*, from productivity in Britain to Barack Obama, it comprises the very best of his writing for *Liberation* from the past ten years. Now, translated into English for the first time, it will further cement Piketty's reputation as the world's leading thinker today.

**Thomas Piketty** is Professor of Economics at the Paris School of Economics and Centennial Professor at the LSE. His book *Capital in the Twenty-First Century*, which argued that when the rate of return on capital exceeds the rate of economic growth, the resulting unequal distribution of wealth causes instability, has **global sales so far of more than 1.5m copies.**

Bigger than Marx - The Economist



**April 2016**

9780241234891

£18.99

Royal Octavo : Hardback

224 pages

## The 10% Entrepreneur

Live Your Dream Without Quitting Your Day Job

**Patrick J. McGinnis**

**Start something new, develop your career and diversify your skills - without giving up your day job**

You want to launch a business, try something new and make yourself more employable, but you don't want to lose the security of your job. You no longer have to choose. Instead, become a 10% entrepreneur.

*The 10% Entrepreneur* shows you how to integrate entrepreneurship into your life. Patrick J. McGinnis teaches you to invest 10% of your time and, if possible, 10% of your capital into side projects. You will generate more income, discover new opportunities, sharpen your skills - and get the life you've always wanted.

Patrick McGinnis is a venture capitalist who founded Dirigo Advisors in 2010, after a decade on Wall Street, to provide strategic advice to investors, entrepreneurs and fast-growing businesses. He is also a 10% entrepreneur, investing, advising and founding a diverse portfolio of companies and investments in the United States, Latin America and Asia. A graduate of Harvard Business School, he writes for *Business Insider*, the *Huffington Post* and the Latin America Venture Capital Association. He lives in New York City.



**April 2016**

9780241198780

£14.99

Royal Octavo : Trade Paperback

256 pages

## The Course of Love Alain de Botton

**A philosophical novel about modern relationships, from the bestselling author of *The Consolations of Philosophy***

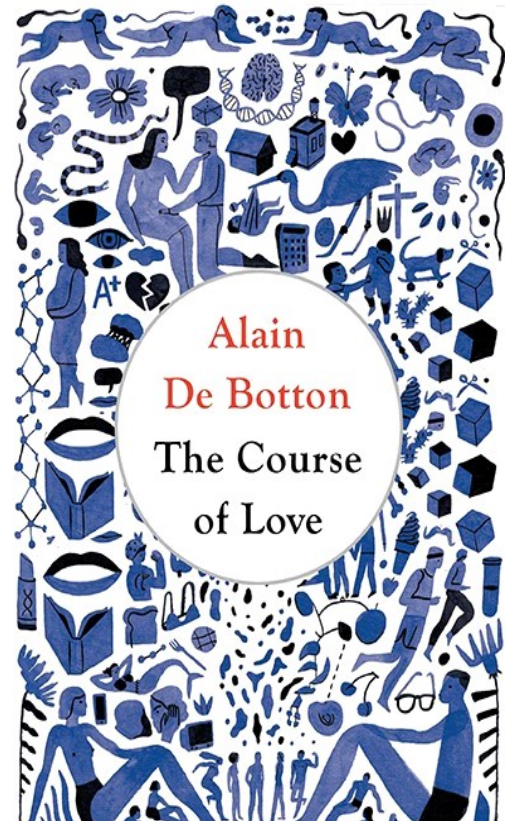
Rabih and Kirsten meet, fall in love, get married. Society tells us this is the end of the story. In fact, it is only the beginning.

Over the years this ordinary couple will miscommunicate and misunderstand each other, will worry about money, will have first a girl and then a boy. One of them will have an affair, one will think about it. Both will have doubts. This will be the real love story.

Twenty-first century depictions of love and marriage are shaped by a set of Romantic myths and misconceptions. With his trademark warmth and wit, Alain de Botton explores the complex landscape of a modern relationship, presenting a realistic case study for marriage and examining what it might mean to love, to be loved - and to stay in love.

Alain de Botton's bestselling books include *Religion for Atheists*, *How Proust Can Change Your Life*, *The Art of Travel*, *The Pleasures and Sorrows of Work* and *The Architecture of Happiness*. He lives in London and founded The School of Life ([www.theschooloflife.com](http://www.theschooloflife.com)) and Living Architecture ([www.living-architecture.co.uk](http://www.living-architecture.co.uk)). Find out more at [www.alaindebotton.com](http://www.alaindebotton.com).

De Botton writes with the elegance and wit admirable in someone who is committed to making his insights relevant to a wide readership - Daily Telegraph on *Religion for Atheists*



**April 2016**  
9780241145470  
£14.99  
Demy Octavo : Hardback  
256 pages

## The Power

### Naomi Alderman

**From one of Britain's most original writers comes an astonishing novel that exposes the horrifying connection between violence and power**

In Naomi Alderman's exhilarating new novel the world is a recognisable place: there is a rich Nigerian kid who likes to lark around the family pool; a foster girl whose religious parents hide their true nature; a local American politician; a tough London girl from a tricky family. However, something vital has changed. Teenage girls now have immense physical power coursing through them - they can harm at will, causing agonising pain and even death. And, with this small twist of nature, the world changes utterly.

Naomi Alderman's extraordinary novel is not only a hugely compelling story of how our world would change if power was in the hands of women but it also exposes, with breathtaking daring, our contemporary world.

Naomi Alderman won the Orange Award for New Writers in 2006. In 2007, she was named *Sunday Times* Young Writer of the Year. In 2009 she was shortlisted for the BBC National Short Story Award. In 2012 she co-created the top-selling game *Zombies, Run!*. Naomi was mentored by Margaret Atwood as part of the Rolex Mentor and Protégé Arts Initiative, and in 2013 she was named one of *Granta's* Best Young British Novelists.

Stunningly accomplished . . . a novel of such intensity, meaning and depth that it must be destined to become a classic - Radio 4 Saturday Review on *The Liars' Gospel*



**April 2016**  
9780670919987  
£16.99  
Royal Octavo : Hardback  
288 pages

MAY

## Feminist Fight Club

An Office Survival Manual (For a Sexist Workplace)

Jessica Bennett

### A battleguide for the intentional and unintentional douchebaggery we sometimes call sexism

If this were an equal world, this book wouldn't have to exist. But the reality is, it's not; and we shouldn't wait around for somebody else to save us. We need to fight for ourselves.

Welcome to the Feminist Fight Club.

Here is an arsenal of weapons for surviving in an unequal world. You will learn how to fight micro-aggressions, correct unconscious bias, deal with male colleagues who can't stop 'maninterrupting' (yes, women get interrupted in meetings more than men) or 'bro-propriating' your ideas -- and lean in without falling the f--k over,

Every woman needs this book, and they needed it yesterday.

Jessica Bennett is an award-winning journalist and critic. She is a columnist at Time.com, covering women and the workplace and a contributing writer for *The New York Times*. She is also a contributing editor for Sheryl Sandberg's women's nonprofit, LeanIn.org, where she is the co-creator and curator of the Lean In Collection, an initiative to change how women are portrayed in stock photography.



May 2016

9780241244838

£12.99

Royal Octavo : Trade Paperback

224 pages

## The Lubetkin Legacy

### Marina Lewycka

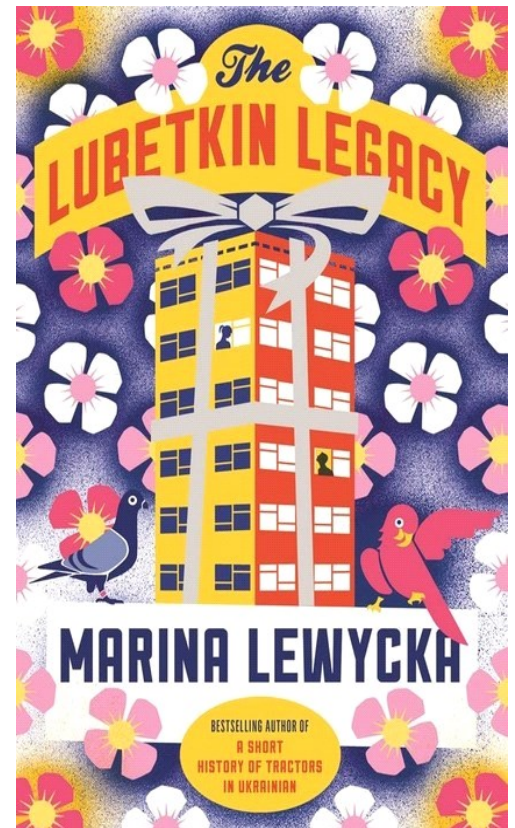
**Hilarious new novel from the bestselling author of *A Short History of Tractors in Ukrainian***

Don't let the council take back the flat!' - Berthold's mother's dying words to him in hospital.

Hopeless failed actor Berthold is exactly the same age as George Clooney (they share a birthday), but still lives with his mum. When he realizes at her deathbed that he may lose his mother's lovely council flat, built in the 1960s by celebrated architect Lubetkin, he niftily adopts the old lady in the hospital bed next door, and takes her home to impersonate Mum. That's when all the trouble begins...

Marina Lewycka's first novel, *A Short History of Tractors in Ukrainian*, has sold more than a million copies in the UK alone and was shortlisted for the Orange Prize, longlisted for the Man Booker and won the Bollinger Everyman Prize for Comic Fiction and the Waverton Good Read Award. Her other novels are *Two Caravans*, *We Are All Made of Glue* and *Various Pets Alive and Dead*. Marina Lewycka lives in Sheffield.

An extraordinary read ... nothing short of amazing. A rare treat, all too easy to gulp down in one greedy sitting - Daily Express on *A Short History of Tractors in Ukrainian*



**May 2016**

9781905490561

£18.99

Demy Octavo : Hardback

336 pages

## Chicken and Rice

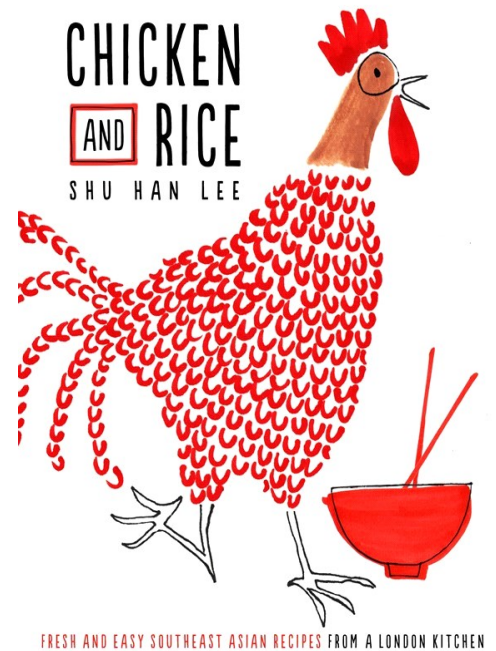
Fresh and Easy Southeast Asian Recipes From a London Kitchen

**Shu Han Lee**

**A fresh, easy and seasonal Southeast Asian cookbook from a popular food blogger who also runs pop-up food events**

When Shu Han Lee moved from Singapore to London she was just eighteen, and homesickness inspired her to start cooking the food she remembered her mother making. A popular food blog (<http://www.mummyicancook.com/>), lots of travelling and a series of pop-up food events further inspired her to develop her repertoire into other cuisines of Southeast Asia, from Thailand to the Philippines, and this book is the result. The recipes range from Hainanese Chicken and Vietnamese vegetable summer rolls, to steamed pork belly buns and BBQ sambal lemon sole - all simple to prepare and with unforgettable flavours.

Shu Han Lee is a graphic designer and freelance food stylist, writer and cook. The *Sunday Times* named her as one of Britain's best food bloggers (<http://www.mummyicancook.com/>), and she frequently hosts supper clubs, pop-ups and workshops. *Chicken and Rice* is her first book.



**May 2016**

9780241199077

£20.00

Crown Quarto : Hardback

300 pages



## The Last Days of Summer Vanessa Ronan

**A dazzling and heart-stopping novel about family bonds and the nature of good and evil**

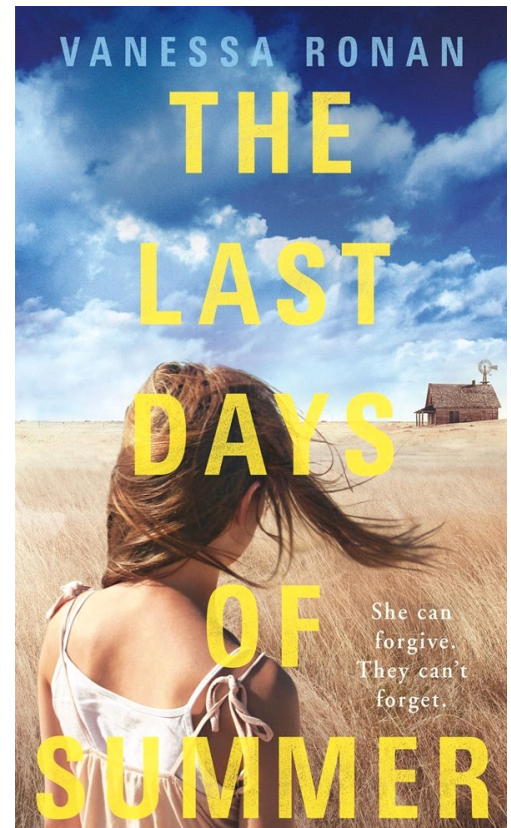
**She can forgive. They can't forget.**

After ten years in the Huntsville State Penitentiary, Jasper Curtis returns home to live with his sister and her two daughters. Lizzie does not know who she's letting into her home: the brother she grew up loving or the monster he became.

Teenage Katie distrusts this strange man in their home but eleven-year-old Joanne is just intrigued by her new uncle.

Jasper says he's all done with trouble, but in a forgotten prairie town that knows no forgiveness, it does not take long for trouble to arrive at their door ...

Vanessa Ronan was born in Houston and in her 28 years has lived in Texas, Mexico, New York, Edinburgh, and Dublin, where she now lives with her Irish husband. Among other things, she has been a dancer, a PA, a barmaid, a literature student, a dance teacher, and now, a writer. Home-schooled by her literature teacher parents, Vanessa began writing as soon as she learned the alphabet. *The Last Days of Summer* is her first novel.



**May 2016**

9781844883691

£12.99

Royal Octavo : Hardback

320 pages

## Work Clean

What Great Chefs Can Teach Us about Organizing Our Lives and Focusing Our Minds

**Dan Charnas**

**The revolutionary new way to work and live, based on the discipline of 'mise-en-place'**

Night after night, chefs and their crews are able to multitask and produce in a way that puts deskbound workers to shame. In *Work Clean*, Dan Charnas uncovers their secret: mise-en-place - the organizational system that transforms the lives of its practitioners through focus and self-discipline.

Through interviews with top chefs working in professional kitchens all over the world, culinary students, line cooks and restaurant employees, Charnas reveals the ten major principles of mise-en-place -- including 'Arranging spaces', 'Finishing actions' and 'Slowing Down to Speed Up' -- and demonstrates how they can be used to boost productivity in all aspects of life.

Dan Charnas is an award-winning journalist and author of *The Big Payback: The History of the Business of Hip-Hop*. He has also worked at media, marketing and tech executive for companies including Warner Bros and Sony and as a producer for MTV, VH1 and FitTV. He is currently an associate arts professor of writing, history and emergent media at the Tisch School of the Arts and New York University.



**May 2016**

9780241200339

£12.99

Demy Octavo : Paperback

352 pages

## A Very English Scandal

Sex, Lies and a Murder Plot at the Heart of the Establishment

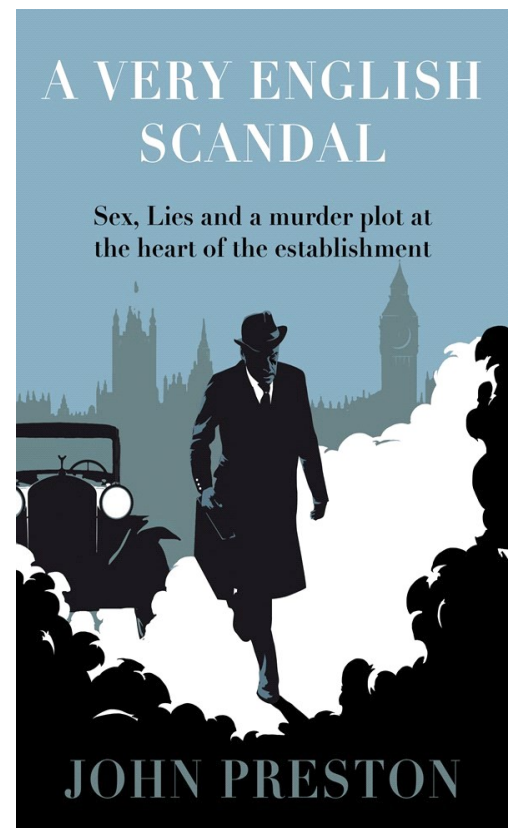
**John Preston**

**An explosive investigation into the most shocking political scandal of the century**

In 1979, Jeremy Thorpe, the rising star of the Liberal Party, stood trial for conspiracy to murder. It was the first time that a leading British politician had stood trial on a murder charge. It was the first time that a murder plot had been hatched in the House of Commons. And it was the first time that a prominent public figure had been exposed as a philandering homosexual.

With all the pace and drama of a thriller, *A Very English Scandal* is an extraordinary story of hypocrisy, deceit and betrayal at the heart of the British Establishment.

John Preston is a former Arts Editor of the *Evening Standard* and the *Sunday Telegraph*. For ten years he was the *Sunday Telegraph's* television critic and one of its chief feature writers. He is the author of a travel book and four novels. His most recent novel, *The Dig*, is about to be made into a feature film starring Cate Blanchett.



**May 2016**

9780241215722

£16.99

Royal Octavo : Hardback

304 pages

## Somme

Into the Breach

**Hugh Sebag Montefiore**

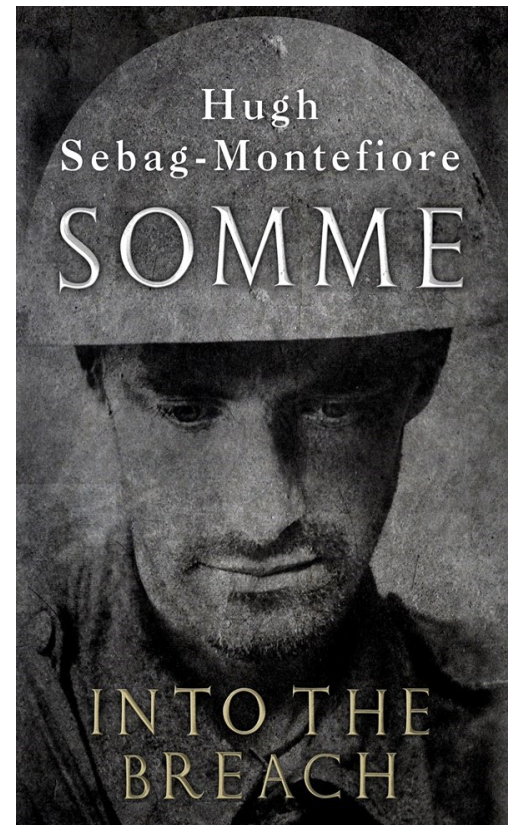
**An extraordinary and fresh account of the most famous battle in World War One**

No conflict better encapsulates all that went wrong on the Western Front than the Battle of the Somme in 1916. The tragic loss of life and stoic endurance by troops who walked towards their death is an iconic image which will be hard to ignore during the centennial year.

Despite this, this book shows the extent to which the Allied armies were in fact able repeatedly to break through the German front lines. By focusing on the first-hand experiences of both Allied and enemy soldiers, the author weaves a remarkable portrait of life at the Front.

Hugh Sebag-Montefiore's best-selling books are *Enigma: The Battle for the Code* and *Dunkirk*, reissued this year. He lives in north London with his wife and three children.

Sebag-Montefiore tells it with gusto, a remarkable attention to detail - Daily Telegraph



**May 2016**

9780670918386

£25.00

Royal Octavo : Hardback

550 pages

## Tristimania

A Diary of Manic Depression

**Jay Griffiths**

**A stark, lyrical memoir of the steep descent into madness, and the slow and painful recovery that follows**

The sky was going to fall through the sea, the clouds would smash on impact like glass, and the great pale sheet of a dead white sky, motionless, frozen and broken, would lie noiseless at the bottom of the ocean...'

In 2013, while completing work on her last book, *Kith*, Jay Griffiths suffered a devastating year-long episode of hypomania. *Tristimania* is the extraordinary, lyrical, brave and painfully honest account of that year. Lost in the depths of her illness, Jay eventually decided to walk the Camino de Santiago - undertaking this ancient pilgrimage in her fragile condition despite medical advice against it - determined to find a kind of cure for her torment.

Jay Griffiths is the author of *Pip Pip: A Sideways Look at Time*, *Wild: An Elemental Journey*, and *A Love Letter from a Stray Moon*. She is the winner of the Orion Book Award and the Barnes & Noble Discover Award for new non-fiction writing. She has been shortlisted for the Orwell Prize and a World Book Day Award. Jay Griffiths grew up in England and now lives in Wales.

Griffiths' fearless, untamed writing style is equal in measure to Kahlo's brushstrokes... utterly original - Northern Rivers Echo



**May 2016**

9780241186138

£16.99

Demy Octavo : Hardback

220 pages

## Tuesday Nights in 1980 Molly Prentiss

**A knock-out literary debut about three lives colliding in 1980s downtown New York**

Raul is an Argentinian painter, fresh on New York's buzzing downtown scene, who has just caught the eye of the city's most infamous critic.

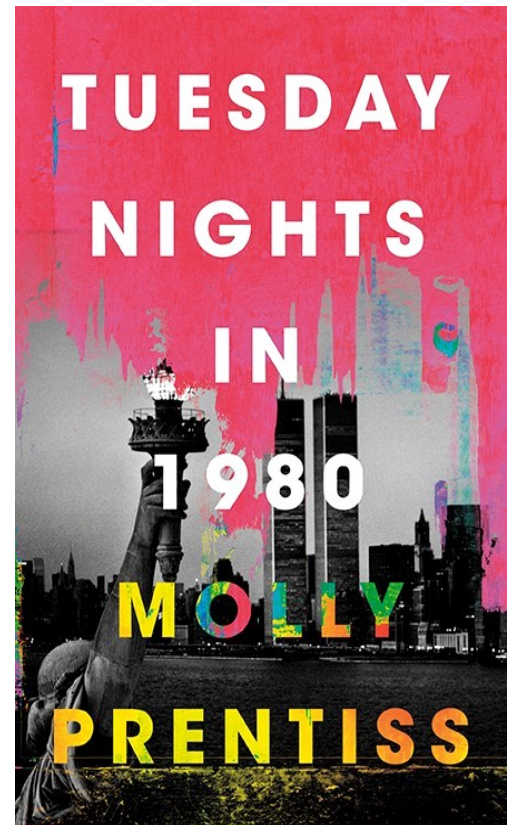
James is the critic. His synaesthesia lets him interpret art as fireworks and symphonies - but he's just been struck by writer's block.

And then there's Lucy: newly escaped from small-town Idaho, young and beautiful, she will become first Raul's lover and then James's.

This electrifying debut captures the raw energy and spontaneity of the 1980s downtown scene - it is a celebration of the power of art, a love letter to New York and an intimate portrait of the strangers who embody the city's spirit.

Molly Prentiss received her MFA in Creative Writing from California College of Arts. She was a Writer in Residence at Workspace at the Lower Manhattan Cultural Council and at the Blue Mountain Center, and was chosen as an Emerging Writer Fellow by the Aspen Writers Foundation. Her stories and essays can be found in *Fourteen Hills*, *Hobart*, *HTML Giant*, *Wilder Quarterly* and the *Aesthete* among others. She works as a fashion writer and lives in Brooklyn.

For those of us who like our novels soulful and brainy, ambitious and deeply felt, Molly Prentiss has given us a first work of fiction to marvel at and then savor. This is a serious young writer in full command of her craft - Tom Barbash, author of *Stay Up With Me*



**May 2016**

9780241235560

£12.99

Royal Octavo : Hardback

384 pages

## Quiet Leadership

Winning Hearts, Minds and Matches

### Carlo Ancelotti

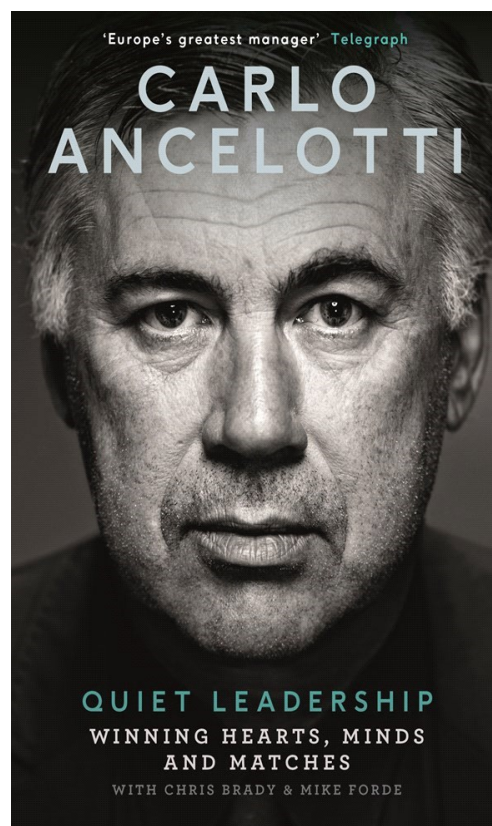
**The legendary football coach finally tells his story and reveals his management secrets**

Carlo Ancelotti is one of the greatest managers of all time, with five Champions League titles to his name. Yet his approach could not be further from the aggressive theatricals favoured by many of his rivals. His understated style has earned him the fierce loyalty of players like David Beckham, Zlatan Ibrahimovic and Cristiano Ronaldo.

In *Quiet Leadership*, Ancelotti reveals the full, riveting story of his managerial career - his methods, mentors, mistakes and triumphs - and takes us inside the dressing room to trace the characters, challenges and decisions that have shaped him. The result is both a scintillating memoir and a rare insight into the business of leadership.

Carlo Ancelotti has won football's ultimate prize, the Champions League, a record five times - twice as a player and three times as a manager. He has coached clubs including Parma, Juventus, AC Milan, Paris Saint-Germain, Real Madrid and Chelsea (winning the 'Double' in 2010). He has won titles in every country in which he has managed.

There is nobody better than this international crisis manager to explain how to handle superstar players (Cristiano Ronaldo and Gareth Bale), difficult club presidents (Silvio Berlusconi and Roman Abramovich) and hysterical media - Financial Times



**May 2016**

9780241244937

£14.99

Royal Octavo : Trade Paperback

208 pages

## Elizabeth I

The Later Years

**John Guy**

**An ageing queen, an heirless state, conspiracy all round: here is the court of Elizabeth I as never known before**

History has pictured Elizabeth I as Gloriana, an icon of strength and power. But the reality, especially during her later years, was not so simple.

In 1583 Elizabeth is fifty years old, past childbearing, but her greatest challenges are still to come: the Spanish Armada; the execution of Mary, Queen of Scots; relentless plotting among her courtiers. This gripping and vivid portrait of her life and times - often told in her own words ('You know I am no morning woman') - reveals a woman who is fallible, increasingly insecure, and struggling to lead Britain. This is the real Elizabeth, for the first time.

John Guy is a Fellow of Clare College, Cambridge, and has published sixteen books, including *My Heart is My Own: The Life of Mary Queen of Scots*, *Tudor England*, *Thomas More* and *The Tudors: A Very Short Introduction*. He appears regularly on BBC Radio 2, Radio 3 and Radio 4 and has presented numerous television documentaries for BBC2. He regularly contributes to the *Sunday Times*, *Guardian*, *Economist* and *The Times Literary Supplement*, among other publications.

Fascinating... A book based on gold-standard research, the kind of thing that puts most popular history writing to shame - Kathryn Hughes on *My Heart is My Own*, Mail on Sunday



**May 2016**

9780670922253

£25.00

Royal Octavo : Hardback

300 pages



## Pressure

... and How to Handle It (8 Principles)

### Dave Alred

**The coach who taught Jonny Wilkinson how to deal with pressure now shows all of us how to cope with life's challenges**

Pressure is a constant in our lives. The pressure to hit a deadline, deliver that speech, interview for the job we really want - they are all challenges we need to meet. Like a footballer taking a penalty or a golfer making a putt, how we respond to pressure defines us at work and at home.

Dave Alred is an elite performance coach who works with the world's top sports stars and teams - from rugby's Jonny Wilkinson to Premiership footballers and golfers - helping them deliver when the tension is at its most extreme. In *Pressure* he finally shares his eight groundbreaking principles and shows how we can all apply them to our lives.

From how a child-like approach can help us through tough moments, to the best ways to face an audience, to why language is the ultimate performance-enhancing drug, *Pressure* is the definitive guide to dealing with our challenges. Packed with accessible stories and tips, it shows how we can *harness* pressure to produce our best at home, at work, and in our sport or exercise - by the man who has spent his life coaching the very best.

**Dr Dave Alred MBE** is an elite performance coach who has worked with some of the biggest names in sport. His clients have included rugby's Jonny Wilkinson, George Ford and Johnny Sexton, golfers Luke Donald, Brad Kennedy and Padraig Harrington, the England Rugby team (four World Cups), the British Lions (three tours), the Springboks, the England Cricket team, and Premiership sides Manchester City, Sunderland, Watford and Newcastle. He holds a PhD in Performing under Pressure from Loughborough University. A genuine pioneer in performance mindset and attitude, his approach optimises the abilities of sports and business people alike.

Dave Alred is a genius. There is simply no-one around to match him in his field - Jonny Wilkinson



**May 2016**

9780241240847

£12.99

Royal Octavo : Trade Paperback

224 pages



JUNE

## Tide

The Science and Lore of the Greatest Force on Earth

**Hugh Aldersey-Williams**

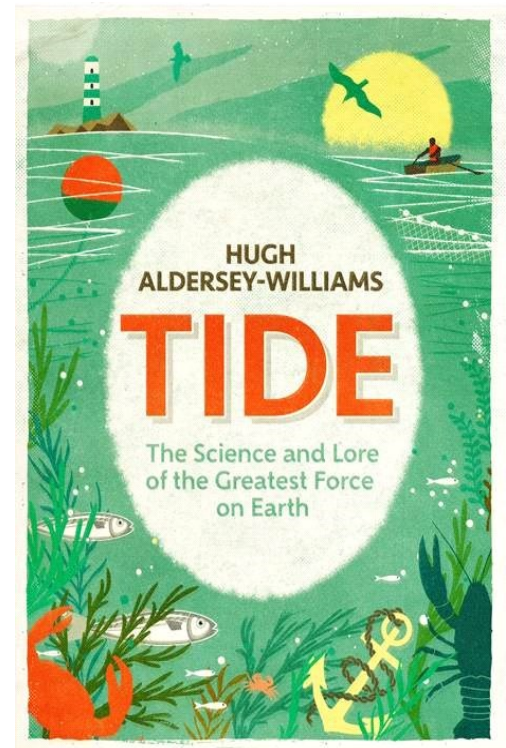
**From Cnut to D-Day: the history and science of the ever-powerful tide explored for the first time**

Half of the world's population today lives in coastal regions lapped by tidal waters. On our little island, we live surrounded by water and love to be beside the seaside. But it rises and falls according to rules that are a mystery to almost all of us.

To fully grasp the influence of the tide, we must bring together centuries of science but also the literary history and folklore it has inspired: mistaken by Caesar, captured in the art of Turner and now puzzled over by the world's leading researchers. With Aldersey-Williams as our guide, chasing the most feared and celebrated tides around the world, from the original maelstrom to the fifteen metre beasts in the Bay of Fundy, for the first time its effects on our civilisation become startlingly clear.

Hugh Aldersey-Williams studied natural sciences at Cambridge. He is the author of several books exploring science, design and architecture - including *Periodic Tales*, *Anatomies* and *The Adventures of Sir Thomas Browne in the 21st Century* - and has curated exhibitions at the Victoria and Albert Museum and the Wellcome Collection. He lives in Norfolk with his wife and son.

Engaging and thoughtful... Like some of the most compelling biographers, Aldersey-Williams partly inhabits his subject - Literary Review on *The Adventures of Sir Thomas Browne in the 21st Century*



**June 2016**

9780241003367

£18.99

Demy Octavo : Hardback

384 pages

## The World of The Happy Pear David and Stephen Flynn

**More fantastic recipes and wisdom from the No 1 bestselling authors of the acclaimed vegetarian hit, *The Happy Pear***

With their energy, imagination and delight in sharing their vision David and Stephen Flynn have made vegetables sexy.

Now, in their second cookbook, they share how the Happy Pear vision has spread out from their restaurant and how they in turn are constantly inspired by their multinational team.

Whether it's seeing their formerly meat-eating Dad doing a vegetarian Sunday lunch, or being surprised by one of their chefs suggesting a twist on an old favourite, David and Stephen are always coming up new ideas.

*The World of the Happy Pear* is full of delicious, healthy and original recipes for all the family.

Until well into their twenties, Wicklow twins, David and Stephen Flynn, were typical meat-eating, pint-swilling, girl-chasing jocks. Until - entirely independently - they tried a vegetarian diet. It transformed their lives. They developed a passion for good food and health that was both addictive and utterly infectious. The Happy Pear café, shop and brand have become iconic and their food has an ever-growing legion of fans. Their first cookbook *The Happy Pear* was a No 1 bestseller.

Genuinely good food that brings healthy eating in from the cold - Irish Times



**June 2016**  
9780241975534  
£18.99  
Other : Hardback  
240 pages

## The Return

Fathers, Sons and the Land In Between

**Hisham Matar**

**An extraordinary memoir of a son's search for his father and the return to a homeland after decades of exile**

Hisham Matar was nineteen when his father was kidnapped and taken to prison in Libya. He would never see him again. Twenty-two years later, after the fall of Gaddafi, Hisham was finally able to return to his homeland for the first time. In this heart-breaking, illuminating memoir he describes his return to a country and a family he thought he would never see again.

*The Return* is at once a universal and an intensely personal tale of loss. It is an exquisite meditation on history, politics and art. It's the story of what it is to be human.

Hisham Matar was born in New York to Libyan parents and spent his childhood in Tripoli and Cairo. His debut novel *In the Country of Men* was published in twenty-eight languages and won numerous international prizes as well as being shortlisted for the Man Booker Prize and the *Guardian* First Book Award. His second novel, *Anatomy of a Disappearance*, was published in 2011 to rave reviews from authors such as Michael Frayn and Roddy Doyle.

Extraordinary . . . One of the most brilliant literary debuts of recent years - *The Times* on *In the Country of Men*



**June 2016**

9780670923335

£14.99

B Format : Hardback

230 pages

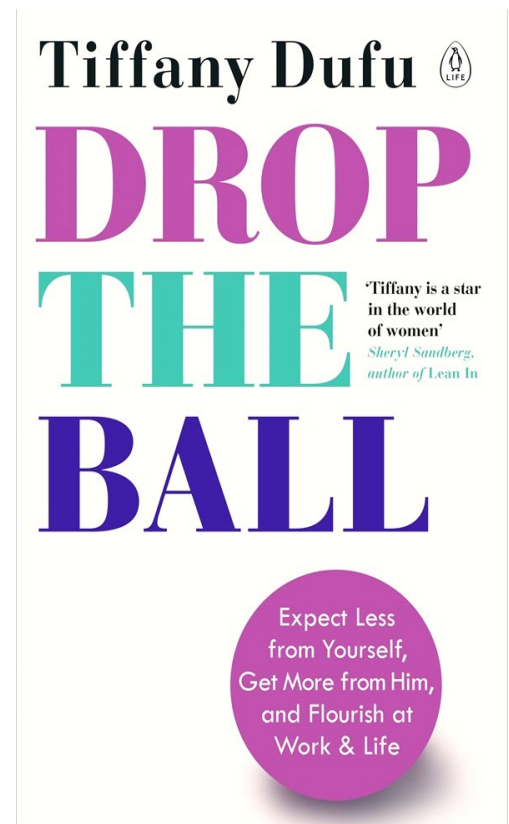
## Drop the Ball Tiffany Dufu

**An inspirational and insightful guide for women who want to get it all by doing less**

For women, a glass ceiling at work is not the only barrier to success - it's also the increasingly heavy obligations at home that weigh them down. Women have become accustomed to delegating, advocating and negotiating for themselves at the office, but when it comes to managing households, they still bear the brunt on their own shoulders. A simple solution is staring them in the face: negotiate with the men in their *personal* lives.

In *Drop The Ball*, Tiffany Dufu explains how women can create all-in domestic partnerships that protect them against professional burn-out.

Tiffany Dufu is Chief Leadership Officer to Levo League and Launch Team member to Sheryl Sandberg's Lean In. She was formerly president of the White House Project and was included in *Fast Company's* League of Extraordinary Women. Tiffany is a widely sought-after speaker who has lectured at *Fortune* magazine's Most Powerful Women Summit, TEDWomen and MAKERS. She lives in New York City with her husband and two small children.



**June 2016**

9780241201596

£14.99

Royal Octavo : Trade Paperback

368 pages

## Lying in Wait Liz Nugent

**An absorbing, twisty, brilliantly observed story of murder in high places by the author of the bestselling *Unravelling Oliver***

The last people who expect to be mixing with a drug-addicted prostitute are a respected judge and his society maven wife. And they certainly don't plan to kill her and bury her in their exquisite suburban garden.

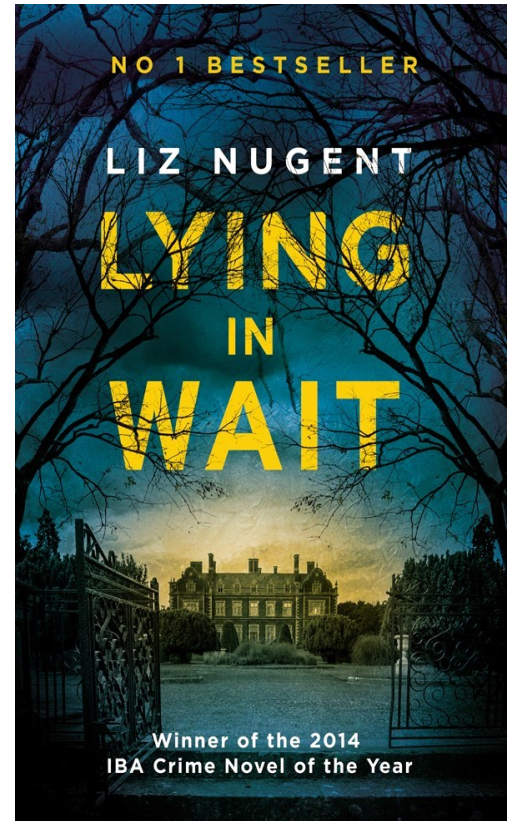
Yet Andrew and Lydia Fitzsimons find themselves in this unfortunate situation.

While Andrew, mindful of the gravity of the situation, begins to fall apart Lydia becomes ever more determined to protect their social standing and their son, Laurence.

But Laurence is not as innocent as his mother thinks. And his obsession with the dead girl's family may be the undoing of his own.

Liz Nugent has worked in Irish film, theatre and television for most of her adult life. She is an award-winning writer of radio and television drama and has written short stories for children and adults. Her first novel, the No 1 bestselling *Unravelling Oliver*, won the Crime Fiction award in the 2014 Irish Book Awards. She lives in Dublin with her husband.

A page-turning, one-sitting read from a brand new master of psychological suspense - Sunday Independent on *Unravelling Oliver*



**June 2016**

9781844883639

£12.99

Royal Octavo : Trade Paperback

304 pages



## Hot Little Hands Abigail Ulman

**A striking collection of short stories from an exhilarating, wry and utterly fresh debut writer**

In her striking debut, Abigail Ulman explores the blurred space between adolescence and adulthood, immersing us in tales of now - about first encounters with lasting impressions, break-ups that last longer than relationships, and newly discovered sexual experiences, both real and imagined.

*Hot Little Hands* contains nine pitch-perfect stories about stumbling on the fringes of innocence, and the marks desire can leave. Honest, insightful and utterly fresh, the stories in *Hot Little Hands* cut to the core of what it means to be a young woman.

Abigail Ulman was born and raised in Melbourne. She has a BA in Creative Arts from the University of Melbourne/VCA and was a recent Wallace Stegner Fellow in Fiction at Stanford University. This is her first book.

The strength of many of the stories in her collection lies in the space she leaves to the unsaid. . . Ulman has found rich fictional territory - Sydney Review of Books



**June 2016**

9780241974902

£8.99

B Format : Paperback

251 pages

## My Name is Leon Kit de Waal

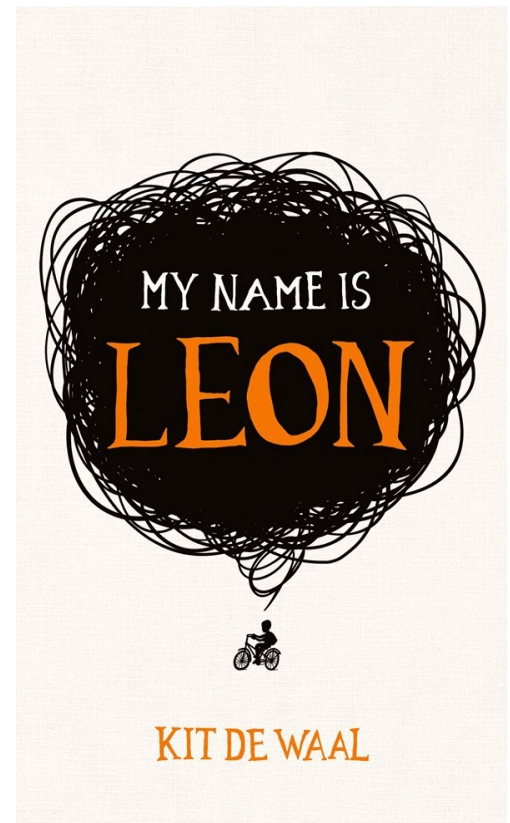
**A brother chosen. A brother left behind. And the only way home is to find him**

Leon is nine, and has a perfect baby brother called Jake. They have moved in with Maureen, who has fuzzy red hair and a belly like Father Christmas. But the adults are speaking in whispers, and wearing Pretend faces. They are threatening to give Jake to strangers. Because Jake is white and Leon is not.

*My Name is Leon* is a story of love, identity and learning to overcome unbearable loss. Of the fierce bond between siblings. And how - just when we least expect it - we manage to find our way home.

Kit de Waal was born in Birmingham to an Irish mother and Caribbean father and worked for fifteen years in criminal and family law. She has been awarded the Bridport Flash Fiction Prize 2014, the SI Leeds Literary Reader's Choice Prize 2014, and second place in both the Costa Short Story Award 2014 and the Bath Short Story Award 2014. *My Name is Leon* is her first novel.

A beautiful story told with compassion, urgency and wit - Stephen Kelman, author of the Booker-shortlisted *Pigeon English*



**June 2016**

9780241207086

£12.99

B Format : Hardback

272 pages

## Imagine Me Gone Adam Haslett

**The chronicle of a family shaped by grief, guilt and the legacy of one tragedy repeated across two generations**

Michael is a precocious boy, smart, funny, obsessed with books and music.

His sister Celia is the sensible one: tougher than the boys, unshakeably certain about how the world works.

Alec is the youngest, the most ambitious and also the most sensitive. He grows up in the shadow of his siblings, never quite keeping up with their games.

The children are still living at home when their father walks into the woods alone and take his own life. Years later, one of them will follow him.

Weaving together the voices of five family members, Adam Haslett imagines how a single isolated tragedy can become the event that defines many lives, unfolding a rich and painful novel that has all the makings of an American classic.

Adam Haslett is the author of the short-story collection *You Are Not a Stranger Here*, a *New York Times* bestseller shortlisted for the Pulitzer Prize and the US National Book Award, and the novel *Union Atlantic*, winner of the Lambda Literary Award. His books have been translated into eighteen languages and his writing has appeared in the *New Yorker*, *Esquire*, the *Financial Times*, and *Der Spiegel*, among others. He lives in New York.

This beautiful, tragic novel will haunt you for the rest of your life and you will be all the more human for it... An extraordinary work of art - Paul Harding, Pulitzer Prize winning author of *Tinkers*



**June 2016**  
9780241201213  
£16.99  
Royal Octavo : Hardback  
320 pages

## Feel Free

Essays

**Zadie Smith**

**A timely, powerful collection of essays from one of our sharpest minds and most sparkling stylists**

*Feel Free* is the latest collection of essays from the voice of a generation. Zadie Smith applies her razor-sharp intellect to the issues shaping the present: the sinister side of social media, the closing of public libraries and impending environmental disaster, as well as the changing face of hip-hop and the Great Norwegian Novel. No topic is too fringe or too mainstream for this literary powerhouse as she takes on the tricky ambiguities of the modern world in sentences that pulsate with vision, energy, humour and humanity.

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JULY

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Meera Sodha is the author of *Made In India*, which was a top ten bestseller and has been shortlisted for the 2014 André Simon Awards. When not travelling round India, collecting recipes, Meera Sodha chefs, writes and lives in London.

It is deeply personal food, alive and authentic - the best sort - and, frankly, I want to cook everything in this book - Nigella Lawson on *Made in India*



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Darian Leader is a psychoanalyst practising in London and a member of the Centre for Freudian Analysis and Research and of the College of Psychoanalysts UK. He is the author of *Strictly Bipolar*, *What is Madness?*, *The New Black*, *Why Do Women Write More Letters than They Post?*, *Promises Lovers Make When It Gets Late*, *Freud's Footnotes* and *Stealing the Mona Lisa*, and co-author, with David Corfield, of *Why Do People Get Ill?* He is Honorary Visiting Professor in the School of Human and Life Sciences Roehampton University.



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Franny Moyle has a degree in English and Art History from St John's College, Cambridge. She enjoyed a career in arts programming at the BBC that culminated in her becoming the corporation's first Commissioner for Arts and Culture. She is now a freelance executive producer and writer. She lives in east London, and is married with three children.

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Author of the *Sunday Times* bestseller *The Tea Planter's Wife*. Dinah Jefferies was born in Malaysia and moved to England at the age of nine. She has worked in education, lived in a commune and exhibited work as an artist. *The Silk Shop in Hanoi* is Dinah's third novel: her previous novels, *The Separation* and *The Tea Planter's Wife*, are both published by Penguin. She is a contributor to the *Guardian* and other newspapers and lives in Gloucestershire with her husband.

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Salley Vickers is the author of several bestselling novels including *Miss Garnet's Angel*, *Mr Golightly's Holiday*, *The Other Side of You* and *Dancing Backwards*. Her most recent books are *The Cleaner of Chartres* (Viking 2012) and short story collection *The Boy Who Could See Death* (Viking 2015). She has worked as a cleaner, a dancer, a teacher of children with special needs, a university lecturer and a psychoanalyst.

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