

JOHN MURRAY PRESS



SPRING
SUMMER
2025

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**JOHN
MURRAY**

THE ARTIST

Lucy Steeds



An intense summer of love, lies and the promise of freedom, set in Provence in 1920.

Ettie moves through the remote farmhouse, silently creating the conditions that make her uncle's artistic genius possible.

Joseph, an aspiring journalist, has been invited to the house. He believes he'll make his name by interviewing the reclusive painter, the great Edouard Tartuffe.

But everyone has their secrets. And, under the cover of darkness, Ettie has spent years cultivating hers.

Over this sweltering summer, everyone's true colours will be revealed.

Because Ettie is ready to be seen.
Even if it means setting her world on fire.

'Lucy Steeds transports the reader with her sensuous depictions of food, art, and landscape . . . an assured and atmospheric debut about creativity, female agency, and the legacy of war' SARAH PERRY, author of *The Essex Serpent*

'A furiously romantic, sun-drenched mystery about the violent power of good art. *The Artist* will leave you yearning in every sense of the word' YAEL VAN DER WOUDE, author of *The Safekeep*

ABOUT THE AUTHOR

Lucy is a graduate of both the Faber Academy and the London Library Emerging Writers Programme. *The Artist* has been listed for the BPA First Novel Award, the Yeovil Literary Prize, the Page Turner Awards, the Fiction Factory First Chapter Competition, and was a Finalist in the Spotlight First Novel Award and the Moniack Mhor Emerging Writer Award.

Author lives in Amsterdam and London

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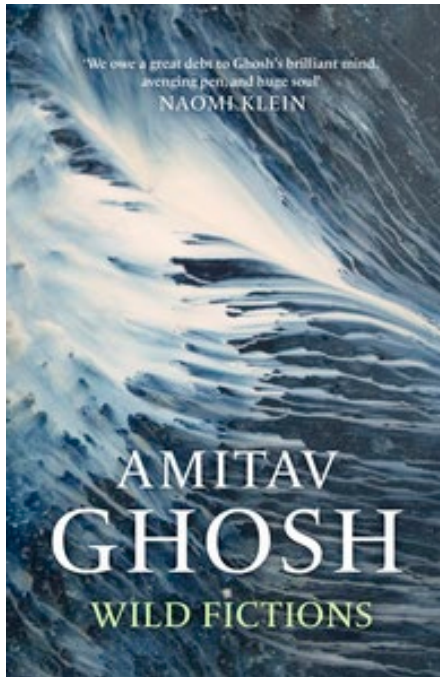
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WILD FICTIONS

Amitav Ghosh



From one of our most brilliant thinkers, a searing collection of essays about how we tell stories and our relationship with the world around us.

Wild Fictions brings together Amitav Ghosh's extraordinary writing on the subjects that have obsessed him over the last twenty-five years: literature and language; climate change and the environment; human lives, travel, and discoveries. The spaces that we inhabit, and the way in which we occupy them, is a constant thread throughout this striking and expansive collection.

From the significance of the commodification of the clove, the diversity of the mangrove forests in West Bengal and the radical fluidity of multilingualism, *Wild Fictions* is a powerful refutation of imperial violence, a fascinating exploration of the fictions we weave to absorb history, and a reminder of the importance of empathy.

With the combination of moral passion, intellectual curiosity and literary elegance that defines his writing, Amitav Ghosh makes us understand the world in new, and urgent, ways. Together, the pieces within *Wild Fictions* chart a course that allows us to heal our relationships and restore a delicate balance with the volatile landscapes to which we all belong.

'We owe a great debt to Ghosh's brilliant mind, avenging pen, and huge soul' NAOMI KLEIN, author of *This Changes Everything*

ABOUT THE AUTHOR

Amitav Ghosh is the author of the bestselling Ibis trilogy, comprised of *Sea of Poppies* (short-listed for the 2008 Man Booker Prize), *River of Smoke*, and *Flood of Fire*. His other novels include *The Circle of Reason*, which won the Prix Médicis étranger, and *The Glass Palace*. He is the author of many works of nonfiction, including *The Great Derangement: Climate Change and the Unthinkable* and *The Nutmeg's Curse: Parables for a Planet in Crisis*.

He holds two lifetime achievement awards and four honorary doctorates. In 2015, he was named as a finalist of the Man Booker International Prize. In 2018, Ghosh became the first English-language writer to receive the Jnanpith Award, India's highest literary honor, and in 2024 he was awarded the Laureate Erasmus Prize.

Author lives in New York

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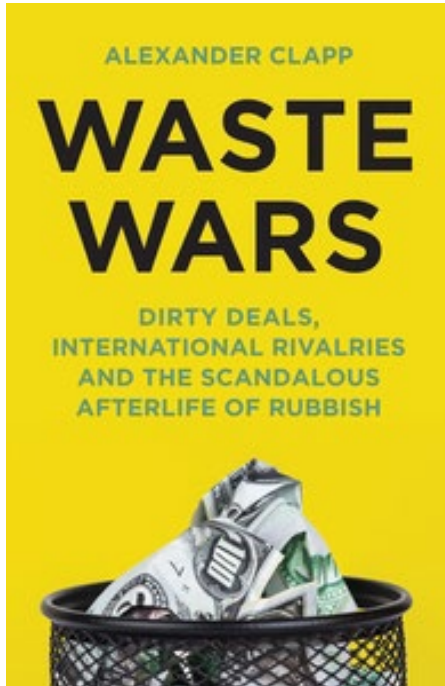
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WASTE WARS

Dirty Deals, International Rivalries and the Scandalous Afterlife of Rubbish

Alexander Clapp



A globe-trotting investigation into the catastrophic reality of the multi-billion-dollar global garbage trade.

Dumps and landfills around the world are overflowing. The millions of tonnes of garbage generated every day have given rise to waste wars, cons and cover ups across thousands of miles and multiple oceans. And few people have any idea they're happening.

Roaming across five continents, Alexander Clapp delves deep inside the world of Javanese recycling gangsters, cruise ship dismantlers in the Aegean, Tanzanian plastic pickers, whistle-blowing environmentalists in the jungles of Guatemala, and a community of Ghanaian boys who burn Western cellphones and televisions for cents an hour. He reveals how most of our trash actually lives a secret second life, getting shipped, smuggled or dumped from one country onto another, with devastating consequences for the poorest nations of the world.

Waste Wars is a jaw-dropping exposé of how and why, for the last forty years, our garbage has spawned a massive global black market, one that offloads our consumption footprints onto distant continents, pristine landscapes, and unsuspecting populations.

'A mind-altering and unforgettable read' ADAM TOOZE

'If you wish to know how the world really works, read this book' MISHA GLENNY

ABOUT THE AUTHOR

Alexander Clapp is a journalist and writer based in Greece. His reporting has appeared in publications including the *New York Times*, *The Economist*, the *London Review of Books*, and the *Guardian*. Clapp is the recipient of numerous journalism awards, among them a Whiting Nonfiction Grant, Matthew Power Literary Reporting Prize, Robert B. Silvers Reporting Grant, and a Pulitzer Center Breakthrough Journalism Award. He has also received the Alistair Horne Fellowship at Oxford and a Berggruen Fellowship in Los Angeles.

His award-winning piece, 'The Vampire Ship,' published in the September 2020 issue of *The New Republic*, has been optioned for a forthcoming documentary series.

Author lives in Greece.

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BROKEN COUNTRY

The Most Addictive Love Story of the Year

Clare Leslie Hall



Everyone in the village said nothing good would come of Gabriel's return. And as Beth looks at the man she loves on trial for murder, she can't help thinking they were right.

She was seventeen when she first met Gabriel. Over that heady, intense summer, he made her think and feel and see differently. She thought it was the start of her great love story and that it would last forever. When Gabriel left to become the person his mother expected him to be, she was broken.

It was Frank who picked up the pieces. Together they built a home very different from the one she'd imagined with Gabriel. And there was a time - even years - when she was happy. Watching her husband and son riding a tractor across their farm, she remembered feeling so sure that, after everything, this was the life she was supposed to be leading.

But when Gabriel comes back, and all Beth's certainty about who she is and what she wants crumbles. Even after ten years, their connection is instant. She knows it is wrong and she knows people could get hurt. But how can she resist a second chance at first love?

A love story with the pulse of a thriller, *Broken Country* is a heart-pounding novel of impossible choices and devastating consequences.

'Evocative, sensitive and compelling . . . Fires directly at the heart and hits the mark' DELIA OWENS, author of *Where the Crawdads Sing*

ABOUT THE AUTHOR

After several years of living and working in London as a journalist and writing *Pictures of Him* and *Days You Were Mine*, Clare, her husband and three children moved to an old farmhouse in Dorset. The house, the ancient fields surrounding it and the farmers who have a deep connection to the land inspired the setting for *Broken Country*.

Broken Country will be published in thirty-one countries and film rights have been acquired by Sony 3000 Pictures with Reese Witherspoon's company, Hello Sunshine, producing.

Author lives in Dorset.

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BALTIC

The Future of Europe

Oliver Moody



The Baltic will decide the course of the West in the coming years.

These nine borderlands are not only the historical battleground of Russian aggression; they are also a factory of ideas for how to revive Europe. Shaped by the past one hundred years, each Baltic country offers lessons in adaptability, hope and prosperity in an era of instability.

Innovation in Estonia, patience in Finland, resilience in Poland, even poetry in Latvia: with their tumultuous pasts and exposed geography, these poorly understood frontline states are reconfiguring the balance of power around the heart of Eurasia. From pioneering environmental initiatives and world-leading innovations in technology to ever-growing economies, from tackling disinformation to tempering the populist right, the Baltic states are now key to understanding how political events might unfold in the coming years.

Blending history, politics and reportage, this is the first book to explain why these are some of our most imaginative allies, yet most of us know so little about them. Interviewing prime ministers, presidents, generals, intelligence officers, business leaders and ordinary people, Oliver Moody traces the extraordinary emergence of a new fulcrum of great-power rivalry. But the real reason we need to understand them is that their fate is ours.

ABOUT THE AUTHOR

Oliver Moody has been the Berlin bureau chief for *The Times* since 2018, covering Germany and northern and central Europe. The same year he was named science and data commentator and young commentator of the year at the UK Comment Awards. He co-presents The New Germany podcast for the Körber-Stiftung, with Katja Hoyer, and was journalist in residence at the WZB Berlin social science centre in 2024. He lives in Berlin with his wife and their two young children.

Author lives in Berlin.

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US Publisher: Refer to Publisher

THE TIGER’S SHARE
Keshava Guha



The fiercest wars are fought between siblings.

Tara, a successful Delhi lawyer, is everything her younger brother isn't dedicated, independent, thriving. When their beloved father retires, he summons them to a meeting. But what he has to say threatens to tear the family apart.

Tara's friend Lila has it all: a great job, a lovely home, a beautiful family. But when Lila's father dies unexpectedly, her brother wastes no time in claiming what he thinks is his.

Together, Tara and Lila are forced to confront the challenge that their ambition poses to patriarchal society in a country where old elites and norms are under threat. Set against a backdrop of ecological collapse and political unrest, *The Tiger's Share* is both a family and a state-of-the-nation novel unlike anything else in contemporary Indian fiction.

'A brilliant conceit – far wider in its implications than it first seems – a waspishly witty eye cast on the war between sisters and brothers in polluted, high-achieving Delhi' FRANCIS SPUFFORD

ABOUT THE AUTHOR

Keshava Guha was born in Delhi and raised in Bangalore. He writes regularly on politics, literature and sport for a host of publications.

Author lives in London.

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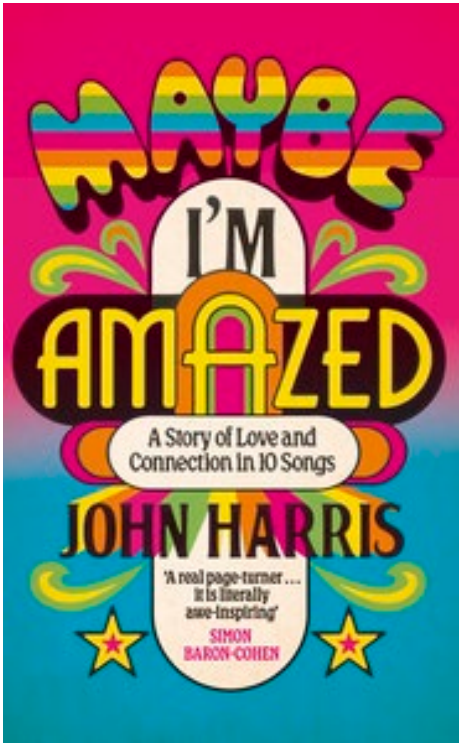
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MAYBE I'M AMAZED

A Story of Love and Connection in Ten Songs

John Harris



“The noise begins: a chord, a cymbal-crash, and the low thrum of his bass. And there it all is, once again: magic, joy and wonder, and the sound that saved our lives.”

Obsessed with music as a child – listening to everything he could lay his hands on, going to gigs, starting a band, and then pursuing a career in music journalism – John Harris had no idea that he was in fact preparing himself for the greatest challenge of his life. But so it transpired. When his son James was born, and three years later diagnosed with autism, music became their main form of communication, a hugely shared passion and – it is no exaggeration to say – the sound that saved them.

In this extraordinary memoir, John Harris tells the story of how music has opened up the world to James, one song at a time. It takes us through the travails of raising an autistic child in a prejudiced world and investigates why it is that a large proportion of the million-odd neurodiverse people in the UK have perfect pitch and a particular aptitude for music. And in considering the intense and transcendent way that James absorbs and connects with music, *Maybe I'm Amazed* has lessons in listening and living for us all.

ABOUT THE AUTHOR

John Harris is a multiple prize-winning writer, journalist, podcaster and presenter. He is also known for his pioneering political and social writing, in his weekly column in the *Guardian* and his *Anywhere but Westminster* films with John Domokos. He is the author of *The Last Party* and the definitive work on Pink Floyd's *The Dark Side Of The Moon*. In 2021, he turned 60 hours of recorded conversations into the authorised book that accompanied Peter Jackson's Beatles documentary series *Get Back*. He writes regularly for Mojo and has been awarded the Orwell Prize for Political Journalism (2021) and the UK Award for Political Commentator of the year (2018).

Author lives in Frome, Somerset.

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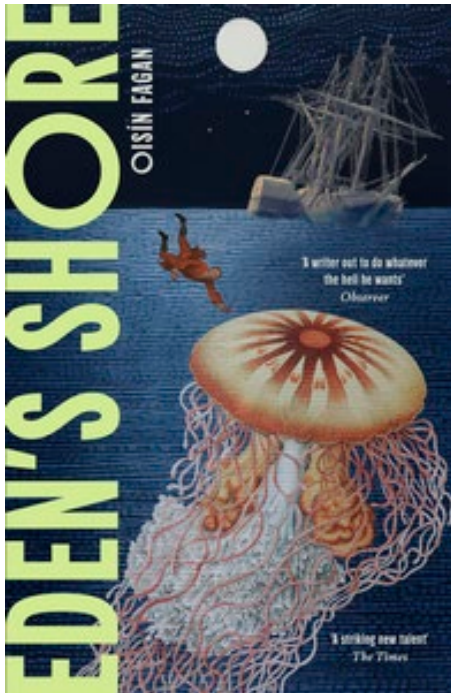
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EDEN'S SHORE
Oisín Fagan



A story of greed, revenge, and love from the author of *Nobber* – ‘A writer out to do whatever the hell he wants’ *Observer*

At the close of the 18th century, Angel Kelly, an Irishman, sets sail from Liverpool aboard the *Atlas* with the intention of creating a Utopian commune in Brazil. But when a mutiny takes place aboard the ship, he finds himself stranded upon the coast of an unnamed Spanish colony in Latin America. In the aftermath, Kelly becomes unwittingly caught up in a series of deadly crises culminating in displacement, rebellion and a deadly game of cat-and-mouse between empires.

Set in an era of global upheaval, *Eden's Shore* is an epic and intricate tale of greed, revenge and love. Populated by a vivid and rich cast of revolutionaries and pirates, capitalists and aristocrats, sailors and soldiers, slaves and spies, this is a work of staggering ambition and wondrous imagination.

'The best new young writer in Ireland' Colin Barrett, Booker-longlisted author of *Wild Houses*

ABOUT THE AUTHOR

Oisín Fagan is the author of the collection of stories, *Hostages*, and *Nobber*, his debut novel which was longlisted for the Desmond Elliott Prize, shortlisted for the Bollinger Everyman Woodhouse Prize, and was named a Book of the Year by the *Guardian* and the *Daily Mail*.

Author lives in Ireland.

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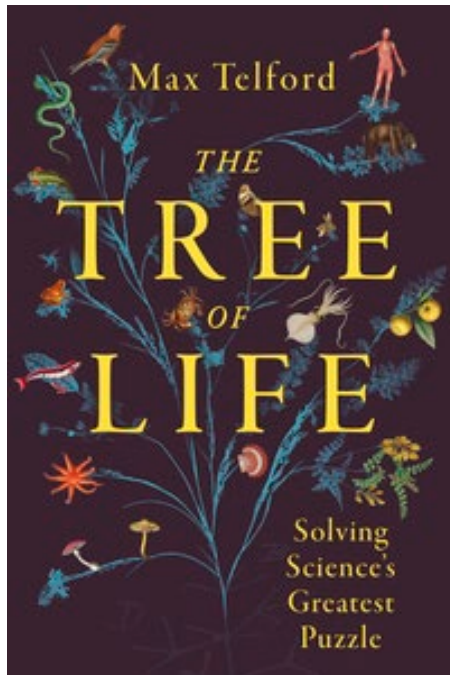
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THE TREE OF LIFE

Solving Science's Greatest Puzzle

Max Telford



Why are we the only species with chins? Where did our spines come from? Why don't we have wings? We know we are descended from apes; in this game-changing book, Max Telford shows us how we are related to every living thing.

Science's greatest puzzle is where did we come from and how did we get here. This book shows how telling this story depends on understanding the gigantic family tree – the *Tree of Life* – that records the relationships between all species of life on earth – from humans, fish and butterflies to oak trees, mushrooms and bacteria. Knowing the *Tree of Life* unlocks the distant past letting us travel back in time to follow the twists and turns of life's history; it is what allows us to tell the very personal story that began four billion years ago with the tiny ancestor of all life and ends with you and me.

Studded with vivid and fascinating stories, this book is a biography of life itself. We'll learn how grey wolves are more closely related to humans than they are to Tasmanian wolves (or Thylacine) despite having near identical skeletons, because evolution baffles us by inventing the same structures in wildly diverging species. We'll see how geological change and environmental catastrophe left their marks on the genome, and follow individual scientists down winding evolutionary byways and dead ends in their attempt to solve this greatest of all puzzles.

ABOUT THE AUTHOR

Evolutionary biologist Professor Max Telford founded the Centre for Life's Origins and Evolution and runs the Telford Lab at UCL, where he and his colleagues use DNA to understand how closely or distantly species relate to one another. He has won several awards for his research (including a visiting Fellowship at All Souls College, Oxford) and is the Jodrell Chair of Zoology and Comparative Anatomy. This is his first book.

Author lives in London.

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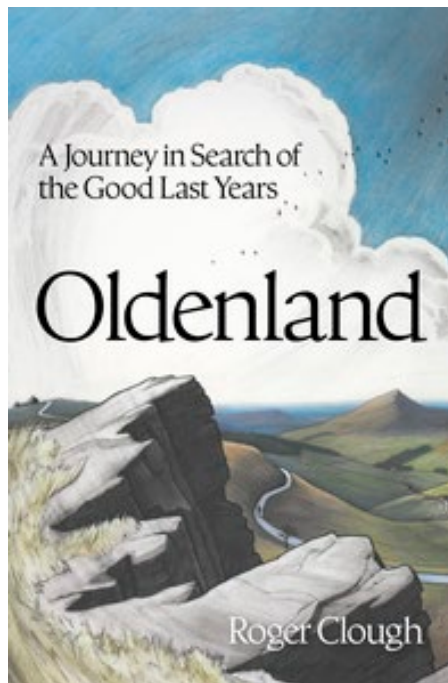
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OLDENLAND

A Journey in Search of the Good Last Years

Roger Clough



'In front of me is an adventure with old age as my companion, my shadow and confederate, maybe my friend.'

Old age is a country, and we need to learn to walk through it. And that's just what Roger Clough, former Professor of Social Care, lifelong hill walker, and current resident of 'Oldenland' spends his time doing. Where he used to study the terrain of ageing like a scientist, now he understands it as a farmer might, walking its contours every day from his retirement village in the Peak District, while still walking the physical peaks and troughs of the area.

Whilst there are a lot of books that cover the 'how to have a good death', there is little that instructs us on the time period that comes before that. How do we learn to actually be old? How do we spend our later years in a meaningful way that makes sense of who we've been and who we are now? Not in blithely positive denial in the face of our physical and cognitive decline, or overtaken with regret of a life that's running down the clock, but empowered to not lose who we are; to say 'I am still me'. And, if we have not yet arrived at its borders, how can we better understand those who live there, and better prepare ourselves for a future when we will become citizens too. Written over 25 years and innumerable journeys, *Oldenland* is a unique and moving companion to the experiences of old age, and how to make it count.

ABOUT THE AUTHOR

Dr Roger Clough held the Chair of Social Care at Lancaster University, one of the top research and teaching Social Work departments in the UK. With qualifications from Cambridge, LSE and Bristol, he is an expert in residential & social care for older people, having published eight books. He also served as a County Councillor, set up the first university-validated course for older people to train as researchers and created a programme of Creative Arts workshops and cinema screenings for people living with dementia.

Author lives in the Peak District

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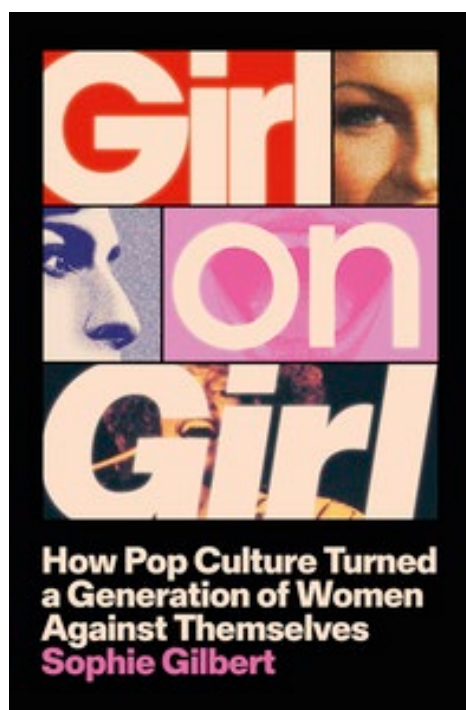
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GIRL ON GIRL

How Pop Culture Turned Woman Against Themselves

Sophie Gilbert



From a Pulitzer Prize-finalist for journalism, *Girl on Girl* is the ultimate book to understanding the toxic legacy of popular culture on feminism today - and what we can do to fight back.

Cosmetic surgeries at an all-time high, Ozempic is bringing back 'heroin chic' and TikTok trad-wives are on the rise - after four waves of feminism, what went wrong?

In this blazing, razor-sharp takedown of popular culture in the twenty-first century, *Girl on Girl* turns 90s and 00s nostalgia on its head, and shows how the media of that era repackaged the feminist movement as a containable, commodifiable (and hugely successful) product: 'Girl Power'. From the Spice Girls to the Kardashians, to #GirlBoss and OnlyFans, Pulitzer Prize-finalist Sophie Gilbert illustrates how the cultural forces of the last few decades have systematically shaped - and warped - women's relationships with themselves and other women.

Relatable, wide-ranging and covering TV, film, music, magazines, porn and the internet, *Girl on Girl* asks how did we get here, and what lies ahead.

ABOUT THE AUTHOR

Sophie Gilbert is a staff writer at the *Atlantic*, where she writes about television, books, and popular culture. She was a finalist for the 2022 Pulitzer Prize in Criticism and has previously written for the *New York Times*, *Washington Post*, the *New Republic*, and the *Brooklyn Rail*. In 2024 she won a National Magazine Award for articles on Madonna, sex on TV and porn.

Author lives in London.

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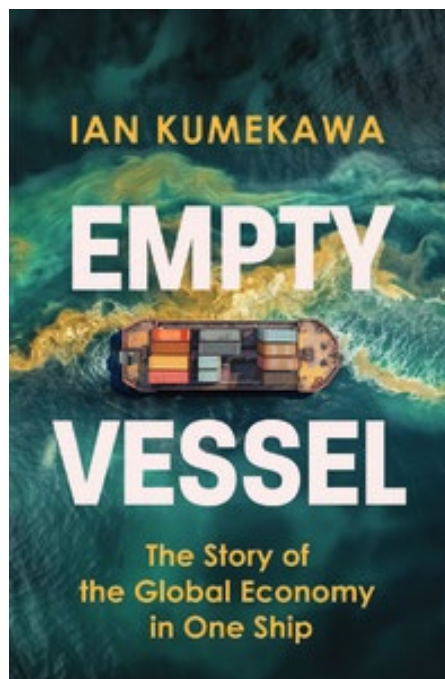
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EMPTY VESSEL

The Story of the Global Economy in One Ship

Ian Kumekawa



A fascinating history of the world economy over the last fifty years told through the life of a single ship, from a brilliant young historian.

Capitalism. International law. Imperial decline. National sovereignty. Inflation. Sectoral stagnation. Gentrification. Mass incarceration. Booms. Busts. Racism. Greed. *Empty Vessel* is the story of globalism in one boat. First built as a Swedish offshore oil rig in the 1970s, it went on to house British soldiers in the Falklands War in the 1980s, prisoners from Riker's Island in New York's East River in the 1990s, Volkswagen factory employees in Germany in the 2000s, and Nigerian oil workers off the coast of Africa in the 2010s. In each of its lives it arrived as an empty vessel, filled at the behest of both public and private interests, for purposes of war, incarceration, and commerce – connecting people thousands of miles apart, all shaped by the same global economic transformations. So much of our global economy is composed of specific innovations, decisions, and human experiences as concrete as the barnacles scraped off a hull. Through this party boat, prison, oil rig and war vessel. *Empty Vessel* reveals this economy to us – and warns of its troubling consequences.

ABOUT THE AUTHOR

Ian Kumekawa is an Anniversary Fellow at the Center for History and Economics. He obtained his PhD in History at Harvard University in 2020, his MPhil at the University of Cambridge in 2013 and his A.B. at Harvard College in 2012. His work focuses on the history of economic thinking, imperial statecraft, and global capitalism in the nineteenth and early twentieth centuries. He is also interested in the history of bureaucracy and the digital humanities, especially network visualizations.

Author lives in USA.

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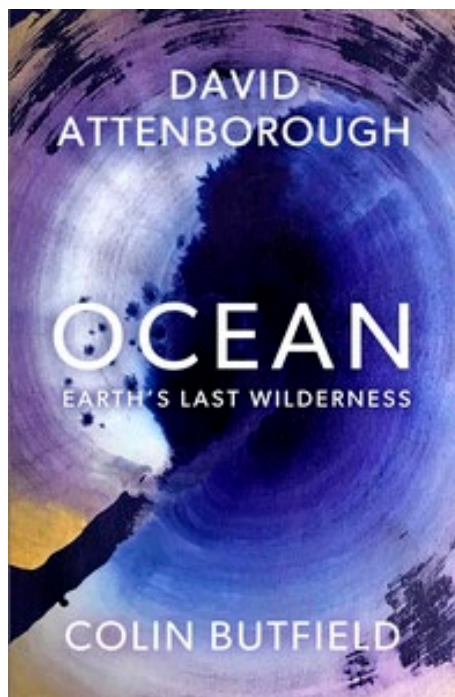
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OCEAN

How to Save Earth's Last Wilderness

Sir David Attenborough and Colin Butfield



A landmark publication by the greatest natural history broadcaster of our times on how to save the ocean – and consequently our planet.

From the icy oceans of our poles to remote coral islands, David Attenborough has filmed in every ocean habitat on planet Earth. Now, with long-term collaborator Colin Butfield, he shares the story of our last great, critical wilderness, and the one which shapes the land we live on, regulates our climate and creates the air we breathe.

Through one hundred years, eight unique ocean habitats, countless intriguing species – and through personal stories, history and cutting-edge science – *Ocean* uncovers the mystery, the wonder and the frailty of the most unexplored habitat on our planet. And it shows its remarkable resilience: it is the part of our world that can, and in some cases has, recovered the fastest, and in our lifetimes we could see a fully restored marine world, even richer and more spectacular than we could possibly hope, if we act now.

It is a book almost a century in the making, but one that has never been more urgently needed.

ABOUT THE AUTHORS

Sir David Attenborough is a broadcaster and naturalist whose television career is now in its seventh decade. He joined the BBC in 1952 and spent ten years making documentary programmes, including the *Zoo Quest* series. In 1965, he was appointed Controller of a new network, BBC2, and then became editorially responsible for both BBC1 and BBC2. After eight years of administration, he returned to programme-making to write and present *Life on Earth*, which surveyed the evolutionary history of animals and plants. This was followed by many other series.

Colin Butfield is co-founder of Studio Silverback, Executive Producer of the WWF's Our Planet project and an advisor for the Earthshot Prize.

Author(s) live in Bristol and London.

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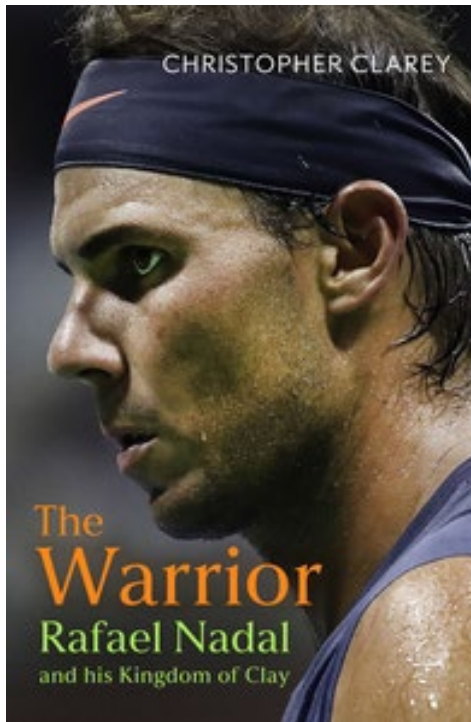
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THE WARRIOR

Rafael Nadal and His Kingdom of Clay

Christopher Clarey



An intimate biography of tennis's living legend Rafael Nadal, and the first to cover his entire career.

One of the most relentless competitors in any sport, Rafael Nadal is an indomitable force of nature. When Nadal arrived on the scene in 2005, the record for men's singles titles at the French Open stood at six. Almost twenty years later, Nadal has more than doubled the total with a mind-blowing fourteen titles.

Nadal has won big and won often on any of tennis's surfaces: securing two Wimbledon titles on grass and four U.S. Opens on acrylic hardcourts. But clay, the grittiest of the game's playgrounds, is where it all comes together best for his warrior mindset. Clay is the canvas on which he has mastered his choreography, underlining the precision, speed, and raw power required to accomplish one of the most impressive sporting achievements of the century – it is the essential stuff of his success.

Top international sportswriter Christopher Clarey has interviewed Nadal since his first French Open victory at nineteen, marking his debut as a rising star, right up to his retirement in 2024, closing out an astonishing career as one of the greatest players of all time. Brimming with behind-the-scenes insight from Nadal, his team and his rivals, *The Warrior* tells the story of a global sporting icon – a must-read account for anyone interested in the evolution of excellence.

ABOUT THE AUTHOR

Christopher Clarey is the tennis correspondent for the *New York Times* and has covered international sports for nearly thirty years for *The Times* and *International Herald Tribune*, where he was chief sports correspondent and a longtime columnist. He is the author of *The Master: The Brilliant Career of Roger Federer* which was a *New York Times* bestseller.

Author lives in New York.

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GULF

Mo Ogradnik



The lives of five women collide in the Arabian Gulf as each looks for a way to rewrite their future.

Dounia, a young Saudi finds herself alienated and alone as she prepares for motherhood in an air-conditioned mansion in the middle of the desert.

After losing her home and baby in a natural disaster, **Flora** does the unthinkable and leaves her surviving child in the Philippines to become an overseas domestic worker.

Pushed by her family to marry a jihadist, **Zeinah**, a Syrian woman, finds herself joining the city's morality police.

Justine uproots her progressive New York family to curate an exhibit in Abu Dhabi, where she must reckon with her ethical limitations.

And **Eskedare**, a spirited and defiant Ethiopian teenager, flees an arranged marriage to search for her friend.

The consequences of their meetings are devastating and profound as they all discover how far they're willing to go in order to survive. Written with unsettling intimacy and fierce empathy, *Gulf* is a blazingly powerful and original novel about cruelty, rebellion and resilience. Most of all it's about the power of hope.

'Instantly gripping' JENNIFER EGAN

ABOUT THE AUTHOR

Mo Ogradnik is a filmmaker, writer and professor in the film department at NYU. She served as the associate dean of the arts for NYU in Abu Dhabi and as a mentor for the Sundance Labs in Jordan. *Gulf* is her first novel.

Author lives in New York.

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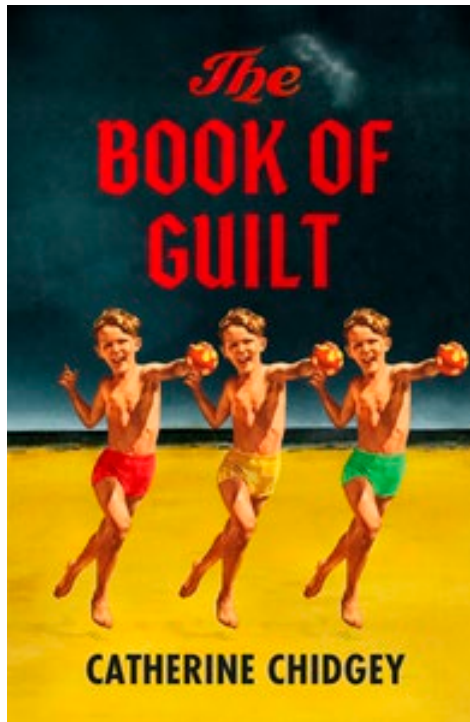
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THE BOOK OF GUILT

Catherine Chidgey



Set in a sinisterly skewed version of England in 1979, a major new novel from the acclaimed and internationally-bestselling author of *Pet*.

Vincent, Lawrence and William are the last remaining residents of a secluded New Forest home, part of the government's Sycamore Scheme. Every day, the triplets do their chores, play their games and take their medicine, under the watchful eyes of three mothers: Mother Morning, Mother Afternoon and Mother Night.

Their nightmares are recorded in *The Book of Dreams*.
Their lessons are taken from *The Book of Knowledge*.
And their sins are reported in *The Book of Guilt*.

All the boys want is to get sent to the Big House in Margate, to imagine a life of sun, sea and fairground rides. But, as the government looks to shut down the Sycamore Homes, the triplets begin to question everything they have been told.

Gradually surrendering its dark secrets, *The Book of Guilt* is a profoundly unnerving exploration of belonging in a world where some lives are valued less than others.

ABOUT THE AUTHOR

Catherine Chidgey is the author of *In a Fishbone Church* (1998), *Golden Deeds* (2000), *The Transformation* (2003), *The Wish Child* (2016), the 'found novel' *The Beat of the Pendulum* (2019), *Remote Sympathy* (2021), *Pet* (2023) and *The Axeman's Carnival* (2024). Her novels have been longlisted for the Women's Prize and shortlisted for the Dublin Literary Award. She lives in Ngāruawāhia, New Zealand, and lectures in Creative Writing at the University of Waikato.

Author lives in New Zealand.

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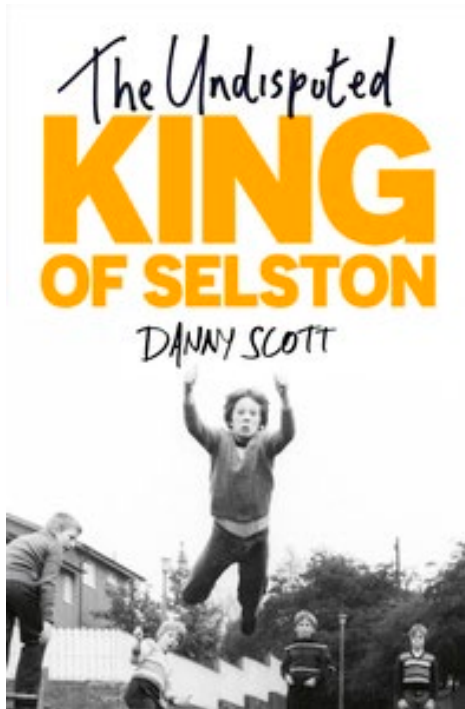
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THE UNDISPUTED KING OF SELSTON

Danny Scott



There was a time when he felt like the undisputed King of Selston.

Then again, there were several years when he was convinced that he could talk to animals and had even mastered the power of flight – sailing nightly over the headstocks, slag heaps and doggedly beautiful countryside of an isolated East Midlands mining village.

But, deep down, Danny Scott knew that the real King of Selston was and always would be coal. Over the last seven hundred years, coal dust had settled on every inch of Selston. It was in the food he ate, the air he breathed and the words he spoke. It fashioned resilient men like his dad and the Texan; feisty women like his mother, whose right-hook was feared even more than her fondness for house fires. Danny was a clever bugger – dangerously clever, some said – and fiercely proud of Selston, his dad and his mining heritage. Five generations of his family had spent their working lives underground, providing fuel for the Industrial Revolution, the electrical, rail and motoring revolutions. Without it, the modern age wouldn't have been so . . . modern.

But as this young boy prepared to follow in his dad's footsteps, things began to change. The Devil became captain of the local darts team. Fortune tellers held seances in the front room of his council house. And that once unassailable King's reign seemed to be coming to an end. For dangerously clever buggers, there was only one option. . . somewhere else, someone new.

ABOUT THE AUTHOR

Danny Scott grew up in an East Midlands mining village, serving his apprenticeship as an engineer on leaving school, before moving to London in the 1980s. After a job in counter (industrial) espionage, he became a private investigator, then a painter and decorator, then an engineer again, before becoming a journalist and interviewing people like Sir Paul McCartney, Mikhail Gorbachev, Usain Bolt and Dave Hill from Slade.

Author lives in Essex.

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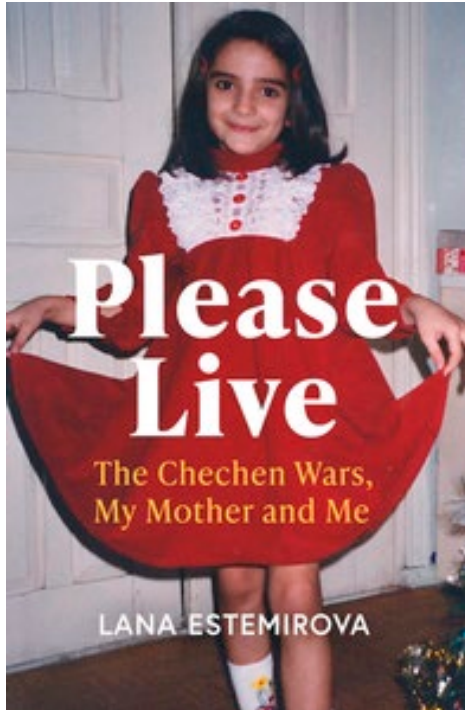
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PLEASE LIVE
The Chechen Wars, My Mother and Me
 Lana Estemirova



‘Please live’ were the last words fifteen-year-old Lana said to her mother. Shortly afterwards Natalia Estemirova was kidnapped outside their apartment block in Grozny, Chechnya; on 15 July 2009 she was murdered for telling the truth.

This book, a defiant celebration of life, bravery and rebellion, is the fulfilment of a promise Lana made at her mother’s grave. For centuries Chechnya had been a sharp bone in Russia’s throat. And, three years after the collapse of the Soviet Union, frustrated by the continued presence of the independence movement within Chechnya, Russia invaded. It was a war of extraordinary brutality, which turned Lana’s mother from a teacher to a human rights activist.

Despite their precarious living conditions, Natalia told Lana fairy tales, made her clothes and insisted she keep up with her French. As a member of the civil rights organisation Memorial, Natalia exposed the kidnappings, bombings, torture and murders that were happening across their country. And sometimes, as when she smuggled evidence out of the country inside Lana’s pink kitty, she combined her roles as mother and activist.

This is a book about being both brave and ordinary in extraordinary times. It’s about Lana listening to Radiohead on an MP3 player in a flat where the windows have been blown out, about how it feels to be sent away when it’s too dangerous to be at home and the indignation of being told you’re too old to wear jeans. Most of all, it’s about the intense bond between a mother and daughter and the importance of belonging.

ABOUT THE AUTHOR

Lana Estemirova was raised in Chechnya. She works for the Justice for Journalists Foundation, a London-based charity which fights against attacks on the media, and presents and produces the podcast Trouble with the Truth.

Formerly a freelance journalist for the *Guardian* and the *Moscow Times*, Lana studied International Relations at LSE. In 2023 she collected the Nobel Peace Prize awarded to Memorial, on behalf of her mother.

Author lives in Lisbon

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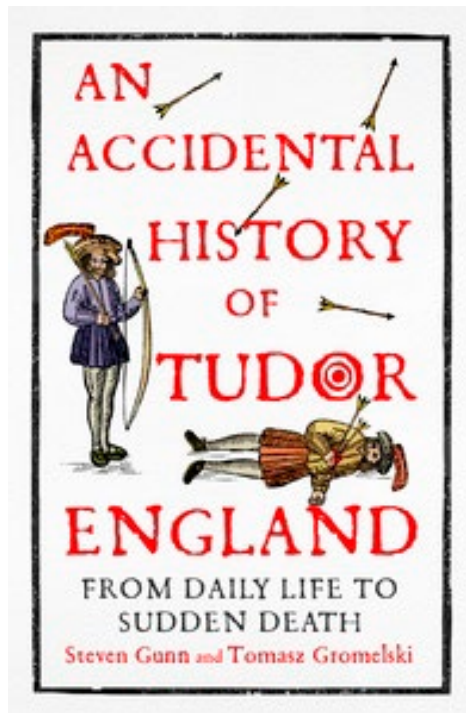
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AN ACCIDENTAL HISTORY OF TUDOR ENGLAND

From Daily Life to Sudden Death

Steven Gunn & Tomasz Gromelski



A new history of the Tudor world, told by uncovering ordinary people's grizzly fatal accidents.

There is untold history of Tudor England – the history of the several million subjects of their famous kings and queens. What did ordinary people do all day, in their homes, their work, their leisure and travel? *An Accidental History of Tudor England* explores the history of everyday life, and everyday death.

Here we learn that fatal accidents were much more likely to take place during the agricultural peak season, with cart crashes, dangerous harvesting techniques, horse trappings and windmill manglings all as major causes. We learn of bear attacks in north Oxford and a bowls-on-ice-incident on the Thames. We learn that casualties of the dissolution of the monasteries began with one unfortunate soul being struck by the falling piece of a bell tower. A brilliantly original insight into Tudor social history, this book puts ordinary people back into the big picture of Tudor England, bringing their world to life.

ABOUT THE AUTHORS

Professor Steven Gunn is a professor of early modern history at Merton College, Oxford. He writes for *BBC History Magazine* and *History Today*, has contributed to radio and television programmes such as *In Our Time* and *Time Team*, and speaks regularly to Historical Association branches and sixth-form conferences. He is currently a trustee of the Royal Armouries.

Dr Tomasz Gromelski is a Research Fellow in the Humanities at Wolfson College, Oxford. He is a researcher on the ESRC-funded project *Everyday Life and Fatal Hazard in Sixteenth-Century England* and on the Leverhulme-funded and Cambridge-based *Living Standards and Material Culture in English Households, 1300-1600*. He has also contributed to the *Jagiellonians: Dynasty, Memory and Identity in Central Europe* funded by the European Research Council. He is a Fellow of the Higher Education Academy.

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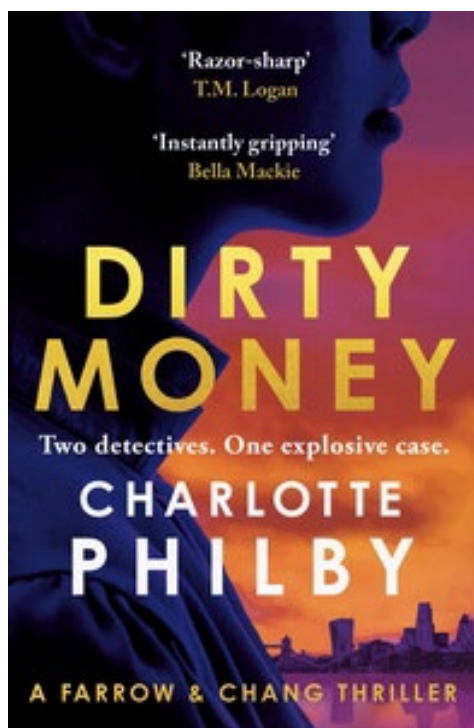
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BASKERVILLE

DIRTY MONEY

A Farrow & Chang Thriller

Charlotte Philby



'Instantly gripping. Smart, timely and great fun from beginning to end' BELLA MACKIE, author of *How to Kill Your Family*

RAMONA CHANG

An investigative journalist turned private detective, Ramona's final scoop left her with a target on her back. Now in hiding, she is living in a run-down flat in east London. But when her latest case looking into an upmarket escort agency takes a dark turn, she needs information only accessible to those in power . . .

DETECTIVE SERGEANT MADELEINE FARROW

A high-flying operative at a government agency, it's the day of her fiftieth birthday when Madeleine finds out that she has been given the lead on an investigation into corruption on a global scale. But when she finds her case mysteriously blocked from the inside, she needs someone on the outside, capable of moving undetected . . .

As Ramona's and Madeleine's cases collide, can the unlikely allies find justice for multiple victims within the capital's hotbed of lies and deception?

A gripping thrill-ride set against the gloss and grit of contemporary London, *Dirty Money* introduces an unforgettable new detective duo created by critically acclaimed writer Charlotte Philby.

ABOUT THE AUTHOR

Charlotte Philby is a critically acclaimed author and journalist. She worked for eight years as a newspaper reporter, editor and columnist at the *Independent*, where she was shortlisted for the Cudlipp Prize for investigative reporting. She is a former contributing editor and features writer at *Marie Claire*, and has written for publications including the *Sunday Times*, *ELLE* and *Inside Time*. *Dirty Money* is her sixth novel.

Author lives in Bristol.

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THE LADIE UPSTAIRS

Jessie Elland



Introducing a bold and unflinching new voice in femgore horror fiction.

Scullery drudge Ann longs to become a lady's maid. Ann can't quite remember how or when she arrived at the grand Ropner Hall, but she loathes spending her days toiling in the dank kitchen.

When a chance meeting with Ropner's Lady Charlotte leads to the opportunity to become her personal maid, Ann is convinced she has finally escaped her own version of hell. But has she? As Ann's new life above stairs takes a sinister twist, will it turn out that the terrors lurking up there are worse than the devils she knows below?

Jessie Elland's deeply visceral debut is a dark and twisted tale of ambition and desire. Are you brave enough to enter Ropner Hall?

ABOUT THE AUTHOR

Jessie Elland is an actress and author from the North East of England. An avid bookworm from the moment she could read, Jessie spent most of her childhood dreaming of writing books and scribbling down half-finished stories. *The Ladie Upstairs* is her first novel to be published (and finished!).

Author lives in the North East of England.

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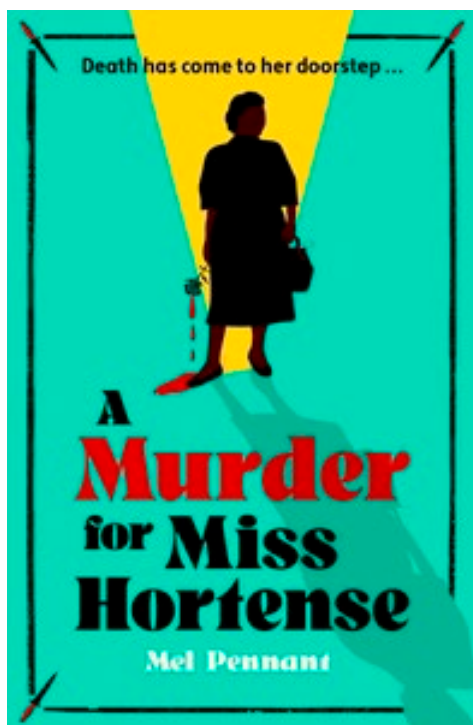
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A MURDER FOR MISS HORTENSE

Mel Pennant



The first of a gripping new crime series, starring unforgettable Jamaican sleuth Miss Hortense.

Death has come to her doorstep . . .

Retired nurse, avid gardener, renowned cake maker and fearless sleuth Miss Hortense has lived in Bigglesweigh, a quiet Birmingham suburb, since she emigrated from Jamaica in 1960. She takes great pride in her home, starching her lace curtains bright white, and she can tell if she's being short-changed on turmeric before she's taken her first bite of a beef patty. Thirty-five years of nursing have also left her afraid of nobody, be they a local drug dealer or a priest, and an expert in deciphering other people's secrets with just a glance.

Miss Hortense uses her skills to investigate the investments of the Pardner network – a special community of Black investors, determined to help their people succeed. But when an unidentified man is found dead in one of the Pardner's homes, a bible quote noted down beside his body, Miss Hortense's long buried past comes rushing back to greet her, bringing memories of the worst moment of her life, one which her community has never let her forget.

It is time for Miss Hortense to solve a mystery that will see her, and the community she loves, tested to their limits.

'It's *Murder She Wrote* as you've never seen it before' SIR LENNY HENRY

ABOUT THE AUTHOR

Mel Pennant is a practising solicitor and an award-winning playwright whose work has appeared in the National Archives, as well as on stage. Born in London, she was raised by an extraordinary village, which included her Jamaican grandparents who moved to England in the 1950s as part of the Windrush generation. Mel is drawn to stories that explore what's hidden below the surface and celebrate the richness and strength of tight-knit communities. *A Murder for Miss Hortense* is Mel's first novel and she is currently writing another mystery starring Miss Hortense.

Author lives in London.

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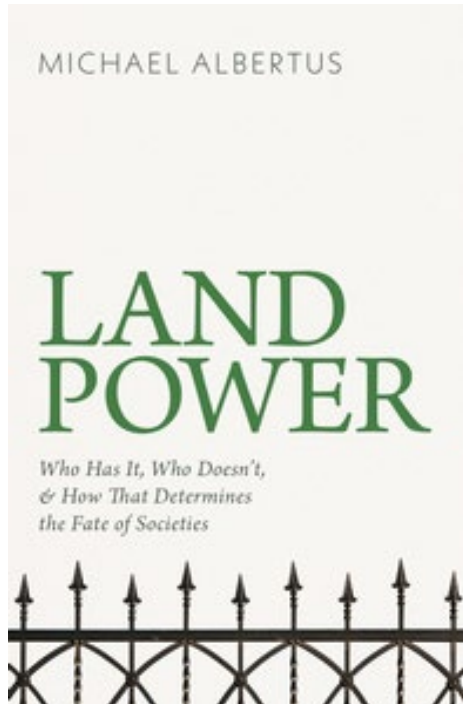
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BASIC BOOKS

LAND POWER

Who Has It, Who Doesn't, and How That Determines the Fate of Societies

Michael Albertus



An award-winning political scientist shows that a society's path to prosperity, sustainability, and equality depends on who owns the land.

For millennia, land has been a symbol of wealth and privilege. But the true power of land ownership is even greater than we might think. In *Land Power*, political scientist Michael Albertus shows that who owns the land determines whether a society will be equal or unequal, whether it will develop or decline, and whether it will safeguard or sacrifice its environment.

Modern history has been defined by land reallocation on a massive scale. From the 1500s on, European colonial powers and new nation-states shifted indigenous lands into the hands of settlers. The 1900s brought new waves of land appropriation, from Soviet and Maoist collectivization to initiatives turning large estates over to family farmers. The shuffle continues today as governments vie for power and prosperity by choosing who should get land. Drawing on a career's worth of original research and on-the-ground fieldwork, Albertus shows that choices about who owns the land have locked in poverty, sexism, racism, and climate crises – and that what we do with the land today can change our collective fate.

Global in scope, *Land Power* argues that saving civilization must begin with the earth under our feet.

'A must-read' THOMAS PIKETTY

'Captivating' DARON ACEMOGLU

'Important' FRANCIS FUKUYAMA

ABOUT THE AUTHOR

Michael Albertus is professor of political science at the University of Chicago. The author of four previous books, his writing has appeared in the *New York Times*, *Washington Post*, *Atlantic*, *Foreign Affairs*, and elsewhere.

Author lives in Chicago.

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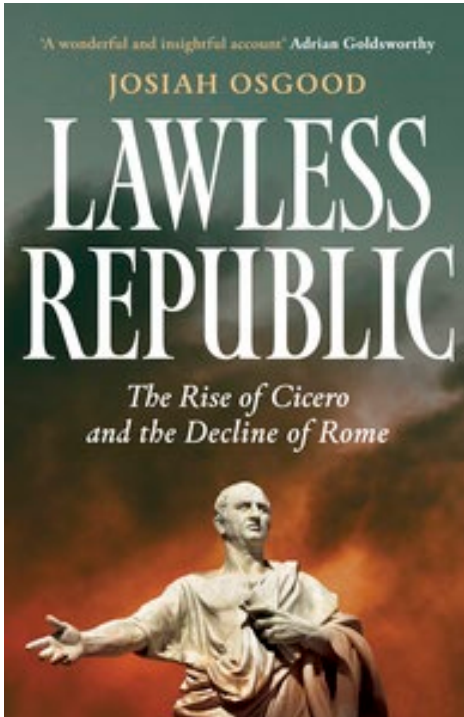
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LAWLESS REPUBLIC

The Rise of Cicero and the Decline of Rome

Josiah Osgood



The collapse of law and order in the last years of the Roman Republic told through the rise and fall of its most famous lawyer, Cicero.

In its final decades, the Roman Republic was engulfed by crime. Cases of extortion, murder and insurrection gave an ambitious young lawyer named Cicero high-profile opportunities to litigate and forge a reputation as a master debater with a bright political future. In *Lawless Republic*, leading Roman historian Josiah Osgood recounts the legendary orator's ascent and fall, and his pivotal role in the republic's lurch toward autocracy.

Cicero's first appearance in the courts came shortly after the end of a brutal civil war. After leveraging his fame as a lawyer to become a consul, he ruthlessly crushed a coup by suppressing the liberties of Roman citizens. The premiere legal mind of Rome came to argue that the pursuit of a higher justice could sometimes justify sweeping the law aside, laying the groundwork for Roman history's most famous act of political violence – the assassination of Julius Caesar.

Lawless Republic vividly resurrects the spectacle of the courts in the time of Cicero and Caesar, showing how politics trumped the rule of law and sealed the fate of Rome.

ABOUT THE AUTHOR

Josiah Osgood is professor of classics at Georgetown University and holds a PhD from Yale University. A winner of the Rome Prize, he is the author of six books on Roman history including *Uncommon Wrath: How Caesar and Cato's Deadly Rivalry Destroyed the Roman Republic*.

Author lives in Washington.

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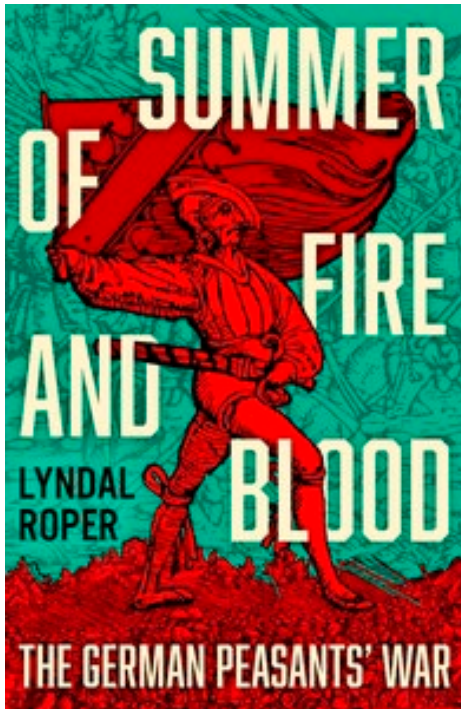
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SUMMER OF FIRE AND BLOOD

The German Peasants' War

Lyndal Roper



The definitive history of the forgotten uprising that revolutionized Europe.

The German Peasants' War was the greatest popular uprising in Western Europe before the French Revolution. In 1524 and 1525, it swept across Germany with astonishing speed, thousands of people massed in armed bands to demand a new and more egalitarian order. The peasants took control of vast areas of southern and middle Germany, torching and plundering the monasteries, convents, and castles that stood in their way. But they proved no match for the forces of the lords, who put down the revolt by slaying somewhere between seventy and a hundred thousand peasants in just over two months.

In *Summer of Fire and Blood*, the first history of the German Peasants' War in a generation, historian Lyndal Roper exposes the far-reaching ramifications of this rebellion. Though the war's victors portrayed the uprising as naive and inchoate, Roper's deeply researched account instead reveals a coherent mass movement inspired by the radical principles of the Protestant Reformation. Told through the voices and beliefs of the people themselves, this is the thrilling, tragic story of the peasants' fight to change the world.

ABOUT THE AUTHOR

Lyndal Roper is Regius Professor of History at the University of Oxford. Her previous books include *Martin Luther* and *Witch Craze*. She is a fellow of the British Academy, a fellow of the Australian Academy of the Humanities, and a fellow of the Berlin-Brandenburgische Akademie der Wissenschaften. She lives in Oxford, South Wales, and Berlin.

Author lives in Oxford.

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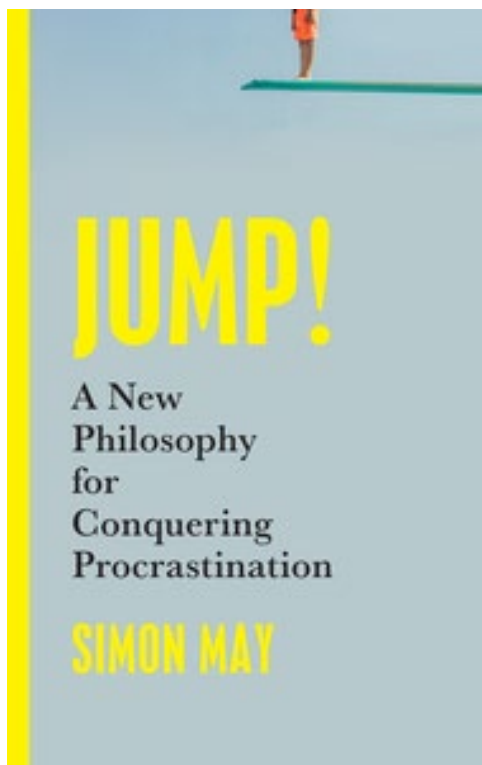
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JUMP!

A New Philosophy for Conquering Procrastination

Simon May



Do you knowingly defer life to later?

The real mystery of procrastination is why we avoid goals to which we're passionately committed. It's understandable that we'd put off cleaning the fridge or completing our tax return; but why do we swerve a loved one, a vocation, a hobby, or a new life that feels supremely meaningful to us?

Simon May argues that the almost universal consensus around overcoming procrastination - setting priorities and optimizing time management: working 'smarter not harder' – might work for the boring things but is of little use when it comes to treasured goals that we're avoiding.

Jump! proposes seven radically new ways in which we can overcome this life-sabotaging procrastination. May claims that, for all their pain, the regret and boredom created by procrastination can shine the brightest light on our top priorities, either reaffirming our commitment to them or teaching us that we're on the wrong path. This is the unexpected blessing of procrastination: that it offers hope of becoming ourselves.

ABOUT THE AUTHOR

Simon May was born in London to German parents, a violinist and a brush manufacturer. Visiting professor of philosophy at King's College London, his books include *Love: A New Understanding of an Ancient Emotion*; *Love: A History*; *The Power of Cute*; a family memoir, *How To Be A Refugee*; and *Thinking Aloud*, a collection of his own aphorisms, which was a *Financial Times* book of the year. His writing has been translated into ten languages and has featured in major news outlets internationally, including the *Financial Times*, *Washington Post*, *Atlantic*, *Guardian*, *El Pais*, *El Mundo*, *Corriere della Sera*, *La Repubblica*, and *Vogue*.

Author lives in London.

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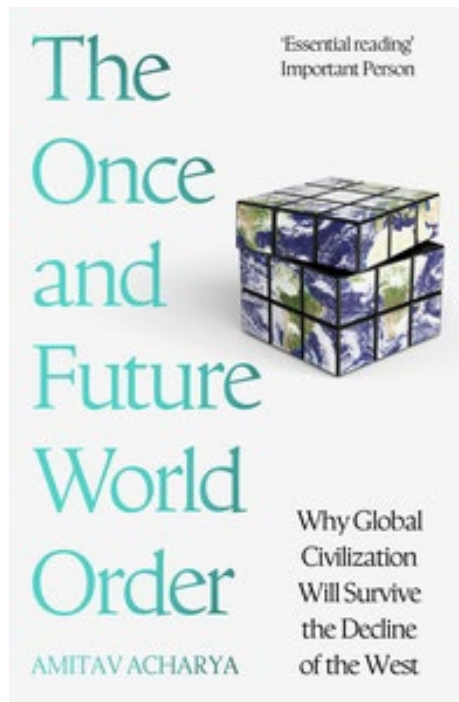
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THE ONCE AND FUTURE WORLD ORDER

Why Global Civilization Will Survive the Decline of the West

Amitav Acharya



The epic story of the past, present, and future of world order, revealing how the decline of the West may be a good thing for the world.

Since the dawn of the twenty-first century, the West has been in crisis. Social unrest, political polarization, and the rise of other great powers – especially China – threaten to unravel today’s Western-led world order. Many fear this would lead to global chaos. But the West has never had a monopoly on order.

Surveying five thousand years of global history, political scientist Amitav Acharya reveals that world order – the political architecture enabling cooperation and peace among nations – existed long before the rise of the West. Moving from ancient Sumer, India, Greece, and Mesoamerica, through medieval caliphates and Eurasian empires into the present, Acharya shows that humanitarian values, economic interdependence, and rules of inter-state conduct emerged across the globe over millennia. History suggests order will endure even as the West retreats. In fact, the end of Western dominance offers us the opportunity to build a better world, where non-Western nations find more voice, power, and prosperity. Instead of fearing the future, the West should learn from history and cooperate with the Rest to forge a more equitable order.

This is the definitive account of how world order evolved and why it will survive the decline of the West.

ABOUT THE AUTHOR

Amitav Acharya is an award-winning author and distinguished professor of international affairs at American University. He has written for the *Washington Post*, *Financial Times*, and *Foreign Affairs*, among many other media outlets, and he has appeared on CNN, NPR, the BBC, and Al Jazeera.

Author lives in Maryland.

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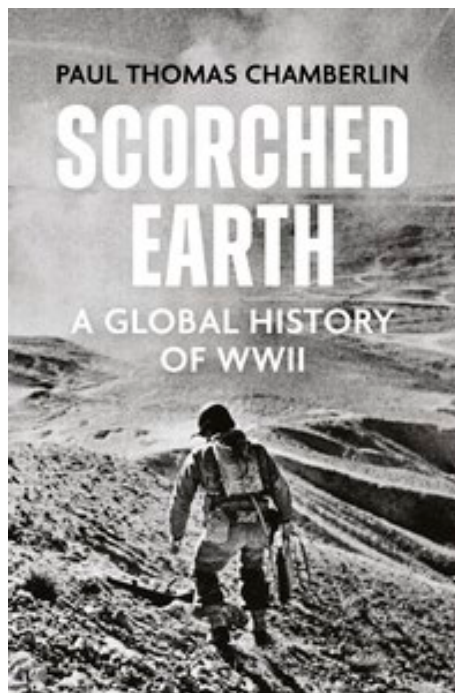
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SCORCHED EARTH A Global History of World War II

Paul Thomas Chamberlin



A powerful, unsparing new history of World War II, recasting the conflict as a brutal struggle for survival among declining and ascendant imperial powers.

In popular memory, World War II was an unalloyed victory for freedom over totalitarianism, marking the demise of the age of empires and the triumph of an American-led democratic order.

In *Scorched Earth*, historian Paul Thomas Chamberlin dispatches the myth of World War II as a good war. Instead, he depicts the conflict as it truly was: a massive battle beset by vicious racial atrocities, fought between rival empires across huge stretches of Asia and Europe. The war was sparked by German and Japanese invasions that threatened the old powers' dominance, not by Allied opposition to fascism. The Allies achieved victory not through pluck and democratic idealism but through savage firebombing raids on civilian targets and the slaughter of millions of Soviet soldiers. The Soviet Union and the United States emerged as hyper-militarized new imperial powers, each laying claim to former Axis holdings across the globe before turning on one another and triggering a new forever war.

Dramatically rendered and persuasively argued, *Scorched Earth* shows that World War II marked the culmination of centuries of colonial violence and ushered in a new era of imperial struggle.

ABOUT THE AUTHOR

Paul Thomas Chamberlin is an associate professor in history at Columbia University. The author of *The Cold War's Killing Fields* and *The Global Offensive*, his writing has appeared in the *New York Times*, *Washington Post*, and *Christian Science Monitor*.

Author lives in New York.

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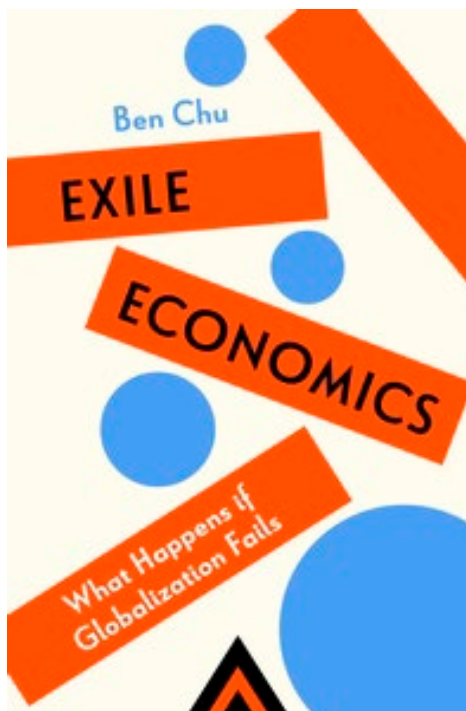
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EXILE ECONOMICS

What Happens if Globalisation Fails

Ben Chu



A provocative essay exploring how isolationism weakens the global economy.

Nations are turning away from each other via sanctions, trade wars and real wars. With every shock, governments double down on self-sufficient economics and the global supply chain weakens. ‘Securonomics’ sounds resilient, but it’s terrible news for individual prosperity, shared equality, national security and international cooperation. A striving for national self-sufficiency is shaping up to be one of the greatest forces of twenty-first century geopolitics and economics – yet it is a desire that is only hazily understood, both in its nature and its consequences.

In *Exile Economics*, Ben Chu lays out the dangers of the current obsession with isolationism. By focusing on some key internationally traded commodities – agriculture, energy, metals and high-technology – he demonstrates just how thoroughly enmeshed and almost unfathomably interconnected our economies have become. *Exile Economics* will be an essential guide to this new world in all its promise and peril.

ABOUT THE AUTHOR

Ben is an experienced journalist, speaker and broadcaster who specialises in economics and current affairs. He is Policy and Analysis Correspondent at BBC Verify. Previously he was the Economics Editor of BBC Newsnight. Ben was nominated for business journalist of the year at the 2015 British Journalism Awards and for business commentator of the year at the 2018 Comment Awards. He sits on the international advisory board of the Sheffield Political Economy Research Institute (SPERI). He is also a member of the Society of Professional Economists.

Ben’s first book *Chinese Whispers: Why everything you’ve heard about China is wrong* was nominated for International Affairs Book of the Year at the Paddy Power Political Book Awards in 2014.

Author lives in London.

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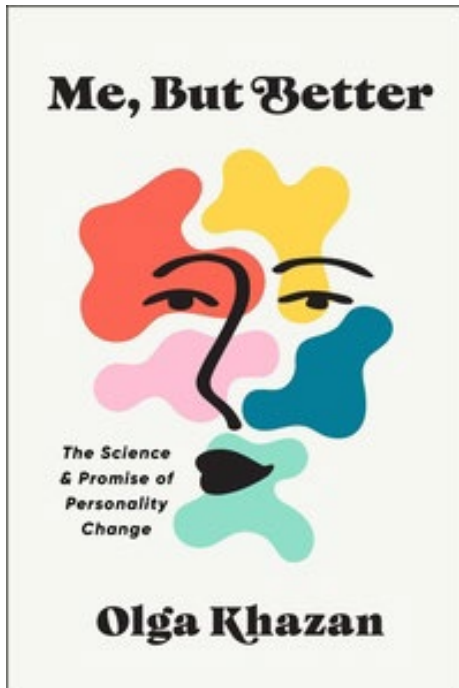
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ME, BUT BETTER

The Science and Promise of Personality Change

Olga Khazan



Is it really possible to change your personality in a year?

In recent years, Olga Khazan had been spiraling toward an existential crisis. Though she treasured her loving relationship and her dream job, her neurotic personality often left her snatching dissatisfaction from the jaws of happiness. While her overachieving had always been a professional asset, Olga lately felt like her brittle disposition could shatter under the weight of just *one more thing*—but could she really change her entire personality? Research shows that you can alter your personality traits by behaving in ways that align with the kind of person you’d like to be—a process that can make you happier, healthier, and more successful.

In *Me, But Better*, Olga embarks on an experiment to see whether it’s possible to go from dwelling in dread to “radiating joy.” For one year, Olga reluctantly clicked “yes” on a bucket list of new experiences—from meditation to improv to sailing—that forced her to at least act happy.

With a skeptic’s eye, Olga brings you on her journey through the science of personality, presenting evidence-backed techniques to help you change your mind for the better. Sharply witty and deeply fascinating, *Me, But Better* offers a probing inquiry into what it means to live a fulfilling life, and how you can keep diving into change, no matter how uncomfortable it feels.

ABOUT THE AUTHOR

Olga Khazan is a staff writer for The Atlantic and the author, previously, of *Weird: The Power of Being an Outsider in an Insider World*. She has also written for The New York Times, the Los Angeles Times, The Washington Post, Vox, and other publications. She is a two-time recipient of the International Reporting Project’s Journalism Fellowship and winner of the 2017 National Headliner Award for Magazine Online Writing.

Author lives in Northern Virginia, USA.

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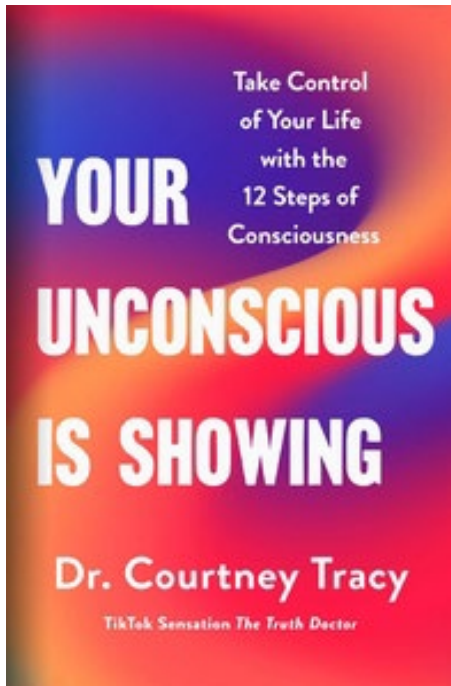
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YOUR UNCONSCIOUS IS SHOWING
Take Control of Your Life with the 12 Steps of Consciousness

Dr Courtney Tracy



A groundbreaking guide showing us how being "out of control" (and admitting it) is the first step to living a truly better, more meaningful life.

Raise your hand if you've ever wanted to "self-improve" but, for some reason, you just can't follow through. Turns out, the issue isn't a lack of willpower. For centuries, we've been fed a common perspective: Explore your subconscious mind, heal your trauma, fit into your society, and happiness will follow, right? Wrong. Dr. Courtney Tracy, also known as "The Truth Doctor," disrupts this outdated narrative through digestible scientific research, shockingly honest personal stories, and compassionate-yet-direct advice. Feeling out of control and helpless isn't a flaw but a universal truth of our existence. Instead of trying to change how we work as human beings (spoiler alert: you can't,) we need to embrace and make peace with our unconscious, making it work for and alongside us instead of against.

Half psychology textbook written by your best friend (who's also a therapist), half comprehensive guide brimming with actionable insights for engaging with our unconscious positively and productively, *Your Unconscious Is Showing* is here to help us accept what we can't control, courageously change what we can, and wisely know the difference.

ABOUT THE AUTHOR

USC-trained psychotherapist Dr. Courtney Tracy, also known as "The Truth Doctor," is recognized as one of today's most authentic, perspective-shifting voices on mental health and one of the first therapists to publicly disclose her own mental health disorders. As a multi-hyphenate healthcare entrepreneur and award-winning content creator, she has founded five mental health companies and her work has garnered more than 100 million views.

Author lives in California, USA.

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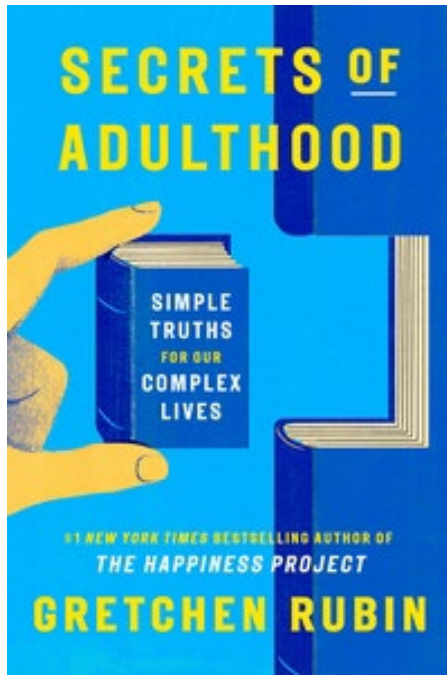
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THE SECRETS OF ADULTHOOD

Gretchen Rubin



The #1 New York Times bestselling author of *The Happiness Project* and *Better Than Before* distills her key insights into simple truths for living with greater satisfaction, clarity and happiness.

The right idea, invoked at the right time, can change your life. Drawing from her long studies of happiness, and also from the challenges she's faced herself, writer Gretchen Rubin has discovered the "Secrets of Adulthood" that can help us manage the complexities of life. To convey her conclusions, she turned to the aphorism - the ancient literary discipline that demands that a writer convey a large truth in a few words.

Perhaps you're paralyzed by indecision, struggling to navigate a big change, fighting a temptation, or puzzled by the behavior of someone you love; whatever you face, the right aphorism can help. From procrastination to the pursuit of happiness, *Secrets of Adulthood* is filled with witty and thought-provoking reflections such as:

- * "Recognize that, like sleeping with a big dog in a small bed, things that are uncomfortable can also be comforting"
- * "Accept yourself, expect more from yourself"
- * "Easy children raise good parents"
- * "What can be done at any time is often done at no time"

For anyone undergoing a major life transition, such as graduation, career switch, marriage, or moving, or for those just encountering everyday dilemmas, these disarmingly brief aphorisms will inspire you by articulating truths that you never before noticed - and instantly recognize.

ABOUT THE AUTHOR

Gretchen Rubin is one of today's most influential observers of happiness and human nature. She's the author of many books, including *New York Times* bestsellers *Outer Order*, *Inner Calm*; *The Four Tendencies*; *Better Than Before*; and *The Happiness Project*. Her books have sold more than 3.5 million copies worldwide, in more than thirty languages.

She hosts the top-ranking, award-winning podcast *Happier with Gretchen Rubin*, where she explores practical solutions for living a happier life.

Author lives in New York, USA

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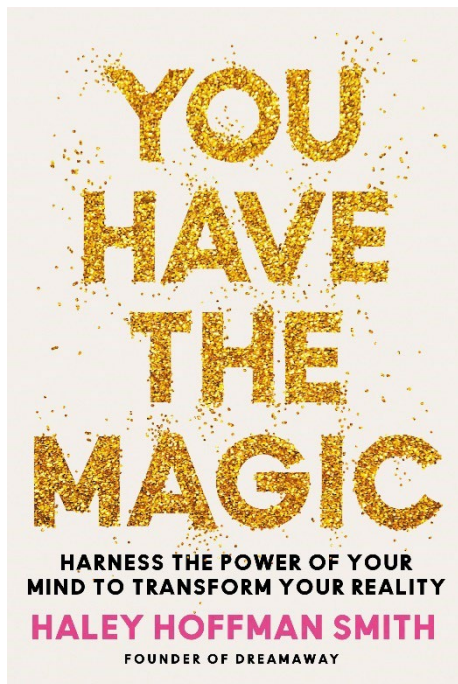
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YOU HAVE THE MAGIC

Harness the Power of Your Mind to Transform Your Reality

Haley Hoffman Smith



Through a radical new approach to manifesting the life of your dreams, subconscious breakthrough coach Haley Hoffman Smith empowers you to embrace the potential within your own mind to unlock magical change in your world

What if you discovered you already have everything you need within you to achieve your dreams and live the life you've always wanted? While it may sound like magic, science backs this one up: through neuroscience-supported practices for rewiring our brains and subconscious minds, we can change our lives. In fact, many are already doing it. This book lays out the steps of popular life coach Haley Hoffman Smith's Subconscious Breakthrough Formula, teaching you to change your life by identifying limiting beliefs and releasing them.

The results will create energetic ripple effects throughout your existence and show you that *you are the only magic you need.*

ABOUT THE AUTHOR

Haley Hoffman Smith is a coach and content creator known for her thought leadership on all things mindset, manifesting, and spirituality. She is a highly sought-after subconscious breakthrough coach and the founder of the wildly popular EFT tapping group "Slingshot Sessions," through which she has coached thousands of people across the globe. She's the host of the podcast Big Conversations, and her Dreamaway Community subscription service has more than 650 members who join for support with pursuing their big dreams and rewiring their subconscious minds. Haley is a graduate of Brown University and a two-time TEDx speaker.

Author lives in New York, USA.

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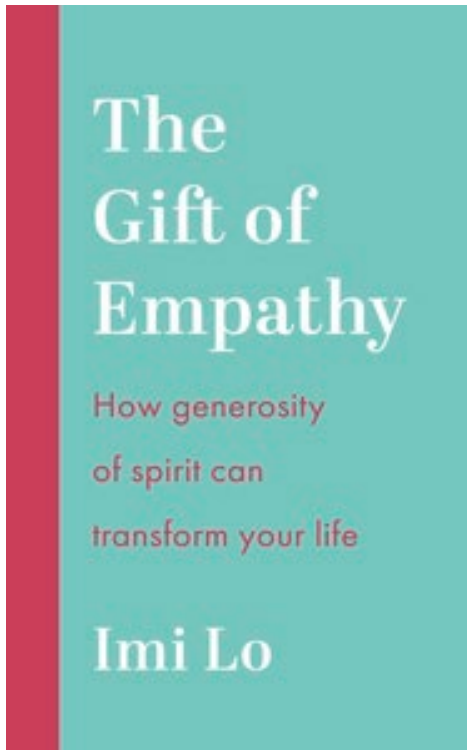
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THE GIFT OF EMPATHY

How Generosity of Spirit Can Transform Your Life

Imi Lo



What is empathy? Can it be depleted? Is it possible to empathize with those who have caused us pain? Do you struggle with an excess of empathy that leaves you feeling drained?

Empathy is that transformative moment when we step into someone else's world, see through their eyes, and truly understand how they feel. It's the bridge that connects us and the compass guiding us toward deeper, more meaningful connections. But despite knowing its value, there are times when empathy seems out of reach.

This book will help you explore the complexities of dealing with unempathic parents, emotionally unavailable partners, and challenging work relationships. You'll gain practical tools for extending empathy and navigating the dynamics of family and groups.

It will guide you toward mending broken relationships, nurturing deeper connections, and increasing self-love, helping you to view empathy not as something that drains you, but as a priceless gift that multiplies when shared.

ABOUT THE AUTHOR

Imi Lo is a consultant, psychotherapist, and published author with extensive and international experience in psychotherapy and mental health. Her books *Emotional Sensitivity* and *Intensity* and *The Gift of Intensity* are available worldwide and in multiple languages. Imi Lo has held roles as mental health supervisor, suicide crisis counselor, psychotherapist, and trainer to therapists and coaches. She has appeared in major publications such as *The Psychologies Magazine*, *Marie Claire*, *The Daily Mail*, and *The Telegraph*. She runs *Eggshell Therapy* and Coaching and see clients internationally.

Author lives in London.

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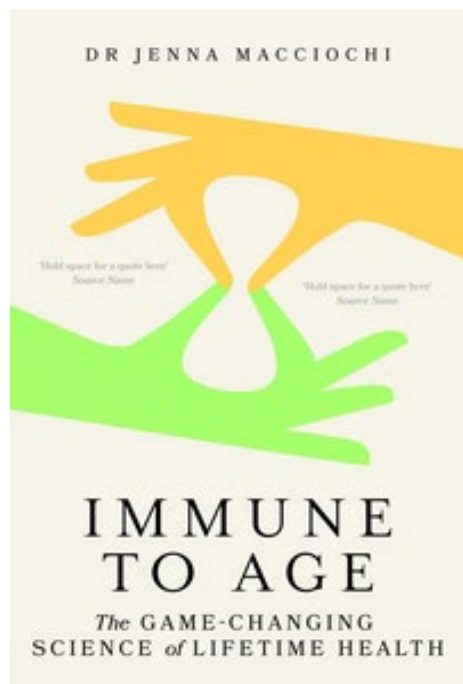
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IMMUNE TO AGE

The Game-Changing Science of Lifetime Health

Dr Jenna Macciochi



This is a paradigm shift in the way we think about time, ageing, and being truly well.

In today's rapidly evolving landscape of health and longevity, we are witnessing a profound change in our understanding of human potential. We're living longer, with more access to personalised information than ever before, and yet few of us truly understand the key processes that dictate our overall health.

Long misunderstood as merely the body's first line of defence against disease, we are only now beginning to understand the crucial role that the immune system plays in how we age. This mind-bogglingly complex network -- intricately woven throughout our entire being, from brain to big toe -- drives everything from metabolic function to brain health, and it is the single greatest arbiter of our lifespan and, more importantly, our healthspan.

In *Immune to Age*, immunologist Dr Jenna Macciochi blends cutting-edge scientific expertise with beautiful storytelling and actionable advice to explore the importance of good immune health at every stage of life, from conception right through to our wintering years. From gut health to brain health, inflammation to hormonal shifts, *Immune to Age* is the ultimate preventative care framework that equips readers with the knowledge and tools to reclaim control over their health and ensure every year is a good one.

ABOUT THE AUTHOR

Dr. Jenna Macciochi is an immunologist specialising in understanding how nutrition, movement, and lifestyle interact with the immune system in health and disease. She holds a PhD from Imperial College London and is a senior lecturer at The University of Sussex, performance breathwork coach, and head of innovation at Ancient and Brave.

Known for blending scientific expertise with practical guidance and actionable lifestyle changes inspired by her Scottish farm-to-table roots and Italian Heritage, she can be found on Instagram and Substack. She regularly appears in the press to provide clear, reliable, actionable insight into our body's most misunderstood system.

Author lives in Brighton, UK.

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