



# Norton

## Spring 2022

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Cover image of Sesame Chicken is from *The Wok* by J. Kenji López-Alt (page one).

## REPRESENTATIVES AND AGENTS



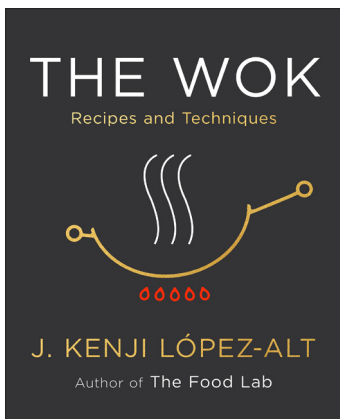
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- Praise for *The Food Lab*:**

"López-Alt's application of scientific rigour to home cooking is actually a lot of fun. Any book that devotes 13 pages to achieving the perfect chip is all right by us."—Best Food Books of 2015, *The Observer*

"It's [*The Food Lab*] a must-read for home cooks, especially at this time of year, when culinary skills are tested to their limits... Buy this book for your favourite food nerd and you'll get precious little conversation out of them on Christmas Day."—*The Telegraph*

"...*The Food Lab: Better Home Cooking Through Science* is mind-bogglingly detailed and rewarding."—Holly O'Neill, The 4th Annual OFM 50, *The Observer*

"The one book you must have, no matter what you're planning to cook or where your skill level falls."—Cree Lafavour, *The New York Times Book Review*

"...the only book you need to become a seriously good cook."—*Chemistry World*

"He's [J. Kenji López-Alt] got science on his side (and a degree from MIT) and has spent countless man-hours thinking about and reverse-engineering what, exactly, makes delicious food work. (We highly recommend picking up his 1,000 page, James Beard award-winning cookbook *The Food Lab*.)"—GQ Online

"It's this commitment to scientific method that takes the recipes in *The Food Lab* to another level in the pursuit of cooking perfection."—*BBC Focus*

*The Food Lab* won the James Beard Foundation Book Award, 2016 and the International Association of Culinary Professionals Cookbook Award, 2016.

## The Wok

### Recipes and Techniques

J. Kenji López-Alt

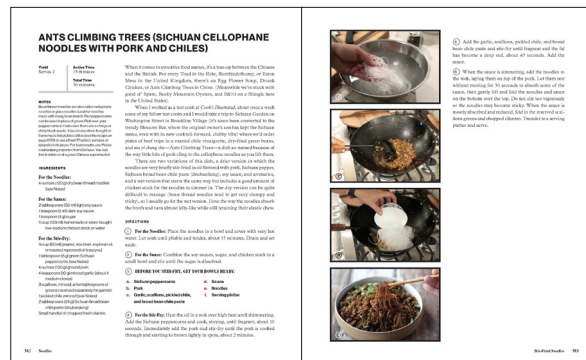
**The obsessive mastermind behind one of the decade's best-selling cookbooks returns with the definitive English-language guide to the science and technique of cooking in a wok**

J. Kenji López-Alt's debut cookbook, *The Food Lab*, revolutionised home cooking, selling more than half a million copies with its science-based approach to everyday foods. For fast, fresh cooking for his family, there's one pan López-Alt reaches for more than any other: the wok.

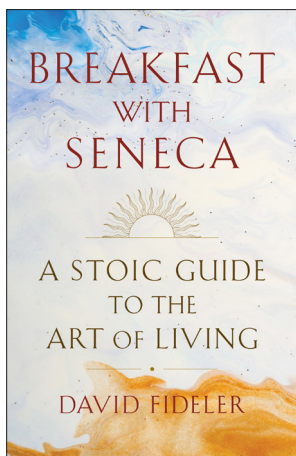
Whether stir-frying, deep frying, steaming, simmering or braising, the wok is the most versatile pan in the kitchen. Once you master the basics—the mechanics of a stir-fry and how to get smoky wok hei at home—you're ready to cook home- and restaurant-style dishes from across Asia and the West, from Kung Pao Chicken to Pad Thai to San Francisco-Style Garlic Noodles. López-Alt breaks down the science behind his beloved Beef Chow Fun, fried rice, dumplings, tempura vegetables and seafood and dashi-simmered dishes.

Featuring more than 200 recipes—including simple no-cook side dishes—instructions on knife skills and pantry stocking alongside more than 1,000 colour photographs, *The Wok* provides endless ideas for brightening up dinner.

- J. KENJI LÓPEZ-ALT** is a chef, parent, and *The New York Times* best-selling author of *The Food Lab* (ISBN 978 0 393 08108 4) and *Every Night Is Pizza Night* (ISBN 978 1 324 00525 4). He is a wildly popular food columnist for *The New York Times*; the chief culinary advisor for Serious Eats, and the host of Kenji's Cooking Show, which has more than a million subscribers on YouTube.



March | £36.00 | ISBN 978 0 393 54121 2 | 656pp | 267 x 216mm  
Full colour throughout



- **DAVID FIDELER** is a writer, philosopher and the editor of the Stoic Insights website. Born in the United States, he currently lives in Sarajevo with his wife and son, where he still enjoys his breakfasts with Seneca.

## Breakfast with Seneca

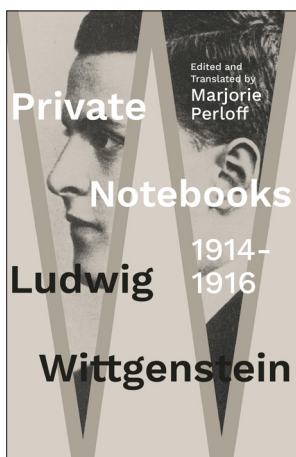
A Stoic Guide to the Art of Living

David Fideler

**The first clear and faithful guide to the timeless, practical teachings of the Stoic philosopher Seneca**

Stoicism, the most influential philosophy of the Roman Empire, offers refreshingly modern ways to strengthen our inner character in the face of an unpredictable world. Widely recognised as the most talented and humane writer of the Stoic tradition, Seneca teaches us to live with freedom and purpose. His most enduring work, over a hundred "Letters from a Stoic" written to a close friend, explains how to handle adversity; overcome grief, anxiety and anger; transform setbacks into opportunities for growth and recognise the true nature of friendship. In *Breakfast with Seneca*, philosopher David Fideler mines Seneca's classic works in a series of focused chapters, clearly explaining Seneca's ideas without oversimplifying them. Best enjoyed as a daily ritual, like an energising cup of coffee, Seneca's wisdom provides us with a steady stream of time-tested advice about the human condition.

January | £21.99 | ISBN 978 0 393 53166 4 | 256pp | 210 x 140mm



- Austrian-British philosopher **LUDWIG WITTGENSTEIN** (1889–1951) is widely regarded as one of the most influential thinkers of the twentieth century. **MARJORIE PERLOFF** is the Sadie Derrham Patek Professor Emerita of Humanities at Stanford University.

## Private Notebooks: 1914–1916

Ludwig Wittgenstein

*Edited and Translated by Marjorie Perloff*

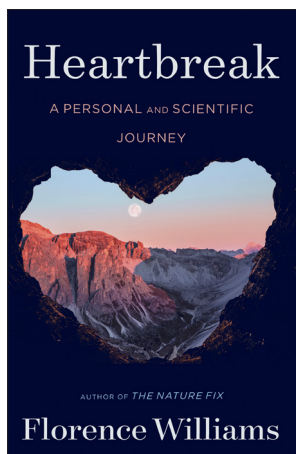
**Written in code under constant threat of battle, Wittgenstein's searing and illuminating diaries emerge here in this first-ever English translation**

During the pandemic, Marjorie Perloff, leading scholar of global literature, found her mind ineluctably drawn to the profound commentary on life and death in the wartime diaries of Ludwig Wittgenstein (1889–1951). Upon learning that these notebooks had never been published in English, the Viennese-born Perloff set about translating them.

Beginning with the anxious summer of 1914, this historic, en-face edition presents the first-person recollections of a foot soldier in the Austrian Army, fresh from his days as a philosophy student at Cambridge, who must grapple with the hazing of his fellow soldiers, the stirrings of a forbidden sexuality and the formation of an explosive analytical philosophy. *Private Notebooks* takes us on a personal journey to discovery as it augments our knowledge of Wittgenstein himself.

May | £18.99 | ISBN 978 1 324 09080 9 | 432pp | 235 x 156mm | A Liveright book





- **FLORENCE WILLIAMS** is the author of the "fascinating" (*The New York Times Books Review*) *The Nature Fix* (ISBN 978 0 393 35557 4) and *Breasts* (ISBN 978 0 393 34507 0), winner of *The Los Angeles Times* Book Prize.

## Heartbreak

A Personal and Scientific Journey

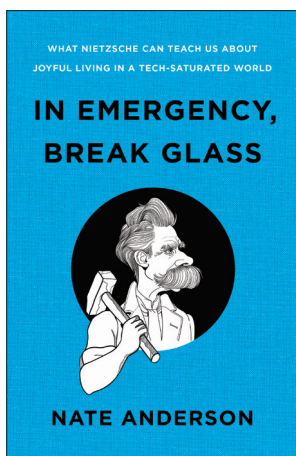
Florence Williams

**Florence Williams explores the fascinating, cutting-edge science of heartbreak while seeking creative ways to mend her own**

When her twenty-five-year marriage unexpectedly falls apart, journalist Florence Williams expects the loss to hurt. What she doesn't expect is that she'll end up in the hospital, examining close-up the way our cells listen to loneliness. She travels to the frontiers of the science of "social pain" to learn why heartbreak hurts so much and why so much of the conventional wisdom about it is wrong.

Searching for insight as well as personal strategies to game her way back to health, Williams tests her blood for genetic markers of grief, undergoes electrical shocks in a laboratory while looking at pictures of her ex and ventures to the wilderness in search of awe as an antidote to loneliness. *Heartbreak* is a remarkable merging of science and self-discovery that will change the way we think about loneliness, health and what it means to fall in and out of love.

February | £19.99 | ISBN 978 1 324 00348 9 | 320pp | 254 x 203mm



- **NATE ANDERSON** is the deputy editor at Condé Nast's *Ars Technica*. He is the author of *The Internet Police* (ISBN 978 0 393 34945 0).

## In Emergency, Break Glass

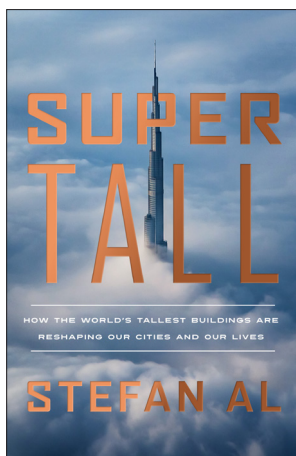
What Nietzsche Can Teach Us About Joyful Living in a Tech-Saturated World

Nate Anderson

**A lively and approachable meditation on how we can transform our digital lives by letting a little Nietzsche in**

Who has not found themselves scrolling on screen and wondered: Am I living or distracting myself from living? *In Emergency, Break Glass* adapts Friedrich Nietzsche's quest for meaning into a world overwhelmed by "content". Nietzsche's aphoristic philosophy advocated a fierce mastery of attention, a strict information diet and a powerful connection to the natural world. Drawing on Nietzsche's work, Nate Anderson advocates for a life of goal-oriented, creative exertion as more meaningful than the "frictionless" leisure promised by our devices. With a light touch suffused by humour, he rejects contemporary prescriptions like reducing screen time in favour of looking deeply at what truly matters to us, finding ways to make our technological tools serve this vision.

June | Paper over boards | £14.99 | ISBN 978 1 324 00479 0 | 192pp | 210 x 140mm



- **STEFAN AL** is the author of *The Strip: Las Vegas and the Architecture of the American Dream*, among other works of architectural history. He holds a PhD in urban planning from the University of California, Berkeley.

## Supertall

How the World's Tallest Buildings Are Reshaping Our Cities and Our Lives

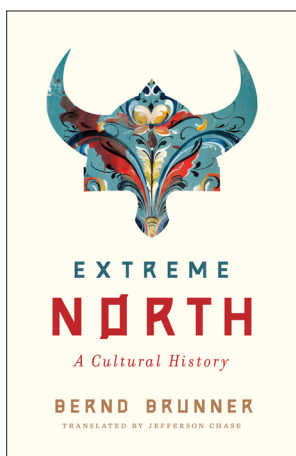
Stefan Al

**The global boom in skyscrapers—why it's happening now, how they're made and what they do to cities and people**

We are living in a new urban age and its most tangible expression is the "supertall": megastructures that are dramatically bigger, higher and more ambitious than any in history. In *Supertall*, Stefan Al—himself an experienced architect who has worked on some of the largest buildings in the world—reveals the advancements in engineering, design and data science that have led to this worldwide boom.

Using examples from the past and present, he describes how the most remarkable skyscrapers have been designed and built. He also examines the risks of wealth inequality, carbon emissions and contagion they yield while arguing for a more sustainable, resilient and equitable built environment for everyone.

May | £21.99 | ISBN 978 1 324 00641 1 | 320pp | 229 x 152mm  
40 black-and-white line drawings



- **BERND BRUNNER** is an historian, lecturer and author of many acclaimed books. **JEFFERSON CHASE** is the translator of some forty books from German to English, including works by Thomas Mann, Volker Ullrich and Wolfgang Schivelbusch.

## Extreme North

A Cultural History

Bernd Brunner

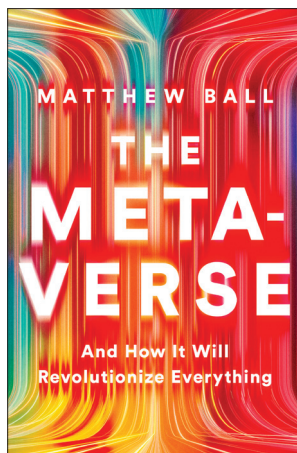
Translated by Jefferson Chase

**An entertaining and informative voyage through cultural fantasies of the North, from sea monsters to racist mythmaking**

People have projected their fantasies onto the North as a frozen no-man's-land full of Vikings or a landscape of a pure, elemental form of life. Bernd Brunner recovers the encounters of adventurers with its dramatic vistas, fierce weather, exotic treasures and indigenous peoples. Literary sagas offer an alternate cultural origin story to those of decadent Greece or Rome, and the moralistic "Semitic" Bible. The Left has idealised Scandinavian social democracy. The Right borrows from a history of crackpot theories of Northern origins.

The North, Brunner argues, was as much invented as discovered. *Extreme North* is an enlightening journey through a place that is real, but also, in fascinating and disturbing ways, imaginary.

March | £21.99 | ISBN 978 0 393 88100 4 | 256pp | 229 x 152mm | 12 illustrations



- **MATTHEW BALL** is the CEO of EpyllionCo and the former global head of strategy for Amazon Studios. His essays have appeared in *The New York Times*, *The Economist*, *Bloomberg* and on his popular website, [MatthewBall.vc](http://MatthewBall.vc).

## The Metaverse

And How it Will Revolutionize Everything

Matthew Ball

**In the tradition of *The Second Machine Age* and *Superintelligence* comes the first book on the next internet: the metaverse**

The term “metaverse” is suddenly everywhere, from debates over Fortnite to the pages of *The New York Times* to the speeches of Mark Zuckerberg.

But what, exactly, is the metaverse? As Matthew Ball explains, it is the successor to the mobile internet that has defined the last two decades. The metaverse is a persistent, 3D, virtual world—a network of interconnected experiences and devices, tools and infrastructure, far beyond mere virtual reality. And it is poised to revolutionise every industry and function, from finance and healthcare to payments, consumer products and even sex work. The internet will no longer be at arm’s length; instead, it will surround us, with our lives, labour and leisure taking place inside the metaverse. With sweeping authority, *The Metaverse* predicts trillions in new value—and the radical reshaping of society.

July | £19.99 | ISBN 978 1 324 09203 2 | 256pp | 229 x 152mm | A Liveright book



- **OLIVER ROEDER** has been a senior writer at *FiveThirtyEight* and editor of *The Riddler*, a collection of the site’s maths puzzles. He studied artificial intelligence as a Nieman Fellow at Harvard University and holds a PhD in economics, focused on game theory.

## Seven Games

A Human History

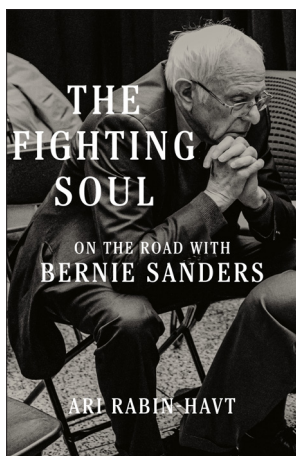
Oliver Roeder

**A group biography of seven enduring and beloved games, and the story of why—and how—we play them**

Backgammon, chess, draughts and Go. Poker, Scrabble and bridge. These seven games fascinate millions of people worldwide. In *Seven Games*, Oliver Roeder charts their origins and historical importance, the delightful arcana of their rules and the ways their design makes them pleasurable.

Roeder introduces thrilling competitors and delves into the history and lore of each game. Beyond the cultural and personal stories, he explores why games, seemingly trivial pastimes, speak so deeply to the human soul. Throughout, Roeder tells the story of how humans, pursuing scientific glory and competitive advantage, have invented AI programmes better than any human player and what that means for the games—and for us. Funny, fascinating and profound, *Seven Games* is a story of obsession, psychology, history and how play makes us human.

March | £19.99 | ISBN 978 1 324 00377 9 | 272pp | 229 x 152mm | 27 illustrations



- **ARI RABIN-HAVT** served as deputy campaign manager on Senator Bernie Sanders's 2020 presidential campaign and was a Sanders aide from 2017 to 2021. His writing has appeared in *The New Republic* and *The Washington Post*, amongst other publications.

## The Fighting Soul

On the Road with Bernie Sanders

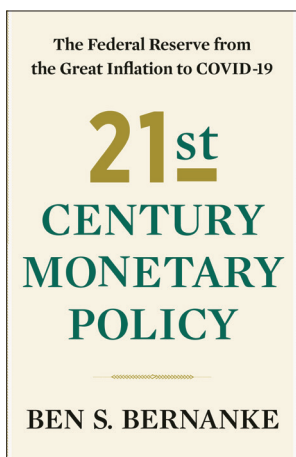
Ari Rabin-Havt

**An intimate account of Bernie Sanders as we have never seen him before, revealing the man behind the enigmatic progressive icon**

Bernie Sanders is a politician who inspires fervent love and, even among his enemies, a measure of grudging respect—yet we know comparatively little about this left-wing firebrand. Now, Ari Rabin-Havt is able to take us where no press features or televised interviews have been able to go.

*The Fighting Soul* is a behind-the-scenes chronicle of Sanders's meteoric 2020 campaign for president—from the first campaign meeting in Rabin-Havt's living room to Sanders's heart attack and the end of the campaign as the COVID-19 pandemic spread around the world. *The Fighting Soul* shows the making of the rare politician motivated by principle, not power.

April | £19.99 | ISBN 978 1 63149 879 4 | 336pp | 127 x 203mm  
30 black-and-white illustrations | A Liveright book



- **BEN S. BERNANKE** is a Distinguished Senior Fellow at the Brookings Institution. Author of the best-selling "fascinating" (Martin Wolf, *Financial Times*) memoir *The Courage to Act* (ISBN 978 0 393 35399 0), he served as chair of the Federal Reserve from 2006 to 2014.

## 21st Century Monetary Policy

The Federal Reserve from the Great Inflation to COVID-19

Ben S. Bernanke

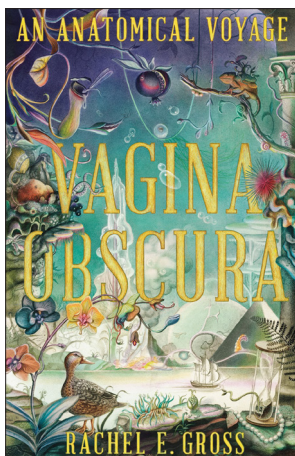
**A former chair of the Federal Reserve explains the transformation of one of our most powerful and consequential institutions**

In response to the economic impact of the COVID-19 pandemic, the U.S. Federal Reserve and central banks worldwide have deployed tools that past policymakers and economists might have considered radical. Programmes like large-scale securities purchases and a new policy framework remain a source of confusion for investors, journalists and ordinary citizens alike.

Ben Bernanke demystifies these opaque techniques to reveal how economic ideas, historical events and political forces have transformed the Fed's policies over several decades. *Twenty-First Century Monetary Policy* is a must-read for anyone interested in understanding modern finance, investments or U.S. economic policy.

June | £25.00 | ISBN 978 1 324 02046 2 | 512pp | 235 x 156mm





- **RACHEL E. GROSS** is an award-winning science journalist. A 2018–19 Knight Science Journalism Fellow and former digital science editor of *Smithsonian* magazine, she writes for *BBC Future*, *The New York Times* and *Scientific American*.

## Vagina Obscura

An Anatomical Voyage

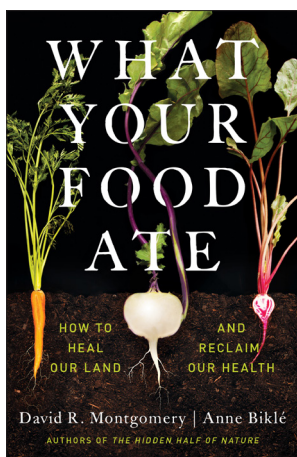
Rachel E. Gross

**A scientific journey to the centre of the new female body**

The Latin term for the female genitalia, *pudendum*, means “parts for which you should be ashamed”. Until 1651, ovaries were called female testicles. The fallopian tubes are named for a man. Named, claimed and shamed: welcome to the story of the female body, as penned by men.

Today, a new generation of (mostly) women scientists is redrawing the map. With modern tools and fresh perspectives, they’re looking at the organs traditionally bound up in reproduction—the uterus, ovaries, vagina—and seeing within them a new biology of change and resilience. Through their eyes, journalist Rachel E. Gross takes readers on an anatomical odyssey to the centre of this new world—a world where the uterus regrows itself, ovaries pump out fresh eggs and the clitoris pulses beneath the surface. Full of wit and wonder, *Vagina Obscura* is a celebratory testament to how the landscape of knowledge can be rewritten to better serve everyone.

April | £19.99 | ISBN 978 1 324 00631 2 | 320pp | 229 x 152mm | 13 illustrations



- **DAVID R. MONTGOMERY** is a professor at the University of Washington, a MacArthur Fellow and author of *Growing a Revolution* (ISBN 978 0 393 35609 0). **ANNE BIKLÉ** is a biologist and environmental planner. They co-wrote *The Hidden Half of Nature* (ISBN 978 0 393 35337 2).

## What Your Food Ate

How to Heal Our Land and Reclaim Our Health

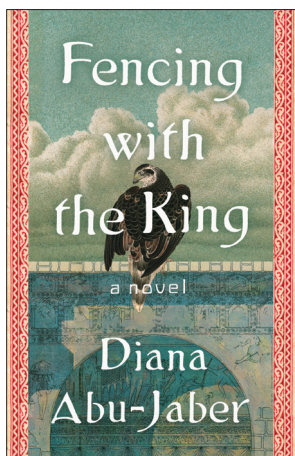
David R. Montgomery & Anne Biklé

**Why the roots of good health start with how we farm**

We know that our diet influences our health. But is there more to the adage “you are what you eat”? Connecting the dots from agriculture to medicine, geologist David R. Montgomery and biologist Anne Biklé argue we overlook the other half of a healthy diet: how we grow our food.

Journeying from research labs to the fields of regenerative farmers, they uncover scientific and historical evidence for how farming practices influence soil health and shape the types and amounts of health-promoting minerals, fats and phytochemicals in our crops, meat and dairy—and thus ourselves. Understanding these connections has profound implications for what we eat and how we grow it, now and in the future. A capstone work from lauded authors, *What Your Food Ate* is a story both sobering and inspiring: what’s good for the soil is good for us too.

July | £22.99 | ISBN 978 1 324 00453 0 | 496pp | 232 x 156mm



- **DIANA ABU-JABER** is the award-winning author of seven books of fiction and nonfiction, including *Crescent* (ISBN 978 0 393 32554 6) and *The Language of Baklava*.

## Fencing with the King

A Novel

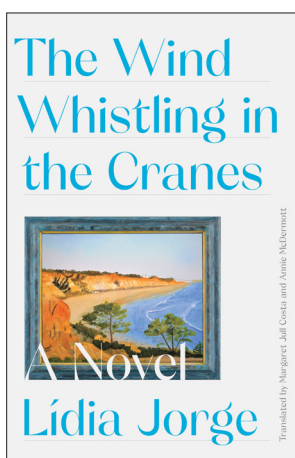
Diana Abu-Jaber

**A mesmerising breakthrough novel of family myths and inheritances by the award-winning author of *Crescent***

Amani is hooked on a mystery—a poem on airmail paper that slips out of one of her father's books. It seems to have been written by her grandmother, a refugee who arrived in Jordan during the First World War.

The perfect occasion to investigate arises: her Uncle Hafez, an advisor to the King of Jordan, invites her father to celebrate the king's sixtieth birthday—and to fence with the king, as in their youth. Her father has avoided returning to his homeland for decades but Amani persuades him to go—and to take her with him. Hafez makes their time in Jordan complicated—and dangerous—after Amani discovers a missing relative and is launched into a journey of loss, history and, eventually, a fight for her own life. *Fencing with the King* masterfully draws on *King Lear* and Arthurian fable to explore the power of inheritance, the trauma of displacement and whether we can release the past to build a future.

April | £16.99 | ISBN 978 0 393 86771 8 | 320pp | 229 x 152mm



- **LÍDIA JORGE's** accolades include European Writer of the Year. **MARGARET JULL COSTA** OBE is a British translator of Portuguese—and Spanish—language fiction and poetry. **ANNIE MCDERMOTT** is a British translator who has translated literature from Selva Almada and Mario Levrero.

## The Wind Whistling in the Cranes

A Novel

Lídia Jorge

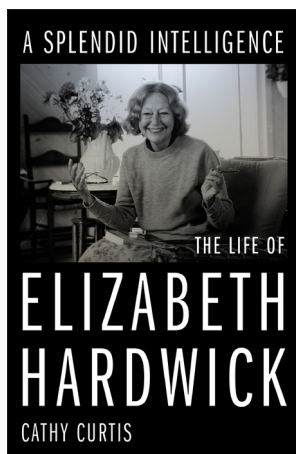
Translated by Margaret Jull Costa and Annie McDermott

**From the winner of the prestigious FIL Prize in Romance Languages comes this masterpiece saga of two clashing families in coastal Portugal**

Considered one of Europe's most influential contemporary writers, Portuguese novelist Lídia Jorge has captivated international audiences for decades. Now English-speaking readers can experience the thrum of her signature poetic style and her delicately braided multi-character plotlines and witness the heroic journey of one of the most maddening, and endearing, characters in literary fiction.

Exquisitely translated, this breathtaking saga, set in the 1990s, tells the story of the landlords and tenants of a derelict canning factory in southern Portugal. Narrated with passionate, incandescent prose, *The Wind Whistling in the Cranes* establishes Jorge as a novelist of extraordinary international resonance.

March | £19.99 | ISBN 978 1 6314 9759 9 | 528pp | 235 x 156mm | A Liveright book



- **CATHY CURTIS** is a former *The Los Angeles Times* staff writer and past president of Biographers International Organization. She is the author of *Restless Ambition*, *Alive Still* and *A Generous Vision*.

## A Splendid Intelligence

The Life of Elizabeth Hardwick

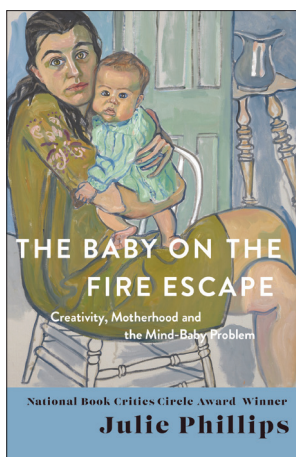
Cathy Curtis

**The first biography of the extraordinary essayist and short story writer Elizabeth Hardwick, author of the semi-autobiographical novel *Sleepless Nights***

Born in Kentucky, Elizabeth Hardwick boarded a Greyhound bus to New York City in 1939 and quickly made a name for herself as a formidable member of the intellectual elite. Her eventful life included stretches of dire poverty; lasting friendships with literary luminaries; confrontations with authors she eviscerated in *The New York Review of Books* (of which she was a co-founder) and marriage to the poet Robert Lowell. Lowell's decision to publish excerpts from her private letters in *The Dolphin* distressed Hardwick and ignited a literary controversy.

In *A Splendid Intelligence*, biographer Cathy Curtis offers an intimate portrait of an exceptional woman who emerged from a long, turbulent marriage with the clarity and wisdom that illuminate her brilliant work.

January | £25.00 | ISBN 978 1 324 00552 0 | 400pp | 229 x 152mm | 12 illustrations



- **JULIE PHILLIPS** is the National Book Critics Circle Award-winning author of *James Tiptree, Jr.: The Double Life of Alice B. Sheldon*. She is also the recipient of a Whiting Creative Nonfiction Grant.

## The Baby on the Fire Escape

Creativity, Motherhood and the Mind-Baby Problem

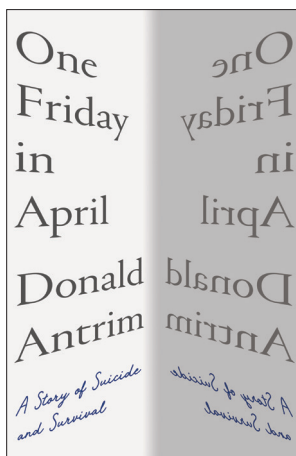
Julie Phillips

**An insightful and provocative exploration of the relationship between motherhood and art through the lives of women artists and writers**

What does it mean to create, not in "a room of one's own" but in a domestic space? Do children and genius rule each other out? In *The Baby on the Fire Escape*, Julie Phillips traverses the shifting terrain where motherhood and creativity converge.

Phillips evokes the intimate struggles of brilliant artists and writers, including Doris Lessing, who had to choose between motherhood and herself; Ursula K. Le Guin, who found productive stability in family life; Audre Lorde, whose queer, polyamorous union allowed her to raise children on her own terms and Alice Neel, who, to finish a painting, was said to have left her baby on the fire escape of her apartment. A meditation on maternal identity and artistic greatness, *The Baby on the Fire Escape* illuminates some of the most pressing conflicts in contemporary women's lives.

June | £19.99 | ISBN 978 0 393 08859 5 | 304pp | 229 x 152mm



## One Friday in April

A Story of Suicide and Survival

Donald Antrim

**A searing and brave memoir that offers a new understanding of suicide as a distinct mental illness**

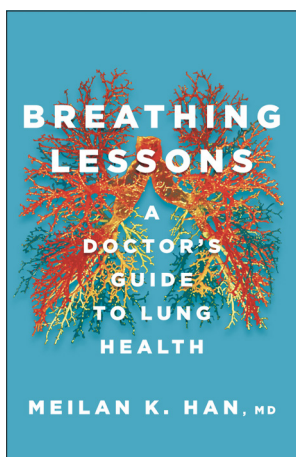
As the sun lowered in the sky one Friday afternoon in April 2006, acclaimed author Donald Antrim found himself on the roof of his Brooklyn apartment building, afraid for his life. In this moving memoir, Antrim vividly recounts what led him to the roof and what happened after he came back down: two hospitalisations, weeks of fruitless clinical trials, the terror of submitting to ECT—and the saving call from David Foster Wallace that convinced him to try it—as well as years of fitful recovery and setback.

*One Friday in April* reframes suicide—whether in thought or action—as an illness in its own right, a unique consequence of trauma and personal isolation, rather than the choice of a depressed person. This profound, insightful work sheds light on the tragedy and mystery of suicide, offering solace that may save lives.

January | £14.99 | ISBN 978 1 324 00556 8 | 144pp | 219 x 147mm



- **DONALD ANTRIM** is the author of three novels, including *Elect Mr. Robinson for a Better World* and a memoir, *The Afterlife*. He has received awards from the MacArthur Foundation and the National Endowment for the Arts among others.



## Breathing Lessons

A Doctor's Guide to Lung Health

MeiLan K. Han

**An authoritative, accessible guide to how our lungs work and how to protect them**

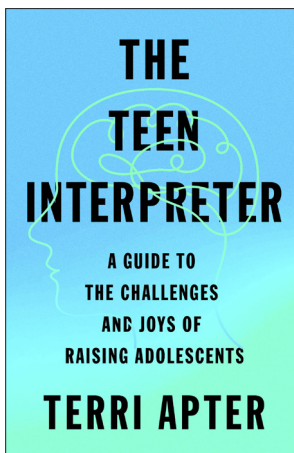
Most of us pay little attention to the workings of our lungs but the COVID-19 pandemic has sparked interest in their functioning and fear about the risks they face. Dr MeiLan K. Han, a leading pulmonologist and a national spokesperson for the American Lung Association, takes readers on a fascinating tour of this most vital organ.

Han explains the wonder of breathing and reveals how the lungs serve as the body's first line of defence. She provides a timely overview of the latest scientific thinking about the leading respiratory risks and offers a practical guide to keeping lungs healthy. With authority as both practitioner and medical researcher, she argues powerfully for a social policy that makes a priority of preserving lung health.

January | £16.99 | ISBN 978 0 393 86662 9 | 192pp | 210 x 140mm | 5 illustrations

- **MEILAN K. HAN, MD**, is a professor of medicine in the Division of Pulmonary and Critical Care at the University of Michigan and a spokesperson for the American Lung Association.





- **TERRI APTER** is a writer, psychologist and retired Fellow of Newnham College, Cambridge. Her nine books include *The Sister Knot* (ISBN 978 0 393 33062 5) and *What Do You Want from Me?* (ISBN 978 0 393 33853 9).

## The Teen Interpreter

A Guide to the Challenges and Joys of Raising Adolescents

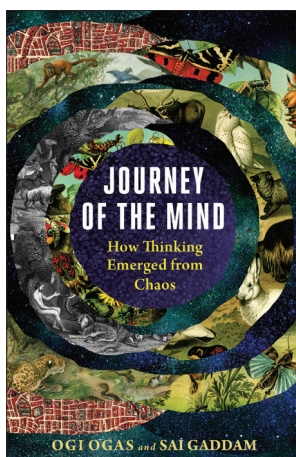
Terri Apter

**An insightful, revealing and practical guide to adolescents' inner world, from a renowned psychologist**

Once children hit adolescence, it seems as if overnight “I love you” becomes “leave me alone” and any question from a parent is dismissed with one word: “fine”. But while they may not show it, teenagers benefit from their parents’ curiosity, delight and connection.

In *The Teen Interpreter*, Terri Apter looks inside adolescents’ minds to show how parents can revitalise their relationship. She illuminates the rapid neurological developments of a teenager’s brain, explains the power of teenage friendships, and explores the positives and pitfalls of social media. Synthesising over thirty years research, Apter illustrates how teenagers signal their changing needs and identities—and how parents can interpret these signals to see the world through their teenager’s eyes. *The Teen Interpreter* is a generous manual to help parents enjoy the most challenging, and rewarding, years.

May | £19.99 | ISBN 978 1 324 00651 0 | 256pp | 210 x 140mm



- **OGI OGAS** is a research fellow at the Harvard School of Education and the co-author of *Dark Horse* and *Shrinks*. **SAI GADDAM** is a postdoctoral fellow in the Center for Adaptive System at Boston University. He is the co-author of *A Billion Wicked Thoughts*.

## Journey of the Mind

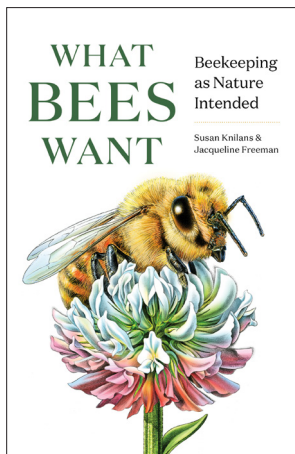
How Thinking Emerged from Chaos

Ogi Ogas and Sai Gaddam

**Two neuroscientists trace a sweeping new vision of consciousness across eighteen increasingly intelligent minds, from microbes to humankind and beyond**

*Journey of the Mind* is the first book to offer a unified account of the mind that explains how consciousness, language, the Self and civilisation emerged incrementally out of chaos. The journey begins three billion years ago with the emergence of the simplest possible mind, a nanoscopic archeon, then ascends through amoebas, worms, frogs, birds, monkeys and AI, examining successively more sophisticated ways of thinking. The authors explain the mathematical principles generating conscious experience and show how these principles led cities and democratic nations to develop new forms of consciousness. *Journey of the Mind* concludes by contemplating a higher stage of consciousness already emerging—and the ultimate fate of all minds in the universe.

April | £19.99 | ISBN 978 1 324 00657 2 | 448pp | 235 x 156mm  
4 black-and-white photographs; black-and-white spot art throughout



- **SUSAN KNILANS** and **JACQUELINE FREEMAN** teach beekeeping classes as part of the Preservation Beekeeping Council. Knilans is the author of *Animals as Teachers* and Freeman is the author of *Song of Increase*.

## What Bees Want

Beekeeping as Nature Intended

Susan Knilans & Jacqueline Freeman

**Bee populations are plummeting. The solution? Give them what they need to live naturally, and they'll handle the rest**

Susan Knilans and Jacqueline Freeman are in love with bees. So much in love that they observe their bees for hours each day. And with observation came realisation: when bees are allowed to live as they would in nature, they will thrive. Accordingly, Knilans and Freeman have spent decades perfecting the revolutionary practice of preservation beekeeping, guided by the simple question, "What do the bees want?"

A surprising page-turner, this instructional book tells the story of their successes and failures, demonstrating what was learned along the way. Sharing preservation beekeeping's key tenets, the authors provide concrete, simple ways to implement their approach, from finding the right hive location to honing observation skills. This preservation manifesto is a vital addition to any beekeeper's library.

April | £17.99 | ISBN 978 1 6826 8673 7 | 240pp | 229 x 152mm | 25 illustrations



- **RAFFAELE DI LALLO** is the creator of the popular blog and Instagram account, Ohio Tropics. He is a member of Garden Communicators International and a freelance writer for *Gardening Know How*.

## Houseplant Warrior

7 Keys to Unlocking the Mysteries of Houseplant Care

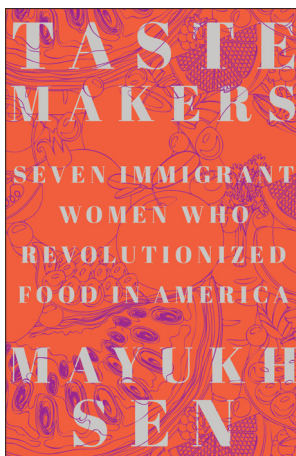
Raffaele Di Lallo

**Learn to grow a green thumb and become the confident plant parent you've always wanted to be!**

Engineer and plant parent for more than thirty years, Raffaele Di Lallo knows that the world of houseplants can be full of confusing myths and conflicting care advice. But, as a master problem solver, Di Lallo is here to teach you that your own two eyes are your best source for reconciling every plant problem.

His surprisingly simple observational practices and an understanding of key habitat and care concepts will make any reader feel like a plant whisperer. Di Lallo demystifies every aspect of plant parenting. Providing handy case studies and advice for troubleshooting common mistakes, *Houseplant Warrior* helps readers develop their own problem-solving skills and is a veritable bible of houseplant care tips for all levels of green thumb.

April | £17.99 | ISBN 978 1 68268 675 1 | 240pp | 229 x 178mm | 100 colour photographs



## Taste Makers

Seven Immigrant Women Who Revolutionized Food in America

Mayukh Sen

**America's modern culinary history told through the lives of seven path-breaking chefs and food writers**

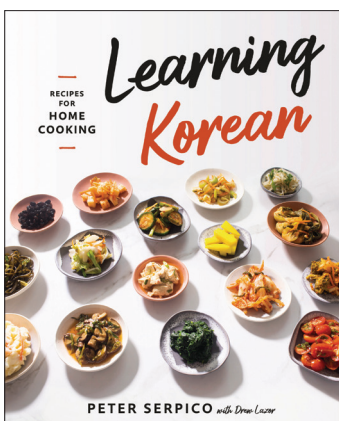
This group biography from an electric new voice in food writing honours seven extraordinary women, all immigrants, who left an indelible mark on the way Americans eat today. Weaving together histories of food, immigration and gender, *Taste Makers* challenges the way readers look at what's on their plate—and the women whose labour, overlooked for so long, makes those meals possible.

"A fascinating and impeccably researched book."—Nigel Slater

"Through his seven portraits, Sen restores a missing part of American culinary history..."—Nilanajana Roy, *Financial Times*

"Sen is a sensitive and perceptive journalist and a deft historian..."—Hetty McKinnon, *The New York Times*

January | £18.99 | ISBN 978 1 324 00451 6 | 304pp | 229 x 152mm



## Learning Korean

Recipes for Home Cooking

Peter Serpico

With Drew Lazor

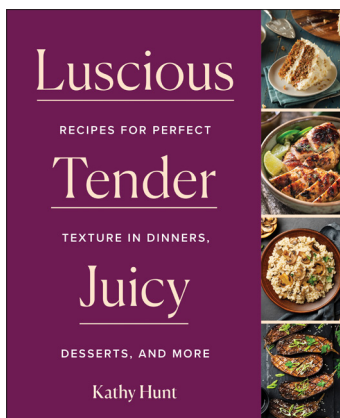
**A "wildly inventive" (*Food & Wine*) James Beard Award-winning chef interprets one of Asia's greatest cuisines**

Seoul-born chef Peter Serpico offers readers a seat at his family table in his debut cookbook. Serpico's meals are personal, drawing from decades of professional cooking experience and his own heritage to explore the world of traditional Korean home cooking.

From an instant kimchi and simple banchan to rice, noodles, grilled meats and soul-stirring stews, these 100 recipes use ingredients found in supermarkets for outstanding, healthy results. Serpico features ideas for creative weekday meals and for barbecue fans, a Korea-fied roast chicken sits alongside a sweet-and-spicy grilled cauliflower. Cooks of all skill levels will find inspiration and delight in this unique take on the Korean culinary canon.

- **PETER SERPICO** opened his eponymous restaurant in Philadelphia in 2013. Due to the COVID-19 pandemic, Serpico was reimagined in 2020 as Pete's Place. Previously, he was head chef of Momofuku Ko, winning two Michelin stars.

June | £25.00 | ISBN 978 1 324 00322 9 | 256pp | 254 x 203mm | 120 photographs



- **KATHY HUNT** is the author of *Herring: A Global History* and *Fish Market*. She has written features and recipes for publications including the *Chicago Tribune*, *Reuters* and *Taste of Home*, and blogs at KitchenKat.com.

## Luscious, Tender, Juicy

Recipes for Perfect Texture in Dinners, Desserts, and More

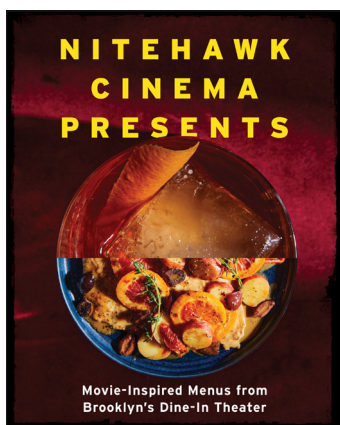
Kathy Hunt

**Cooking methods for mastering the perfect, satisfying texture each and every time**

Succulent shrimp, juicy steak, vegetables bursting with fresh flavour—the secret to cooking exceptional food is keeping it luscious and tender. Written for novice and accomplished cooks alike, this masterclass in texture inspires an appreciation for the skills needed to craft exquisite mouthfeel, an often overlooked facet of cooking.

In this guide to delectable dishes, Kathy Hunt explains how to keep food tender and flavourful. From stir-frying noodles and sautéing fish to grilling delicate vegetables and roasting hearty meats, *Luscious, Tender, Juicy* covers a wealth of preparation techniques. The final two chapters focus on sweets that wouldn't be enjoyable (or even edible) if they weren't fluffy, molten or gooey.

January | £23.99 | ISBN 978 1 6826 8661 4 | 320pp | 229 x 152mm | 13 illustrations



- **MATTHEW VIRAGH** is the executive director and founder of Nitehawk Cinema in Williamsburg and Park Slope.

## Nitehawk Cinema Presents

Movie-Inspired Menus from Brooklyn's Dine-In Theater  
Matthew Viragh

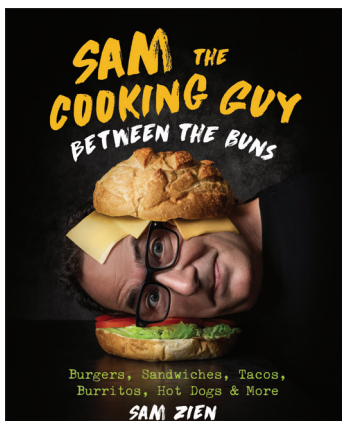
**A unique cookbook from Brooklyn's pioneering independent film house with recipes and menus made for movie nights**

Nitehawk Cinema is a leader in the dine-in theatre movement and has transcended from local gem status to New York City icon since its opening in 2011. Famous for their food and drink, curated for each night's film screening, Nitehawk's team of chefs, mixologists and film experts showcase the recipes and exclusive menus of Nitehawk for home cooks to recreate in their own kitchen.

Readers can try a Red Rum cocktail during a showing of *The Shining*, dine on instant ramyun like the Park family in *Parasite* and Let Your Soul Glo with a hand-crafted cocktail while watching *Coming to America*. With over 100 movie-inspired recipes alongside trivia and history about Nitehawk and the films themselves, *Nitehawk Cinema Presents* is a complete celebration of cinema.

January | £23.99 | ISBN 978 1 68268 594 5 | 224pp | 254 x 203mm | 75 photographs





- **SAM ZIEN** is a leading cooking personality with 15 Emmys for his regional TV show, 5 cookbooks, 12 Today Show appearances, 4 restaurants in San Diego and 3 million YouTube subscribers.

## Sam the Cooking Guy: Between the Buns

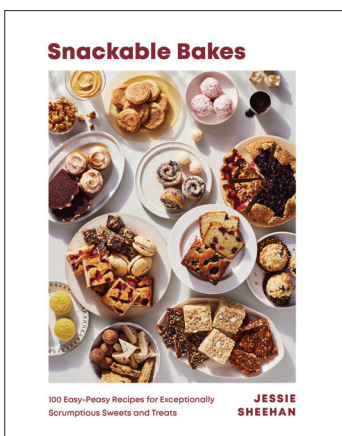
Burgers, Sandwiches, Tacos, Burritos, Hot Dogs & More  
Sam Zien

**With another cookbook to thrill his three million subscribers, YouTube star Sam Zien celebrates the best way to eat food**

Every civilisation on Earth has worked out that the best way to eat food is to put it on some kind of dough. Best-selling author, restaurateur and online star Sam the Cooking Guy has made millions of mouths water with his sinfully decadent recipes for cheesy, toasty, warm, dripping-with-good-stuff sandwiches and wraps.

This book features 100 unapologetically carb-laden recipes that promise to satisfy. Although each recipe is illustrated with Sam's outstanding photography, the names alone are enough to entice. Dishes include Korean Short Rib Tacos, Chorizo & Guacamole Tortas, Lamb & Feta Burgers and sandwich-friendly sides such as Buffalo Tots, Homemade Chips and Cheesesteak Fries.

June | £19.99 | ISBN 978 1 68268 688 1 | 240pp | 239 x 163 mm | 100 colour photographs



- **JESSIE SHEEHAN** is the author of *The Vintage Baker*. She has contributed recipes to *Better Homes & Gardens*, *Food Network* and *Taste*, and has appeared on the Hallmark Channel, Food Network Kitchen, Food52 and more.

## Snackable Bakes

100 Easy-Peasy Recipes for Exceptionally Scrumptious Sweets and Treats

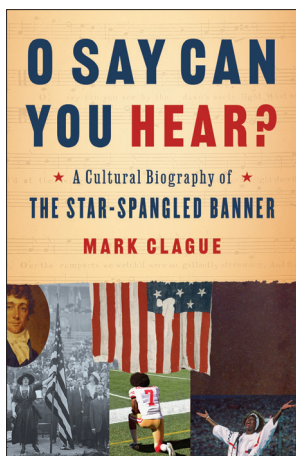
Jessie Sheehan

**Simple-yet-delicious recipes, achievable with only 15 to 20 minutes of work and 10 ingredients or fewer!**

"Easy-peasy" is the promise of the appealing and slightly manic Jessie Sheehan in her wildly popular TikTok videos. Home bakers everywhere believe her; millions of them watch her videos and relish cooking her simple but creative snacks. These lickety-split recipes, are game changers. Sheehan's fuss-free approach, dynamic energy and kitchen-savvy advice are all on display in this must-have cookbook.

Sheehan explodes the snackable scene with 100 recipes that minimise time but maximise fun. Pear Ginger Scones, Rainbow Sprinkle Mug Cakes, Peppermint Stick No-Churn Ice Cream and more treats come to life in this crave-worthy cookbook.

June | £19.99 | ISBN 978 1 6826 8737 6 | 224pp | 229 x 178mm | 100 colour photographs



## O Say Can You Hear?

A Cultural Biography of "The Star-Spangled Banner"

Mark Clague

**The fascinating story of America's national anthem and a search for the source of its powerful meaning today**

In 1814 Francis Scott Key witnessed the British bombardment of Fort McHenry and the heroism of America's defenders; seeing the American flag still flying at first light inspired him to pen his famous lyric. In *O Say Can You Hear?* Mark Clague brilliantly weaves together the stories of the song and nation it represents.

July | £20.99 | ISBN 978 0 393 65138 6 | 320pp | 229 x 152mm | 35 illustrations, 1 map

## The Bald Eagle

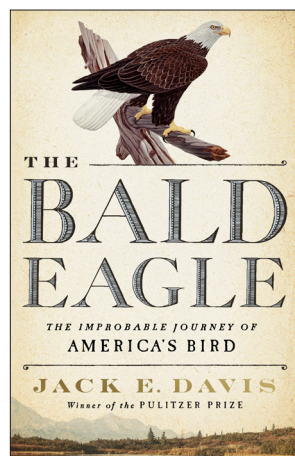
The Improbable Journey of America's Bird

Jack E. Davis

**From the Pulitzer Prize-winning author of *The Gulf* (ISBN 978 1 63149 402 4), a sweeping cultural and natural history of the bald eagle in America**

Jack E. Davis contrasts the age when native peoples lived beside the Bald Eagle peacefully with that when others, whether through shooting or pesticides, twice pushed *Haliaeetus leucocephalus* to the brink of extinction. *The Bald Eagle* is a cultural and natural history that demonstrates how this bird's wondrous journey may provide inspiration today, as we grapple with environmental peril on a larger scale.

April | £21.99 | ISBN 978 1 63149 525 0 | 448pp | 235 x 156mm | A Liveright book



## To Walk About in Freedom

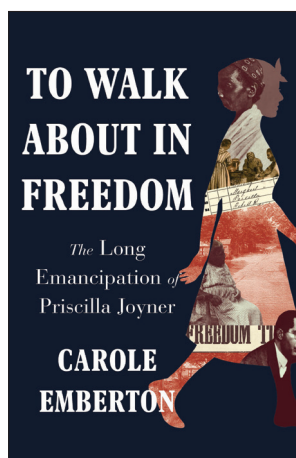
The Long Emancipation of Priscilla Joyne

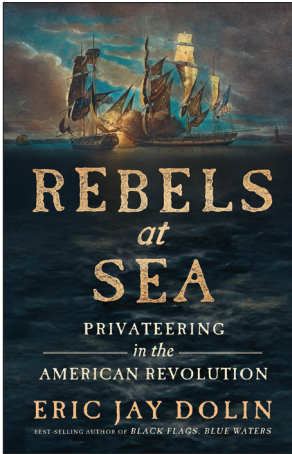
Carole Emberton

**The extraordinary life of Priscilla Joyner and her quest—along with other formerly enslaved people—to find the meaning of freedom**

Priscilla Joyner was born into the world of American slavery in 1858. Based on interviews that Joyner and formerly enslaved people had with the Depression-era Federal Writers Project, historian Carole Emberton draws a portrait of the steps they took in order to feel free, something no legal mandate could instill.

April | £19.99 | ISBN 978 1 324 00182 9 | 256pp | 229 x 152mm





## Rebels at Sea

Privateering in the American Revolution

Eric Jay Dolin

**The best-selling author of *Black Flags, Blue Waters* (ISBN 978 1 63149 622 6) reclaims the daring freelance sailors who proved essential to the winning of the American Revolutionary War**

In *Rebels at Sea*, best-selling historian Eric Jay Dolin corrects a significant omission in the history of the US Navy, contending that privateers, though often seen as profiteers at best and pirates at worst, were in fact critical to the outcome of the American Revolution.

May | £22.99 | ISBN 978 1 63149 825 1 | 352pp | 229 x 152mm

105 black-and-white images throughout, 8-page colour insert | A Liveright book

## The Colony

Faith and Blood in a Promised Land

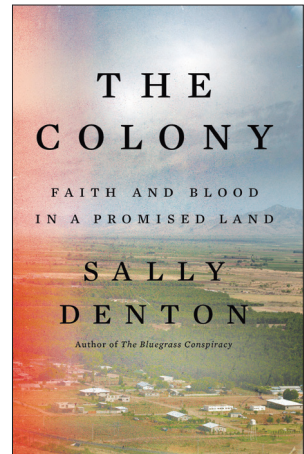
Sally Denton

**A shocking massacre in 2019 sparks a probing investigation into the strange, violent history of a polygamist Mormon outpost in Mexico**

In 2019 the ambush of a caravan of fundamentalist Mormons from the La Mora and LeBarón communities in Mexico produced international headlines. Drawing on sources within Colonia LeBarón, Sally Denton picks up where initial reporting left off and tells the violent history of the LeBarón clan in this mesmerising work.

July | Hardback | £19.99 | ISBN 978 1 63149 807 7 | 336pp | 235 x 156mm

23 black-and-white images | A Liveright book



## Smashing Statues

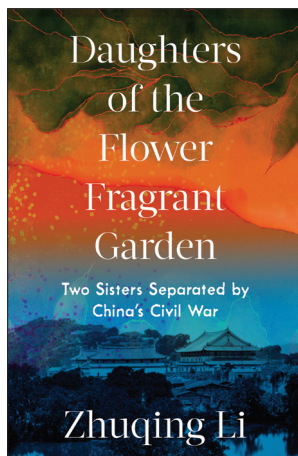
The Rise and Fall of America's Public Monuments

Erin L. Thompson

**A leading expert's exploration of the past, present and future of public monuments in America**

An urgent and fractious debate over public monuments has erupted in America. Erin L. Thompson, the country's leading expert in the tangled aesthetic, legal, political and social issues involved in such battles brings much-needed clarity to the issue and in *Smashing Statues* gives readers the context they need to consider the fundamental question: Whose voices must be heard and whose pain must remain private?

March | £18.99 | ISBN 978 0 393 86767 1 | 224pp | 229 x 152mm | 20 illustrations



- **ZHUQING LI** is a professor of East Asian studies at Brown University and the author of four scholarly books on linguistics and contemporary China.

## Daughters of the Flower Fragrant Garden

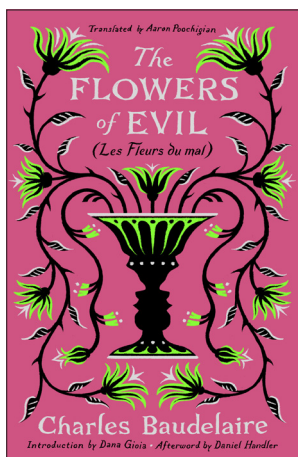
Two Sisters Separated by China's Civil War  
Zhuqing Li

**"Zhuqing Li's beautifully narrated family stories are tightly entangled with the wider historical context, unfolding on a magnificent scale, and evoke unique feelings of pain and helplessness..."—Ai Wei Wei**

Scions of a once-great Chinese family, Jun and Hong were best friends until they were separated at the end of the Chinese Civil War. For thirty years, while one became a model capitalist and one a model communist, they could not communicate. On Taiwan, Jun married a Nationalist general, established a trading company and then emigrated to the US. On the mainland, Hong built a medical career and survived two waves of "re-education" before being acclaimed for her achievements.

Zhuqing Li recounts her aunts' experiences with extraordinary sympathy and great storytelling ability. A microcosm of women's lives in a time of traumatic change, this is a fascinating, evenhanded account of the history of separation between China and Taiwan.

July | £19.99 | ISBN 978 0 393 54177 9 | 336pp | 229 x 152mm



- **CHARLES BAUDELAIRE** was an art critic, essayist and one of the most influential poets of the 19th century. **AARON POOCHIGAN** has published four books of poetry and several translations. **DANA GIOIA** is a poet, critic and essayist. **DANIEL HANDLER** is best-known for *A Series of Unfortunate Events*.

## The Flowers of Evil

(Les Fleurs du mal)

Charles Baudelaire

Translated by Aaron Poochigan

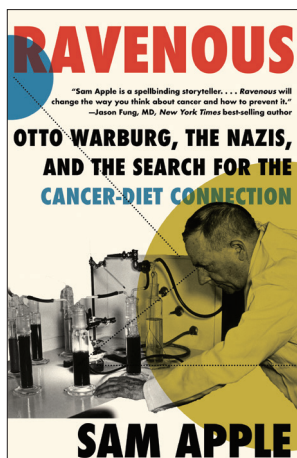
Introduction by Dana Gioia; Afterword by Daniel Handler

**On the 200th anniversary of Baudelaire's birth comes this stunning landmark translation of the book that launched modern poetry**

First published in 1857, *Les Fleurs du mal*, was a sensation—earning Charles Baudelaire plaudits and disrepute. A French court declared the collection an offence against public morals and six poems within it were suppressed. Subsequent editions expanded on the original, producing the most consequential, controversial body of nineteenth-century poetry.

Aaron Poochigan captures the incantatory, almost magical, effect of the original, reanimating for today's reader Baudelaire's "unfailing vision" that "trumpeted the space and light of the future" (Patti Smith). This deluxe dual-language edition allows readers to commune with the original poems and with these electric, revelatory translations.

January | £21.99 | ISBN 978 1 6314 9859 6 | 256pp | 210 x 140mm | 3 illustrations  
A Liveright book



## Ravenous

Otto Warburg, the Nazis, and the Search for the Cancer-Diet Connection

Sam Apple

**The extraordinary story of the Nazi-era scientific genius**

"[That] these stories... feel so immediate is a testament to [Apple's] canny knack for choosing apposite details."—*The New York Times*

"[A] remarkable tale of survival."—*BBC History Revealed*

"[An] exceptionally interesting and well-written book..."—Thomas Morris, *Times Literary Supplement*

June | £13.99 | ISBN 978 1 324 09201 8 | 416pp | 210 x 140mm | 15 illustrations

A Liveright book

## The Man Who Ate Too Much

The Life of James Beard

John Birdsall

**The definitive biography of America's best-known and least understood food personality, and the modern culinary landscape he shaped**

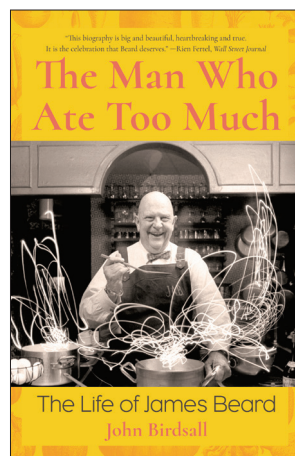
"...the celebration that Beard deserves."—*The Wall Street Journal*

"...a magnificent tribute to a titan of American life..."—Stephanie Sy-Quia, *The Times Literary Supplement*

"...finding intellectual and sensual meaning in the relics of Beard's delights."—Tejal Rao, *The New York Times Magazine*

■ The food books of 2020 to buy, *The Independent*.

March | £14.99 | ISBN 978 1 324 02024 0 | 464pp | 210 x 140mm | 16 pages of photographs



## Who Will Pay Reparations on My Soul?

Essays

Jesse McCarthy

**A supremely talented young critic's essays on race and culture, from Toni Morrison to trap, herald the arrival of a major new voice in American letters**

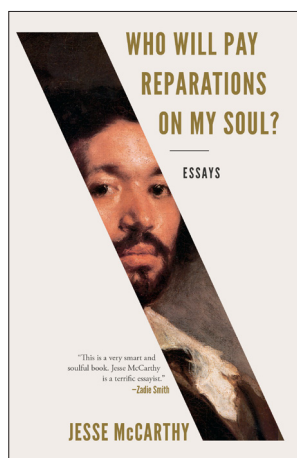
"McCarthy's analyses and observations are masterfully articulated, as are his dissents."—Jerald Walker, *The New York Times Book Review*

"Remarkable..."—Claire Messud, *Harper's Magazine*

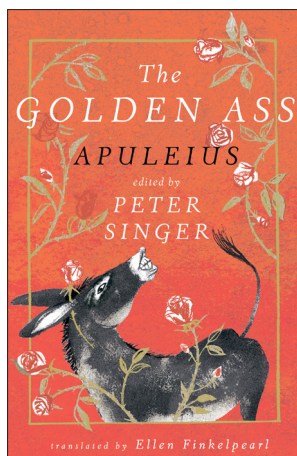
"This is a very smart and soulful book. Jesse McCarthy is a terrific essayist."—Zadie Smith

■ A *The New York Times Book Review* "Editors' Choice" pick.

March | £12.99 | ISBN 978 1 324 09147 9 | 352pp | 210 x 140mm | A Liveright book







## The Golden Ass

Apuleius

*Edited by Peter Singer; Translated by Ellen Finkelpearl*

**Peter Singer and Ellen Finkelpearl breathe new life into a classic—a hilarious, bawdy tale—accentuating its remarkable empathy for animals**

Featuring delightful new illustrations, this newly-rendered edition brilliantly reintroduces one of the earliest novels. Whether interested in tales of animals, magic or life in Roman times, readers will be charmed by the hilarious and risqué misadventures of Lucius—before, during and after becoming a donkey.

April | £11.50 | ISBN 978 1 324 09150 9 | 240pp | 229 x 152mm  
20 black-and-white illustrations | A Liveright book

## Aristophanes: Four Plays

Clouds, Birds, Lysistrata, Women of the Assembly

Aristophanes

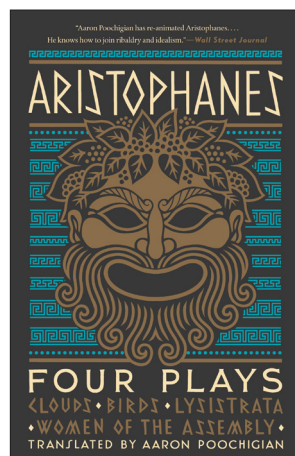
*Translated by Aaron Poochigian*

**Aaron Poochigian's *Aristophanes: Four Plays*, in "glittering translations" (*The Wall Street Journal*), bring these classic dramas to vivid life for a twenty-first century audience**

"This new Aristophanes is zany, sharp, inventive, vivacious, and surprisingly relevant for our times."—Emily Wilson

"[Poochigian] conveys all the comic energies, political urgencies, and philosophical concerns of the original plays."—Simon Armitage

May | £13.99 | ISBN 978 1 324 09156 1 | 432pp | 210 x 140mm | A Liveright book



## The Stone Reader

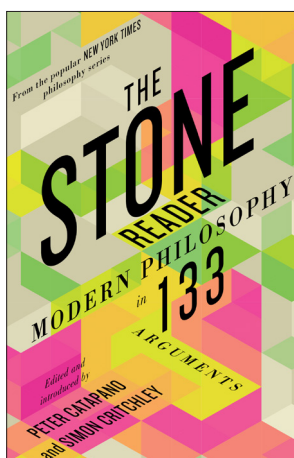
Modern Philosophy in 133 Arguments

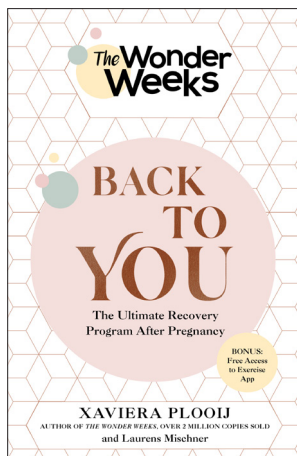
Peter Catapano and Simon Critchley

**A timeless volume to be read and treasured, *The Stone Reader* provides an unparalleled overview of contemporary philosophy**

*The Stone Reader* presents 133 essays from *The New York Times*' popular philosophy series, placing nearly the entirety of modern philosophical discourse at a reader's grasp. The book, divided into four sections—Philosophy, Science, Religion, and Morals and Society—opens with a series of questions about the scope, history and identity of philosophy.

March | £17.99 | ISBN 978 1 324 09149 3 | 816pp | 235 x 156mm | 50 illustrations  
A Liveright book





- **XAVIERA PLOOIJ** is the best-selling author of *The Wonder Weeks* (ISBN 978 1 68268 427 6) and CEO of The Wonder Weeks brand. She lives with her children in the Netherlands. **LAURENS MISCHNER** is an acclaimed personal trainer, specialising in hormone- and food-driven recovery.

## The Wonder Weeks Back to You

The Ultimate Recovery Program After Pregnancy

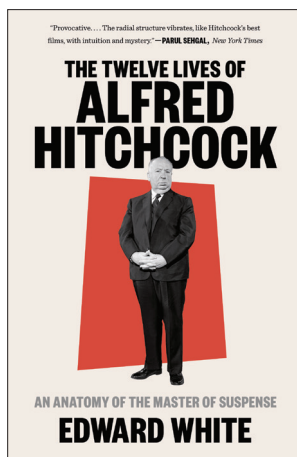
Xaviera Plooij  
and Laurens Mischner

**"Nine months up, nine months down" gives new mothers the space to find themselves again—physically, emotionally and sexually**

From the creator of the popular Wonder Weeks, *Back to You* is a stress-free guide to a week-by-week programme for overall postpartum recovery. Featuring interviews with doctors, lactation consultants, therapists and other experts, this book provides reassuring and encouraging information that focuses on boosting emotional and physical health. The 40-week plan eases into exercises, from meditation to strength training, providing illustrated guides and exclusive access to the Back to You app, which features weekly workouts. With a focus on both mind and body, *Back to You* is one of few postpartum programmes to address the whole person for a comprehensive approach to recovery.

- A paperback original.

March | £14.99 | ISBN 978 1 68268 671 3 | 352pp | 229 x 152mm  
50 colour illustrations | A Countryman Press book



- "...an original, absorbing study which captures the contradictory nature of 'the Master of Suspense'."—Book of the Week, *The Week*

## The Twelve Lives of Alfred Hitchcock

An Anatomy of the Master of Suspense

Edward White

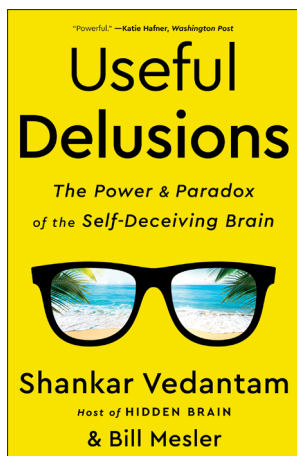
**A fresh, innovative interpretation of the life, work and lasting influence of the twentieth century's most iconic filmmaker**

"White combines his interpretive zest with sensitivity, clarity and knife-sharp phrasing, smartly dedicating each of his 12 chapters to a different facet of the director's personality... [w]ith these 12 scalpel strokes White cuts close to his subject's heart."—Victoria Segal, *The Sunday Times*

"[A] fascinating new study... overflowing with anecdotes, memories and curiosities... the book offers lots of insights into what made him such a revolutionary director of masterpieces..."—Martin Chilton, Books of the Month, *The Independent*

"[An] innovative biography of Alfred Hitchcock... Tracking Hitchcock's contemporary influence, White is an enterprising tour guide."—Peter Conrad, *The Observer*

July | £13.99 | ISBN 978 1 324 02212 1 | 400pp | 229 x 152mm | 32 photographs



## Useful Delusions

The Power & Paradox of the Self-Deceiving Brain

Shankar Vedantam & Bill Mesler

**From the host of *Hidden Brain* comes a counterintuitive, thought-provoking exploration of deception's role in human success**

"In this scientifically informed, provocative and stylish study of self-deception, written with journalist Bill Mesler, [Shankar Vedantam] explores the risks and benefits of the lies we tell ourselves."—Andrew Robinson, *Five of the Week's Best Science Picks*, *Nature*

"Vedantam and Mesler pepper hard data with compelling stories to make their case."—*The New York Times Book Review*

April | £12.99 | ISBN 978 1 324 02028 8 | 256pp | 210 x 140mm | 1 illustration

## The Five Tool Negotiator

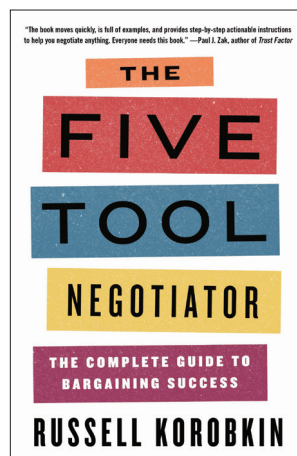
The Complete Guide to Bargaining Success

Russell Korobkin

**From a leading negotiation expert comes this revelatory guide that distills the keys to bargaining into five simple-yet-sophisticated tools**

Incorporating lively anecdotes, *The Five Tool Negotiator* brings to life concepts from the disparate fields of psychology, economics and game theory. Designed for use at both the flea market and in the C-suite, this game-changing, universal approach provides a formula that a savvy reader can implement immediately.

February | £13.99 | ISBN 978 1 324 09151 6 | 304pp | 211 x 140mm  
25 charts and diagrams | A Liveright book



## The Journeys of Trees

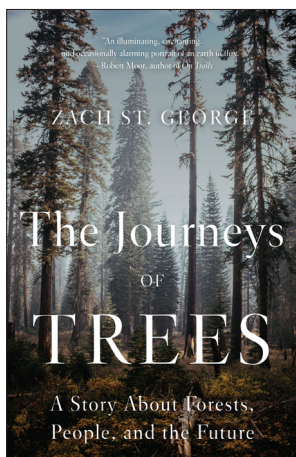
A Story About Forests, People, and the Future

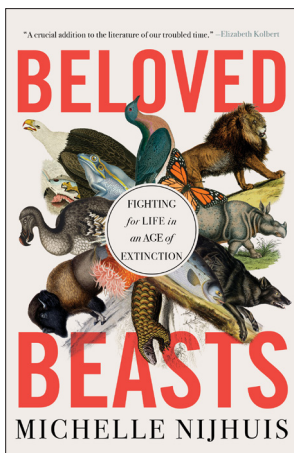
Zach St. George

**An urgent and illuminating portrait of forest migration, and of the people studying the forests of the past, protecting the forests of the present and planting the forests of the future**

A deft blend of science reporting and travel writing, *The Journeys of Trees* explores the evolving movements of forests by focusing on five trees—giant sequoia, ash, black spruce, Florida torreya and Monterey pine—examining how we can all help our trees, and our planet, survive and thrive.

April | £12.99 | ISBN 978 1 324 02023 3 | 256pp | 210 x 140mm | 1 illustration





- **MICHELLE NIJHUIS** is a project editor at *The Atlantic* and an award-winning reporter whose work has been published in *National Geographic* and *The New York Times Magazine*. She is co-editor of *The Science Writers' Handbook*.
- A UK paperback original.

## Beloved Beasts

Fighting for Life in an Age of Extinction

Michelle Nijhuis

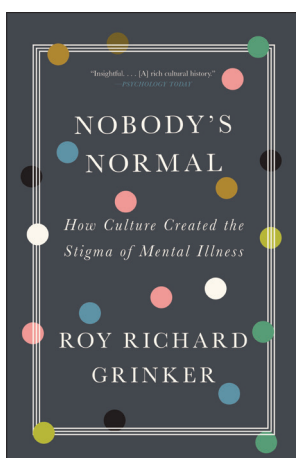
***Beloved Beasts* tells the story of the modern conservation movement through the lives and ideas of the people who built it, making "a crucial addition to the literature of our troubled time" (Elizabeth Kolbert)**

In *Beloved Beasts*, Michelle Nijhuis traces the history of the movement to protect and conserve other forms of life. From early battles to save charismatic species to today's global effort to defend life on a larger scale, Nijhuis's "spirited and engaging" account documents "the changes of heart that changed history" (Dan Cryer, *The Boston Globe*).

Nijhuis describes the vital role of scientists and activists, reveals the origins of vital organisations, explores current efforts to protect species and confronts the darker side of modern conservation. As the destruction of other species continues and the effects of climate change wreak havoc on our world, *Beloved Beasts* charts the ways conservation is a movement for the protection of all species, including our own.

- Winner of the Sierra Club's 2021 Rachel Carson Award.

April | £12.99 | ISBN 978 0 393 88243 8 | 352pp | 210 x 140mm



- **ROY RICHARD GRINKER** is a professor of anthropology and international affairs at the George Washington University. He is the author of several books, including *Unstrange Minds: Remapping the World of Autism*.
- A UK paperback original.

## Nobody's Normal

How Culture Created the Stigma of Mental Illness

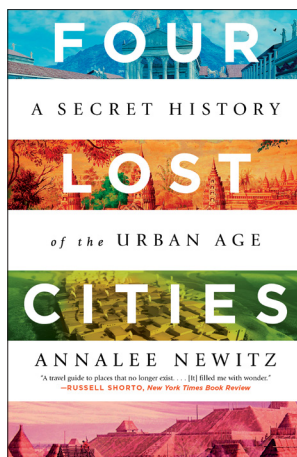
Roy Richard Grinker

**"...a compassionate, well-researched chronicle of the historical stigmatisation of mental illness. Since 'normal' is a social construct, why can't we change it?"—Ruth Ozeki, *The Guardian*, Best Books of 2021**

*Nobody's Normal* argues that mental-illness stigma is a social process that can be explained through cultural history, that we learn from within our communities and that we have the power to change. Drawing on cutting-edge science, historical archives and cross-cultural research, Roy Grinker takes readers on an international journey to discover the origins of, and variances in, our response to neurodiversity. Eye-opening and hopeful, *Nobody's Normal* explains how we are transforming mental illness and offers a path to end the shadow of this stigma.

"A rich history... *Nobody's Normal* shows how a society's needs and prejudices shape how it deals with mental illness..."—Virginia Hughes, *The New York Times Book Review*

May | £13.99 | ISBN 978 1 324 02013 4 | 448pp | 152 x 229mm



## Four Lost Cities

A Secret History of the Urban Age

Annalee Newitz

**A quest to explore some of the most spectacular ancient cities in human history—and work out why people abandoned them**

"[A]n astounding reflection on the rise and fall of civilisations, on the ancient human need to cluster together in our version of burrows and ant heaps."—Nilanjana Roy, *Financial Times*

"The stories behind *Four Lost Cities*... show the importance of the deep history of urban life for our near future."—The Best Science Books to Read in 2021, *New Scientist*

February | £12.99 | ISBN 978 0 393 88245 2 | 320pp | 210 x 140mm | 4 maps

## Germany

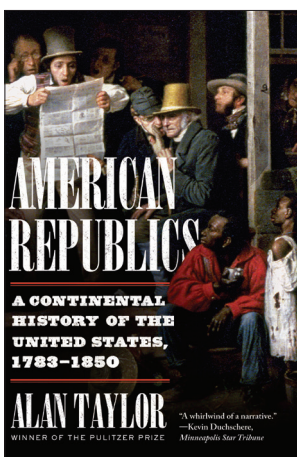
A Nation in Its Time: Before, During, and After Nationalism, 1500–2000

Helmut Walser Smith

**The first major history of Germany in a generation, a work that presents a five-hundred-year narrative that challenges our traditional perceptions of Germany's conflicted past**

Combining poignant prose with an historian's rigour, and featuring rich illustrations and original maps, *Germany* redefines our understanding of the country for the twenty-first century.

April | £16.99 | ISBN 978 1 324 09154 7 | 608pp | 235 x 156mm | 80 illustrations  
A Liveright book



## American Republics

A Continental History of the United States, 1783–1850

Alan Taylor

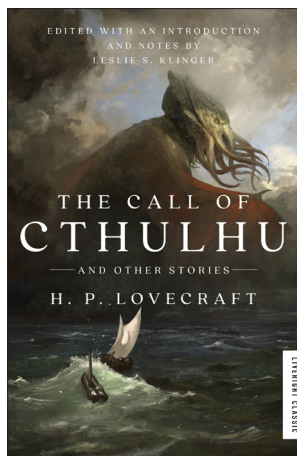
**From a Pulitzer Prize-winning historian, the powerful story of a precarious United States as it expands across a contested continent**

"Stimulating... *American Republics* succeeds admirably."—David S. Reynolds, *The New York Times Book Review*

"[Alan Taylor's] book is written in clear, readable prose designed for readers with little or no prior knowledge of the period, and the work has touches of wokeness, which helps to fit it nicely into this extraordinary moment in our history."—Gordon S. Wood, *The Wall Street Journal*

June | £13.99 | ISBN 978 1 324 02180 3 | 544pp | 239 x 163 mm | 35 illustrations





- **H.P. LOVECRAFT** (1890–1937) is regarded as the most influential twentieth-century American author of weird fiction. **LESLIE S. KLINGER** is the award-winning editor of among other titles, *The New Annotated H.P. Lovecraft, Volume I* (ISBN 978 0 87140 453 4) and *//* (ISBN 978 1 63149 263 1).

## The Call of Cthulhu And Other Stories

H.P. Lovecraft

Edited by Leslie S. Klinger

**The essential literary collection of H.P. Lovecraft's ten finest short stories, from the celebrated editor of *The New Annotated H.P. Lovecraft***

Devoured by the Lovecraftian community and general readers alike, Leslie S. Klinger's best-selling *The New Annotated H.P. Lovecraft, Volumes I* and *II* were hailed as classics of the genre. Now Klinger returns with the ideal annotated primer for readers looking for scare.

In "Dagon", the terrifying idea of an unknown being at the bottom of the ocean is introduced; in "The Call of Cthulhu", the horror spreads beyond the sea. The iconic "Rats in the Walls" relates a journey into the depths of a haunted house and mind, while "The Outsider" is a tale that will make the reader question everything. *The Call of Cthulhu* is indispensable for anyone looking to experience a master at the height of his craft.

- A paperback original.

April | £12.99 | ISBN 978 1 63149 839 8 | 480pp | 210 x 140mm  
11 black-and-white photographs | A Liveright book



- **RHEA EWING** (they/them) is a comic illustrator and fine artist who graduated from University of Wisconsin–Madison with a BFA in drawing and printmaking. They currently live in California, taking artistic inspiration from the state's diverse landscapes.

## Fine A Comic about Gender

Rhea Ewing

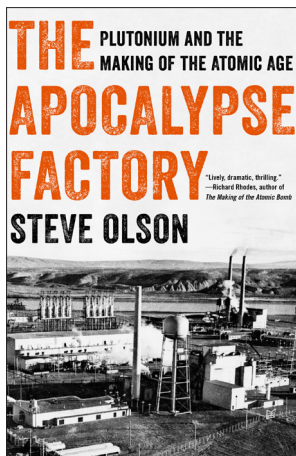
**Graphic artist Rhea Ewing celebrates the diversity of experiences within the transgender community with this vibrant and revealing debut**

As Rhea Ewing neared university graduation in 2012, they became consumed by the question: What is gender? This obsession sparked a quest in their Midwest town, where they approached friends and strangers for interviews to turn into comics. A decade later, their project has exploded into a fantastical and informative portrait of a vast community spread across America. Their questions invited deep and honest accounts of adolescence, taking hormones, changing pronouns—and how these experiences can differ depending on culture, race and religion.

Amidst beautifully rendered scenes emerges Ewing's own visceral story, grappling with their identity as a teenager and ultimately finding themselves through art—and by creating something this *fine*.

- A paperback original.

April | £14.99 | ISBN 978 1 6314 9680 6 | 336pp | 235 x 156mm  
Two colour throughout | A Liveright book



## The Apocalypse Factory

Plutonium and the Making of the Atomic Age

Steve Olson

**A thrilling narrative of scientific triumph, decades of secrecy and the unimaginable destruction wrought by the creation of the atomic bomb**

Fearing that the Germans would be the first to weaponise the atom, the United States found a way to create a nuclear chain reaction of inconceivable explosive power. Far from prying eyes, the Hanford nuclear facility was built to produce the new material that would fuel atomic bombs. *The Apocalypse Factory* offers a new generation this dramatic story of human achievement and ultimately, of lethal hubris.

February | £13.99 | ISBN 978 0 393 86835 7 | 352pp | 211 x 140mm | 32 illustrations

## A Man at Arms

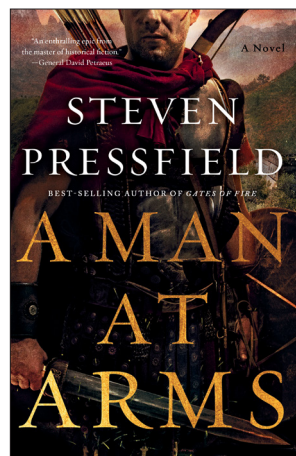
A Novel

Steven Pressfield

**From the acclaimed master of historical fiction comes an epic saga about a reluctant hero, the Roman Empire and the rise of a new faith**

In the turbulent aftermath of the crucifixion of Jesus, officers of the Roman Empire acquire intelligence of a pilgrim bearing an incendiary letter that could bring down the empire. The Romans hire Telamon of Arcadia, to intercept the letter and capture its courier. But something happens that neither Telamon nor the empire could have predicted.

May | £12.99 | ISBN 978 0 393 88239 1 | 336pp | 210 x 140mm



## Hold Fast

A Novel

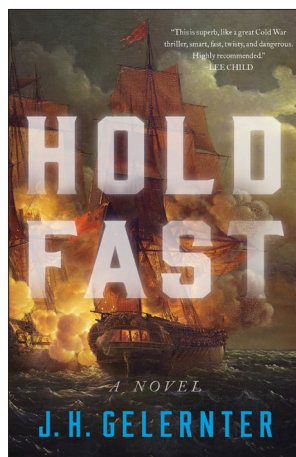
J.H. Gelernter

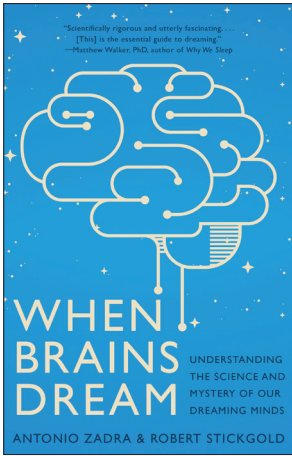
**A desperate sea battle, a fortune risked on the turn of a card and a duel at dawn with the loser—Patrick O'Brian meets James Bond**

The Napoleonic Wars are raging and His Majesty's Secret Service has lost its best agent, Thomas Grey. Grey is approached with an offer to sell-out Britain's spy network to France. The French take Grey for a disgruntled ex-naval officer, unaware that Grey lost his wife to French cannon fire.

"This is superb, like a great Cold War thriller, smart, fast, twisty and dangerous. Highly recommended."—Lee Child

April | £9.99 | ISBN 978 0 393 88247 6 | 256pp | 210 x 140mm





## When Brains Dream

Understanding the Science and Mystery of Our Dreaming Minds

Antonio Zadra & Robert Stickgold

**A comprehensive, eye-opening exploration of what dreams are, where they come from, what they mean and why we have them**

"...Bob and Tony have an answer to a problem that's been puzzling people for 200 years: why do we dream?"—*The Spectator*

"Fascinating... *When Brains Dream* steers a reasonable and broad-minded course between the many interpretive whirlpools that have swallowed previous explorers of dreams."—*The Washington Post*

March | £12.99 | ISBN 978 1 324 02029 5 | 336pp | 210 x 140mm | 17 illustrations

## The Joy of Sweat

The Strange Science of Perspiration

Sarah Everts

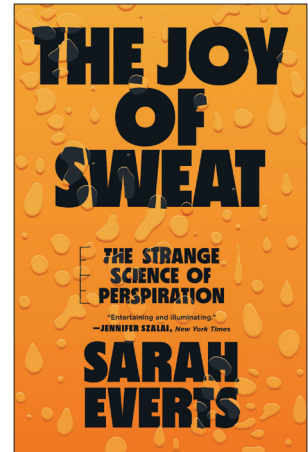
**A taboo-busting romp through the shame, stink and strange science of sweating**

"...fun, entertaining and full of interesting facts, whatever your levels of hidrosis."—Simon Humphreys, *The Daily Mail*

"...well-researched, zesty study."—Andrew Robinson, *Nature*

"...a fascinating account of an involuntary bodily function that turns out to be as unique as a fingerprint."—Irina Dumitrescu, *Times Literary Supplement*

July | £11.99 | ISBN 978 1 324 02206 0 | 304pp | 229 x 152mm | 10 illustrations



## The Beauty of Living

E.E. Cummings in the Great War

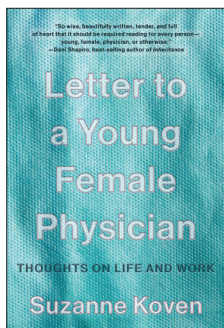
J. Alison Rosenbilt

**An incisive biography of E.E. Cummings' early life, including his First World War ambulance service and imprisonment, inspirations for his poetry**

Probing an underexamined yet formative time in the poet's life, this deeply researched account illuminates E.E. Cummings's ideas about love, justice, humanity and brutality. J. Alison Rosenbilt weaves together letters, journal entries and sketches with analyses of poems that span Cummings' career.

January | £17.99 | ISBN 978 0 393 86831 9 | 368pp | 229 x 178mm  
16 pages of illustrations





## Letter to a Young Female Physician

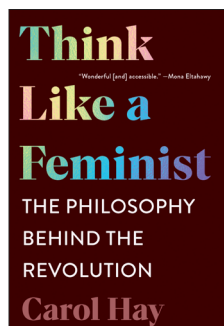
Thoughts on Life and Work

Suzanne Koven

**A poignant and funny exploration of authenticity in work and life by a woman doctor**

"...rueful and delightful... [*Letter to a Young Female Physician*] is a warm and wry epistle, the endless and near-perfect email you wish your mother, your mentor and your therapist would sit down and type out together."—*The Wall Street Journal*

June | £11.99 | ISBN 978 1 324 02190 2 | 320pp | 210 x 140mm



## Think Like a Feminist

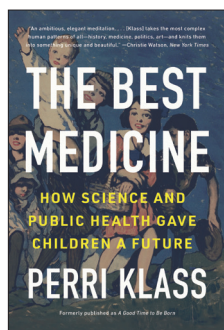
The Philosophy Behind the Revolution

Carol Hay

**An audacious and accessible guide to feminist philosophy—its origins, its key ideas and its latest directions**

Ferocious, insightful, practical and opinionated, this is the perfect book for anyone who wants to understand the continuing effects of misogyny in society.

April | £8.99 | ISBN 978 1 324 02027 1 | 240pp | 184 x 114mm



## The Best Medicine

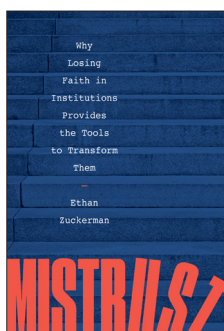
How Science and Public Health Gave Children a Future

Perri Klass

**The fight against child mortality that transformed parenting, doctoring and the way we live**

"An ambitious, elegant meditation... [Klass] takes the most complex human patterns of all—history, medicine, politics, art—and knits them into something unique and beautiful."—Christie Watson, *The New York Times*

June | £13.99 | ISBN 978 0 393 88238 4 | 384pp | 210 x 140mm



## Mistrust

Why Losing Faith in Institutions Provides the Tools to Transform Them

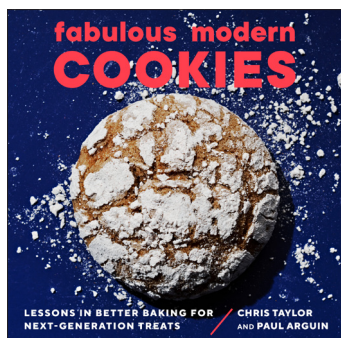
Ethan Zuckerman

**The rise of mistrust is provoking a crisis for representative democracy—solutions lie in the endless creativity of social movements**

For those looking for new ways to make change, *Mistrust* offers a lens for understanding civic engagement that focuses on efficacy.

June | £12.99 | ISBN 978 1 324 02075 2 | 304pp | 210 x 140mm





May | £17.99 | ISBN 978 1 6826 8659 1  
240pp | 203 x 203mm  
100 colour photographs  
A Countryman Press book

## Fabulous Modern Cookies

Lessons in Better Baking for Next-Generation Treats

Paul Arguin and Chris Taylor

**With bolder-than-ever flavours and spectacularly scientific techniques, the American “cookie” has never been more fabulous**

Chris Taylor and Paul Arguin bring fresh perspective and heaps of creativity to everything they bake. Combining their passion for baking with their professional backgrounds as scientists, here they apply new methods and rationales for ingredient pairings. Reinventing America’s most traditional handheld dessert, they offer 100 reliable and exciting recipes that are sure to impress.

- A paperback original.

## The Cayenne & Cocoa Companion

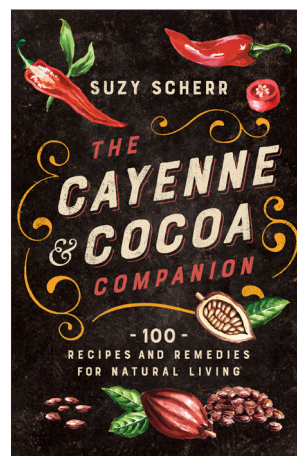
100 Recipes and Remedies for Natural Living

Suzy Scherr

**Flavourful fun, healthy fixes and DIY tricks make cayenne and cocoa the perfect pantry pair**

Whether it’s maximising flavour, saving money or spicing up your beauty routine, Suzy Scherr finds the solution in a trip to the kitchen. Cocoa powder and cayenne pepper are classic flavour resources that pack a host of holistic health benefits. Whatever the craving or problem, Scherr delivers homespun advice and simple sources of help found at home.

March | £11.50 | ISBN 978 1 68268 632 4 | 224pp | 229 x 152mm | 75 photographs  
A Countryman Press book



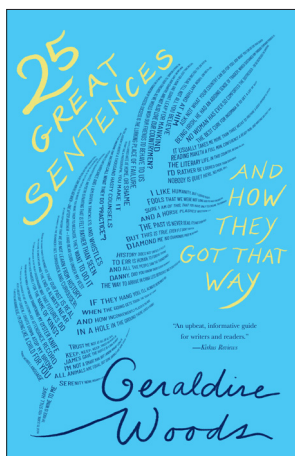
## 25 Great Sentences and How They Got That Way

Geraldine Woods

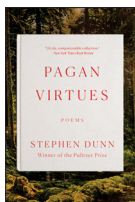
**A guide to the artistry that lifts a sentence from good to great**

The classroom definition of a sentence doesn’t begin to describe the ways in which the elements can combine to resonate with us as we read, to make us stop and think, laugh or cry. In *25 Great Sentences and How They Got That Way*, master teacher Geraldine Woods unpacks powerful examples of what she defines as “the smallest element differentiating one writer’s style from another’s, a literary universe in a grain of sand.”

June | £12.99 | ISBN 978 393 88237 7 | 336pp | 210 x 140mm







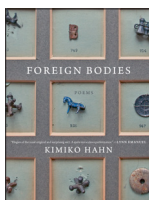
## Pagan Virtues

Poems

Stephen Dunn

**"A sly, companionable collection" (*The New York Times Book Review*)**

January | £12.99 | ISBN 978 0 393 86844 9 | 112pp | 210 x 140mm



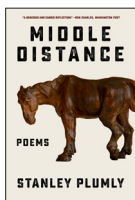
## Foreign Bodies

Poems

Kimiko Hahn

**A shapeshifting volume from "one of the most fascinating female poets of our time" (*BOMB*)**

April | £12.99 | ISBN 978 0 393 88244 5 | 128pp | 210 x 140mm



## Middle Distance

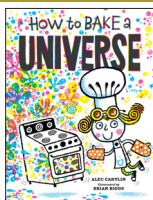
Poems

Stanley Plumly

**A probing and commanding final volume from a master poet facing his own mortality**

March | £12.99 | ISBN 978 0 393 88249 0 | 96pp | 210 x 140mm

### NORTON YOUNG READERS



## How to Bake a Universe

Alec Carvlin

*Illustrated by Brian Biggs*

**This debut picture book takes a leaf from cookbooks to show how the universe came to be**

April | £12.99 | ISBN 978 1 324 00423 3 | 56pp | 254 x 191mm

### TILBURY HOUSE BOOKS



## This or That?

A Story About Choosing

Kell Andrews

*Illustrated by Hector Borlasca*

**Humour is infused in this instructive story about making decisions**

April | £9.99 | ISBN 978 0 88448 871 2 | 32pp | 280 x 230mm



## Not a Cat

A Memoir

Winter Miller

*Illustrated by Danica Novgorodoff*

**A funny story with a powerful message of self-determination for young children**

April | £9.99 | ISBN 978 0 88448 879 8 | 280 x 230mm



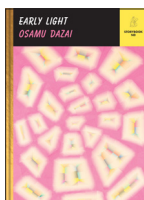
## Spadework for a Palace

László Krasznahorkai

*Translated by John Batki*

**A joyful ode to the interconnectedness of great (and mad) minds**

July | £12.99 | ISBN 978 0 8112 2840 4 | 80pp | 235 x 171mm



## Early Light

Osamu Dazai

*Translated by Donald Keene & Ralph McCarthy*

**Early Light gathers three tales by the author of the wildly popular *No Longer Human***

July | £12.99 | ISBN 978 0 8112 3198 5 | 64pp | 235 x 171mm



## The Famous Magician

César Aira

*Translated by Chris Andrews*

**A devil's bargain: will the writer give up reading books in exchange for total world domination?**

July | £11.99 | ISBN 978 0 8112 2889 3 | 48pp | 235 x 171mm



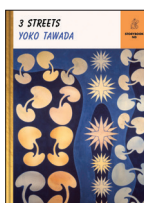
## The Woman Who Killed the Fish

Clarice Lispector

*Translated by Benjamin Moser*

**Four beguiling tales for children—a surprising new facet of Clarice Lispector's genius**

July | £12.99 | ISBN 978 0 8112 2960 9 | 80pp | 235 x 171mm



## 3 Streets

Yoko Tawada

*Translated by Margaret Mitsutani*

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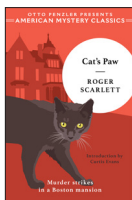


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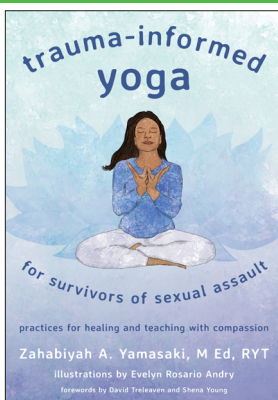
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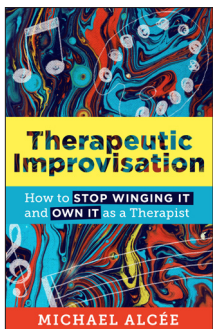
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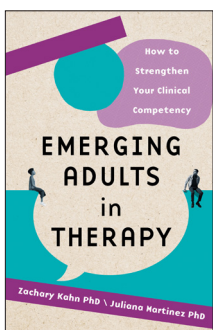
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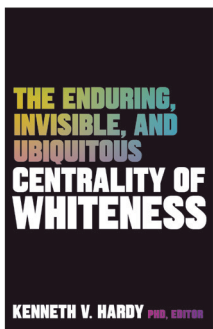
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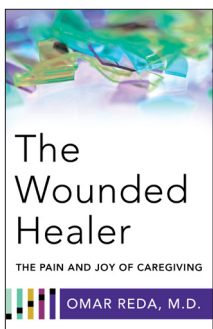
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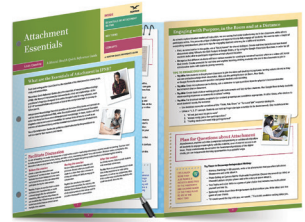
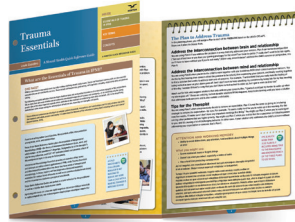
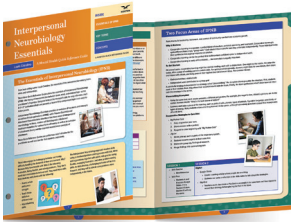
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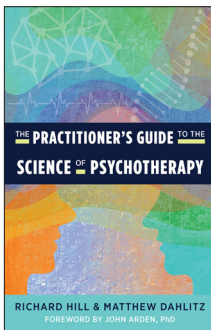
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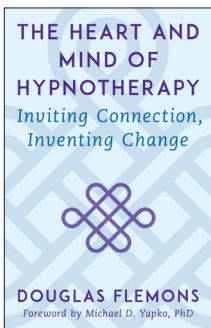
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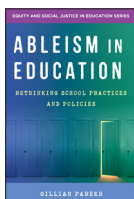
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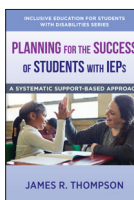
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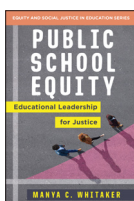
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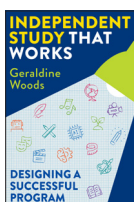
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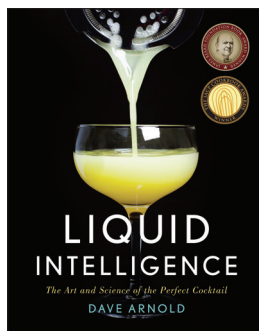
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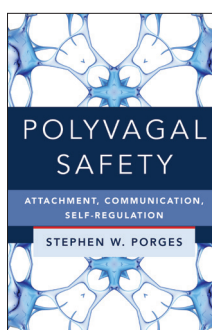
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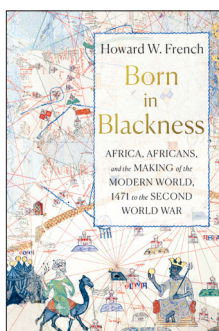


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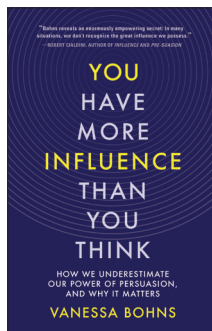


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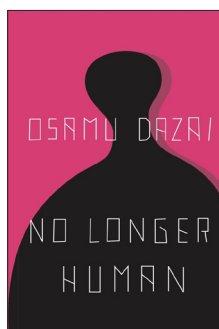
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