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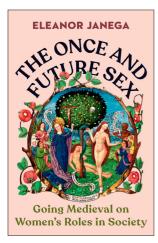
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 ELEANOR JANEGA teaches medieval and early modern history at the London School of Economics. She is the creator of the popular blog Going Medieval and author of The Middle Ages: A Graphic History.

The Once and Future Sex

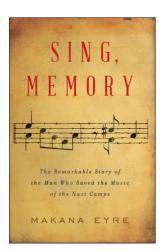
Going Medieval on Women's Roles in Society Eleanor Janega

A vibrant and illuminating exploration of medieval thinking on women's beauty, sexuality and behaviour

What makes for the ideal woman? How should she look, love and be? In this high-spirited history, medievalist Eleanor Janega unfurls the era's ideas about women. Some of these attitudes were not new to the time: beauty ideals of the Middle Ages, for instance, rested on the mythical and unparalleled Helen of Troy. Janega explores the paradox of real women being expected to look like goddesses while attention to appearance was denigrated as vanity by medieval Christian philosophers. Such men also cast Eve's shadow over contemporary women, deriding them as oversexed sinners, inherently lustful and weak. This era marked the cultural relegation of women to motherhood but Janega shows that despite these expectations, medieval women were industrious farmers, brewers, textile workers, artists and artisans, paving the way for new ideas about women's nature, intellect and ability.

March | £22.00 | ISBN 978 0 393 86781 7 | 272pp | 152 x 229mm | 11 illustrations





 MAKANA EYRE is a journalist based in Paris, covering politics, the far right and the media, with a focus on Europe. His work has appeared in publications including The Washington Post, The Nation and The Guardian.

Sing, Memory

The Remarkable Story of the Man Who Saved the Music of the Nazi Camps

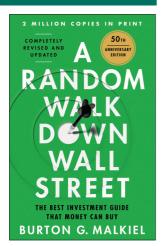
Makana Eyre

A Polish musician, a Jewish conductor, a secret choir and the rescue of a trove of music from the Sachsenhausen concentration camp

On an October night in 1942, SS guards at Sachsenhausen violently disbanded a rehearsal of a secret Jewish choir led by conductor Rosebery d'Arguto. Only one of its members lived through the Holocaust. Yet their story survives, thanks to an amateur musician, Aleksander Kulisiewicz.

In Sing, Memory, Makana Eyre recounts Kulisiewicz's transformation from a Polish nationalist into a guardian of music and culture from the Nazi camps. Aided by an eidetic memory, Kulisiewicz preserved for posterity not only his own songs about life at the camp, but the music and poetry of dozens of other prisoners. Drawing on extensive archival research, Eyre tells this rich and affecting human story of musical resistance to the Nazi regime in full for the first time.

June | £27.99 | ISBN 978 0 393 53186 2 | 352pp | 152 x 229mm | 8 pages of illustrations



 BURTON G. MALKIEL is the Chemical Bank Chairman's Professor of Economics Emeritus at Princeton University. He is a former member of the Council of Economic Advisers and dean of the Yale School of Management.

A Random Walk Down Wall Street

The Best Investment Guide That Money Can Buy

Burton G. Malkiel
Thirteenth Edition

One of the "few great investment books" ever written, with two million copies in print

In times of increasing inequality and misinformation, Burton G. Malkiel's gimmick-free investment guide is more necessary than ever. Whether you're considering your first investment or contemplating retirement, the 50th-anniversary edition of A Random Walk Down Wall Street offers invaluable guidance. Malkiel shows why an individual who saves consistently over time and buys a diversified set of index funds can achieve above-average results. He provides critical analyses of cryptocurrencies, NFTs and "meme stocks". He shows how to be a tax-smart investor and analyses the recently popular investment management techniques. Investors of every age, experience level and risk tolerance will find guidance on how to protect and grow their money. Malkiel's reassuring and informative volume remains the best investment guide money can buy.

February | £25.00 | ISBN 978 1 324 05113 8 | 432pp | 156 x 235mm



How to Make It in the New Music Business Practical Tips on Building a Loyal Following and Making a Living as a Musician Ari Herstand "Indispensable." -Forbes

 ARI HERSTAND is a musician who has been featured in countless TV shows, commercials and films. He is the CEO of the music business education company Ari's Take and the host of the Webby Award—winning podcast New Music Business. He currently fronts the funk band Brassroots District.

How to Make It in the New Music Business

Practical Tips on Building a Loyal Following and Making a Living as a Musician

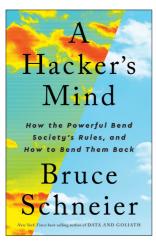
Third Edition

Ari Herstand

The "indispensable" guide (Forbes) returns in this significantly revised and expanded third edition

How to Make It in the New Music Business, since its first publication in 2016, has become the go-to resource for musicians eager to make a living in a turbulent industry. Widely adopted by ambitious individuals and music schools across the world, this essential work has inspired tens of thousands of aspiring artists to stop waiting around for that "big break" and take matters into their own hands. This edition offers a timeless must-have for anyone hoping to navigate the increasingly complex yet advantageous landscape that is the modern music business.

February | £27.99 | ISBN 978 1 324 09186 8 | 608pp | 178 x 235mm



BRUCE SCHNEIER, a renowned security technologist, called a "security guru" by The Economist is the author of The New York Times bestseller Data and Goliath (ISBN 978 0 393 35217 7) and Click Here to Kill Everybody (ISBN 978 0 393 35744 8), he teaches at the Harvard Kennedy School.

A Hacker's Mind

How the Powerful Bend Society's Rules, and How to Bend Them Back

Bruce Schneier

It's not just computers—hacking is everywhere

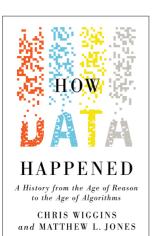
A hack is a means of subverting a system's rules in unintended ways. The tax code is a series of complex formulas which has vulnerabilities we call "loopholes", exploited as "tax avoidance strategies". There is an industry of "black hat" hackers who find loopholes in the tax code.

In A Hacker's Mind, Bruce Schneier analyses the systems that underpin our society. He reveals an array of powerful actors whose hacks bend our economic, political and legal systems to their advantage. When artificial intelligence starts thinking like a hacker—at inhuman speed and scale—the results could be catastrophic.

For those who would don the "white hat", we can understand the hacking mindset and rebuild our systems to counter those who would exploit society. And we can harness artificial intelligence to improve existing systems, and predict and defend against hacks.

March | £23.99 | ISBN 978 0 393 86666 7 | 352pp | 152 x 229mm





 CHRIS WIGGINS is an associate professor of applied mathematics at Columbia University and The New York Times's chief data scientist.
 MATTHEW L. JONES is a professor of history at Columbia University and has been a Guggenheim Fellow.

How Data Happened

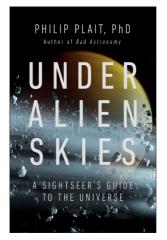
A History from the Age of Reason to the Age of Algorithms Chris Wiggins and Matthew L. Jones

A sweeping history of data and its technical, political and ethical impact on our world

From facial recognition to automated decision systems, each of us moves through a world determined by data-empowered algorithms. But these technologies didn't just appear: they are part of a history that goes back centuries, from the birth of eugenics in Victorian Britain to the development of Google search.

Expanding on a popular course they created at Columbia University, Chris Wiggins and Matthew Jones illuminate the ways in which data has long been used as a tool and a weapon in arguing for what is true, as well as a means of rearranging or defending power. By understanding the trajectory of data—where it has been and where it might yet go—Wiggins and Jones argue that we can understand how it bends it to ends that we collectively choose, with intentionality and purpose.

May | £23.99 | ISBN 978 1 324 00673 2 | 336pp | 152 x 229mm | 8 photographs



 PHIL PLAIT is an astronomer, sci-fi dork, TV documentary talking head, and all-round science enthusiast. The author of Bad Astronomy and Death from the Skies!, Plait writes the Bad Astronomy blog for SYFY.com.

Under Alien Skies

A Sightseer's Guide to the Universe Phil Plait

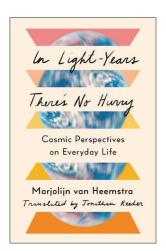
A rip-roaring tour of the cosmos with the Bad Astronomer, revealing the sky as never seen before—from everywhere but Earth

How would Saturn's rings look from a spaceship sailing just above them? If you were falling into a black hole, what's the last thing you'd see before your spaghettification?

Faster-than-light travel may never be invented but we can still take the scenic route through the universe with renowned astronomer and science communicator Philip Plait. On this lively, immersive adventure through the cosmos, Plait draws on the latest scientific research to transport readers to ten spectacular sites, from our own Moon to the outer reaches of our solar system and far beyond. Whether strolling through a dust storm under Mars' butterscotch sky, witnessing the birth of a star or getting dizzy in a technicolour nebula, Plait is an illuminating, entertaining guide to the most otherworldly views in our universe.

June | £23.99 | ISBN 978 0 393 86730 5 | 320pp | 152 x 229mm 14 black-and-white illustrations; 8 page full-colour insert





 MARJOLIJN VAN HEEMSTRA is a poet, novelist, playwright and space reporter for De Correspondent. She is the award-winning author of three collections of poetry and a novel. JONATHAN REEDER is a literary translator of contemporary Dutch and Flemish fiction and non-fiction.

In Light-Years There's No Hurry

Cosmic Perspectives on Everyday Life

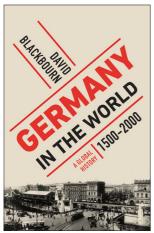
Marjolijn van Heemstra

Translated by Jonathan Reeder

How seeing Earth through the eyes of an astronaut brings new wonder and meaning to life on our planet

One restless summer, anxious and dismayed by mounting crisis and conflict on Earth, Marjolijn van Heemstra learns of a phenomenon known as the overview effect. Experienced by many astronauts when beholding our planet from the remoteness of space, it's a permanent shift in consciousness—an overwhelming sense of wholeness and connection with humanity and the planet. In Light-Years There's No Hurry is the account of van Heemstra's year-long quest to experience the overview effect on Earth. Contemplating the solace a cosmic perspective offers in our frenetic, divided world, In Light-Years There's No Hurry is a lyrical, searching meditation on what it is to be human amidst the vastness of the universe.

July | £21.99 | ISBN 978 1 324 03569 5 | 160pp | 140 x 211mm



 DAVID BLACKBOURN is the Cornelius Vanderbilt Distinguished Chair of History at Vanderbilt University. He is the author of seven books.

Germany in the World

A Global History, 1500-2000 David Blackbourn

Brilliantly conceived and majestically written, this monumental work recasts the five-hundred-year history of Germany

In Germany in the World, David Blackbourn radically revises conventional narratives of German history, demonstrating the existence of a distinctly German presence in the world centuries before its unification, revealing a national identity far more complicated than previously imagined. Blackbourn traces Germany's evolution from the Holy Roman Empire of 1500 to a colonial power to a twenty-first-century beacon of democracy. Viewed through a global lens, familiar landmarks of German history are transformed, while others are unearthed and explored, as Blackbourn reveals Germany's role in creating modern universities and its involvement in slave-trade economies. A global history, Germany in the World is a bold and original account that upends the idea that a nation's history should be written as though it took place entirely within its borders.

July | £40.00 | ISBN 978 1 63149 183 2 | 832pp | 156 x 235mm 35 illustrations; 5 maps | A Liveright book



COLD PEACE MICHAEL DOYLE

MICHAEL DOYLE is a University Professor of Columbia University appointed in the School of International and Public Affairs, the Law School and the Political Science Department. He is the author of Ways of War and Peace (ISBN 978 0 393 96947 4).

Cold Peace

Avoiding the New Cold War Michael W. Doyle

An urgent examination of the world barrelling towards a new Cold War

With an historian's eye and a theorist's ingenuity, Michael Doyle, whose writings on liberal peace have revolutionised modern statesmanship, cogently assesses the tectonic shifts threatening the global order. As tensions among China, Russia and the US escalate perilously towards a new Cold War, Doyle introduces a radical paradigm that will facilitate the international co-operation.

Combining dramatic history with trenchant analysis and landmark theory, Doyle explores the impacts of cyberwarfare, foreign election meddling and the unprecedented schism of modern politics on American foreign policy. He demonstrates that there can be no success in addressing climate change without China's co-operation, nor any hope of averting nuclear catastrophe without Russia's. *Cold Peace* provides one of the most necessary analyses of global power in decades.

June | £23.99 | ISBN 978 1 63149 606 6 | 288pp | 152 x 229mm | 1 table A Liveright book



JOAQUIM MARIA MACHADO DE ASSIS
 was born in Rio de Janeiro and, along
 with seven short-story collections,
 wrote such landmark novels as
 Quincas Borba and The Alienist.

Dom Casmurro

A Novel

Joaquim Maria Machado de Assis

Translated by Margaret Jull Costa and Robin Patterson

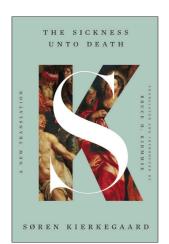
A masterpiece of realism, Machado de Assis's *Dom Casmurro* probes the mind of a distrustful husband with delusions of grandeur

Hailed as "the greatest writer ever produced in Latin America" (Susan Sontag), Machado's genius is on full display in this fresh translation of the 1899 classic *Dom Casmurro*. In his supposed memoir, Bento Santiago, an engaging yet unreliable narrator, suspects his wife, Capitu, of having an affair with his closest friend. Withdrawn and obsessive, our antihero mines the origins of their love story. A gripping domestic drama brimming with Machado's signature humour, this is another stunningly modern tale from the progenitor of twentieth-century fiction.

MARGARET JULL COSTA and ROBIN PATTERSON's critically acclaimed translations
of Posthumous Memoirs of Brás Cubas (ISBN 978 1 324 09050 2) and The
Collected Stories of Machado de Assis (ISBN 978 0 87140 496 1) introduced a new
generation of readers to one of Brazil's most ground-breaking authors.

July | £23.99 | ISBN 978 1 324 09070 0 | 288pp | 140 x 210mm | A Liveright book





SØREN KIERKEGAARD (1813–1855) was a Danish philosopher and theologian. BRUCE H. KIRMMSE, a professor emeritus at Connecticut College, has published several books and numerous articles on Kierkegaard. His translation of Fear and Trembling (ISBN 978 1 63149 831 2) appeared in 2021.

The Sickness Unto Death

A New Translation

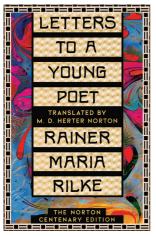
Søren Kierkegaard

Translated by Bruce H. Kirmmse

An impassioned investigation of the self, *The Sickness unto Death*, now newly translated, is a founding document of modern existentialism

First published in 1849 under the pseudonym "Anti-Climacus", Søren Kierkegaard's *The Sickness unto Death* endures as a seminal text in the history of theology and moral philosophy and an essential companion to his earlier works. Beginning with the biblical story of Lazarus, Kierkegaard presents his explication of despair as the "sickness unto death", that is, a sickness not of the body but of the spirit and thus, of the self. A dramatic "medical history" of the course of this sickness, *The Sickness unto Death* culminates in a crisis. Masterfully translated by Bruce H. Kirmmse, this trenchant, explosive inquiry into the human soul spares no one, not even its author.

March | £19.99 | ISBN 978 1 324 09124 0 | 224pp | 140 x 211mm | A Liveright book



RAINER MARIA RILKE (1875–1926) was one of the most acclaimed German-language poets of the twentieth century. M.D.H. NORTON (1894–1985) was a co-founder of W.W. Norton & Company, now the oldest and largest publisher owned wholly by its employees.

Letters to a Young Poet

The Norton Centenary Edition

Rainer Maria Rilke

Translated by M.D. Herter Norton
Foreword by Damion Searls; Afterword by Julia Reidhead

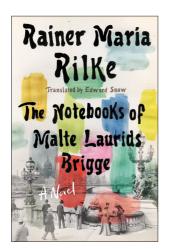
A gorgeous reissue of one of the most beloved classics of the twentieth century, published in celebration of Norton's 100th anniversary

These letters from the poet and mystic Rainer Maria Rilke to a nineteen-year-old cadet and aspiring poet have inspired millions of readers since they were first published in English in 1934. The first and most popular, translator of this work was Mary Dows Herter Norton—a polymath extraordinaire who played a crucial role in elevating Rilke's global reputation.

The Norton Centenary Edition commemorates this extraordinary woman, known as "Polly" to friends and colleagues, and celebrates the 100th anniversary of the publishing company she co-founded. With a foreword by Damion Searls and an afterword by Norton's current president, Julia Reidhead, this handsome new edition brings Rilke's enduring wisdom about life, love and art to a new generation.

June | £16.99 | ISBN 978 1 324 05072 8 | 144pp | 140 x 210mm | 2 illustrations





RAINER MARIA RILKE (1875–1926) was one of the most acclaimed Germanlanguage poets of the twentieth century. A professor of English at Rice University, EDWARD SNOW is the recipient of an American Academy of Arts and Letters Award in Literature for his Rilke translations.

The Notebooks of Malte Laurids Brigge

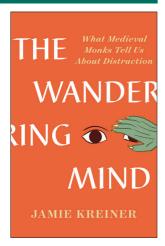
A Novel

Rainer Maria Rilke
Translated by Edward Snow

A revelatory new translation from one of "the most trustworthy and exhilarating of Rilke's contemporary translators" (Michael Dirda, *The Washington Post*)

A ground-breaking masterpiece of early European modernism originally published in 1910, *The Notebooks of Malte Laurids Brigge* reveals a writer metabolising his own experiences to yield stillessential questions about fiction and reality, empathy and psychosis, and—above all—life, love and death. Edward Snow's exquisite translation captures as never before the astonishing cadences and musical clarity of the poet's prose. It reveals *The Notebooks of Malte Laurids Brigge* as an urgent contemporary achievement, more than one hundred years after it was written.

January | £19.99 | ISBN 978 0 393 88208 7 | 256pp | 147 x 218mm



 JAMIE KREINER is a professor of history at the University of Georgia. Her work has been awarded prizes from organisations such as the Medieval Academy of America and the American Society for Environmental History.

The Wandering Mind

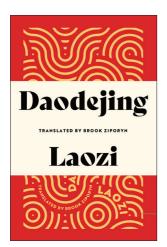
What Medieval Monks Tell Us About Distraction Jamie Kreiner

How Christian monks identified distraction as a fundamental challenge—and how their efforts to defeat it can inform ours

It is easy to imagine that our state of distractedness is peculiar to the digital age but distraction has been a concern in every era—perhaps never more so than for Christian monks living in Ireland, Iran and the places in between, from 300 to 900 CE. Though they left the world for lives of seclusion, monks struggled to concentrate and they came to perceive distraction as a fundamental problem of consciousness. As Jamie Kreiner reveals in *The Wandering Mind*, we are obsessed with distraction today in large part because they were. Exploring the techniques monks developed in their quest to clear their heads, Kreiner demonstrates that their insights can be useful to us now. Blending history and psychology, *The Wandering Mind* is a witty, illuminating account of human fallibility that bridges a distant era and our own.

February | £23.99 | ISBN 978 1 63149 805 3 | 304pp | 152 x 229mm | A Liveright book





 BROOK ZIPORYN is Mircea Eliade Professor of Chinese Religion, Philosophy and Comparative Thought in the Divinity School at the University of Chicago. His translation of Zhuangzi: The Complete Writings was published in 2020.

Daodejing

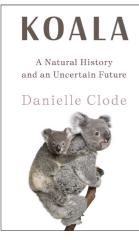
Laozi

Translated by Brook Ziporyn

A transformative new edition of Taoism's central text that overturns its reputation for calming, gnomic wisdom, revealing instead a work of "philosophical dynamite"

Grounded in a lifetime of research and interpretive work and informed by careful study of recent archaeological discoveries of alternate versions of the text, Brook Ziporyn, one of the pre-eminent explicators of Eastern religions in English, brings us a revelatory new translation—and a radical reinterpretation—of the central text of Taoist thought. Ziporyn offers an alternative to the overly comforting tone of so many translations, revealing instead the electrifying strangeness and explosively unsettling philosophical implications of this famously ambiguous work. In Ziporyn's hands, this is no mere "wisdom book" of anodyne affirmations or mildly diverting brain-teasers—this path-breaking *Daodejing* will forever change how the text is read and understood in the West.

March | £22.99 | ISBN 978 1 324 09247 6 | 192pp | 140 x 211mm | A Liveright book



DANIELLE CLODE is a biologist and an award-winning author. Her books include Killers in Eden, Voyage to the South Seas, and The Wasp and the Orchid, which was short listed for Ausralia's National Biography Award. She lives in the Adelaide Hills, South Australia.

Koala

A Natural History and an Uncertain Future
Danielle Clode

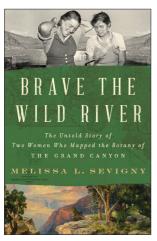
"An insightful book that deepens our understanding of this fascinating animal."—Peter Wohlleben, author of *The Hidden Life of Trees*

Koalas regularly appear in Danielle Clode's backyard but when a threatening bush fire turned her attention to them, she realised there was a lot to learn about these popular-yet-enigmatic animals. So she embarked on a journey through evolutionary biology, natural history and ecology to understand where they had come from and what their future holds.

Starting with fossils of ancient giant koalas, including unexpected new findings, she explores why this species is the lone survivor of a oncediverse family of Australian marsupials. In vivid, descriptive prose, she investigates their characters and physiology, from pouches to gut bacteria. Now, as koalas are in danger from environmental destruction and wildfires, Clode reflects on how we can protect this iconic and beloved species and the distinctive trees they depend on.

March | £19.99 | ISBN 978 1 324 03683 8 | 336pp | 152 x 229 mm | 2 maps





 MELISSA L. SEVIGNY is a science journalist at KNAU (Arizona Public Radio). She has worked in water policy, sustainable agriculture and space exploration and is the author of Under Desert Skies and Mythical River.

Brave the Wild River

The Untold Story of Two Women Who Mapped the Botany of the Grand Canyon

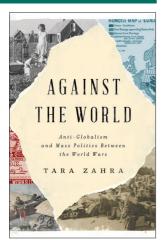
Melissa L. Sevigny

The riveting tale of two pioneering botanists and their historic boat trip down the Colorado River through the Grand Canyon

In the summer of 1938, Elzada Clover and Lois Jotter set off down the Colorado River, accompanied by an ambitious expedition leader and three amateur boatmen. The Colorado River was famed as the most dangerous river in the world but for Clover and Jotter, it held a tantalising appeal: no one had surveyed the Grand Canyon's plants and they were determined to be the first.

Through the vibrant letters and diaries of the two women, Melissa L. Sevigny traces their forty-three-day journey. Their story is a spell-binding adventure of two women who risked their lives to make an unprecedented botanical survey of a little-known area of the American West at a time when human influences had begun to change it forever.

April | £25.99 | ISBN 978 0 393 86823 4 | 304pp | 152 x 229mm | 19 illustrations: 1 map



 TARA ZAHRA is a recipient of a MacArthur Fellowship, a Guggenheim Fellow, and a professor of history at the University of Chicago. She has also recently been elected to the American Academy of Arts and Sciences.

Against the world

Anti-Globalism and Mass Politics Between the World Wars

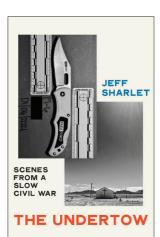
A brilliant, eye-opening work that speaks volumes about today's battles over international trade, immigration, public health and global inequality

Tara Zahra examines how nationalism came to ensnare world politics in the early twentieth century. With the First World War the air went out of the globalist balloon, then the Great Depression amplified a quest for food security in Europe and economic autonomy worldwide. Demands for relief from the instability and inequality linked to globalisation forged democracies and dictatorships alike. Immigration restrictions, and outbursts of hatred of the "other" became the norm—coming to genocidal fruition in the Second World War.

Rich with detail, *Against the World* is a poignant and thorough exhumation of the popular sources of resistance to globalisation. Zahra's arrestingly clear sighted and wide-angled account is essential reading to grapple with our divided present.

March | £28.50 | ISBN 978 0 393 96196 6 | 400pp | 152 x 229mm | 30 illustrations





JEFF SHARLET is a contributing editor for Vanity Fair and best-selling author or editor of seven books. He is the winner of the National Magazine Award for Reporting amongst other honours. He is currently the Frederick Sessions Beebe '35 Professor in the Art of Writing at Dartmouth College.

The Undertow

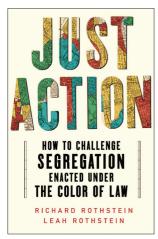
Scenes from a Slow Civil War Jeff Sharlet

One of America's finest reporters and essayists explores the powerful currents beneath the roiled waters of a nation coming apart

In the undertow, the forty-fifth president of the United States, a vessel of conspiratorial fears and fantasies, continues to rise to sainthood, and the insurrectionist Ashli Babbitt, killed on 6 January at the Capital, is beatified as a martyr of white womanhood.

Both political inquiry and mediation, as poetic as it is profound and disturbing, *The Undertow* captures a decade of growing division: roughly 2011–2021. Jeff Sharlet examines currents of gender, faith and money that brought us to the "Trumpocene", and explores a geography of grief and uncertainty in the midst of plague and rising fascism. Beginning and closing with freedom songs of the past whose critique of American failures are nonetheless a vision of American possibility, *The Undertow* is a necessary reckoning with the present, precarious condition.

April | £23.99 | ISBN 978 1 324 00649 7 | 302pp | 152 x 229mm | 43 illustrations



LEAH ROTHSTEIN has more than two decades experience as a consultant to affordable housing developers and local governments, and as a community and union organiser. RICHARD ROTHSTEIN has written widely on educational policy and racial inequality, including The Color of Law.

Just Action

Creating a Movement That Can End Segregation Enacted under the Color of Law

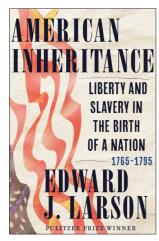
Leah Rothstein & Richard Rothstein

The Color of Law recounted how the American government at all levels created segregation. Just Action describes how to begin to undo it

"The most forceful argument ever published on how federal, state, and local governments gave rise to and reinforced neighbourhood segregation" (William Julius Wilson), *The Color of Law* (ISBN 978 1 63149 453 6) is a landmark work, selling nearly 1,000,000 copies. Aware that twenty-first-century segregation continues to promote inequality and exploit political polarisation, Richard Rothstein paired with Leah Rothstein to write *Just Action*. The co-authors have produced a social blueprint for community leaders, concerned residents and citizens, insisting that the private sector take responsibility for redressing the segregation that it played a large part in creating. *Just Action*, with trenchant insight, provides the groundwork for remedying America's unconstitutional past.

July | £21.99 | ISBN 978 1 324 09324 4 | 288pp | 152 x 229mm 15 black-and-white illustrations | A Liveright book





 EDWARD J. LARSON is the author of many acclaimed works in American history, including the Pulitzer Prize winning Summer for the Gods. He is University Professor of History and Hugh and Hazel Darling Chair in Law at Pepperdine University.

American Inheritance

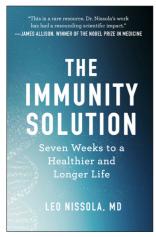
Liberty and Slavery in the Birth of a Nation, 1765-1795 Edward J. Larson

A powerful history that reveals how the twin strands of liberty and slavery were joined in the founding of the United States

New attention from historians and journalists is raising pointed questions about the founding period and we have long needed a history that fully includes Black Americans in the American Revolution and freedom that followed. We have that history in *American Inheritance*.

With slavery thriving in Britain's Caribbean empire and practised in all of the American colonies, the independence movement's calls for liberty proved narrow. Larson's narrative delivers poignant moments that deepen our understanding: we witness New York's tumultuous welcome of Washington as liberator through the eyes of Daniel Payne, a Black man who had escaped enslavement at Mount Vernon. Throughout Larson's brilliant history it is the voices of Black Americans that prove the most convincing of all on the urgency of liberty.

February | £26.99 | ISBN 978 0 393 88220 9 | 416pp | 152 x 229mm | 8 pages of illustrations



LEO NISSOLA is an award-winning immunologist and cancer researcher. He is a former University of Texas MD Anderson Cancer Center Medical Oncology Research Fellow, an intern at Charles First Faculty of Medicine at University Karolinska. He is the Chief Scientific Officer at FirstBio Research.

The Immunity Solution

Seven Weeks to a Healthier and Longer Life Leo Nissola

Optimise the body's natural defences with this essential, sciencebased guide and its simple programme of practical strategies to help support the immune system

Leo Nissola provides an overview of the human body's defences, revealing what can cause problems, how to recognise warning signs and how to fight back. Every day, bacteria, viruses and other germs attack us but we stay healthy most of the time. Nissola explains why improving the body's natural defences should be at the top of our health priorities and details the treatments that researchers are developing to hack the immune system. He explores the latest science on immune-boosting diets, supplements and longevity while debunking myths about antibodies, inflammation and why some people rarely get ill. Featuring a step-by-step programme, this handbook will help readers support their body's defences, ward off ageing and maximise their health.

February | £23.99 | ISBN 978 1 68268 763 5 | 272pp | 152 x 229mm





 PEDRAM NAVAB FAASM is a neurologist and sleep medicine specialist of 15 years. He received a fellowship from the Stanford Sleep Disorders Center and developed his own sleep lab, the Los Angeles Sleep Institute.

Sleep Reimagined

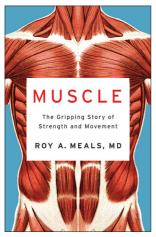
The Fast Track to a Revitalized Life Pedram Navab

Ditch insomnia in as little as four weeks with this six-step therapeutic programme for better sleep

Insomnia looks different for everyone. Whether it's caused by stress, a traumatic life event or even a snoring partner, poor sleep can affect the quality of your waking life. But Pedram Navab wants readers to know that it's not a lost cause—falling asleep can be just as easy as waking up.

In Sleep Reimagined, the six-step CBT-I programme teaches readers how to understand sleep, rewire their arousal system through therapeutic relaxation, practise sleep restriction and stimulus control, restructure attitudes towards sleep, use mindfulness intervention to continue cognitive components and prevent insomnia relapse through planning. Both comprehensive and entertaining, this book is the perfect bedside companion to discover better sleep and better life.

January | £19.99 | ISBN 978 1 68268 711 6 | 192pp | 152 x 229mm



 ROY A. MEALS, MD, is a clinical professor of orthopaedic surgery at UCLA and the author of Bones: Inside and Out (ISBN 978 0 393 86825 8). The author of several medical books, he has practised, researched and taught hand surgery for forty years.

Muscle

The Gripping Story of Strength and Movement Roy A. Meals

An entertaining illustrated deep dive into muscle, from the discovery of human anatomy to the latest science of strength training

Muscle tissue powers every heartbeat, blink, jog, jump and goose pimple. It is the force behind the most critical bodily functions, including digestion and childbirth, as well as extreme feats of athleticism. We can mould our muscles with exercise and observe the results.

In this lively, lucid book, Roy Meals takes us on a wide-ranging journey through anatomy, biology, history and health to unlock the mysteries of our muscles. He breaks down the three different types of muscle—smooth, skeletal and cardiac—and explores major advancements in medicine and fitness. Along the way, he offers insight into the changing aesthetic and cultural conception of muscle and shares fascinating examples of strange muscular maladies and their treatment. Brimming with fun facts and infectious enthusiasm, *Muscle* sheds light on the astonishing, essential tissue that moves us through life.

July | £24.99 | ISBN 978 1 324 02144 5 | 304pp | 152 x 229mm | 90 illustrations





LIZZIE STARK is a participation designer and the author of two nonfiction books, Pandora's DNA and Leaving Mundania. Her writing has been featured in The Washington Post, the Daily Beast, i09 and The Philadelphia Inquirer, amongst other publications.

Egg

A Dozen Ovatures

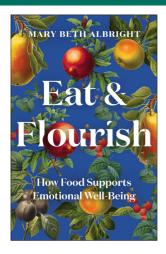
Lizzie Stark

An unconventional history of the world's largest cellular workhorse, from chickens to penguins, art to egg crimes and more

Lizzie Stark takes readers on a witty and revealing journey through the natural and cultural history of the egg, exploring its symbolism, uses and metabolic importance in twelve dazzling specimens. From Mali to Finland, Stark looks at cultures that find the world's origins in an egg.

Decorated by Ukrainians, an oracle for Greeks, the impetus behind gang wars and flown into space, the egg has taken on mythic proportions, all the while serving as a humble ingredient in fancy dishes. $\mathcal{E}gg$ is also about Stark's fascination with this delicate ovoid—both her myriad attempts to create a perfect omelette and her fraught relationship to the ova in her body. Filled with colourful characters and fascinating morsels, $\mathcal{E}gg$ is a playful, informative and surprising history that guarantees the reader will never take the egg for granted again.

March | £22.99 | ISBN 978 0 393 53150 3 | 288pp | 152 x 229mm



Eat & Flourish

How Food Supports Emotional Well-Being Mary Beth Albright

A lively and evidence-based argument that a whole food diet is essential for good mental health

In this ground-breaking book, Mary Beth Albright draws on cuttingedge research to explain the food/mood connection. Albright's accessible voice and ability to interpret complex studies from the new field of nutritional psychology, combined with straightforward suggestions for what to eat and how to eat it, make this an indispensable guide.

January | £19.99 | ISBN 978 1 68268 690 4 | 216pp | 152 x 229mm

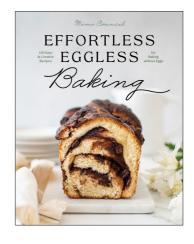
Effortless Eggless Baking

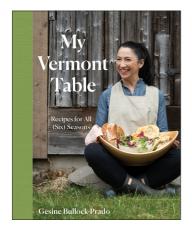
100 Easy & Creative Recipes for Baking without Eggs Mimi Council

Mimi Council takes her motto—"Desserts for everyone!"—to the next level with these allergy-friendly bakes

What eggs contribute to baking can be found in alternative ingredients that are easy to find. Mimi Council has meticulously tested them all to ensure her recipes work to a high standard. Colourful photographs and easy substitutions for vegan, glutenfree and nut-free bakes make this book a diet-friendly delight.

January | £19.99 | ISBN 978 1 68268 682 9 | 240pp | 178 x 229mm 100 colour illustrations





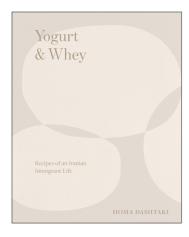
My Vermont Table

Recipes for All (Six) Seasons Gesine Bullock-Prado

Vermont is celebrated through 100+ recipes and stories from a celebrated pastry chef

When Gesine Bullock-Prado left her Hollywood life in 2004 and moved to Vermont, she fell in love with the state's flavours and six seasons. In *My Vermont Table*, Bullock-Prado takes readers on a sweet and savoury journey through each of these special seasons.

March | £23.99 | ISBN 978 1 68268 735 2 | 256pp | 203 x 254mm 100 full-colour photographs



 HOMA DASHTAKI is the founder of The White Moustache. Her artisanal yogurt has garnered acclaim from The New York Times, Vogue, Bon Appétit and Food & Wine. Born in Iran, she now lives in Brooklyn.

Yogurt & Whey

Recipes of an Iranian Immigrant Life Homa Dashtaki

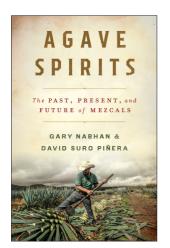
A collection of recipes reflecting a life affected by immigration, community, adaptation and experimentation—and sublime, old-world, creamy yogurt

As founder of much-loved The White Moustache Yogurt company, Homa Dashtaki employs traditionally Iranian methods of making yogurt. Her passion culminates in inspiring the use of a new ingredient: whey. Across 100 recipes ranging from ancient see-rogh to rum cocktails, ghormeh sabzi to lemon meringue pie, Dashtaki weaves in and out of nostalgic and innovative dishes.

Enlivened by hand-drawn illustrations and dreamy photographs, *Yogurt & Whey* is a beautiful homage to Iranian yogurt traditions—past, present and future.

April | £29.99 | ISBN 978 0 393 25453 3 | 280pp | 203 x 254mm 73 illustrations; 16 page full-colour insert





 DAVID SURO PIÑERA is a restaurateur and founder of the Tequila Interchange Project. GARY PAUL NABHAN is a MacArthur Award—winning plant explorer, agricultural ecologist and culinary historian who has studied agaves for a half century.

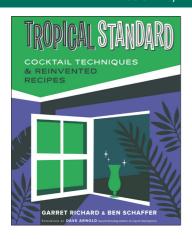
Agave Spirits

The Past, Present, and Future of Mezcals Gary Nabhan & David Suro Piñera

An acclaimed ethnobotanist and a pioneering restaurateur beautifully capture the unparalleled diversity and distinctiveness of artisanal mezcals

Culled from decades of fieldwork and interviews with mezcaleros in eight Mexican states, *Agave Spirits* reveals the stunning innovations emerging today across the mezcal supply chain and offers solutions for improving sustainability and equity. Thousands of years of tradition are inspiring a new generation of individuals (including women), with an explosion of cutting-edge science pointing a way forward for the betterment of the drink and the lives of the people who create it. *Agave Spirits* delights boldly in the most flavourful and memorable spirits humankind has ever sipped and savoured.

June | £23.99 | ISBN 978 0 393 86710 7 | 256pp | 152 x 229mm 25 black-and-white illustrations



Tropical Standard

Cocktail Techniques & Reinvented Recipes Garret Richard & Ben Schaffer Foreword by Dave Arnold

Liquid Intelligence goes to the beach with cutting-edge bar skills and lush libations for discerning drinkers

Here a master mixologist and award-winning cocktail writer provide instruction on an array of must-know drink techniques. Offering more than 100 recipes, they reimagine vintage cocktails and build the classics of the future so now both home bartenders and professionals can shake their creativity to new heights.

June | £35.00 | ISBN 978 1 68268 715 4 | 288pp | 203 x 254mm | 50 photographs

First Bites

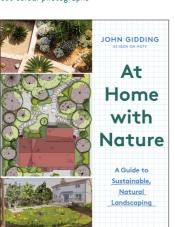
A Science-Based Guide to Nutrition for Baby's First 1,000 Days

Evelyn Rusli and Arianna Schioldager

Feed your baby correctly with more than 60 practical, evidence-backed recipes to help your little one become a good eater

First Bites connects nutrition and development with flavourful, healthy food. These recipes taste great and will help you make good nutrition decisions and optimise time and quality while feeding your little one.

March | £22.00 | ISBN 978 1 68268 733 8 | 256pp | 203 x 254mm 100 colour photographs





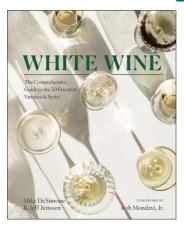
At Home with Nature

A Guide to Sustainable, Natural Landscaping John Gidding

Go from manicured lawn to eco-conscious garden with this step-by-step guide from HGTV star John Gidding

Increased awareness of the environment means that homeowners are eager for more sustainable, natural landscaping. In *At Home with Nature*, homeowners will find thorough blueprints to reap these benefits and bring their dream garden to life.

March | £26.99 | ISBN 978 1 68268 709 3 | 192pp | 203 x 254mm | 125 photographs & illustrations



MIKE DESIMONE and JEFF JENSSEN are wine columnists for Wine Enthusiast, Robb Report and Forbes, and the co-authors of Red Wine, which won the Gourmand International Award for best wine book in the world. ROB MONDAVI JR is a fourthgeneration Napa Valley wine maker and is a current Board Member of Winegrowers of Napa County. He is a former Board Member of the Napa Valley Vintners and WildAid.

White Wine

The Comprehensive Guide to the 50 Essential Varieties & Styles

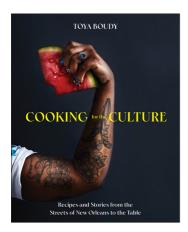
Mike DeSimone & Jeff Jenssen Foreword by Rob Mondavi Jr.

Explore the world of white wine with this definitive compendium

From Albariño to Viognier, White Wine profiles the must-know varieties and styles and dives deeply into popular favourites. Peppered with engaging facts and figures, each chapter surveys one grape or style, featuring all-inclusive information that tells you what to expect in the glass, suggested food pairings and recommended wines, from cheerful bargains to worthy splurges. Capsule histories of each variety or style, include details of its origins, favoured growing conditions, countries that produce it and typical characteristics. Industry experts share their wisdom alongside gorgeous photography. White Wine is the perfect resource to help you enjoy the best white wines in the world.

June | £29.99 | ISBN 978 1 68268 784 0 | 288pp | 203 x 254mm Over 200 photographs





 TOYA BOUDY has appeared on Guy's Grocery Games, TLC and Food Network.
 Crowned Best Home Cook by Hallmark's Home & Family Channel, Boudy is an ambassador for the New Orleans Multicultural Tourism Network.

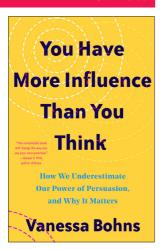
Cooking for the Culture

Recipes and Stories from the Streets of New Orleans to the Table

Toya Boudy

An intimate celebration of New Orleans food and its Black culture from a born-and-raised local chef

Toya Boudy's father grew up in the Magnolia projects of New Orleans; her mother shared a tight space with five siblings uptown. They worked hard, rotated shifts and found time to make meals from scratch for the family. In *Cooking for the Culture*, Boudy shares these recipes, many of which are deeply rooted in the proud Black traditions that shaped her New Orleans. Driving the cookbook are her personal stories: from struggling in school to having a baby at sixteen, from her growing confidence in the kitchen to her appearances on Food Network. The result is a deeply personal and unique cookbook.



You Have More Influence Than You Think

How We Underestimate Our Power of Persuasion, and Why It Matters

Vanessa Bohns

An original investigation of our hidden power to persuade, and how to wield it wisely

"Unlike other books on this subject, which tend to focus on how we can increase our influence, Bohns tries to explain how we can employ the influence we already possess but might not appreciate we have."—Financial Times

February | £14.99 | ISBN 978 1 324 03595 4 | 256pp | 140 x 211mm

The Teen Interpreter

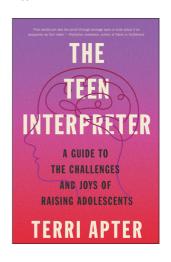
A Guide to the Challenges and Joys of Raising Adolescents Terri Apter

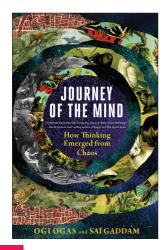
The Teen Interpreter is a generous road map for enjoying the most challenging and rewarding, parenting years

"Superb!... This informative, thought-provoking, and helpful book will empower parents to communicate with, and support, their teens."—Susan Golombok, Director of the Centre for Family Research, University of Cambridge

"Both parents and teens will... appreciate [Apter's] guidance."— Janet Reibstein, professor emerita in psychology, Univeristy of Exeter

April | £12.99 | ISBN 978 1 324 05040 2 | 304pp | 140 x 211mm





Journey of the Mind

How Thinking Emerged from Chaos

Ogi Ogas & Sai Gaddam

Two neuroscientists reveal why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond

Journey of the Mind is the first general book to share the cutting-edge mathematical basis for consciousness, language and the self. It shows how a "unified theory of the mind" can explain the mind's greatest mysteries—and offer clues to the ultimate fate of all minds in the universe.

March | £15.99 | ISBN 978 1 324 05057 5 | 432pp | 140 x 210mm 21 illustrations; 85 infographics; 4 photographs



Vagina Obscura

An Anatomical Voyage

Rachel E. Gross

A myth-busting voyage into the centre of the new female body

"Vagina Obscura should cause a revolution in how we think about the vagina."—Rosamund Urwin, The Sunday Times

"...a clarion call that the remaining terra incognita of female biology merits far more comprehensive mapping."—Mia Levitin, Financial Times

"This book is what we've been waiting for."—Francesca Brown, Stylist

April | £14.99 | ISBN 978 1 324 05053 7 | 336pp | 140 x 211mm | 9 illustrations

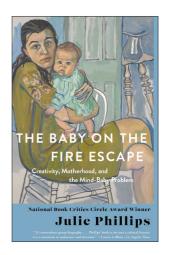
The Baby on the Fire Escape

Creativity, Motherhood, and the Mind-Baby Problem Julie Phillips

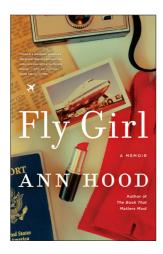
An insightful, provocative and witty exploration of the relationship between motherhood and art

"The Baby on the Fire Escape looks at the extreme ways some female artists have overcome the restraints of parenthood... The book's strength lies in Phillips's nimble talents as a portraitist."—Lucy Scholes, The Sunday Telegraph

"...a spirited and thoughtful account..."—Lara Feigel, RA Magazine



June | £15.99 | ISBN 978 1 324 06443 5 | 320pp | 140 x 210mm



Fly Girl A Memoir Ann Hood

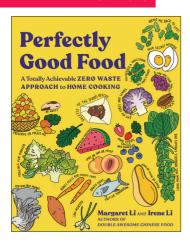
An entertaining and fascinating memoir of "gifted storyteller" (People) Ann Hood's adventurous years as a TWA flight attendant

In 1978, hungry to experience the world, Ann Hood joined the glamorous world of the flight attendant. Packed with funny, moving and shocking stories, *Fly Girl* captures the nostalgia and magic of air travel at its height.

"A trip worth taking."-NPR

A UK paperback original.

May | £13.99 | ISBN 978 1 324 05041 4 | 288pp | 140 x 211mm



Perfectly Good Food

A Totally Achievable Zero Waste Approach to Home Cooking

Irene Li and Margaret Li

How to cook flexibly and fight food waste, with 80 recipes and 150 ideas to use up what you have

Learn to eat more sustainably with this cookbook and field guide. Written by the chef-sisters behind Boston's acclaimed Mei Mei Dumplings, *Perfectly Good Food* combines professional know-how with the make-it-work approach of a home cook.

A paperback original.

July | £19.99 | ISBN 978 0 393 54107 6 | 288pp | 178 x 229mm | 30 illustrations

What Your Food Ate

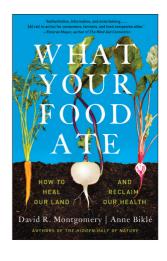
How to Heal Our land and Reclaim Our Health

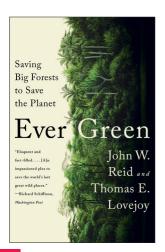
David R. Montgomery & Anne Biklé

A call to action that underscores why the roots of good health start with how we farm

Connecting agriculture and 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 regenerative farms, they uncover evidence for how farming practices influence soil health and shape the types and amounts of health-promoting substances in our crops. Understanding these connections has profound implications.

July | £15.99 | ISBN 978 1 324 05210 4 | 400pp | 140 x 210mm





Ever Green

Saving Big Forests to Save the Planet

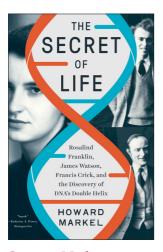
John W. Reid and Thomas E. Lovejoy

An inspiring call to action to conserve Earth's irreplaceable forests, counteract climate change and save the planet

"It's impossible to read *Ever Green* without being moved by the vision and commitment of the people—including its authors—who've devoted themselves to protecting the world's forests."—Verlyn Klinkenborg, *The New York Review of Books*

"Eloquent and fact-filled..."—Richard Schiffman, The Washington Post

April | £14.99 | ISBN 978 1 324 05037 7 | 320pp | 140 x 210mm 61 photographs; 6 maps



The Secret of Life

Rosalind Franklin, James Watson, Francis Crick, and the Discovery of DNA's Double Helix

Howard Markel

An authoritative history of the race to unravel DNA's structure

"Howard Markel's fine book focuses on the role of Rosalind Franklin, whose X-ray crystallography image of DNA—crucial to Francis Crick and James Watson's breakthrough—was used without her permission."— Andrew Robinson, *Nature*

"...we're fortunate to have books such as this to put [Rosalind Franklin] back in the picture."—Katy Guest, *The Guardian*

May | £15.99 | ISBN 978 1 324 05039 1 | 576pp | 140 x 210mm | 65 illustrations

Super Volcanoes

What They Reveal about Earth and the Worlds Beyond Robin George Andrews

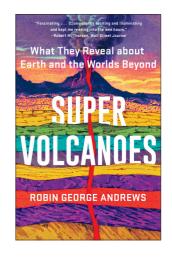
An exhilarating, time travelling journey to the solar system's strangest and most awe-inspiring volcanoes

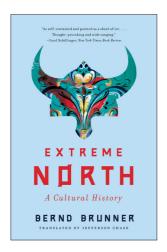
"Join science writer Robin George Andrews on a journey from Yellowstone, Tanzania and the ocean floor on Earth to the moon, Venus and Mars."—New Scientist

"Andrews's descriptions are breezy, readily engaging the reader...

He is at his best when discussing those who live in the shadow of volcanoes and, especially, the scientists who study them."—Andrew H. Knoll, Times Literary Supplement

January | £13.99 | ISBN 978 1 324 03591 6 | 336pp | 140 x 211mm | 10 illustrations





Extreme North

A Cultural History

Bernd Brunner

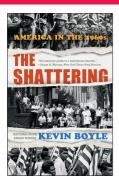
Translated by Jefferson Chase

An "engaging"..." (TLS) voyage through cultural fantasies of the North, from sea monsters and a mountain-sized magnet to racist myth making

"A collection of curiosities... fascinating anecdotes, useful digressions and little nuggets of interest."—James Lovegrove, Financial Times

"[Extreme North] weaves a darker tapestry, layering legends over the science and history of the north to describe a place that is real, remote, inscrutable and cold..."—Josie Glausiusz, Nature

March | £14.99 | ISBN 978 1 324 05028 5 | 256pp | 140 x 211mm | 12 illustrations



The Shattering

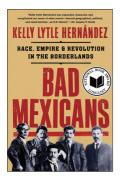
America in the 1960s

Kevin Boyle

From the National Book Award winner, a masterful history of the decade that exploded America's post-war order

"[A] rich, layered account of the 1960s."—Jennifer Szalai, The New York Times

January | £15.99 | ISBN 978 1 324 03611 | 496pp | 140 x 211mm | 25 illustrations



Bad Mexicans

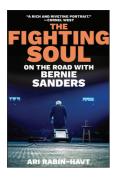
Race, Empire, and Revolution in the Borderlands Kelly Lytle Hernández

"Rebel historian" Kelly Lytle Hernández reframes our understanding of US history in this ground-breaking narrative of revolution in the borderlands

Bad Mexicans tells the dramatic story of the magonistas, the migrant rebels who sparked the 1910 Mexican Revolution from the United States.

A UK paperback original.

June | £16.99 | ISBN 978 1 324 06441 1 | 384pp | 140 x 210mm | 39 photographs; 1 map



The Fighting Soul

On the Road with Bernie Sanders

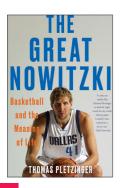
Ari Rabin-Hayt

An "intimate portrait" (*The New York Times*) of Bernie Sanders as we have never seen him before, revealing the man behind the enigmatic progressive icon

"[An] engaging memoir of the 2020 Sanders campaign... a former deputy campaign manager, offers an insider's view."—The New York Times Book Review

April | £14.99 | ISBN 9781324092865 | 352pp | 140 x 210mm

30 black-and-white illustrations | A Liveright book



The Great Nowitzki

Basketball and the Meaning of Life

Thomas Pletzinger

A journey into the mindset of an historic basketball superstar and the importance of his landmark career

A masterpiece of sports writing, *The Great Nowitzki* brims with a fan's passion.

A UK paperback original.

March | £15.99 | ISBN 978 1 324 05058 2 | 448pp | 140 x 210mm 32 pages of full-colour illustrations



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

"Seven Games is exciting and personal—you can sense Roeder's emotional investment. The book is also built on richly fleshy characters profiled by Roeder—both the human game champions and the Al designers who beat them."—James McConnachie, TLS

"[Roeder's] account is perceptive in particular on the oddities of gaming subcultures..."—James Crabtree, Financial Times

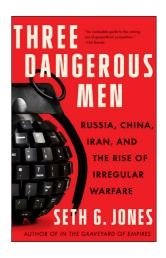
February | £14.99 | ISBN 978 1 324 05102 2 | 320pp | 140 x 210mm | 27 illustrations

Three Dangerous Men

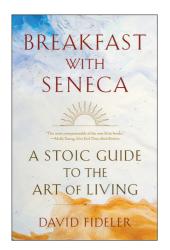
Russia, China, Iran and the Rise of Irregular Warfare Seth G. Jones

How three key figures in Moscow, Beijing and Tehran built ruthless irregular warfare campaigns that are eroding Western power

"This is a must read for anyone seeking to understand the presentday challenges facing the US and our allies and partners around the world."—General David Petraeus, US Army (Ret.) and former director of the Central Intelligence Agency



February | £15.99 | ISBN 978 1 324 05056 8 | 288pp | 140 x 210mm | 8 maps



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

Best enjoyed as a daily ritual, like an energising cup of coffee, Senecc's wisdom provides us with a steady stream of time-tested advice about the human condition—which, as it turns out, hasn't changed much over the past two thousand years.

"The most companionable of the new Stoic books."—Molly Young, The New York Times

January | £11.99 | ISBN 978 1 03660 9 | 288pp | 140 x 211mm



The Flowers of Evil (Les Fleurs du mal)

Charles Baudelaire

Translated by Aaron Poochigian

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

May | £13.99 | ISBN 978 1 324 09291 9 | 400pp | 140 x 211mm | 3 illustrations | A Liveright book



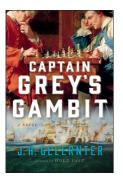
Fencing with the King

A Novel

Diana Abu-Jaber

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

"I have long admired Abu-Jaber's craftsmanship... Like an intricate recipe, her paragraphs balance interior and external worlds, elegant diction and workmanlike narrative."—Sarah Cypher, *The Washington Post*April | £9.99 | ISBN 978 1 324 05031 5 | 320pp | 140 x 211mm



Captain Grey's Gambit

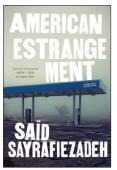
A Novel

J.H. Gelernter

A taut historical thriller for fans of The Queen's Gambit and James Bond

The second novel in J.H. Gelernter's already lauded Captain Grey series, *Captain Grey's Gambit* continues a story that is "smart, fast, twisty, and dangerous" (Lee Child) in a 'richly imagined early nineteenth-century world" (Richard Snow).

May | £9.99 | ISBN 978 1 324 05055 1 | 256pp | 140 x 211mm



American Estrangement

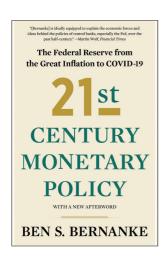
Stories

Saïd Sayrafiezadeh

Stories that capture our times by "a young author who has already established himself as a unique American voice" ($\mathcal{E}lle$)

- "...a compelling combination of realism and allegory..."—TLS
- A UK paperback original.

February | Paperback | £12.99 | ISBN 978 1 324 05048 3 | 192pp | 140 x 210mm



21st Century Monetary Policy

The Federal Reserve from the Great Inflation to COVID-19

Ben S. Bernanke

A Nobel prize-winning former chair of the Federal Reserve explains the transformation of one our most powerful and consequential institutions

"Bernanke is the most influential thinker and practitioner on central banking of our era. His book, 21st Century Monetary Policy, offers a lucid account of the evolution of central banking and the US central bank from the 'great inflation' of the late 1960s, 1970s and early 1980s to today and into the future."—Martin Wolf, Financial Times

June | £19.99 | ISBN 978 1 324 06487 9 | 512pp | 140 x 211mm

Heartbreak

A Personal and Scientific Journey

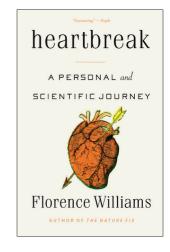
Florence Williams

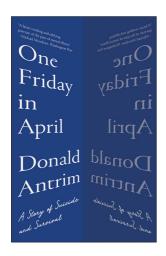
"Keen observer [and] deft writer" (David Quammen) Florence Williams explores the fascinating, cutting-edge science of heart-break while seeking creative ways to mend her own

"[Readers] will learn as much from Williams's intellectual rigour as from her fearlessness in surviving a broken heart."—Sebastian Modak, The New York Times Book Review

"[A] wise and brave book."—Marianne Szegedy-Maszak, *The Washington Post*

February | £11.99 | ISBN 978 1 324 05045 2 | 304pp | 140 x 210mm





One Friday in April

A Story of Suicide and Survival

Donald Antrim

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

"The suicided are by definition silent. We can never know what impelled them over the last threshold. Antrim's report from the brink is as close as we can get to their voice. It's a remarkable document... One Friday in April... deepen[s] the empathy of all who read it."—Jonathan Buckley, TLS

April | £9.99 | ISBN 978 1 324 05040 7 | 144pp | 140 x 211mm



Write Yourself Out of a Corner

100 Exercises to Unlock Creativity

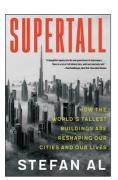
Alice LaPlante

Imagination-stretching writing exercises inspired by the idea of creative constraints

In this creative writing guide Alice LaPlante shares 100 original exercises that will push you into a corner and give you the tools to write yourself out of it.

A paperback original.

May | £15.99 | ISBN 978 0 393 54184 7 | 288pp | 140 x 210mm



Supertall

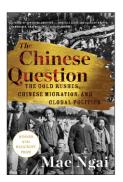
How the World's Tallest Buildings Are Reshaping Our Cities and Our Lives

Stefan Al

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

"...a thoughtful inquiry..." The New York Times Book Review

July | £15.99 | ISBN 978 1 324 05209 8 | 320pp | 140 x 210 | 36 illustrations



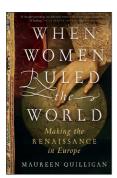
The Chinese Question

The Gold Rushes, Chinese Migration, and Global Politics Mae Ngai

How Chinese migration to the world's gold fields upended global power and economics and forged modern conceptions of race

"[An] important and eminently readable book..."—Simon Winchester, The Spectator

January | £15.99 | ISBN 978 1 324 03610 4 | 480pp | 140 x 210mm 17 photographs; 4 illustrations; 9 maps



When Women Ruled the World

Making the Renaissance in Europe Maureen Quilligan

In this game-changing revisionist history, a leading scholar of the Renaissance shows how four powerful women redefined the culture of European monarchy in the glorious sixteenth century.

January | £9.99 | ISBN 978 1 324 09237 7 | 320pp | 140 x 211mm 8-pages of illustrations and 40 black-and-white images | A Liveright book



In Search of a Beautiful Freedom

New and Selected Essays

Farah Jasmine Griffin

Lively, insightful writings on Black music, feminism, literature and events from a "masterful critic and master teacher" (The Boston Globe)

Featuring new and unpublished essays along with ones first appearing in outlets such as *The New York Times* and *NPR*, *In Search of a Beautiful Freedom* is a captivating collection that celebrates the work of "one of the few great intellectuals in our time" (Cornel West).

A paperback original.

April | £15.99 | ISBN 978 0 393 35577 2 | 320pp | 140 x 210mm

To Walk About in Freedom

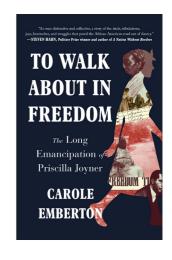
The Long Emancipation of Priscilla Joyner

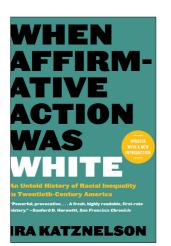
Carole Emberton

The extraordinary life of Priscilla Joyner and her quest—along with other formerly enslaved people—to define freedom after the American Civil War

Priscilla Joyner's story—candidly recounted in an oral history for the Federal Writers' Project—captures the intimate nature of freedom. Using Joyner's interview and the interviews of other formerly enslaved people, Carole Emberton uncovers the deeply personal, emotional journeys of freedom's charter generation—the people born into slavery who walked into a new world of freedom during the American Civil War.

March | £14.99 | ISBN 978 1 324 05027 8 | 272pp | 140 x 211mm





When Affirmative Action was White

An Untold History of Racial Inequality in Twentieth-Century America

Revised Edition

Ira Katznelson

The "provocative" (The New York Times Book Review) work that exposed the racially discriminatory precursors of affirmative action

- "...a major contribution to the affirmative action debate."—George M. Frederickson, *The New York Review of Books*
- Also available: Fear Itself (ISBN 978 0 87140 738 2), winner of the Bancroft Prize in history.

March | £14.99 | ISBN 978 1 324 05108 4 | 288pp | 140 x 210mm | A Liveright book



Playlist for the Apocalypse

Poems

Rita Dove

The first volume of new poems in twelve years from the former US Poet Laureate

April | £12.99 | ISBN 978 1 324 05043 8 | 128pp | 140 x 210mm



Made to Explode

Poems

Sandra Beasley

Made to Explode offers volatile poems for our volatile times

January | £11.99 | ISBN 978 1 324 03600 5 | 112pp | 140 x 210mm | A UK paperback original



Blessed as We Were

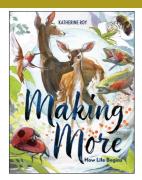
Late Selected and New Poems, 2000-2018

Gerald Stern

An illuminating compilation of selected and new poems from a National Book Award winner

July | £15.99 | ISBN 978 1 324 06451 0 | 304pp | 140 x 210mm | A UK paperback original





Making More

How Life Begins

Katherine Roy

Award-winner Katherine Roy explains and demystifies how everything from fish to mammals and plants to insects reproduce

An essential tool for parents, caregivers and educators, *Making More* weaves a story that seamlessly explains life's most fundamental process.

April | £19.99 | ISBN 978 1 324 01584 0 | 72pp | 215 x 280mm | Full-colour throughout



Link and Hud

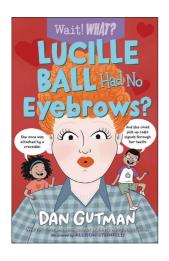
Heroes by a Hair

Jarrett Pumphrey & Jerome Pumphrey

Meet Link and Hud—brothers causing chaos in the first of a new series for eight-to-12-year-olds from real-life brothers Jarrett and Jerome Pumphrey

With authentic humour, *Link & Hud* blends prose and graphic novel-style illustrations to form a unique and subversive new series full of mischief and mayhem.

April | £13.99 | ISBN 978 1 324 01609 0 | 240pp | 140 x 210mm | Black-and-white illustrations



Lucille Ball Had No Eyebrows?

Dan Gutman

Illustrated by Allison Steinfeld

From a best-selling author: a new entry in the cheerful and engaging biography series centred on high-interest historic figures

Did you know that Lucille Ball could pick up radio signals through her teeth? Or that she green-lit both *Star Trek* and *Mission: Impossible!* Siblings Paige and Turner have collected some of the most unusual and surprising facts about the beloved actress and, animated by upbeat illustrations, talk about them in *Lucille Ball Had No Eyebrows?*.

A UK paperback original.

June | £5.99 | ISBN 978 1 324 03073 7 | 112pp | 140 x 210mm

Punching Bag

Rex Ogle

The companion to Rex Ogle's award-winning Free Lunch (ISBN 978 1 324 01694 6) is a searing account of adolescence in a household torn by domestic violence

Punching Bag is the compelling true story of a school career defined by poverty and punctuated by outbreaks of domestic abuse. Through it all, Rex Ogle threads moments of grace and humour that act as beacons of light in the darkness. Compulsively readable, beautifully crafted and authentically told, this is a remarkable memoir about a teenager's cycle of violence, blame and attempts to forgive his parents—and himself.

DUI GUING BHG REX OGLE

April | Paper | £7.99 | ISBN 978 1 324 05221 0 | 240pp | 140 x 210mm



Michi Challenges History

From Farm Girl to Costume Designer to Relentless Seeker of the Truth: The Life of Michi Weglyn

Ken Mochizuki

A masterful portrayal of one woman's fight for the truth—and for justice

Michi Nishiura Weglyn was confined in Arizona's Gila River concentration camp during the Second World War. She later became a costume designer for Broadway and television. In 1968, after a statement by the US Attorney General that concentration camps in America never existed, Michi embarked on an ultimately successful, eight-year quest to expose and account for the existence of the camps.

April | £13.99 | ISBN 978 1 324 01588 8 | 160pp | 152 x 229mm | 25 illustrations



Henry is Kind

A Story of Mindfulness

Linda Ryden

Illustrated by Shearry Malone

July | Paper | £8.99 | ISBN 978 0 88448 662 6 | 32pp | $254 \times 229mm$ | Full-colour illustrations The Peace of Mind series



Sergio Sees the Good

The Story of a Not So Bad Day

Linda Ryden

Illustrated by Shearry Malone

July | Paper | £8.99 | ISBN 978 0 88448 732 6 | 32pp | 254 x 229mm | Full-colour illustrations The Peace of Mind series



Tyaja Uses the THiNK Test

A Story About the Power of Words

Linda Ryden

Illustrated by Shearry Malone

July | Paper | £8.99 | ISBN 978 0 88448 736 4 | 32pp | 254 x 229mm | Full-colour illustrations The Peace of Mind series



Enough Is

Jessica Whipple

Illustrated by Nicole Wong

This picture-book story explores a concept that is key to happiness

April | £12.99 | ISBN 978 0 88448 932 0 | 32pp | 254 x 229mm | Full-colour illustrations



In a Patch of Grass

Fran Hodgkins

Illustrated by Dan Tavis

A funny, rollicking take on a natural-history picture book

April | £12.99 | ISBN 978 0 88448 463 9 | 32pp | 229 x 279mm | Full-colour illustrations



Immigrant Architect

Rafael Guastavino and the American Dream Berta de Miguel, Kent Diebolt & Virginia Lorente Illustrated by Virginia Lorente

April | Paper | £8.99 | ISBN 978 0 88448 813 2 | 60pp | 279 x 229mm Full-colour illustrations



The Flowers of Buffoonery

Osamu Dazai

Translated by Sam Bett

For the first time in English, the hilarious and deeply moving prequel to No Longer Human

The Flowers of Buffoonery is a darkly humorous and fresh addition to Osamu Dazai's masterful and intoxicating oeuvre.

April | £11.50 | ISBN 978 0 8112 3454 2 | 80pp | 127 x 203mm | A paperback original



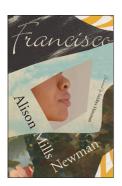
The Caretaker

Doon Arbus

A lush, disorienting novel, *The Caretaker* takes no prisoners as it explores the perils of devotion and the potentially lethal charisma of things

Kafka or Shirley Jackson may come to mind and *The Caretaker* may conjure up various genres—parables, ghost stories, locked-room mysteries—but Doon Arbus draws her phosphorescent water from no other writer's well.

April | £13.99 | ISBN 978 0 8112 3477 1 | 144pp | 127 x 203mm | A UK paperback original



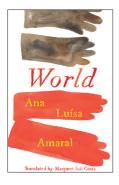
Francisco

Alison Mills Newman
Introduction by Saidiya Hartman

A lost masterpiece of American literature about the creative evolution of a young Black woman in California and her intense relationship with an indie filmmaker

"Mills Newman has done the rare thing: written with beauty, power, and purity about a woman."—Toni Morrison

April | £11.99 | ISBN 978 0 8112 3239 5 | 128pp | 127 x 203mm | A paperback original



World

Ana Luísa Amaral Translated by Margaret Jull Costa

Poems of effervescent grace, from one of Portugal's most beloved poets

"This bilingual volume, pairing Costa's translations with Amaral's Portuguese originals, relies on humble imagery and plain language to plumb complicated truths."—The New York Times Book Review

April | £13.99 | ISBN 978 0 8112 3483 2 | 144pp | 127 x 203mm | A paperback original



The Alarm of the Black Cat

Dolores Hitchens

May | £8.99 ISBN 978 1 61316 392 4 288pp | 140 x 210mm



Blind Man's Bluff

A Duncan Maclain Mystery Baynard Kendrick

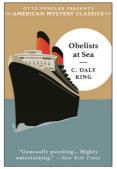
July | £8.99 ISBN 978 1 61316 419 8 264pp | 140 x 210mm



Dead Man Inside

Vincent Starrett

April | £8.99 ISBN 978 1 61316 394 8 288pp | 140 x 210mm



Obelists at Sea

C. Daly King

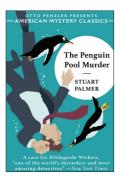
June | f.8.99

Ily puzzling... Highly
ng.*—New York Times

June | f.8.99

ISBN 978 1 61316 416 7

288pp | 140 x 210mm



The Penguin Pool Murder

Stuart Palmer

February | £8.99 ISBN 978 1 61316 397 9 288pp | 140 x 210mm



The Spanish Cape Mystery

Ellery Queen

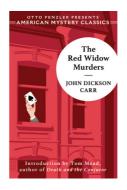
January | £8.99 ISBN 978 1 61316 359 7 312pp | 140 x 210mm



The Album

Mary Roberts Rinehart

January | £8.99 ISBN 978 1 61316 362 7 336pp | 140 x 210mm



The Red Widow Murders

A Sir Henry Merrivale Mystery John Dickson Carr

February | £8.99 ISBN 978 1 61316 395 5 288pp | 140 x 210mm

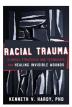


Unruly Therapeautic

Black Feminist Writings and Practices in Living Room Foluke Taylor

Centring the experiences of black women allows for richer therapeutic practices for everyone

February | Paper | £22.00 | ISBN 978 1 324 03050 8 | 272pp | 152 x 229mm | A paperback original



Racial Trauma

Clinical Strategies and Techniques for Healing Invisible Wounds Kenneth V. Hardy

An urgent, wide-ranging account of racial trauma and its psychological impact

March | £31.00 | ISBN 978 1 324 03043 0 | 480pp | 152 x 229mm



Help for the Helper

Preventing Compassion Fatigue and Vicarious Trauma in an Ever-Changing World

Updated and Expanded

Babette Rothschild

January | Paper | £23.99 | ISBN 978 1 324 03049 2 | 320pp | 152 x 229mm | A paperback original

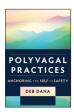


8 Keys to Safe Trauma Recovery Workbook

Babette Rothschild & Vanessa Bear

Exercises of healing and transformation for trauma survivors, drawing from neuroscience and psychotherapy, with empowering strategies to take charge of healing

January | Paper | £22.00 | ISBN 978 1 324 02012 7 | 328pp | 203 x 254mm | A paperback original

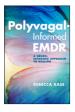


Polyvagal Practices

Anchoring the Self in Safety Deb Dana

Bringing the benefits of polyvagal theory to readers through easy-to-implement exercises

April | Paper | £13.99 | ISBN 978 1 324 05227 2 | 152pp | 114 x 184mm | A paperback original



Polyvagal-Informed EMDR

A Neuro-Informed Approach to Healing Rebecca Kase

Linking two cutting-edge approaches to form a robust healing model

June | Paper | £29.99 | ISBN 978 1 324 03031 7 | 288pp | 152 x 229mm | A paperback original



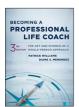
Tabletop Role-Playing Therapy

A Guide for the Clinician Game Master

Megan A. Connell

A comprehensive guide explaining "applied RPGs"—using role-playing games therapeutically

April | Paper | £32.50 | ISBN 978 1 324 03060 7 | 256pp | 152 x 229mm | A paperback original



Becoming a Professional Life Coach

The Art and Science of a Whole-Person Approach

Third Edition
Patrick Williams and Diane S. Menendez

May | £39.99 | ISBN 978 1 324 03093 5 | 336pp | 178 x 254mm

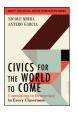


Last Chance Couple Therapy

Bringing Relationships Back from the Brink
Peter Fraenkel

Strategies and skills for therapists working with couples about to dissolve

February | £40.00 | ISBN 978 1 324 01625 0 | 432pp | 152 x 229mm

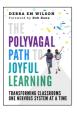


Civics for the World to Come

Committing to Democracy Nicole Mirra & Antero Garcia

Help students use their voices to build an equitable and just society

July | Paper | £28.99 | ISBN 978 1 324 03021 8 | 224pp | 152 x 229mm | A paperback original

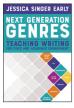


The Polyvagal Path to Joyful Learning

Transforming Classrooms One Nervous System at a Time Debra $\operatorname{\mathsf{Em}}$ Wilson

Foreword by Deb Dana

March | Paper | £28.50 | ISBN 978 1 324 03052 2 | 176pp | 178 x 254mm | A paperback original



Next Generation Genres

Teaching Writing for Civic and Academic Engagement Jessica Singer Early

A new set of writing genres that will speak to today's students

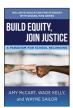
January | Paper | £24.99 | ISBN 978 1 324 01968 8 | 192pp | 178 x 254mm | A paperback original



Teach Like Finland

33 Simple Strategies for Joyful Classrooms Timothy D. Walker Foreword by Pasi Sahlberg

July | Paper | £22.99 | ISBN 978 1 324 05261 6 | 256pp | 152 x 229mm

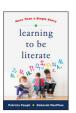


Build Equity, Join Justice

A Paradigm for School Belonging Amy McCart, Wade Kelly, and Wayne Sailor

A playbook for designing schools where no student is marginalised

May | Paper | £31.00 | ISBN 978 1 324 03027 0 | 240pp | 178 x 254mm | A paperback original

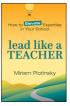


Learning to be Literate

More Than a Single Story Patricia Paugh & Deborah Macphee

A framework for literacy learning that eschews oppositional arguments about approaches

May | Paper | £29.99 | ISBN 978 1 324 02001 1 | 256pp | 178 x 254mm | A paperback original



Lead Like a Teacher

How to Elevate Expertise in Your School Miriam Plotinsky

Closing the empathy gap between the classroom and the front office

April | Paper | £25.99 | ISBN 978 1 324 03083 6 | 272pp | 178 x 254mm | A paperback original NORTON CRITICAL EDITIONS



On Liberty and Other Writings

John Stuart Mill

Edited by Nadia Urbinati March | Paper | £11.00 | ISBN 978 1 324 04575 5



To The Lighthouse

Virginia Woolf

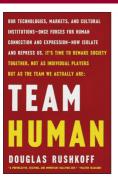
Edited by Margaret Homans January | Paper | £10.99 | ISBN 978 0 393 42259 7



Antigone

Sophocles

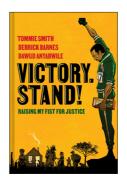
Edited by Sheila Murnaghan January | Paper | £8.99 | ISBN 978 0 393 65518 6



Team Human

Douglas Rushkoff

2021 | Paper | £12.99 ISBN 978 0 393 54153 3

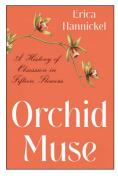


Victory. Stand!

Tommie Smith, Derrick Barnes & Dawud Anyabwile

 A Norton Young Readers book.

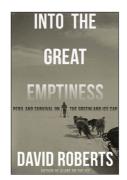
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