



PENGUIN LIFE CATALOGUE 2021

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## ABOUT PENGUIN LIFE

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

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

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

*A Mindfulness Guide for the Frazzled* by Ruby Wax

*The Little Book of Hygge* by Meik Wiking

*Breath* by James Nestor

*Sleep* by Nick Littlehales

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

*The 4 Pillar Plan, The Stress Solution and Feel Better in Five*  
by Dr Rangan Chatterjee

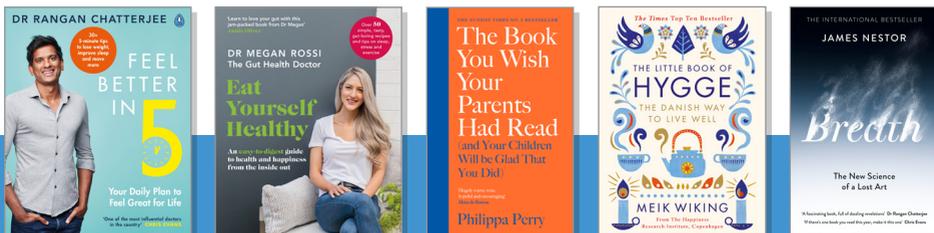
*Eat Yourself Healthy* by Dr Megan Rossi

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

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

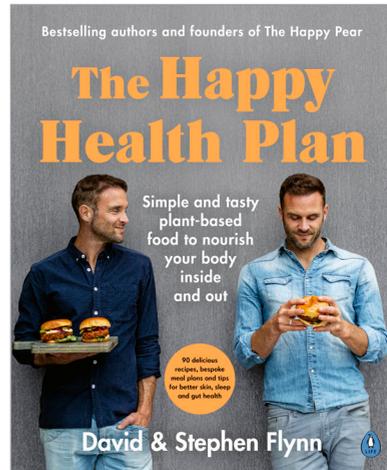
*Grief Works and This Too Shall Pass* by Julia Samuel

*The Changing Mind* by Daniel Levitin



# NEW RELEASES

## The ultimate guide to transforming your whole body health

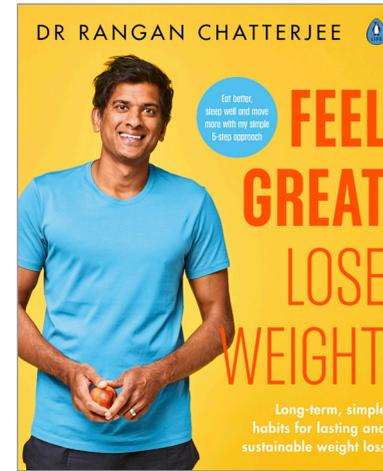


Curious about how a plant-based diet can positively transform your health and wellbeing? Eager to take your first steps towards plant-based health and happiness? But unsure *how* or *where* to start?

With over ten years of experience supporting people from all over the world on the best methods for adopting a plant-based diet, you can rely on David and Stephen to equip you with the tools, advice and recipes you need to boost your whole body health and catalyse positive changes within your life.

Alongside their happy heart, skin and shape club recipes, the Happy Pears also provide expert advice on when to eat, successful meal planning, improving your gut health, and how to sleep better. By following their tried and tested advice, this book will leave you feeling energised with a practical step-by-step plan to enhance your whole body health and happiness.

Nearly twenty years ago [David](#) and [Stephen Flynn](#), a.k.a. the Happy Pear twins, discovered the joys and benefits of a plant-based diet and embarked on a mission to encourage everyone to 'eat more veg'. Now, with fans like Joe Wicks, Rangan Chatterjee and Fearne Cotton, bestselling vegan products throughout Ireland and the UK, and their Happy Pear cafes thriving in Ireland, David and Stephen Flynn's vision goes from strength to strength.



It's more important than ever before that we get in shape, stay healthy and live well - Dr Chatterjee is back to show you how

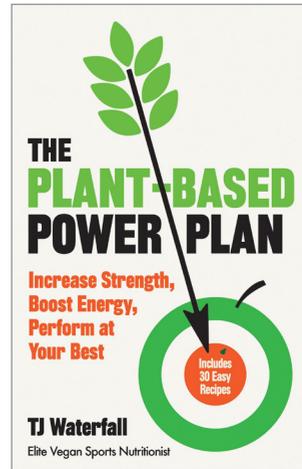
Break free from the dieting guilt for good with Dr Chatterjee's medically approved health plan with a difference.

Drawing on the latest science and case studies, Dr Chatterjee looks at how sleep, stress and lack of connection can affect our waistlines just as much as what we eat.

Rather than suggesting impossible-to-follow meal plans and intense workouts, *Feel Great Lose Weight* is the holistic approach to weight loss that is fun, easy to maintain and simple to follow.

[Dr Rangan Chatterjee](#) is regarded as one of the most influential doctors in the UK. A practising GP for the last two decades and resident BBC Breakfast doctor, Dr Chatterjee wants to inspire people to transform their health through making small, sustainable changes to their lifestyles. Leading the charge on how healthcare and medicine is understood in the UK, he hosts the No. 1 iTunes podcast, *Feel Better, Live More* and is the author of two *Sunday Times* bestselling books.

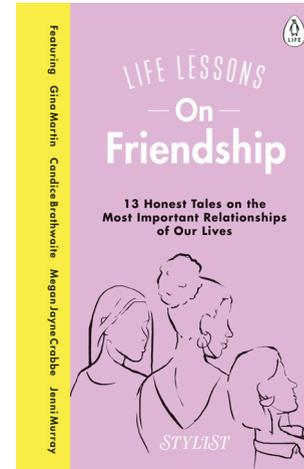
## The first authoritative, evidence-based book on how a vegan diet improves performance



The scientific evidence overwhelmingly shows that a plant-based diet is one of the most effective ways to improve both long-term health and to see immediate results in terms of energy, recovery and performance. But what can you do to ensure your diet boosts your performance in your sport or training?

In *The Plant-Based Power Plan*, registered elite sports nutritionist TJ Waterfall uses the cutting-edge research he applies with his clients - ranging from Premiership rugby players, competitive weightlifters and professional boxers, to Premier League footballers and ultra-distance triathletes - to bust the myths and explain the numerous benefits of a well-planned plant-based diet and how to use it to take your health and performance to the next level. He shows you just how simple it is to incorporate the most important nutrients into your diet with a selection of 30 easy and delicious recipes.

[TJ Waterfall](#) is a sports nutritionist specialising in plant-based nutrition. He is a registered nutritionist with the Association for Nutrition and has an MSc in Clinical and Public Health Nutrition from University College London, where he has worked in nutrition research. He writes for *Men's Fitness*, *Cycling Weekly* and *Outdoor Fitness*, among others, and speaks regularly at vegan festivals about the science-backed health benefits of plant-based diets.



## 15 leading women write about the power of friendship. Featuring writing from Jenni Murray, Megan Jayne Crabbe, Yomi Adegoke and more

How have your friends shaped you into who you are today? What would you do if you fell in love with your best friend? What happens when a friend dies suddenly? And what are the golden rules of going into business with a close friend?

15 women who have faced these questions and many more tell us everything they have learned in the process, revealing the highs and the lows of love's unsung hero: friendship.

Each lesson gives a refreshing view on the universal yet so unique experience of platonic love.

These essays are in turns funny, moving and inspiring, offering glimpses into the most universal yet so unique of experiences - this is a joyous celebration of the most essential relationships in our lives.

## The ultimate guide on how to love, mend and repair your clothes in the fight against fast fashion

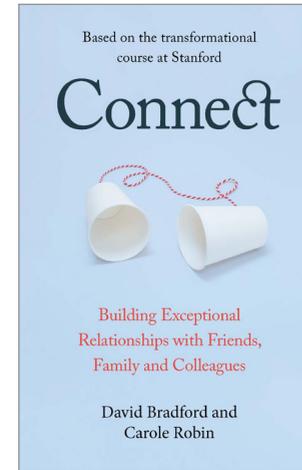


Running out of space for the clothes you can't stop buying? Curious about how you can make a difference to the environmental challenges our planet faces? Join Orsola's wardrobe revolution and learn to make the clothes you love, last.

This book will equip you to mend, rewear and breathe new life into your wardrobe to achieve a more sustainable lifestyle. By teaching you to scrutinise your shopping habits and make sustainable purchases, Orsola will inspire you to buy better, care more and reduce your carbon footprint by lengthening the lifespan of the clothes you love.

We can *all* care, repair and rewear. Do you accept the challenge?

[Orsola de Castro](#) is spearheading a global movement calling for change in the fashion industry. After co-founding Fashion Revolution in 2013, she pioneered a global campaign in response to the Rana Plaza factory collapse in Bangladesh and became an internationally recognised opinion leader in sustainable fashion. Orsola is an Associate Lecturer at UAL, a Visiting Fellow at Central Saint Martins and a keynote speaker, educator and mentor.



## A transformative guide based on the famously popular *Interpersonal Dynamics* course at Stanford

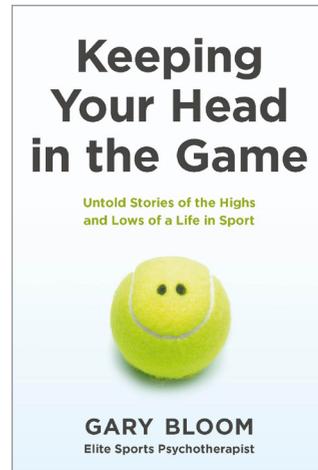
The ability to create strong relationships with others is crucial to living a fulfilled life and becoming a more effective manager and leader.

Yet many of us find ourselves struggling to build solid connections. When we find ourselves in an exceptional relationship - the kind of relationship where we feel fully understood and supported for who we are - it can seem like magic. But the truth is that the process of building these relationships can be described, learned and applied.

David Bradford and Carole Robin taught interpersonal skills to MBA candidates for a combined seventy-five years in their blockbuster Stanford course, *Interpersonal Dynamics*. In *Connect*, they show readers how to take their relationships from shallow to exceptional, offering time-tested strategies for giving feedback, negotiating boundaries and working through disagreements. Filled with relatable scenarios and research-backed insights, *Connect* will be an important resource for anyone hoping to improve existing relationships and build new ones.

[David Bradford](#) is Eugene O'Kelly II Senior Lecturer Emeritus in Leadership at Stanford Graduate School of Business, where he helped develop *Interpersonal Dynamics* ("Touchy Feely"). After more than twenty years at Stanford, [Carole Robin](#) was the Dorothy J. King Lecturer in Leadership before co-founding *Leaders in Tech*, which brings the principles and process of "Touchy Feely" to executives in Silicon Valley.

## The *Examined Life* for sports fans - from psychotherapist and broadcaster, Gary Bloom

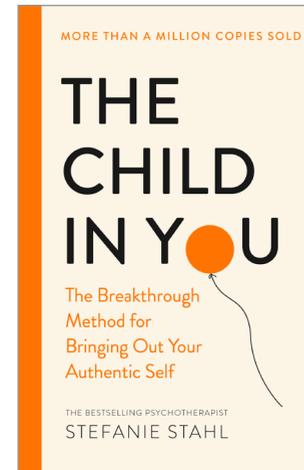


Elite athletes play out their lives in the most public of arenas. Everything they do is analysed in real time and then picked apart in the pub afterwards. "Why did they miss that penalty?" "What made him fall at the first jump?" We can all speculate, but what's really going on?

In *Keeping Your Head in the Game* we peer into this highly confidential, psychological world. We follow the journeys of ten athletes in their therapy sessions with Gary, from a rugby player arrested for a drunken brawl, to a snooker player struggling with his feelings of inadequacy and low self-esteem.

They might seem like superheroes on the pitch, but in the dressing room they're just like anybody else. You might not be on fifty grand a week or hold a world record, but seeing how sportspeople overcome their demons is a powerful way of tackling your own.

**Gary Bloom** is a leading clinical sports psychotherapist who works with elite athletes. He also hosts the award-winning talkSPORT radio show *On the Sporting Couch*, and has commentated for over 20 years - notably on Channel 4's iconic *Football Italia*. Registered with both the BACP and the UKCP, he is one of the only sports psychotherapists working within a football league club. This is his first book.



## The million-copy international sensation about how to befriend your inner child to find happiness

Everyone longs to be accepted and loved. Ideally, during childhood, we develop the self-confidence and sense of trust that will help us through life as adults. But the traumas that we experience in childhood also unconsciously shape and determine our entire approach to life as adults.

In the million-copy international bestseller *The Child In You*, psychologist Stefanie Stahl shares her proven approach for working with - and befriending - our inner child. Powerful, imaginative and practical - with clever exercises, from the three positions of perception to over-writing old memories - she shows how by renouncing our 'shadow child' and embracing our 'sun child,' we can learn to resolve conflicts, form better relationships, and find the answer to (almost) any problem.

**Stefanie Stahl** is a clinical psychologist with her own practice and the author of more than ten books. Resident in Germany and fluent in English, she conducts seminars about self-esteem, love, and the fear of commitment.

We all have big ambitions for the future, but those dreams only become reality if we do something about them *now*



Achieving long-term success is about taking action, setting realistic goals and making small changes today. The key to success is to think big and act small.

Whether you fantasise about changing industry, landing that big promotion or setting up your own company, *Think Big* creates a clear pathway to the future you want. Using cutting-edge research from behavioural science, Professor Grace Lordan offers immediate actionable solutions and tips that will help you get a tiny bit closer to your dream career, every day.

*Think Big* provides a practical framework to keep you moving in the right direction. It will help you get out of your own way and propel you on the path to success as you transform from dreamer to doer.

Dr Grace Lordan is an Associate Professor in Behavioural Science at the LSE and director of their new MSc in Behavioural Science. An economist by background, her research is focused on understanding why some individuals succeed in life and others don't. This is her first book.



A guide to creating happy moments you will remember forever from the internationally bestselling author of *The Little Book of Hygge* and *The Little Book of Lykke*

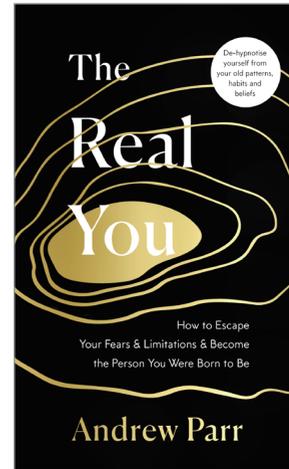
Every year we are given a fixed number of days. Some days pass us by without leaving a trace and some days we remember for ever. Do you remember your first kiss? Your last birthday? Or the best meal you ever tasted?

Using research from the Happiness Institute in Copenhagen, Meik explores how we can create happy memories and improve how we hold on to them. For example, when our senses are stimulated and when we are conscious of our feelings and emotions, we are more likely to recall those precious moments.

Including data, diaries, interviews, global surveys and real-life behavioural science and happiness experiments, *Happy Moments* shows us how we can treasure the happiest times of our lives. Moments you will remember forever. Moments that will shape who we are.

Meik Wiking founded the world's first Happiness Research Institute in 2013, in Copenhagen, Denmark and is a *New York Times* and *Sunday Times* Bestselling author. Besides his work at the Happiness Research Institute, he is Research Associate for Denmark at the World Database of Happiness, and member of the policy advisory group for the *Global Happiness Policy Report*.

## The guide to understanding your fears, overcoming limiting self-beliefs and achieving success



We all have things that hold us back in life, preventing us from achieving true success and happiness.

In this book Andrew Parr explains how these limitations are self-imposed and reinforced by our life experiences but, no matter how deeply rooted they may be, with his ESCAPE method you can de-hypnotise yourself of those beliefs and achieve your goals.

Whether it is quitting smoking, asking for a pay rise, or losing weight, Andrew has coached thousands of clients to succeed at things they never thought possible. With the simple exercises in this book, you can transform your old, restricted self and become the confident, happy and successful person you were born to be.

After studying hypnotherapy, psychotherapy, coaching and counselling, [Andrew Parr](#) set up his own private practice to help people resolve personal, emotional and habitual problems. With more than 26 years of experience, and having carried out over 16,000 one-to-one client consultations, he is one of the UK's most experienced hypnotherapists. He has a private practice on Harley Street in London and his own training school based in East Sussex and online.



## The ultimate handbook of irrefutable facts for saving the planet and fighting against climate change

How can we save our planet and survive the 21st century? How can *you* argue with deniers? How can we create positive change in the midst of the climate crisis? Professor Mark Maslin has the key facts that we need to protect our future.

Global awareness of climate change is growing rapidly. Science has proven that our planet and species are facing a massive environmental crisis. *How to Save Our Planet* is a call to action, guaranteed to equip everyone with the knowledge needed to make change.

This is your go-to handbook for saving our precious planet. From the history of our planet and species, to the potential of individuals and our power to create a better future, Maslin inspires optimism in these bleak times. It's time to face the facts and save our planet *from*, and *for*, ourselves.

[Mark A. Maslin](#) is Professor of Earth System Science at University College London and a Royal Society Wolfson Research Merit scholar. His most recent book is *The Cradle of Humanity* which Professor Brian Cox called 'exhilarating'.

## An evolutionary exploration of how and why we fall in and out of love



Dr. Justin Garcia is a world-leading expert on the science of love and sex.

In his first ever book, he reveals our intimacy instincts. He explores how the tensions between our competing evolved desires for love and sex explain the heartache and heartbreak of our romantic and sexual lives.

In this book, Dr Garcia uses compelling case studies, revealing his cutting-edge findings and offering practical tips on love and attraction - two biological systems which are often in painful conflict. He explains how these tensions play out in today's digital age in complex ways, and that we are now in a global intimacy crisis because sex can be digitized but love cannot.

*The Intimate Animal* offers us the first evolutionary understanding of the entire life course of our intimate relationships - how we date, mate, break, and remake our love lives.

**Dr. Justin R. Garcia** is an evolutionary biologist and sex researcher. He is currently Acting Executive Director & Research Director of The Kinsey Institute, Ruth N. Halls associate Professor of Gender Studies, and IU Bicentennial Professor at Indiana University, Bloomington. Since 2010, Justin has served as Scientific Advisor to Match.com, lending his expertise to the annual Singles in America study on the attitudes and behaviors of single people in the United States.



## How to harness mental strength to build confidence and overcome anxiety

It's the constant bombardment of little challenges we face in our daily lives, such as getting stuck in traffic, dysfunctional family members or decision fatigue, that tests our resilience the most. Eating away at our ability to cope, we are left overburdened and lacking in self-worth.

So what can we do to fortify ourselves to overcome these obstacles?

For psychiatrist and wellness expert Dr Samantha Boardman, feeling strong is all about accessing the small amounts of resilience that exist even within our stress, which is why she has developed her six proven principles for recognizing and building on the assets you already have.

Instead of wallowing in panic and indecision, *Everyday Vitality* will furnish you with all the skills you need to manage the daily barrage of stress, from the slew of competing demands at work, conflicts with loved ones, losses or disappointments, and even nuisances like missing luggage.

**Dr Samantha Boardman** is a clinical instructor in psychiatry, an attending psychiatrist and the founder of PositivePrescription.com, a website devoted to making tweaks and changes that are life-enhancing and resilience-building. She also regularly contributes to *Psychology Today* and the *Huffington Post*, and has been published widely in academic and research journals.

## A practical guide for identifying, accepting and moving on from unresolved trauma



Do you find yourself plagued by anxiety or depression? Do you struggle with your body image? Do you often feel stuck in destructive and toxic patterns and cycles?

Trained psychotherapist, Emmy Brunner, has the ultimate 11-step programme you need to identify, and overcome unresolved trauma negatively impacting your mental health and preventing you from being the happiest version of yourself.

Using a combination of case studies, practical clinical advice from The Recover Clinic, and 11 simple recovery tools including meditation, vision boards, self-care tips, body-healing and future-self journaling, this book is guaranteed to help you take your first steps towards recovery.

Whether you're struggling with depression, anxiety, an eating disorder, or low self-esteem, Emmy Brunner is here to help you manifest your future and guide you through the process of recovery.

**Emmy Brunner** is a psychotherapist and founder of The Recover Clinic, Europe's leading outpatient service, treating sufferers of trauma, depression, body dysmorphia, anxiety and eating disorders. She also developed The Brunner Project, a social media enterprise that funds treatment and opportunities for support to women throughout the UK. Emmy has written for the *Metro*, *Refinery29*, *The Telegraph* and *Healthista*.



## 18 life lessons from a leading sports psychologist on how to bolster your resilience, boost your positivity, and achieve success

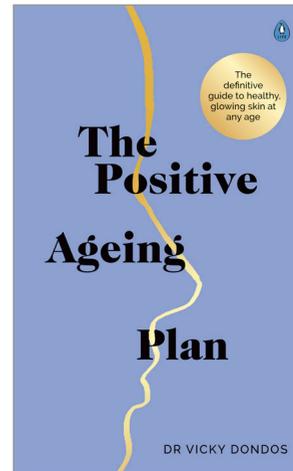
We all love stories. They make us feel, help us connect, relate to one another, and make sense of our lives. Bill Beswick is a storyteller who has 18 powerful life lessons to share from his work with his clients at the top of their fields to help us all overcome our fears, boost our performance and achieve success.

Beswick sees sport as a story of human connection. When faced with physical challenges, pressure and fatigue, the mind is the athlete and the body is simply the means. *Changing Your Story* explores how the way we think and feel is vital for releasing positive energy and improving our performance. His 18 lessons will bestow resilience and guide you through the process of harnessing the full power of your physical abilities.

Anything is possible when you realise it's *never* too late to switch direction and change your story.

**Bill Beswick** is an applied performance and sports psychologist who specialises in working with elite teams. With a Masters in Psychology and experience as Head Coach to England Men's Basketball Team, Bill was the first sports psychologist operating fully in English professional soccer.

## An empowering guide to ageing by a leading cosmetic doctor

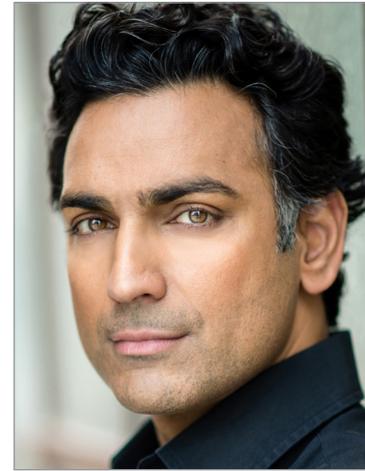


What if you could be truly in charge of how you feel in your own skin?

For more of us than ever before, the health of our skin is just as important as other aspects of our wellbeing. In this book, Dr Vicky Dondos uses her two decades of experience as a trained doctor and cosmetic surgeon to reveal the recipe to a clear, glowing skin at any age. This is a practical guide to preventing skin ageing, which preventative measures to take, and what the best aesthetic procedures for every different age and purse are.

Dr Dondos reveals an easy-to-follow model that looks at a psychological approach to ageing, as well as interventions. This book will demystify the ageing process and inspire you - not to look younger, not to substantially change your looks, but to enhance what you have, and make you look like the best version of yourself.

**Dr Vicky Dondos** graduated from Guys and St Thomas's Medical School in London in 1998. A fully qualified, medical doctor, she has been practicing aesthetics for ten years and co-founded Medicetics in 2006, with the aim of delivering a highly professional doctor-led beauty practice with business partner Dr Geoff Mullan.



## A raw and unflinching account from leading neuroscientist of the valuable lessons we can learn from patients confronted with their own mortality

Acclaimed neurosurgeon and bestselling author, Rahul Jandial, has spent the last 20 years treating patients whose lives hang in the balance, from treating patients with rare forms of stage 4 brain cancer, to keeping a gun victim's heart pumping with his own hand. *Rules for Survival* is his account of the resilience, courage and belief he has witnessed in his patients, and the lessons he has learned from them.

Part memoir, part guide, this profound and moving book explores the strength of humanity at its most vulnerable and shows us how to cope with life's challenges, be it stress, failure, trauma, loss or addiction. Jandial will help you find purpose in the face of futility, strength during times of loss and joy in the everyday.

**Rahul Jandial**, MD, PhD is an American dual-trained neurosurgeon and scientist at City of Hope, a research centre, hospital and postgraduate training faculty in Los Angeles. When he isn't performing surgery he is leading a team of scientists in Jandial Laboratory, named after him and known for its cutting-edge approach to brain surgery and neuroscience. His first book, *Life Lessons from a Brain Surgeon*, was published in 2019 and was a *Sunday Times* Bestseller.

## The ultimate lifestyle guide for finding calm, slowing down and reconnecting with yourself



In a world of endless emails, calendars creaking at the seams and a constant stream of the next big thing to watch and discuss, it can seem impossible to find time for yourself. Richie Norton knows this world too well and has created transformative, simple-to-follow daily rituals that fit into even the busiest schedule.

Guided by his expertise in breathwork, yoga, nutrition and meditation, Richie will help you unlock and develop your full physical and mental potential. Whether it's a one-minute triangle breath exercise, a five-minute wake-up flow, or a delicious 30-minute recipe, this guide contains accessible practices that *anyone* can build into their day to create new, healthier habits.

There's never been a better time to start taking care of your mind and body, so let Richie guide you into your healthiest and happiest life.

When an injury ended his sports career, [Richie Norton](#) discovered the transformative power of yoga and breathwork. Richie is now a human performance coach and yoga and breathwork practitioner. He has spent the past decade working alongside sports teams, entrepreneurs and personal clients to help them maximise every aspect of their physical and mental health. His specialism is yoga, but he also works holistically with clients and runs workshops on breathing, nutrition, mindfulness and fitness.



## The feminist guide for women to understand, appreciate and speak up for themselves

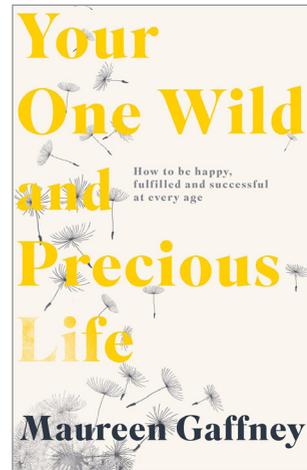
A follow up from the bestselling *Self-Compassion*, this book shows why it is more urgent than ever that women acknowledge their areas of suffering, celebrate their inner voice and challenge the male-orientated status quo.

The book will draw on Kristin Neff's own life story as well as the stories of other women to show how readers can harness self-compassion and gain the strength, clarity and courage needed to be resilient and stand up for themselves in our male-dominated society.

She'll explore core issues such as gender differences, why we aren't more compassionate to ourselves, and what women do for love. With expert research, concrete tools and easy-to-follow mindfulness practices, this book will empower women to let go of self-criticism, draw boundaries and become fierce.

[Kristin Neff](#) PhD is an Associate Professor in Human Development at the University of Texas at Austin. She has spent the past fifteen years researching self-compassion and is widely recognised as the pioneer of the field. She co-created an eight-week program called Mindful Self-Compassion and founded a non-profit organisation called the Center for Mindful Self-Compassion. She is the bestselling author of *Self-Compassion*, and *The Mindful Self-Compassion Workbook*.

From the author of the Number One bestseller *Flourishing: How to achieve a deeper sense of well-being and purpose in a crisis*



Many of us get to middle age without quite knowing how it happened.

We thought we had all the time in the world and that we'd always have lots of choices. Then one day we realise that neither time nor choices are limitless. We may even feel we have wasted our best years, made poor choices and dread the process of ageing. *Your One Wild and Precious Life* is an eye-opening account of how we got here – but, more crucially, it sets out how we can radically alter our thinking to reclaim control over our lives, connect with who we truly are and face the future with joy and a sense of purpose. It is both radical and reassuring – a book to fundamentally alter our relationship with time and to help us understand that every age can be our best age.

Psychologist [Maureen Gaffney](#) combines work in academia with a busy international consultancy business. She also serves on the executive committee of the Women's Leadership Board at Harvard's Kennedy School of Government. Her last book, *Flourishing: How to achieve a deeper sense of well-being and purpose in a crisis*, was a Number One bestseller and has sold over 70,000 copies. She is also a columnist, broadcaster and speaker.



A personal journey of self-healing through reconnecting with nature and rewilding the mind

*Awakening Artemis* is Vanessa Chakour's journey of rewilding and a love letter to the earth. She shares her journey in the hope that it will inspire yours. Her stories act as tools, both practical and inspirational, to encourage your growth, healing and reconnection to the regenerative power of the natural world.

We all come from different cultures and practice different spiritual traditions, but we have one thing in common: we are all of the earth. Chakour will guide you gently through the process of rewilding to reclaim your innate connection to the earth and discover the strength, solace and resilience that nature can provide in times of darkness.

Awaken your inner Artemis with Vanessa Chakour and discover your greatest source of power, motivation and joy.

[Vanessa Chakour](#) is an herbalist, holistic arts educator, environmental activist, and founder of Sacred Warrior - a multi-disciplinary and experiential 'school' integrating studies in plant medicine, martial arts, wildlife conservation, and meditation through courses, workshops and retreats. She curates embodied experiences in her workshops, provides herbal apprenticeships, and has delivered talks at venues such as the United Nations, Brown University and the Muhammad Ali Centre.

## A stylish, beautifully written exploration of five guiding principles that will help you to live well in your home



Over the last fifteen years, Matt Gibberd has defined the design aesthetic of a generation with the estate agency The Modern Home, which he co-founded with his friend Albert Hill.

As the agency grew, Matt noticed that despite the enormous diversity of the Modern House's clients, the same principles emerged time and time again. Five timeless rules for living capable of transforming any home into a happier and more successful one:

Space, Light, Materials, Nature and Curation.

Navigating the reader through each rule, via case studies and photography showcasing the best of modern design, Matt will demonstrate to home-hunter and homeowner alike how each rule can be applied in ways both large and small but ultimately transformative. Revolutionary in its simplicity, and bursting with elegance, humour and joy, *The Modern House: 5 Rules for Living Well* is full of lessons that are so vital they feel near-spiritual.

Matt Gibberd began his career as a writer on design and architecture, working for five years as a Senior Editor at *The World of Interiors*, before co-founding The Modern House, a pioneering design-led estate agency based in London.

The Life Experts offer easy to follow advice on the most common health issues

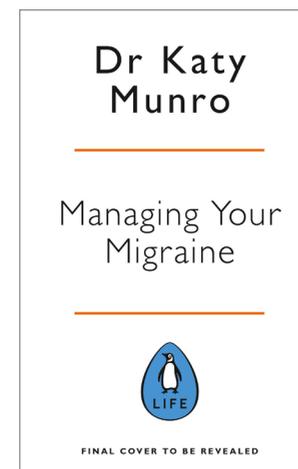
From helping identify symptoms, explaining old and new treatments, and offering lifestyle tips on exercise and nutrition, each book empowers readers to get to know their body better and take their health into their own hands



MANAGING THE PERIMENOPAUSE AND THE MENOPAUSE

DR LOUISE NEWSON

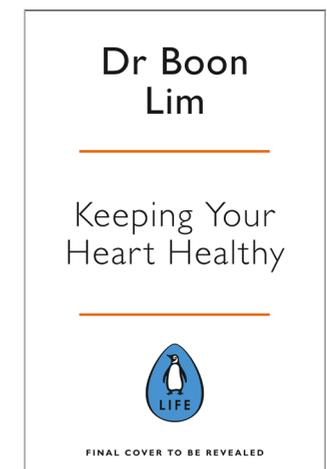
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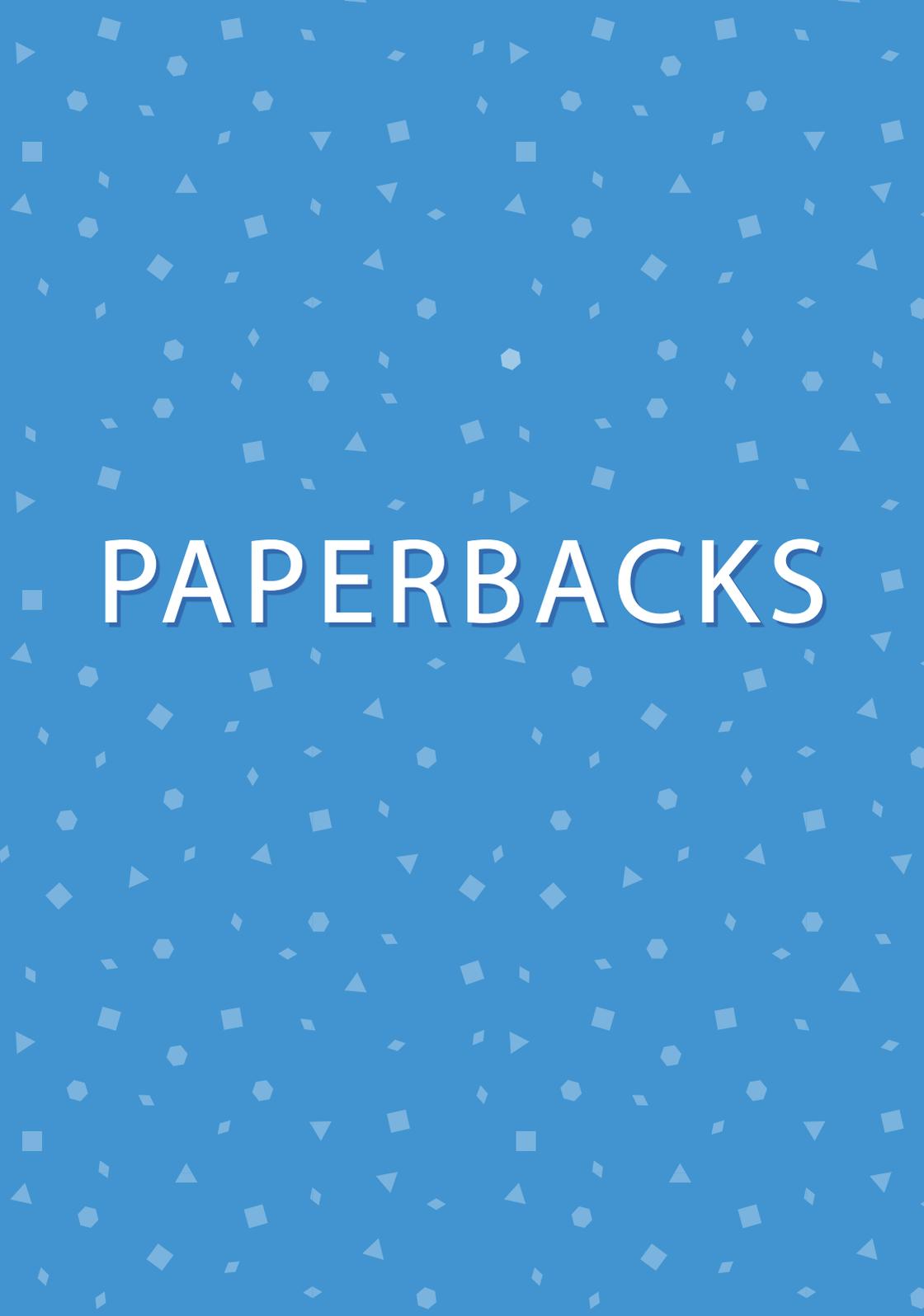
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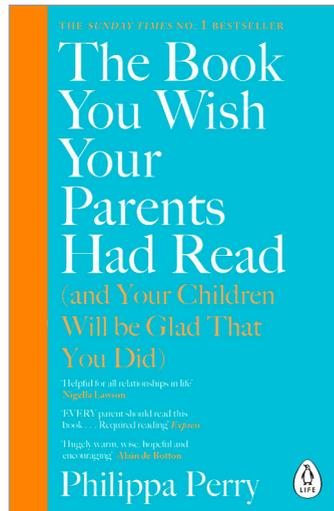
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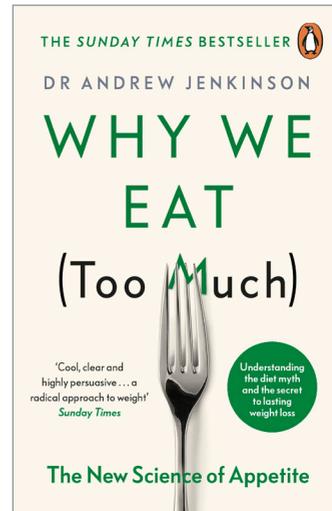
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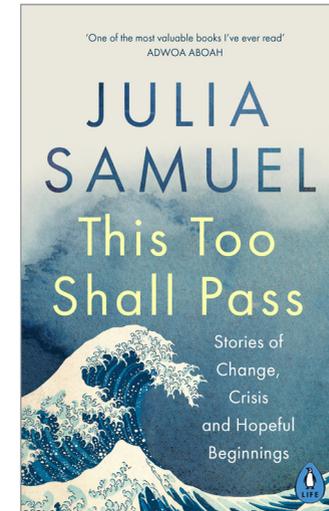
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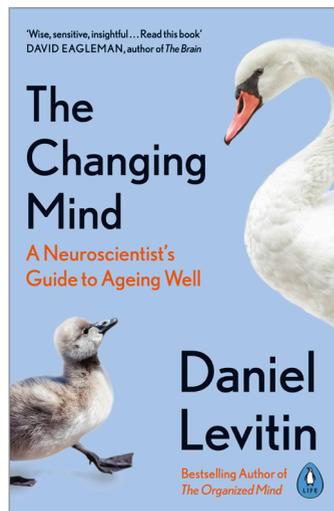
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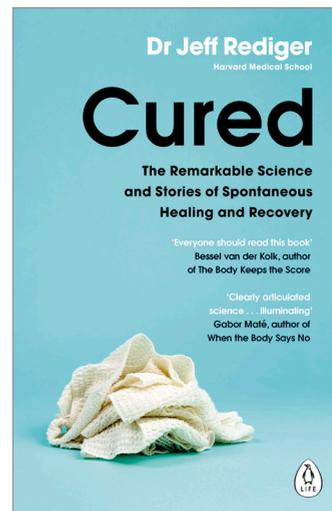
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