

The Life Brief

The Simple Tool to Unlock What You Really Want from Life

Bonnie Wan

The ultimate tool to unlock what we really want in life, with a three-step approach to Get Messy, Get Clear and Get Active, created by one of the world's most innovative strategists.

"The ultimate tool to set us on our true path towards success and joy"
Deepak Chopra

"Bonnie is Oprah - meets Brene Brown - meets Simon Sinek."
Elle Harrison, author of *Wild Courage*

We all have moments when we doubt the path we're on. So ask yourself: what do you really, really want? And how can you make that happen?

Making meaning out of messiness, *The Life Brief* distils the practice of brand strategy into its simplest, clearest, and most effective form to help you realign your path with your dreams - personally, professionally, culturally and spiritually.

World-leading strategist Bonnie Wan first encourages you to **Get Messy**, with ways to cut through limiting beliefs and false assumptions about what's possible. Then her guidance to **Get Clear** offers prompts for finding clarity around what you truly, deeply want. And finally, **Get Active** catapults you into the steps to making those desires a reality.

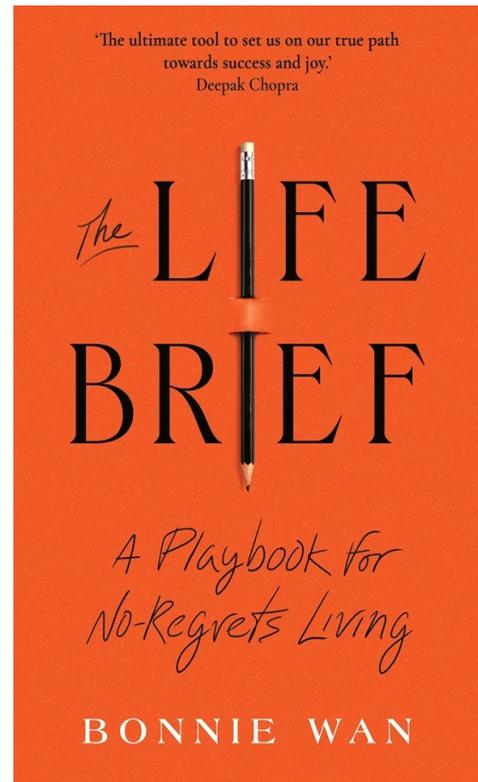
This blueprint has already been transformative for thousands of other people, and now we can all learn how to break through the clutter, identifying the fears and beliefs holding us back, and create a life that is wholly our own.

You cannot have it all, but you can have all that matters

"This book is a wonderful invitation. Take it."
Dave Evans, #1 New York Times bestselling author of *Designing Your Life*

'An inspiring and important way of thinking.'
Esther Wojcicki, author of *How to Raise Successful Children*

Bonnie Wan is a brand strategist who has spent the last three decades working with brand titans. She has led strategy for the California Milk Processor Board ('got milk?'), Pepsi, Kraft-Heinz, Nest, Adobe, Comcast, HP and BMW, as well as provocative and award-winning campaigns fighting child sex trafficking, cyberbullying, gender inequality, racial bias and college-campus rape. She is a sought-after public speaker who works with high-profile national and international organizations including Gwyneth Paltrow's "In Goop Health Summit", the 3% Conference and Change.org, When she's not leading and teaching strategy or dreaming up her next life brief, you'll find her with her husband and four kids adventuring in the desert, the rainforest or sleeping under the stars.



January 2024

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£16.99

Royal Octavo : Trade Paperback
256 pages

Reason to Be Happy

Why logical thinking is the key to a better life

Kaushik Basu

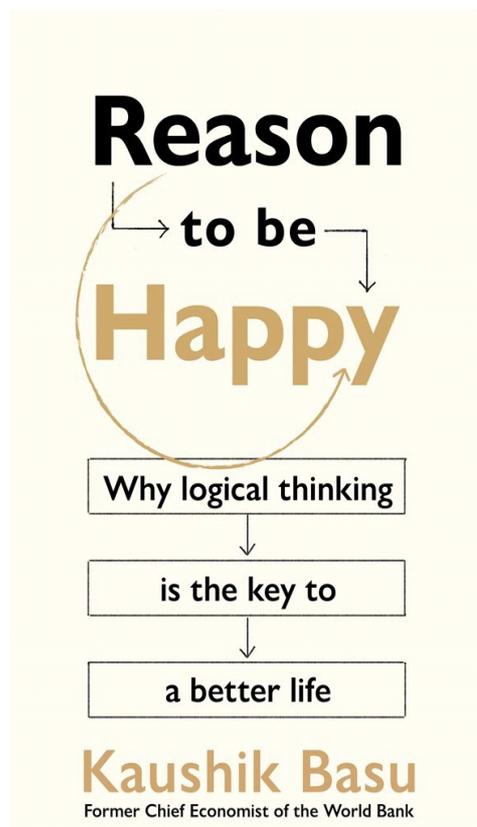
How to use logic to solve everyday problems and think your way to a better life, by one of the world's leading economists.

Why do our friends have more friends than we do? How do you book the best available seats on a plane? And if jogging for ten minutes adds eight minutes to our life expectancy, should we still go jogging?

The ability to reason is one of our most undervalued skills. In everyday life, the key is to put yourself in the shoes of a clever competitor and think about how they might respond. Whether you are dealing with events on the scale of the Cuban missile crisis or letting go of anger, leading economist Professor Kaushik Basu shows how game theory - the logic of social situations - can help us achieve better outcomes and lasting happiness.

Full of fascinating thought experiments and puzzles, *Reason to Be Happy* is a paean to the power of rationality. If you want to have a good life and even make the world a better place, you can start by thinking clearly.

Kaushik Basu is Carl Marks Professor of International Studies and Professor of Economics at Cornell University. He was Chief Economist of the World Bank from 2012 to 2016, and was previously Chief Economic Advisor to the government of India.



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240 pages

How AI Thinks

How we built it, how it can help us, and how we can control it

Nigel Toon

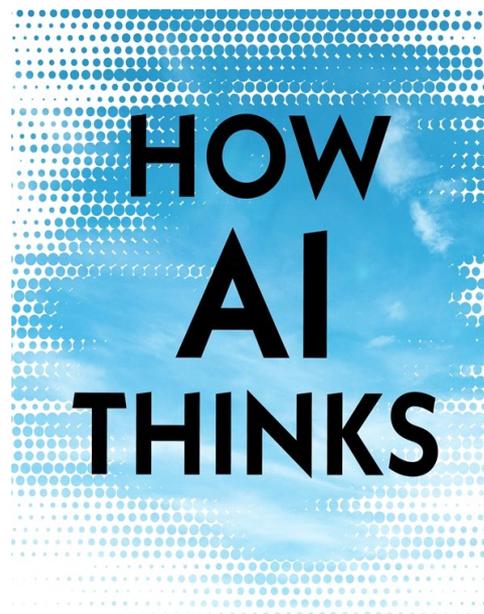
Those who understand how AI thinks are about to win big. Leading AI entrepreneur Nigel Toon explains why it's so exciting, and how it can be controlled.

We are used to thinking of computers as being a step up from calculators - very good at storing information, and maybe even at playing a logical game like chess. But up to now they haven't been able to think in ways that are intuitive, or respond to questions as a human might. All that has changed, dramatically, in the past few years.

Our search engines are becoming answer engines. Artificial intelligence is already revolutionising sectors from education to healthcare to the creative arts. But how does an AI understand sentiment or context? How does it play and win games that have an almost infinite number of moves? And how can we work with AI to produce insights and innovations that are beyond human capacity, from writing code in an instant to unfolding the elaborate 3D puzzles of proteins?

We stand at the brink of a historic change that will disrupt society and at the same time create enormous opportunities for those who understand how AI thinks. Nigel Toon shows how we train AI to train itself, so that it can paint images that have never existed before or converse in any language. In doing so he reveals the strange and fascinating ways that humans think, too, as we learn how to live in a world shared by machine intelligences of our own creation.

Nigel Toon is the founder of Graphcore and a leading AI entrepreneur. He sits as a Non-Executive Director on the board of UK Research and Innovation council and has sat on the UK Prime Minister's Business Council. He has been recognized with numerous industry awards, being ranked #1 on *Business Insider's* UK Tech 100 and named as one of the 'Top 100 entrepreneurs in the UK' by the *Financial Times*. *How AI Thinks* is his first book.



How we built it,
how it can help us,
and how we can control it

NIGEL TOON

February 2024
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320 pages

Women on Porn

One hundred stories. One vital conversation

Dr Fiona Vera-Gray

Based on new, immersive research and interviews with women aged 18 to 70. From women who have made porn, women who have consumed it and those averse to it, this is a fresh take on sexually explicit material and female sexuality. Perfect for fans of *Come As You Are* and *Men Who Hate Women*.

At a time when women are more vocal than ever about our lives, there's one last taboo. We need to talk about porn.

When we think about porn today, we still mostly think about men.

Men as the producers and the consumers. Women as the product.

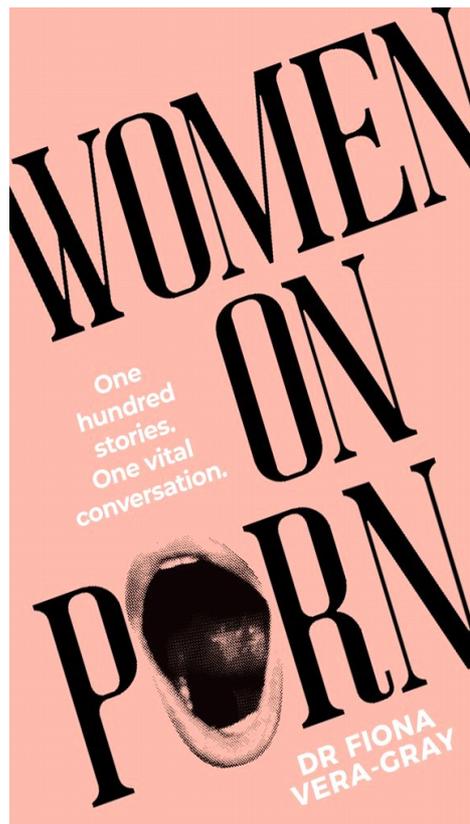
Most women aren't talking to each other about what they do and don't do with porn - *not really*. And when we do talk about it, we are divided into unhelpful binaries: for or against? Liberation or coercion? Too sexual or not sexual enough? But in a world where porn sites get more traffic than Netflix, Amazon plus Twitter combined, and one of the leading sites claims a third of its users are women, isn't it time to change that?

In this book, interviews with 100 women result in an extraordinary and powerful conversation on pornography. How they first encountered it. How they consume it. How it has affected their sex lives. What they like and what they don't. And what it means for their relationships.

Eye-opening, provocative and deeply moving, this book navigates the polarised public debates, to open an intimate window into porn and the sexual lives of women today.

Dr. Fiona Vera-Gray is one of the UK's leading feminist academics working on sexual violence and she has a decade's experience in the frontline anti-violence against women movement. Currently a Reader at the Child and Woman Abuse Studies Unit at London Metropolitan University, Fiona was formerly at Durham University and has been a regular media commentator on pornography, sexual violence, sexual harassment, and rape prevention. She is the author of two academic books on street harassment.

In March 2021, Fiona published the largest ever study on the content of mainstream online pornography, gaining significant media coverage including *BBC*, *The Guardian*, *The Sunday Times*, *New York Times*, *TalkRadio*, *Vanity Fair*, *RadioNZ* and *Women's Hour*. She has been commissioned to write for *The Guardian*, *The Telegraph*, and *The Independent*, and has appeared in documentaries about porn and its impact.



February 2024

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£18.99

Demy Octavo : Hardback

382 pages

Trailblazer

Barbara Leigh Smith Bodichon – The First Feminist to Change Our World

Jane Robinson

Acclaimed historian, Jane Robinson brings out of the shadows one of Victorian Britain's most influential but forgotten women. First wave feminist, founder of Girton College, Cambridge, and connected to everyone, from Florence Nightingale to Gertrude Jekyll, George Eliot to DG Rosetti.

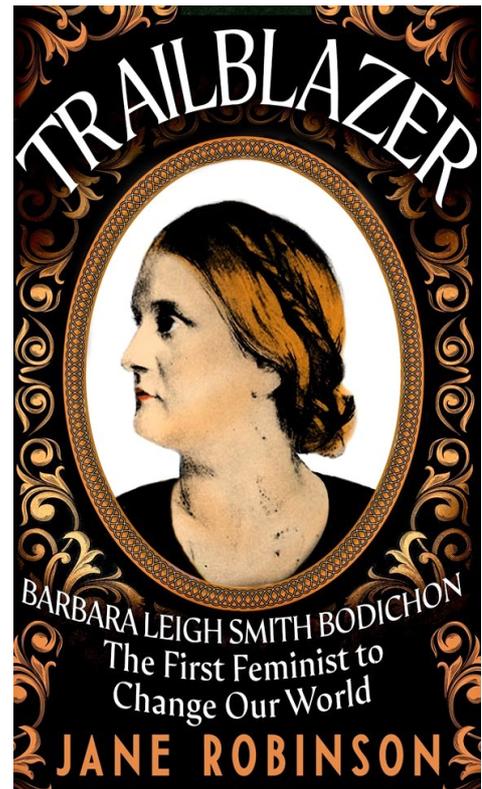
You have probably not heard of Barbara Leigh Smith Bodichon but you certainly should have done.

Name any 'modern' human rights movement, and she was a pioneer: feminism, equal opportunities, diversity, inclusion, mental health awareness, Black Lives Matter. While her name has been omitted from too many history books, it was Barbara that opened the doors for more famous names to walk through. And her influence owed as much to who she was as to what she did: people loved her for her robust sense of humour, cheerfulness and indiscriminate acts of kindness.

This is a celebration of the life of the founder of Britain's suffrage movement: campaigner for equal opportunity in the workplace, the law, at home and beyond. Co-founder of Girton, the first university college for women, a committed activist for human rights, fervently anti-slavery, she was also one of Victorian England's finest female painters.

Jane Robinson's brilliant new book shines a light on a remarkable woman who lived on her own terms and to whom we owe a huge debt.

Jane Robinson is also the author of *Bluestockings: The Remarkable Story of the First Women to Fight for an Education* and *Ladies Can't Climb Ladders: The Pioneering Adventures of the First Professional Women*. She was born in Edinburgh, grew up in North Yorkshire and read English at Somerville College, Oxford. She has worked in the antiquarian book trade and as an archivist, and is now a full-time writer and lecturer, specializing in social history through women's eyes. She is a Fellow of the Royal Historical and Royal Geographical Societies, a Hawthornden Fellow, and a Senior Associate of Somerville College. In her spare time she collects books and designs pop-up Escape Rooms. She lives in Buckinghamshire with her husband and two feline assistants, Emmy and Mrs Chippy. *Trailblazer* is her thirteenth book.



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9780857527776

£22.00

Royal Octavo : Hardback

416 pages

integrated b/w & 8pp colour plates

Languishing

How to Feel Alive Again in a World That Wears Us Down
Corey Keyes

Do you feel demotivated and aimless? Are you running on empty? Is it hard to pinpoint what's wrong? Then you're *languishing*, according to Corey Keyes, the sociologist who coined the term. Here he shows you how to flourish.

The inspiration behind *The New York Times*' most read, most shared, and most cited article of 2021.

Do you feel demotivated and aimless?
Are you running on empty?
Is it hard to pinpoint what's wrong?

This is an experience millions of us are struggling with, and until now, we've lacked the vocabulary to understand it. But Dr Corey Keyes has identified this feeling as *languishing*, and here he draws on the latest research and real-life case studies to trace its spread to a level of global epidemic, asking the fundamental question of how we find lasting wellbeing.

Breaking down the science of emotional exhaustion, Keyes shows that our very obsession with happiness complicates the process of finding it. Only by shifting our focus from *feeling good* to *functioning well* can we unlock the key to flourishing. He reveals the choices and mental habits that inadvertently worsen the problem, and shares simple but powerful steps anyone can take to restore meaning, joy, and calm to their lives.

***Languishing* is a must-read for anyone tempted to downplay the feelings of demotivation and emptiness they've been experiencing, to help them find true flourishing in our short time on earth.**

Dr Corey Keyes is a sociologist and professor emeritus at Emory University whose research on mental health – including his pioneering work on the science of human flourishing – has had wide-reaching policy implications.

Over the course of his career, he's advised the Centers for Disease Control and Prevention and the World Happiness Forum, as well as governmental agencies in Canada, Northern Ireland, and Australia.



Languishing

How to Feel Alive Again in
a World That Wears Us Down

Dr COREY KEYES

February 2024
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272 pages

How to Be The Grown-Up

Why Good Parenting Starts with You

Dr Martha Deiros Collado

From toilet training to tantrums, and from mealtimes to meltdowns, this is a revolutionary guide from the Dr Julie Smith of child psychology.

Drawing on her years of experience as a clinical psychologist, as well as her growing and dedicated social media community, Dr Martha Deiros Collado's first book is the must-have toolkit for any parent.

Martha understands the many modern-day parenting struggles and worries we all face: How can I make my child listen to me? Can I stop a tantrum in its tracks? What can I do when my child feels sad? Why does my child only eat three very particular things without having a meltdown? What should I do when I lose my sh*t?

With humour, boundless energy, wit and warmth, Dr Martha tackles it all; from how to talk about honesty and lies, death, co-parenting, consent, gender, attachment, boundaries, and tantrums, as well as the small but critical day to day challenges parents face. And she explains why beneath each dilemma, it's the behaviours and scripts we learned as children that shape the parents we become.

This deceptively simple and always empathetic guide promises to become the new word of mouth 'must have' for parents or any grown-up interested in what makes a healthy, happy, confident parent and child.

Dr Martha Deiros Collado is @dr.martha.psychologist. She has created a hugely successful social media platform sharing connection over control in parenting, based on nearly two decades as a clinical psychologist. She has met with 1000s of families in therapy over the course of her career working in paediatric medical teams within the NHS.

Over time, her work has changed and adapted, influenced by new scientific developments alongside her learnings from clinical experience she manages to deftly mix scientific knowledge with practical application. Martha has been shaped by an international background, a multi-cultural upbringing and her coming into motherhood.

'Parenting doesn't come with a manual, but if it did, it would be this one.' **Myleene Klass**

How to Be the Grown-Up

**Why good parenting
starts with you**

Dr Martha
Deiros Collado

February 2024
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320 pages

Learning to Think.

A broken system kept her trapped, education helped her break free

Tracy King

The most exciting memoir to launch in 2024 - *Educated* meets *Lowborn* and more. A stunning coming-of-age story.

When you have nothing, you cling to whatever gives you hope ...

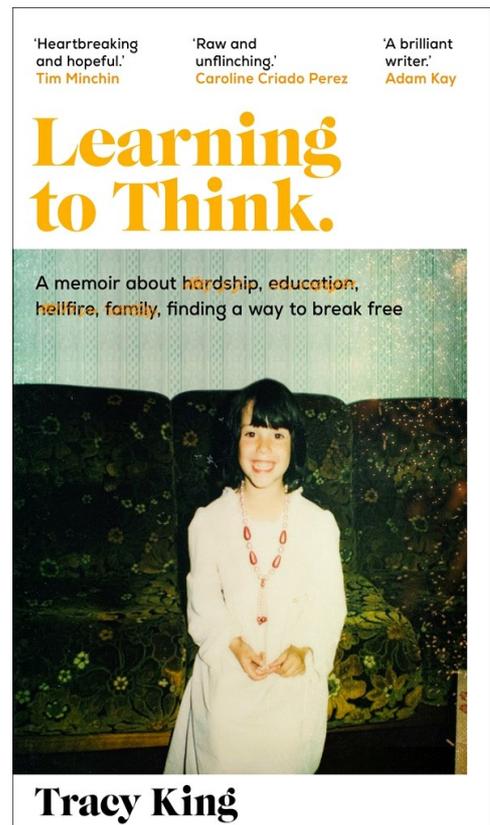
Put yourself in Tracy King's shoes. Growing up on an ordinary council estate outside Birmingham, in a house filled with creativity, curiosity and love, but marked by her father's alcoholism and her mother's agoraphobia.

By the time she turns twelve, her father has been killed, her sister taken into care and her mother ensnared by the promises of born-again Christianity.

This isn't the stuff of cult documentaries; It is the story of an ordinary family trapped in a broken system. One that could happen to anyone without the tools to transform their circumstances. And it's the story of how Tracy found her way out.

A shocking, inspiring and ultimately hopeful memoir that holds up a mirror to the everyday realities of living in poverty, it is also a testament to the power of books and of learning to think for yourself.

Tracy King is a writer, producer and science communicator based in England. She has contributed to media on subjects ranging from science and technology to politics and videogames, for the BBC and in the *Guardian*, *Telegraph*, the *New Statesman*, *Stylist* and the *New European* amongst others. She was a columnist for *Custom PC* magazine for over ten years. Her science and critical-thinking animations include a collaboration with Tim Minchin, *Storm*, which has five million views on YouTube and was adapted into a bestselling graphic novel. Her television and radio credits include *Sky News*, *BBC Newsnight*, *Good Morning Britain* and *BBC Sounds*.



March 2024
9780857527431
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£16.99 : Hardback
336 pages

How to Listen When Markets Speak

Risks, Myths and Investment Opportunities in a Radically Reshaped Economy

Lawrence McDonald and James Robinson

The first-to-market book to make sense of our radically reshaped global economy, with investment strategies for how to get ahead of the market to become one of the winners.

A *New York Times* bestselling author and leading expert on market risk outlines new rules of investing for the forward-thinking.

From Wall Street to Downing Street, the fantasy of an eventual 'return to normal' is still alive and well, nurtured by dangerously outdated theories. But the economic world as we know it - and the rules that govern it - are over. And few are prepared.

Lawrence McDonald got a real-world education in market risk when, as a Lehman Brothers VP, he watched the firm ignore flashing warning signs before its collapse. Now, he unveils the predictive model he developed in the aftermath, outlining actionable trading ideas for a radically reshaped economy. Readers will discover:

- Why inflation will stay near 3-5% for the next decade
- Why oil prices will remain at historic highs for the foreseeable future
- Why hard assets and rare minerals like lithium and cobalt will outperform growth stocks and passive investment strategies
- Why America will likely lose its position as a global superpower and holder of the world's premier reserve currency

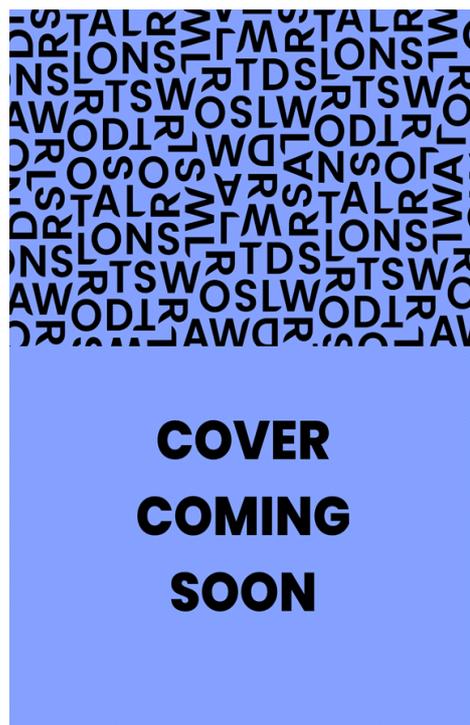
Rather than merely doomsaying, *How to Listen When Markets Speak* equips readers to make sense of our current moment, resist reactionary narratives and baseless analysis, and pounce on a new investing playbook.

Lawrence McDonald (Author)

Lawrence McDonald is the founder of the advisory platform The Bear Traps Report, with clients spanning twenty-three countries, and is one of Wall Street's most respected financial experts. He's made over 1,400 media appearances. Previously, he was a VP at Lehman Brothers.

James Robinson (Author)

James Robinson is a co-founder of The Bear Traps Report and the CEO of Robinson Speakers Bureau.



March 2024

9781911709619

£22.00

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288 pages

Nuclear War

A scenario

Annie Jacobsen

We could have an uninhabitable earth in a century. It could take 26 minutes and 40 seconds. An edge-of-your-seat non-fiction thriller that has to be read to be believed.

Up to now, no one outside of official circles has known exactly what would happen if a rogue state launched a nuclear missile at the Pentagon. Second by second and minute by minute, these are the real-life protocols that choreograph the end of civilisation as we know it. Frantic calls over secure lines work to confirm the worst as armoured helicopters are scrambled to evacuate the chosen few to secure bunkers. One nuclear missile will provoke two dozen in return. Decisions over hundreds of millions of lives need to be made within six minutes, based on partial information, knowing that once launched, nothing is capable of halting the destruction.

Based on dozens of new interviews with military and civilian experts, *Nuclear War* is at once a compulsive non-fiction thriller and a powerful argument that we must rid ourselves of these world-ending weapons for ever.

Annie Jacobsen is a 2016 Pulitzer Prize finalist and the *New York Times* bestselling author of *Area 51*, *Operation Paperclip*, *Surprise*, *Kill*, *Vanish* and others. Her books have been translated into nine languages. She also writes and produces TV, including Tom Clancy's *Jack Ryan*. A graduate of Princeton University, she lives in Los Angeles with her husband and their two sons.



March 2024
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320 pages

Our Accidental Universe

Stories of Discovery from Asteroids to Aliens

Chris Lintott

An astonishing tour of the key astronomical events of the past century, and of all the accidents and human error involved in our pursuit of asteroids, radio waves, new stars and alien life.

Our view of the Universe is changing. The timeless heavens, turning ceaselessly above us, have been revealed to be dynamic and ever-changing, requiring a new kind of astronomy. On mountaintops and in deserts around the world, new telescopes are being built to show us this changing sky. But amongst all this technological development, the major astronomical events of the past century have largely come about by accident - found not by careful experiment but as surprises when we were looking for something else entirely.

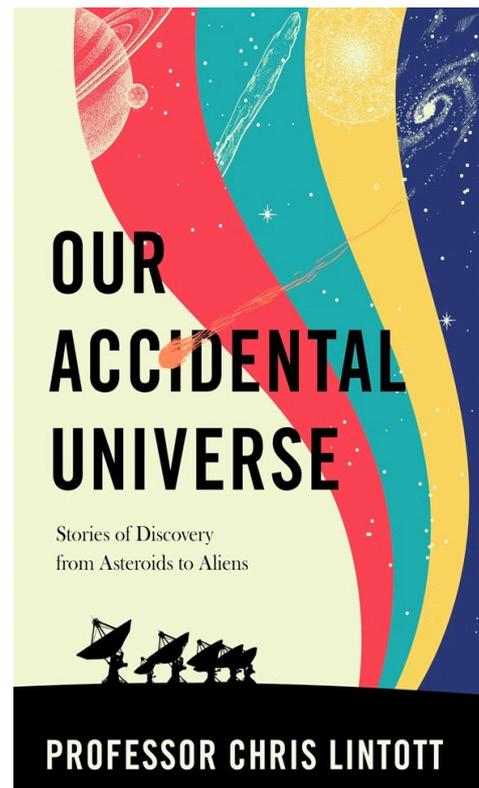
- The most promising habitat for life beyond Earth turns out to be Saturn's tiny moon Enceladus, whose oceans were revealed as NASA's Cassini probe happened to swing by.
- Pulsars, the remnants of long-dead massive stars, were originally just 'scruff' in the data of radio astronomers looking at distant galaxies.
- Telescopes around the world sprung into action to follow the visit of our first, unexpected, interstellar visitor, an asteroid from another system.
- And we get the most from the Hubble Space Telescope by pointing it at nothing ...

Chris Lintott takes us on an astonishing tour of accidents and human error in pursuit of asteroids, pulsars, radio waves, new stars and alien life. On the threshold of opening a new window on the cosmos through new surveys and instruments, his book is an urgent argument for how keeping an open mind can benefit us all - whatever might still be out there for us to find.

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Praise for Chris Lintott

- 'Superbly written insights.' - Professor Brian Cox
- 'Chris Lintott is a modest genius. He has quietly revolutionized modern astronomy.' Brian May
- 'Lintott deftly interweaves personal experience and more philosophical ruminations.' Michael West, *Nature*

Chris Lintott is a Professor of Astrophysics at the University of Oxford, where his research ranges from understanding how galaxies form and evolve, to predicting the properties of visiting interstellar asteroids. He is Principal Investigator of the Zooniverse citizen science platform, which provides opportunities for anyone to contribute to scientific research, and which was the topic of his first book, 'The Crowd and the Cosmos'. Lintott is best known as presenter of the BBC's long-running Sky at Night program, and as an accomplished lecturer and performer in venues from music festivals to planetaria. In 2023, he was appointed the 39th Gresham Professor of Astronomy, a post that dates back to the 16th century. Away from work, he cooks, plays real tennis and spends time with a rescued lurcher, Mr Max, with whom he presents the Dog Stars podcast.



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The Immune Mind

The new science of health

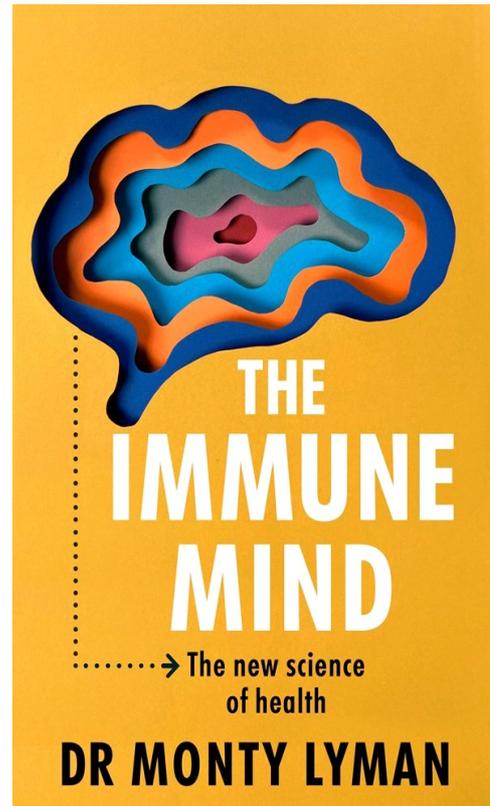
Dr Monty Lyman

Delving into the recent discovery of the brain's immune system, Dr Monty Lyman reveals the extraordinary implications for our physical and mental health.

Up until the last ten years, we have misunderstood a fundamental aspect of human health. Although the brain and the body have always been viewed as separate entities – treated in separate hospitals – science now shows that they are intimately linked. Startlingly, we now know that our immune system is in constant communication with our brain and can directly alter our mental health. This has opened up a new frontier in medicine. Could inflammation cause depression, and arthritis drugs cure it? Can gut microbes shape your behaviour through the vagus nerve? Can something as simple as brushing your teeth properly reduce your risk of dementia? Could childhood infections lie behind neurological and psychiatric disorders such as tics and OCD?

In *The Immune Mind*, Dr Monty Lyman explores the fascinating connection between the mind, immune system and microbiome. A specialist in the cutting-edge field of immunopsychiatry, Lyman argues that we need to change the way we treat disease and the way we see ourselves. For the first time, we have a new approach to medicine that treats the whole human being.

Dr Monty Lyman is a medical doctor, researcher and author who specializes in the relationship between the mind and the immune system. He is an Academic Clinical Fellow at the University of Oxford. His first book, *The Remarkable Life of the Skin*, was shortlisted for the Royal Society Science Book Prize, was one of the *Sunday Times* Best Books of 2019 and was a Radio 4 Book of the Week. An essay from his second book, *The Painful Truth*, won the 2020 Royal Society of Medicine's Pain Medicine Prize.



April 2024
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Royal Octavo
£22.00 : Hardback
304 pages

The Good Cop

My 30 years in a broken institution

Nusrit Mehtab

Nusrit Mehtab's 30 years fighting against racism and misogyny in the Met police have made her uniquely placed to write this brave and insightful memoir of a deeply flawed institution and how we can fix it.

When Nusrit Mehtab joined the Met Police in the late 80s the organisation was rife with racism and misogyny. Officers refused to patrol with her, or even call her by her name. Her attempts to get promoted were met with hostility and ridicule and she was subject to cruel pranks.

As the years passed and her seniority grew, Nusrit was dismayed to find that these problems got worse, not better. After 30 years, she finally had enough and left the MET, initiating an employment tribunal against them in the process. Now lecturing new recruits in policing law and criminology, she's confident that we can mould the next generation of officers to create a more inclusive police force, safer for both the officers and the public.

Full of gritty and shocking stories from the heart of the organisation, *Law and Disorder* shines the light on an institution that has lost sight of it's mission to protect us and pleads the case for a brighter and safer future.



April 2024
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Demy Octavo
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288 pages

The Everything War

Amazon's Ruthless Quest to Own the World and Remake Corporate Power

Dana Mattioli

From veteran Amazon reporter for the Wall Street Journal, *The Everything War* is a searing exposé of Amazon's endless strategic greed, from destroying competition to remaking corporate power, in pursuit of total domination, by any means necessary.

Amazon is a behemoth in the truest sense of the word. It might be synonymous with shopping, but the company now dominates a dozen industries beyond retail. As it turns out, the Amazon that Jeff Bezos invented is fundamentally driven by a competitive edge that will stop at nothing -if Amazon could own the world and be everywhere, it would.

Currently, the company is under investigation in US Congress, at the Federal Trade Commission, Department of Justice, and the European Union for potential anticompetitive business practices. In *The Everything War*, award-winning Wall Street Journal reporter Dana Mattioli follows this unfolding battle, exploring the infamous rise of Bezos and exposing how Amazon has become too big for antitrust investigators to ignore.

While Amazon's business practices grow to monopolistic proportions, international authorities are quickly discovering that Amazon is an adversary unlike any they have ever faced. Using meticulous reporting, Mattioli reveals how Jeff Bezos learned to leverage his influence in the corridors of power, preparing for this fight he always knew would come. This book unveils a side of Amazon, and its leader, that has never been told before: its ruthless, competitive, killer instinct to destroy everything in its wake for dominance.

Amazon's rise to supremacy is reaching a boiling point, and now squarely in the crosshairs of multiple international governments looking into its practices. Mattioli's *The Everything War* broaches this question: has the company become too powerful- and too enmeshed with public interests- to stop?

Dana Mattioli has been a reporter for The Wall Street Journal since 2006. She has written investigative pieces and Front Page stories about Amazon since 2019 and was a finalist for the Pulitzer Prize in Investigative Journalism for her work on Amazon. Her Amazon coverage also received the 2021 Gerald Loeb Award for Beat Reporting. In 2021, she received the WERT Prize, an award from the Women's Economic Round Table that honors excellence in comprehensively reported business journalism for her Amazon investigations, and received a Front Page Award for her Amazon coverage.

Prior to covering Amazon, Dana held one of the WSJ's highest profile beats covering mergers & acquisitions. During her 16-year career at WSJ she has produced a string of investigations and Page One stories on CEOs, boards of directors, technology companies and retailers. Dana is the recipient of a second Gerald Loeb award for breaking news, the SABEW breaking news award, two New York Press Club awards and was a finalist for the Larry Birger Young Business Journalist Award. Dana has appeared on CNBC, Good Morning America, Fox Business News, and Cheddar. She was the subject of a Wall Street Journal advertisement campaign about how the newspaper's highest-profile stories came together.



April 2024

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£20.00

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304 pages

The Algebra of Wealth

A Simple Formula for Success

Scott Galloway

Must-have guide to optimizing your life for wealth and success from bestselling author of *The Four* Scott Galloway

Today's workers have more opportunities and mobility than any previous generation. They also face unprecedented challenges, including inflation, labour and housing shortages, and climate volatility.

Even the notion of 'retirement' is undergoing a profound rethink, as our lifespans extend and our relationship with work evolves. In this environment, the tried-and-true financial advice our parents followed no longer applies. **It's time for a new playbook.**

In *The Algebra of Wealth*, Galloway lays bare the rules of financial success in today's economy. In characteristic unvarnished, no-BS style, he explains you what you need to know in order to improve your chances of achieving economic security no matter what. You'll learn:

- * **How to find and follow your talent**, not your passion, when making career decisions
- * **How to ride and optimize big economic waves** (hard truth: market dynamics always trump individual achievement)
- * **What small steps you can take that pay big returns later**, including diversification and tax planning
- * **How stoicism can help you minimize spending and develop better financial habits**

Bursting with **practical, game-changing advice** from one of the world's most popular business school professors, *The Algebra of Wealth* is the practical guidebook you need to win today's wealth game.

Scott Galloway is Professor of Marketing at NYU's Stern School of Business and a serial entrepreneur. He has founded nine companies, including Prophet, Red Envelope and L2. He is the bestselling author of *The Four* and *The Algebra of Happiness* and has served on the boards of directors of The New York Times Company, Urban Outfitters and UC Berkeley's Haas School of Business. His *Prof G* and *Pivot* podcasts, *No Mercy/No Malice* blog, and Prof G YouTube channel reach millions. In 2020, *Adweek* named *Pivot* Business Podcast of the Year. In 2019, Scott founded Section4, an online education platform for working professionals where he teaches business strategy: section4.com.

THE ALGEBRA OF WEALTH A SIMPLE FORMULA FOR SUCCESS SCOTT GALLOWAY

BESTSELLING AUTHOR
OF THE FOUR
AND PROFESSOR AT NYU,
STERN SCHOOL OF BUSINESS

May 2024

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304 pages

Sister in Law

Fighting for Justice in a System Designed by Men

Harriet Wistrich

The stories behind the headlines - landmark cases demonstrating that terrifyingly often, the law is not-fit-for-purpose for half the population.

Only 30 years ago, rape within marriage was not a crime, Judges saw rape victims as complicit for wearing short skirts; teenage runaways were groomed, pimped and then arrested as 'common prostitutes', and harassment, stalking, forced marriage and honour-based violence were not defined or recognised as separate offences in law. Since then there have been important legislative reforms but the law is only as good as those who enforce it.

Telling the stories of a series of ground-breaking cases, Harriet Wistrich illustrates how far misogyny is baked into our justice system. Among the women she has represented are Emma Humphreys and Sally Challen, both of whose murder convictions were overturned in watershed moments, the victims of serial rapist, taxi-driver John Worboys, and the wives and girlfriends of undercover police who were fraudulently deceived into long-term relationships and illegally spied upon.

Her work has involved direct challenges to government departments and cabinet ministers, the police, the Crown Prosecution Service, the immigration service, and the Parole Board. It provides critical insight into the many ways issues relating to violence against women intersect with racism, state violence and lack of accountability. And it shows how bringing a feminist lens to legal issues has led to creative solutions and inspiring partnerships.

This important work demands tenacity, compassion and collaboration, but Wistrich shows that it is imperative that we demand better justice and that it is possible to bring about important change.

Harriet Wistrich is the founder and director of the Centre for Women's Justice and a solicitor of 25 years' experience, who has worked for many years with civil liberties firm Birnberg Peirce Ltd. She has acted in many high-profile cases around violence against women including on behalf of women who challenged the police and parole board in the John Worboys case, women deceived in relationships by undercover police officers and on behalf of women appealing murder convictions for killing abusive partners. She is also a founder member of the campaign group, Justice for Women. To her name are accolades including the Liberty Human Rights Lawyer of the Year 2014, Legal Aid Lawyer of the Year 2018 for public law, and Law Society Gazette personality of the year 2019.



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Sword Beach

Stephen Fisher

An immersive narrative non-fiction account of the landings on Sword Beach by new maritime historian Stephen Fisher

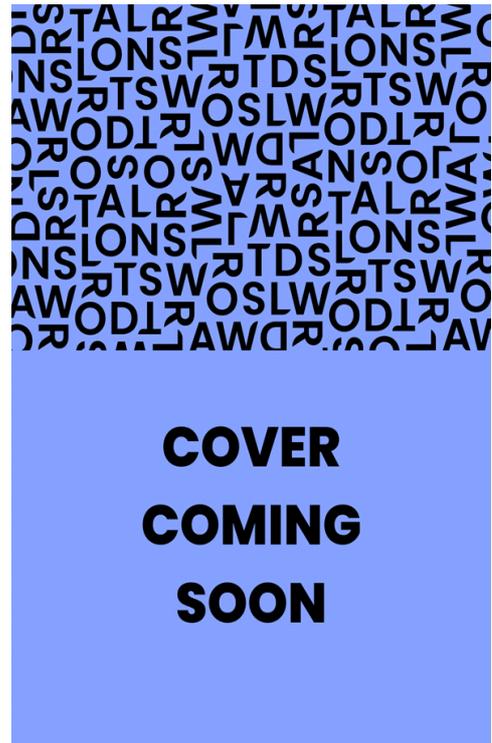
Stephen Fisher is one of the best kept secrets in military history. With his wealth of knowledge and exacting eye for detail, his book on D-Day is sure to impress a vast audience'

Dan Snow

'Stephen Fisher... is a very rare beast - a man who can bring stunning research and scholarship hand-in-glove with the gifts of a fine story-teller' **James Holland**

Filling a massive gap in D-Day literature, marine historian Stephen Fisher provides fresh insight and unrivalled coverage of one of the least well know of the D-Day landings.

Although they are well known, coverage of the action on Sword, Juno and Gold beaches is relatively sparse and overshadowed by the more famous American landing at Omaha. In fact, the capture of all the beaches were events in their own right, full of drama and incident, and in particular, Sword Beach turned out to be crucial in securing the Normandy Landings.



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The Giant on the Skyline

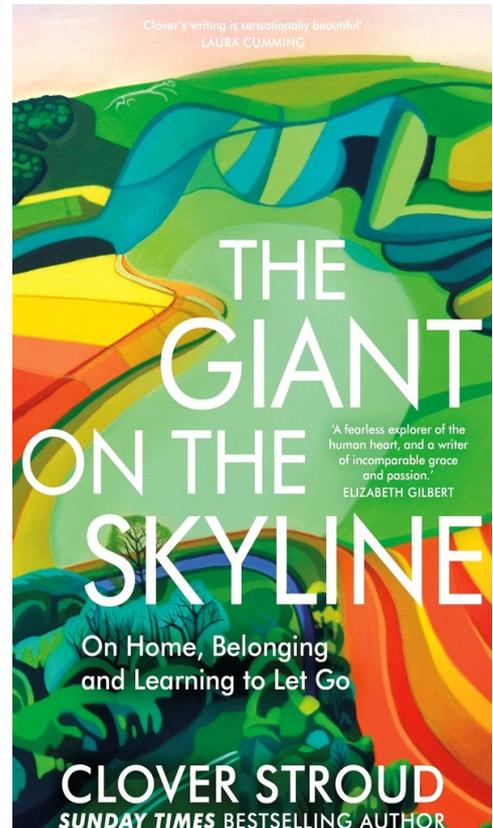
On Home, Belonging and Learning to Let Go
Clover Stroud

Faced with the sudden prospect of uprooting her young children to move to the US, while her eldest fly the nest to university, the acclaimed memoirist and nature writer considers what home means, and what ties us to the places we love.

What is it that makes a home? What is a home without the roots that tie you to a place? What is a home when a family is split?

Clover's eldest children are leaving home for university. Her husband Pete's work is in America. The only way for Clover and the younger children to live with him is to uproot, leave their rural life near the ancient Ridgeway in Oxfordshire and move to Washington DC. Forced to leave the home she loves and consider these questions, Clover sets out to explore the place where she lives, walk the Ridgeway, understand a little of the history of her landscape and work out why it is that it is so hard for her to go. In doing so she paints a beautifully layered portrait of family, community and of belonging in a landscape that has drawn people to it for generation after generation.

Clover Stroud is a writer and journalist, writing regularly for the *Sunday Times*, the *Guardian* and the *Saturday* and *Sunday Telegraph*, among others. She also hosts a popular podcast called *Tiny Acts of Bravery*. Her first book, *The Wild Other*, was shortlisted for the Wainwright Prize. Her critically acclaimed second book, *My Wild and Sleepless Nights: A Mother's Story*, and third book, *The Red of My Blood: A Death and Life Story*, were instant *Sunday Times* bestsellers and rated 'best books of the year'. She is currently living in Washington DC with her husband and the youngest three of her five children.



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Embrace the Chaos

52 Tactics to Make Every Day Count

Jason Fox

Transform your life and seize each day with this revolutionary programme of personal challenges and exercises, from number one bestselling author Jason Fox.

Challenge your limits, change your habits and transform your life.

In *Embrace the Chaos*, Special Forces veteran Jason Fox sets out a revolutionary programme of personal challenges designed to help you reboot, disrupt your thinking and grow your capabilities.

Across 52 short chapters of practical advice - battle-tested on elite military operations and extreme expeditions - Foxy mentors you through a series of tasks that will enhance your life. Exercises range from micro-adventures and small habit changes to addressing your routine, cleansing your relationships, setting personal goals and learning new skills.

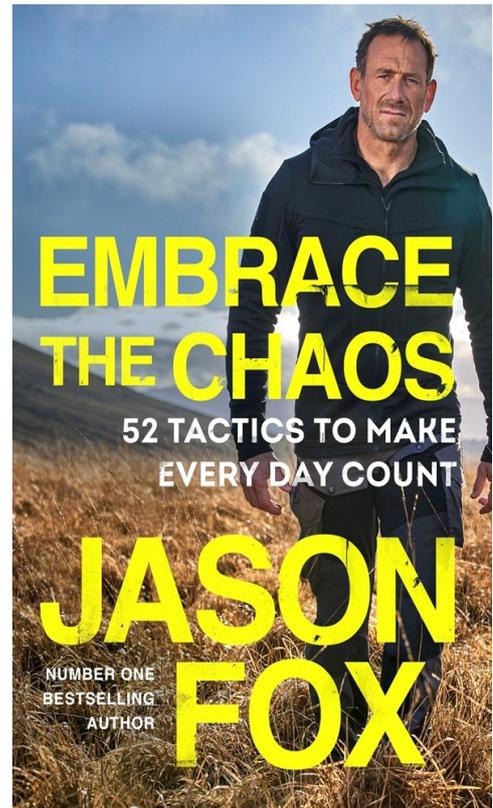
Whether you are looking for adventure, in need of mental clarity, or seeking military grade productivity, *Embrace the Chaos* will push you physically and mentally to become the best version of yourself.

Featuring:

- A new challenge for every week of the year.
- Practical advice and tips.
- Physical and creative tasks.
- Mentoring guidance through each process.
- Stories from Foxy's military career and expeditions.

Jason Fox joined the Royal Marine Commandos at sixteen, serving for ten years, after which he passed the gruelling selection process for the Special Forces, serving with the Special Boat Service for over a decade and reaching the rank of Sergeant.

Today you are most likely to find him gracing our television screens and giving us a taste of action and adventure around the world.



May 2024
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288 pages

Hope I Get Old Before I Die

How rock's greatest generation kept going to the end

David Hepworth

Showcasing the third act of the gods of rock, David Hepworth looks at how enduring icons like Bob Dylan, Bruce Springsteen and Pink Floyd remain in the ever-changing music game.

When Paul McCartney closed Live Aid in July 1985 we thought he was rock's Grand Old Man. He was forty-three years old.

As the forty years since have shown he - and many others of his generation - were just getting started.

This was the time when live performance took over from records. The big names of the 60s and 70s exploited the age of spectacle that Live Aid had ushered in to enjoy the longest lap of honour in the history of humanity, continuing to go strong long after everyone else had retired.

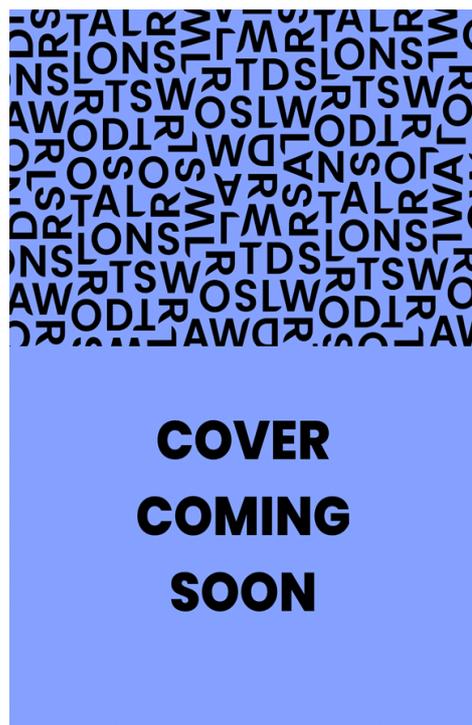
Hence this is a story without precedent, a story in which Elton John plays a royal funeral, Mick Jagger gets a knighthood, Bob Dylan picks up the Nobel Prize, the Beatles become, if anything, bigger than the Beatles and it's beginning to look as though all of the above will, thanks to the march of technology, be playing Las Vegas for ever.

David Hepworth has been writing, broadcasting and speaking about music and media since the seventies. He was involved in the launch and editing of magazines such as *Smash Hits*, *Q*, *Mojo* and *The Word*, among many others.

He was one of the presenters of the BBC rock music programme *The Old Grey Whistle Test* and one of the anchors of the corporation's coverage of Live Aid in 1985. He has won the Editor of the Year and Writer of the Year awards from the Professional Publishers Association and the Mark Boxer award from the British Society of Magazine Editors.

He lives in London, dividing his time between writing for a variety of newspaper and magazines, speaking at events, broadcasting work, podcasting at www.wordpodcast.co.uk and blogging at www.whatsheonabouthnow.blogspot.co.uk.

He says Chuck Berry's 'You Never Can Tell' is the best record ever made. 'This is not an opinion,' he says. 'It's a matter of fact.'



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Precious

The History and Mystery of Gems Across Time

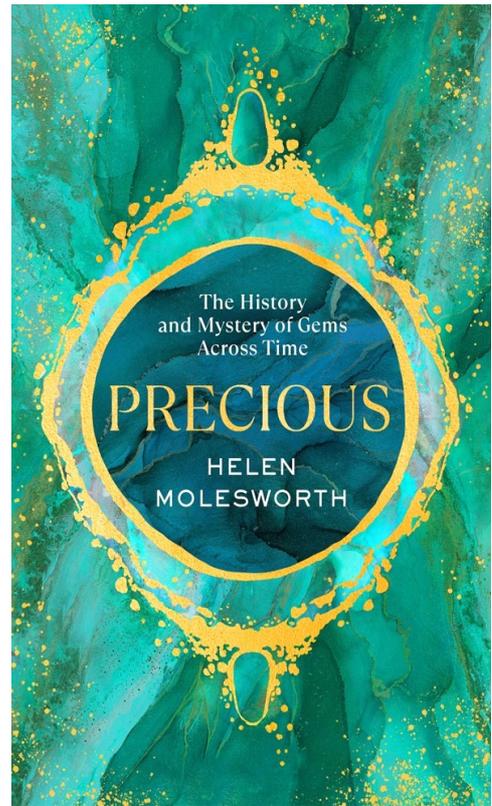
Helen Molesworth

World-renowned gemmologist, Helen Molesworth traces the journey of gems, showing how their remarkable stories are a sparkling new way of exploring the history of humanity.

When Helen Molesworth joined the gem and jewellery industry she began her own love affair with one of humanity's oldest and richest fascinations. For as long as people have known about gemstones they have treasured them. Born of violent geological events and the chance meetings of minerals, their stories are an extraordinary journey through time, and are significant to the human narrative in as many ways as they boast sparkling facets.

Selecting ten of nature's most dazzling jewels, Helen Molesworth makes journeys across the world to trace stones from their discovery to the moment a glimmering cut and polished masterpiece is traded, and then fought over, adorns emperors and kings, falls out of favour, and then raises eye-watering sums in another age. Touching on history and politics, archaeology and engineering, geography and geology, chemistry and physics, psychology and romance, fine art and high finance, her book is rich with great stories and has something for everyone.

Helen's career has spanned the global gem and jewellery industry, from roles with leading auction and jewellery houses to academic posts. For ten years she was a jewellery specialist for Sotheby's and Christie's in London and Geneva, where she handled sales of global importance including the private jewellery collection of HRH The Princess Margaret in 2006. As a gemmologist and jewellery historian, she has since held roles as Professeur d'Histoire du Bijou at the Geneva University of Art and Design, Managing Director at the House of Gübelin, and most recently as the Senior Jewellery Curator at the Victoria and Albert Museum. Precious is her first book for general readers.



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