



torva

2023 & 2024
Publishing Highlights

**Books that
change you,
your mind,
your world**



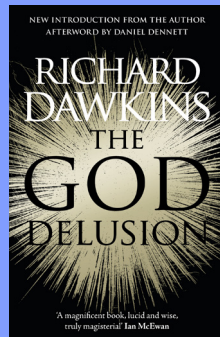
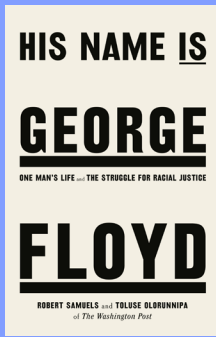
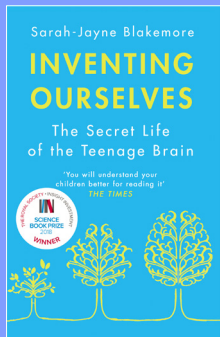
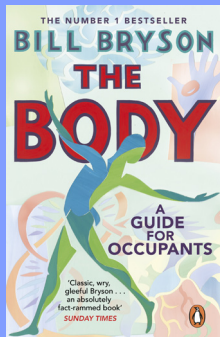
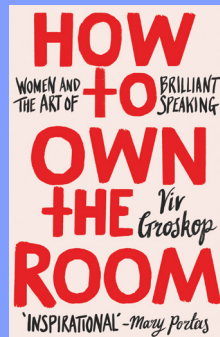
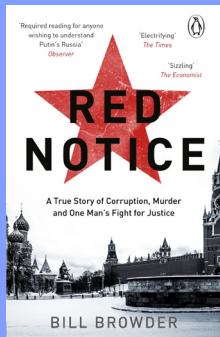
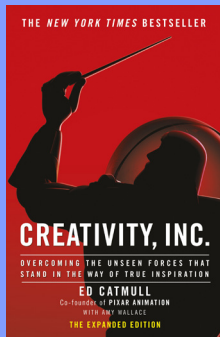


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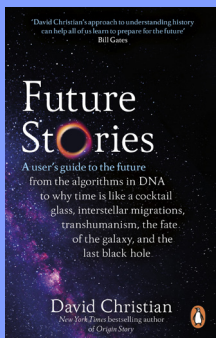
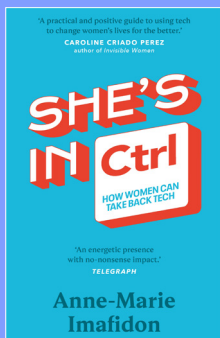
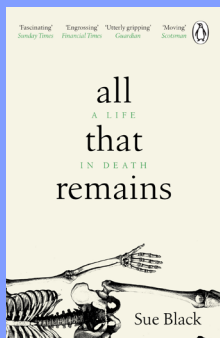
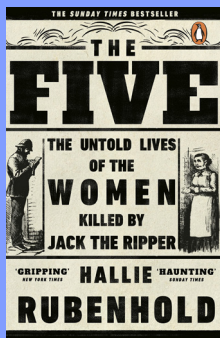
**We are proud to have launched Torva –
named after the Norse goddess of thunder –
an imprint for bold ideas that ignite debate.**

**At Torva, we believe in experts. We believe it
is time to challenge how we live and work,
and to tackle some of the biggest questions
about our world, from the birth of the
universe to the beauty and complexity
of our oceans.**

**Showcasing powerful and compelling
voices who reimagine the status quo,
Torva launched in spring 2023.**



Our springboard for Torva



Susanna Wadeson

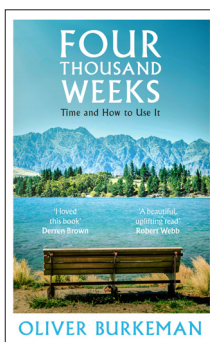
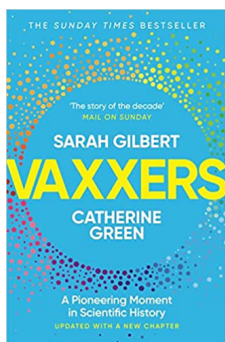
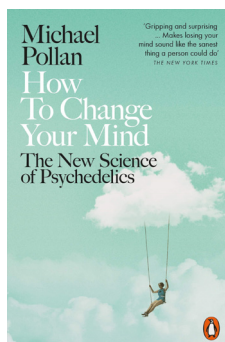


Publisher, Torva

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Susanna leads the non-fiction editorial team at Transworld and is Publisher for Torva. She acquires science, natural history, social history and memoir. Her recent titles include Lucy Cooke's *Bitch: what does it mean to be female?*; Her Honour Wendy Joseph KC's stories of murder and manslaughter at the Old Bailey, *Unlawful Killings*; the creator of the Stemettes Anne-Marie Imafidon's book about women in tech, *She's in Ctrl*; and also *Rutherford & Fry's Guide to Absolutely Everything (Abridged)*. She edited Bill Bryson's *The Body* and also works with authors such as Professor Dame Sue Black, Derren Brown, Helen Czerski, Richard Dawkins, Professor Turi King, Helen Molesworth, Christopher Somerville, John Lewis-Stempel, Tom Moorhouse and Neil Oliver.

Books I admire



Alex Christofi



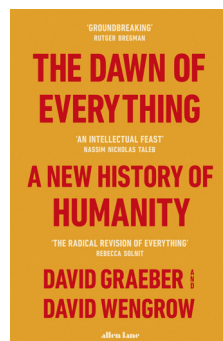
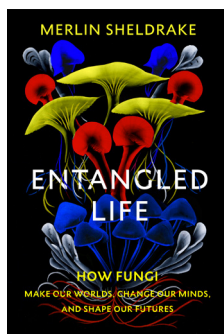
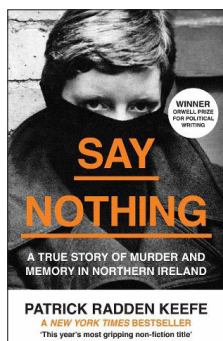
Editorial Director

AChristofi@penguinrandomhouse.co.uk

Alex acquires across current affairs, big ideas, history, science, nature, business narratives and investigations. Before arriving at Transworld, his acquisitions included *The Panama Papers* by Bastian Obermeyer and Frederik Obermaier, *Posh Boys* by Robert Verkaik, *The Way Home* by Mark Boyle, *Show Me the Bodies* by Peter Apps (winner of the Orwell Prize) and *What We Owe the Future* by William MacAskill.

Arriving in 2020, Alex has built a list including *Freedom* by Hong Kong pro-democracy leader Nathan Law (shortlisted for a Parliamentary Book Award); *Money Men* by Journalist of the Year Dan McCrum; *Wild Fell* by conservationist Lee Schofield (winner of the Richard Jeffries Prize, shortlisted for a Wainwright Prize); global public health lecturer Jonathan Kennedy's dazzling big history, *Pathogenesis*, showing how infectious diseases have shaped the rise and fall of empires.

Books I admire



Lucy Oates



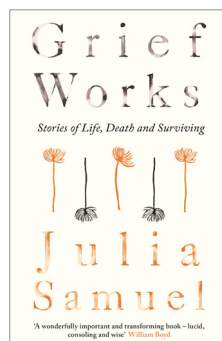
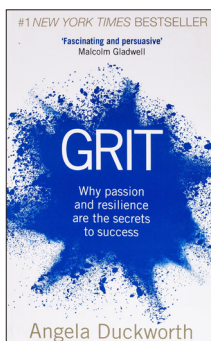
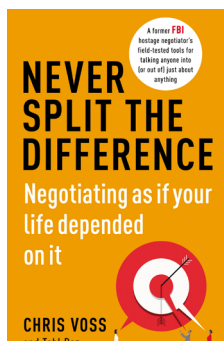
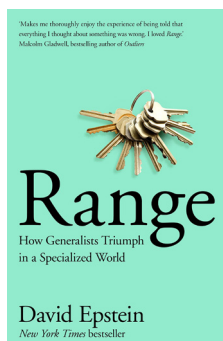
**Senior
Commissioning Editor**

L.Oates@penguinrandomhouse.co.uk

Lucy is looking to acquire professional and peer experts whose books change the way we work and live, across personal development, business, behavioural psychology and memoir. She is drawn to authors with international influence who explore the hidden patterns behind human behaviour, as well as prescriptive books that resonate instantly, offering a clear approach to solve a specific problem. She'd particularly like to see a wider range of voices who can present new takes on timeless concepts, and personal stories of barrier-breakers from all backgrounds.

Her authors include journalist, stand-up comedian and presenter Viv Groskop; Director of the Emory-Tibet Partnership Lobsang Tenzin Negi; fighter pilot Hasard Lee; and broadcaster and podcaster Emma Gannon. Ultimately, she's seeking stories and strategies to enlighten and improve readers' lives across the world, for many years to come.

Books I admire





Torva titles

**20
23**

For press enquiries, please contact:

TransworldPublicity@penguinrandomhouse.co.uk



Pathogenesis

Jonathan Kennedy

'A revelation... entirely comprehensible and a pleasure to read'

Sathnam Sanghera

'Thrilling and eye-opening . . .
the power of plagues in shaping world history'

Lewis Dartnell

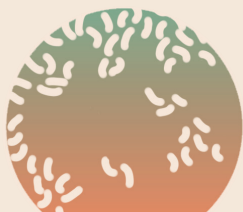
'Unpicks everything we thought we knew . . . mind blowing'

Cal Flyn

Humans did not make history – we played host.

By exploring the startling intimacy of our relationship with infectious diseases, Dr Jonathan Kennedy shows how they have been responsible for some of the seismic revolutions of the past 50,000 years. Provocative and brimming with insight, *Pathogenesis* transforms our understanding of the human story, revealing how the crisis of a pandemic can offer vital opportunities for change.

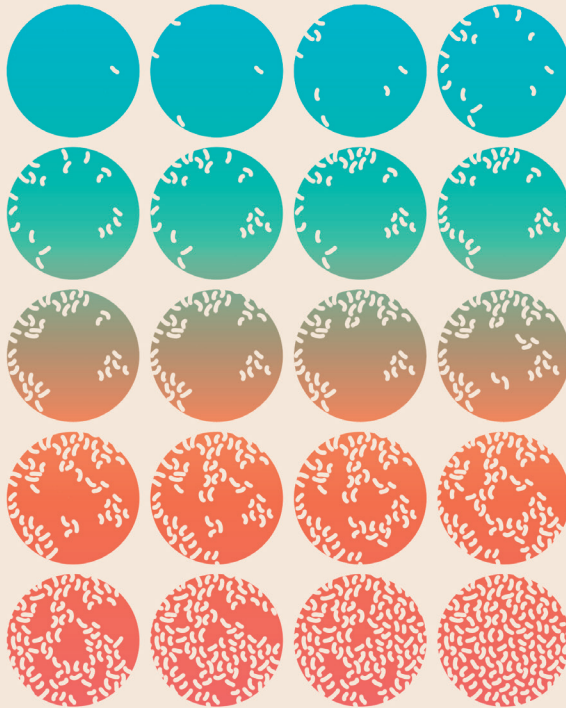
Dr Jonathan Kennedy teaches global public health at Queen Mary University of London. *Pathogenesis* is his first book.



Jonathan Kennedy
Pathogenesis

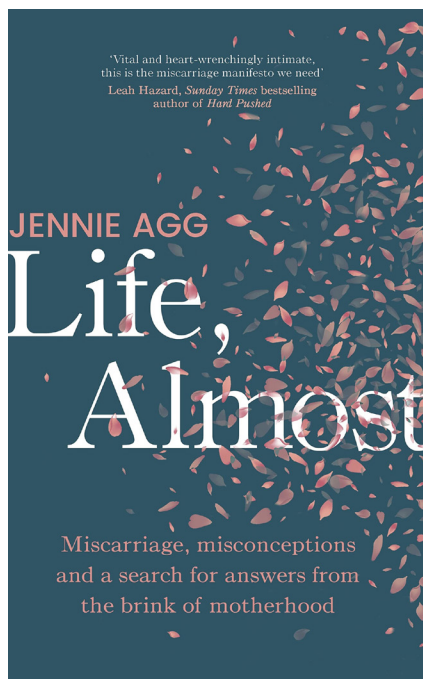
How Germs Made History

'A revelation.' *Sathnam Sanghera*



13 April 2023





Life, Almost

Miscarriage, misconceptions and a search for answers from the brink of motherhood

Jennie Agg

9 February 2023

For readers of Dr Eleanor Cleghorn's *Unwell Women* and Clover Stroud's *My Wild and Sleepless Nights*.

Drawing on pioneering research and interviews with world-leading experts, Life, Almost is a ground-breaking book that will change how you think about miscarriage.

After losing four pregnancies with no obvious cause, Jennie Agg set out to understand why miscarriage remains such a profoundly misunderstood, under-researched and under-acknowledged experience.

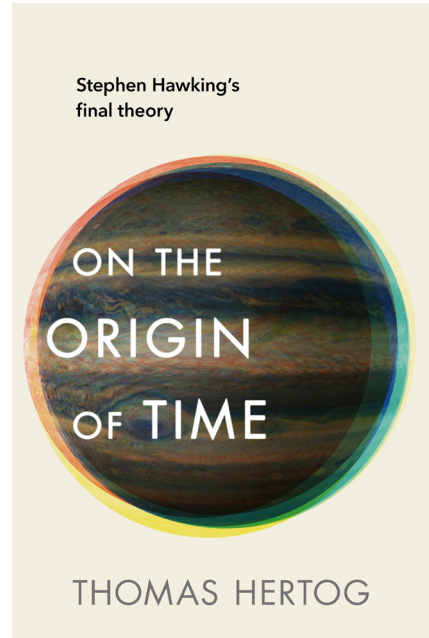
Part-memoir, part-scientific investigation, *Life, Almost* documents Agg's path to motherhood and her search for answers. Tracing each tentative step of her fifth pregnancy, Agg dismantles the myths that we unquestioningly accept about our reproductive lives.

Jennie Agg is an acclaimed health and science journalist, whose work has appeared in the *Guardian*, *The Times*, the *Mail*, the *Telegraph*, and *Women's Health*. She is the author of the award-winning blog *The Uterus Monologues*, helping women to share their stories of infertility and pregnancy loss.

On the Origin of Time takes the reader on a quest to understand questions bigger than our universe, peering into the extreme quantum physics of black holes and drawing on the latest developments in string theory.

In the theoretical physics department at Cambridge, Stephen Hawking and his friend and collaborator Thomas Hertog worked for twenty years on a new theory of the cosmos. As their discoveries took them deeper into the big bang, they were startled to find a deeper level of evolution in which the physical laws themselves transform and simplify until particles, forces, and even time itself fades away. This led them to a striking new vision that may ultimately prove Hawking's biggest legacy.

Thomas Hertog is an internationally renowned cosmologist who has for many years been a close collaborator of the late Stephen Hawking. He is a multi-award-winning scientist in his own right and is currently professor of theoretical physics at the University of Leuven. Professor Hertog is delivering a Royal Institution lecture in March 2023.

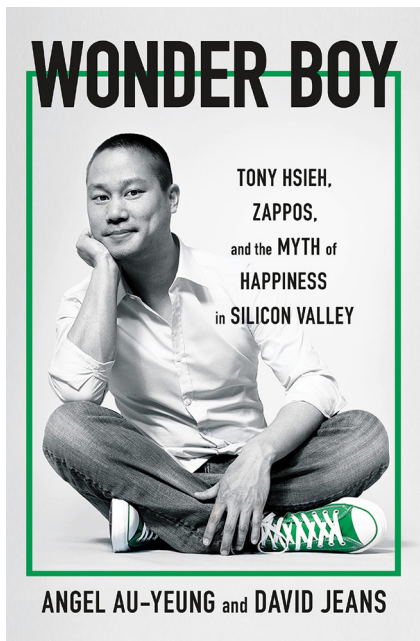


On the Origin of Time

Stephen Hawking's final theory
Thomas Hertog

6 April 2023

For readers of Stephen Hawking's *A Brief History of Time*, and Professor Brian Cox and Andrew Cohen's *Forces of Nature*.



Wonder Boy

Tony Hsieh, Zappos and the myth of happiness in Silicon Valley

Angel Au-Yeung
and David Jeans

27 April 2023

The enthralling story of business icon Tony Hsieh, mercurial founder of Zappos, who made hundreds of millions before dying in mysterious circumstances aged just forty-six.

Tony Hsieh's radical business strategies revolutionized both the tech world and corporate culture. The secret to his success: making his employees happy.

At its peak the culture at Zappos was so famous it became one of the hardest companies at which to win a job. But Hsieh's pursuit of happiness masked his own struggles, which spiralled into addiction.

Drawing on hundreds of interviews, *Wonder Boy* is a rich portrait of a man plagued by the pressure to succeed but who never lost his generous spirit.

David Jeans is a staff reporter at *Forbes*. **Angel Au-Yeung**, formally at *Forbes*, now writes for *The Wall Street Journal*.

For readers of Tom Wright and Bradley Hope's *Billion Dollar Whale* and John Carreyrou's *Bad Blood*.

In this follow-up manifesto to The Multi-Hyphen Method, Emma Gannon uncovers how our overly celebrated and traditional version of success is making us lonely, unfulfilled and dispirited.

Through an exploration of the most commonly held myths around topics including money, happiness, and ticking society's ready-made boxes, *The Success Myth* offers a way to do things differently.

Emma's empowering advice gives readers the belief and tools to walk away from 'having it all'. A compassionate guide to crafting work (and life) on our own terms, she encourages readers to be honest about what truly sparks their interests, and helps to uncover their individual path to a truly fulfilling life, whatever that may look like.

Emma Gannon is a bestselling author, broadcaster, speaker, novelist and host of the no. 1 careers podcast in the UK, *Ctrl Alt Delete* (which has been downloaded over 11 million times). She has been a columnist for *The Times*, *Telegraph* and *Courier* magazine.



The Success Myth

Letting go of having it all
Emma Gannon

18 May 2023

For readers of Grace Beverley's *Working Hard, Hardly Working* and Elizabeth Day's *How to Fail*.

THAT PECKHAM BOY

Kenny Imafidon

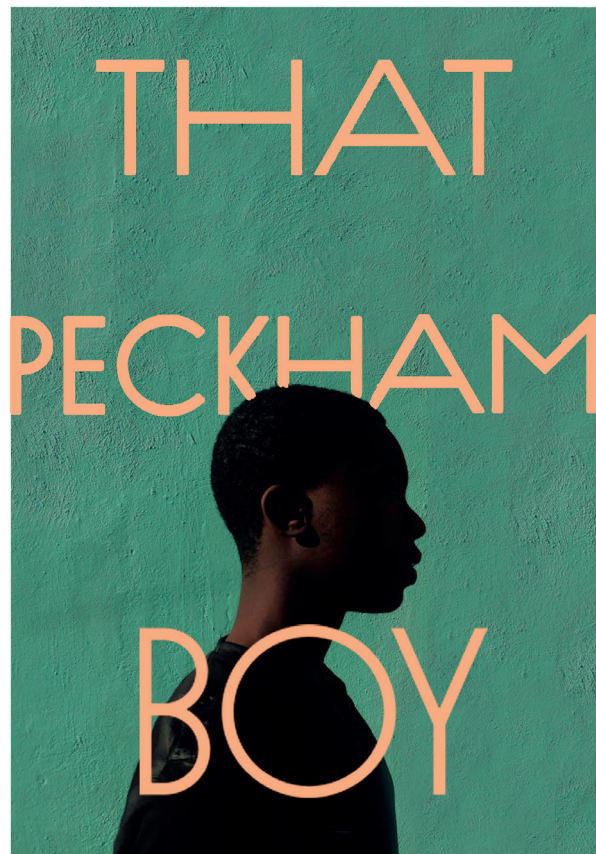
'When you're writing the story of your life, make sure you're holding the pen. In this life you can be whoever you want to be.'

A candid and unfiltered take on some of the most challenging topics that define our times, *That Peckham Boy* is a personal manifesto exploring what it means to be young, Black and poor in the city. It is shaped by Kenny Imafidon's difficult childhood, his transformative time in prison, and the people and conversations that took him from being on trial for murder into the company of some of the most successful people in the world.

Kenny Imafidon found himself in prison aged eighteen. This is his manifesto about creating positive change for people on the fringes of society.



GROWING UP, GETTING OUT AND GIVING BACK



13 July 2023



'A crucial, riveting polemic' Owen Jones

GRAHAM SMITH

Abolish the Monarchy



WHY WE SHOULD
AND HOW WE WILL

Abolish the Monarchy

Why we should and how we will
Graham Smith

1 June 2023

***At the heart of power
is a single family.***

They weren't elected but they live off the public purse. They aren't accountable to anyone, and yet between them they are privy to more government secrets than many cabinet ministers. Divinely appointed using a special hat, the head of the family is your superior, you his subject. Apparently he is guardian of our constitution – but we're also told he wouldn't dream of interfering in politics. If you accept the monarchy, you must accept the moral compromise that comes with it, from its erosion of the principle of equality to the secret interference in our laws. But the good news is that we don't have to accept it. True democracy is within our reach.

Graham Smith is CEO of the campaign organisation Republic, which aims to abolish the monarchy and replace it with an elected head of state.

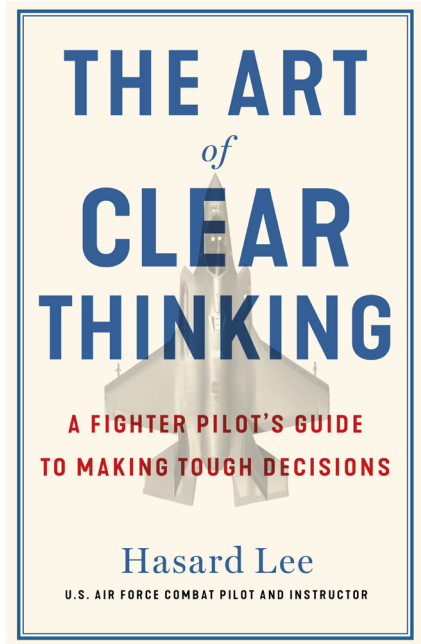
For readers of *The Establishment*
and *Chums*

Based on a career of making high-stakes, split-second decisions as an elite US fighter pilot, *The Art of Clear Thinking* teaches readers how to make better decisions in everyday life.

The training to become a fighter pilot is among the most competitive and difficult in the world, with less than one in a thousand succeeding. This extreme environment has forged a group of warriors who are considered at the apex of decision-making theory and practice.

Hasard Lee has used these decision-making skills in the cockpit of the world's most advanced and expensive weapons systems, and now his compelling insights will help readers to sharpen their instincts in a world full of uncertainty and risk.

Hasard Lee is a US Air Force fighter pilot who led his pilots into combat during one of the most intense periods during the war in Afghanistan. Hasard speaks and consults for organizations and his social media reaches over 290 million people annually.



The Art of Clear Thinking

A fighter pilot's guide to making tough decisions

Hasard Lee

8 June 2023

For readers of *The Decision Book* by Mikael Krogerus and Roman Tschäppeler and *Extreme Ownership* by Jocko Willink

Blue Machine

Helen Czerski

All of the Earth's ocean, from the equator to the poles, is a single engine powered by sunlight – a blue machine.

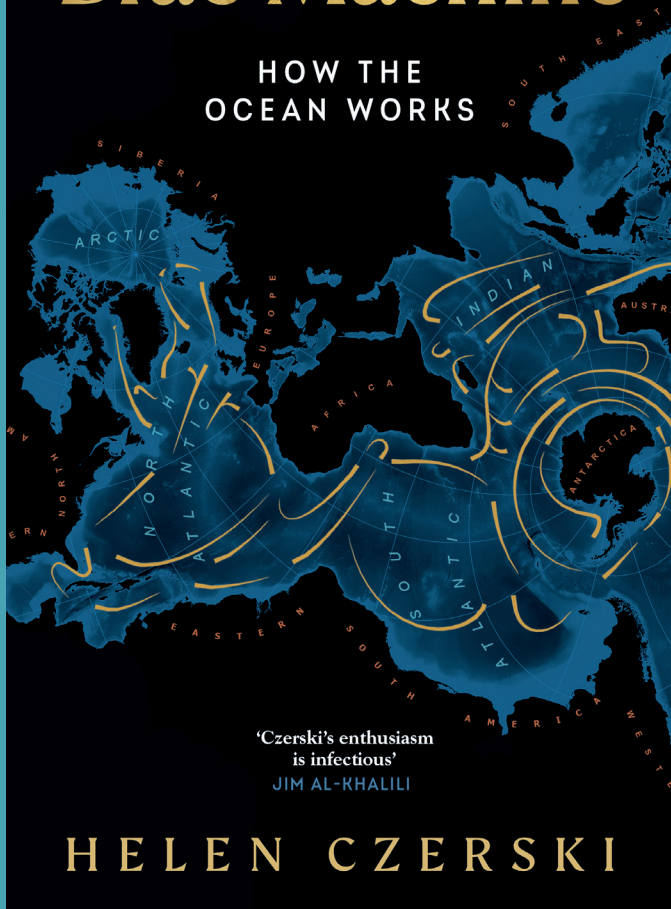
A landmark publication that will transform the way you see the world, changing your view of the sea from 2D to 3D. Urgent and accessible, it is peppered with wonderful stories – battles fought and won, extraordinary creatures, remarkable experiments and astonishing discoveries – all of which bring vitally important new concepts to life.

Helen Czerski was born in Manchester. She is an Associate Professor in the Mechanical Engineering Department at University College London. As a physicist she studies the bubbles underneath breaking waves in the open ocean to understand their effects on weather and climate.



Blue Machine

HOW THE
OCEAN WORKS



'Czerski's enthusiasm
is infectious'
JIM AL-KHALILI

HELEN CZERSKI

1 June 2023



Happy High Status

How to be effortlessly confident

Viv Groskop

29 June 2023

Executive coach and stand-up comedian Viv Groskop shares powerful and proven advice to help us channel a sense of authentic high status effortlessly, redefining what confidence looks like at home and at work.

Happy high status is that moment when everything feels right and life is easy. When you're nailing a presentation. When you've finished a run you didn't want to go on. Or even when you wake up on your birthday. For most of us, it's just a fleeting sensation. But through research, practical tips, and stories from the greatest performers and leaders who channel this everyday superpower effortlessly, readers will learn how to access it almost any time, to give themselves strength and energy.

Viv Groskop is a writer, stand-up comedian and TV and radio presenter. She is the author of *How to Own the Room* and host of the chart-topping podcast of the same name. She has presented BBC Radio 4's *Front Row* and *Saturday Review*. As an executive coach, she helps people to hone their authority, presence and leadership.

For readers of Anna Mathur's *Know Your Worth* and *The Little Book of Confidence* by Susan Jeffers.

Best known for speaking truth to power – and famously ejected from the House of Commons for calling Boris Johnson a liar – Dawn Butler was the third Black woman ever to be elected as an MP. Here, the trailblazing advocate inspires others to forge their own path, giving them the courage and conviction to dream big and improve the world around them.

Drawing on lessons from her own life, Dawn outlines the things that have helped to propel her to the halls of power, including the strength of diverse communities, understanding the crucial role of intersectionality, and the importance of looking at an issue from all angles. In this uplifting and hopeful read, Dawn shows how embracing our authenticity can power positive change, even when everything feels broken around us.

Dawn Butler is the Labour MP for Brent Central and an adviser to the Mayor of London. In 2020 she was named one of the 25 most influential women in the UK by *Vogue*.

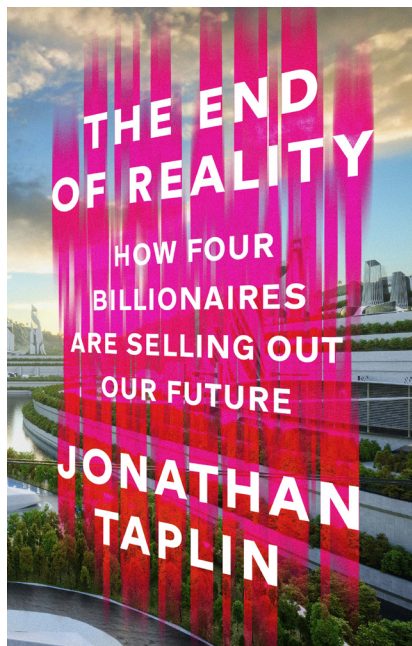


A Purposeful Life

What I've learned about breaking barriers and inspiring change
Dawn Butler

6 July 2023

For readers of *Truth to Power*
by Jess Phillips and Bernardine
Evaristo's *Manifesto*.



The End of Reality

How four billionaires are selling out our future

Jonathan Taplin

7 September 2023

From the author of *Move Fast and Break Things*, a withering takedown of four billionaires (from Andreesen to Zuckerberg) who are selling us fantasies while the world burns.

Jonathan Taplin shines a light on the enormous cultural power of Peter Thiel, Elon Musk, Mark Zuckerberg, and Marc Andreesen, questioning whether we want our society to be run by people who don't like to be hugged or receive blood transfusions to stay young. Will we really want our children anywhere near the metaverse? Do we trust Musk to rule over Mars? *The End of Reality* is both a scathing critique of the warped worldview of a tiny minority and a vision of a truly regenerative economics to build a sustainable society.

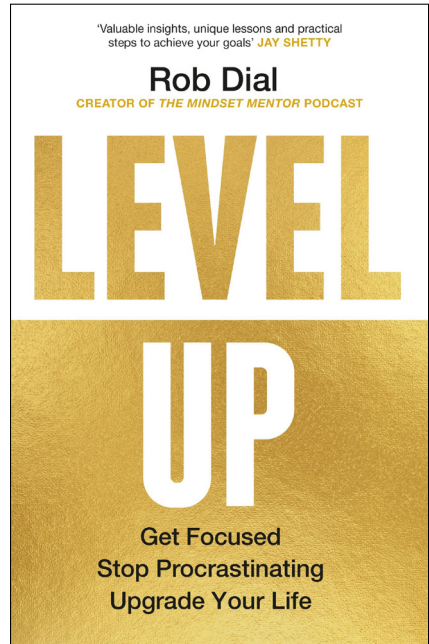
Jonathan Taplin is director emeritus of the Annenberg Innovation Lab at the University of Southern California and author of *Move Fast and Break Things*, which was nominated for the *Financial Times* / McKinsey Business Book of the Year.

For readers of *To Be a Machine*
and *The People vs Tech*

Self-sabotage keeps us locked in behaviours such as procrastination, perfectionism, workaholism, and saying yes to commitments we can't see through, ultimately preventing us from making progress towards our true goals. Our strongest emotions get the better of us, even with the best intentions.

By drawing on principles of neuroplasticity and mindfulness techniques, *Level Up* demonstrates how you can change your brain and develop the willpower to break free of these self-sabotaging patterns.

Rob Dial is a podcaster, speaker, coach and viral content creator. He has amassed a passionate following of over 2 million social media followers with his expertise and passion for helping motivate people to become the best version of themselves. Rob hosts the hugely popular podcast *The Mindset Mentor*, which receives 3.5m+ downloads per month.



Level Up

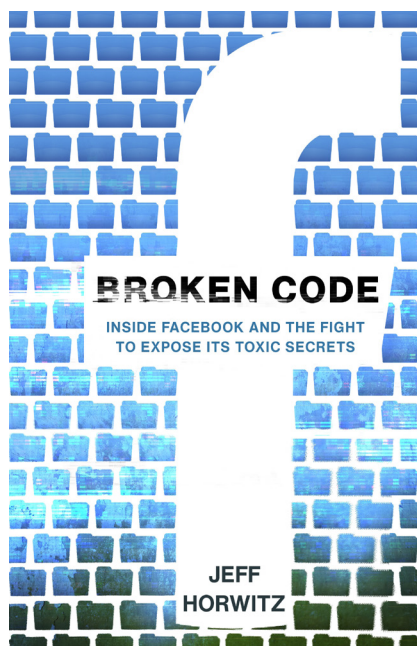
**Stop sabotaging yourself
and start reaching your
full potential**

Rob Dial

5 October 2023

For fans of Jay Shetty and Dr Rangan Chatterjee, and readers of James Clear's *Atomic Habits* and Dr Nicole LePera's *How to Do the Work*.





Broken Code

Inside Facebook and the fight
to expose its toxic secrets

Jeff Horwitz

9 November 2023

From the Wall Street Journal reporter whose explosive stories have rocked Facebook and its leadership, this is the story of a band of hackers who were hired to fix Facebook – and came to question whether it was beyond saving.

Together, they discovered that Facebook distorted and amplified the basest of human impulses. Enduring personal trauma and professional resistance in their often lonely and dark investigations, the Integrity team nevertheless isolated many of Facebook's worst problems, complete with tentative and hopeful steps to solve them – only to discover that they were set up to fail, and would have to take matters into their own hands.

Jeff Horwitz is a journalist at the *Wall Street Journal*, where he has broken a number of global news stories, collectively known as the Facebook Files. He lives in California.

For readers of Shoshana Zuboff's *The Age of Surveillance Capitalism* and Jaron Lanier's *Ten Arguments for Deleting Your Social Media Accounts Right Now*.



Every day, we are granted the power to travel at high speeds, fly, see in the dark, summon water from distant mountains and electricity from the sun. The systems that run our world are invisible to us until they fail.

Infrastructure enables lives of astounding ease and freedom that would have been unimaginable just a century ago. These technological systems – the most complex and vast ever created by humans – have allowed us to work collectively for the public good. But these systems are now beginning to fail us. Engineering professor Deb Chachra takes readers on a fascinating tour of these essential utilities, revealing how they work, what it takes to keep them running, and just how much they shape our lives – but also the price they extract, who pays it and in what ways, as well as the threats to our infrastructure in a changing world.

Deb Chachra is a professor at Olin College of Engineering, outside Boston, Massachusetts, and has a technical background in engineering physics, materials science, and bioengineering. She also creates and communicates widely at the intersection of technology and society, including pieces for *The Atlantic*, the *Guardian*, and the journal *Nature*, as well as her own newsletter, Metafoundry. Her research and ideas have been supported by grants from the Alfred P. Sloan Foundation, Autodesk, and the National Science Foundation (US),



How Infrastructure Works

Transforming our shared systems for a changing world

Deb Chachra

2 November 2023

For readers of *How Was That Built?* by Roma Agrawal and *Exactly by* Simon Winchester.



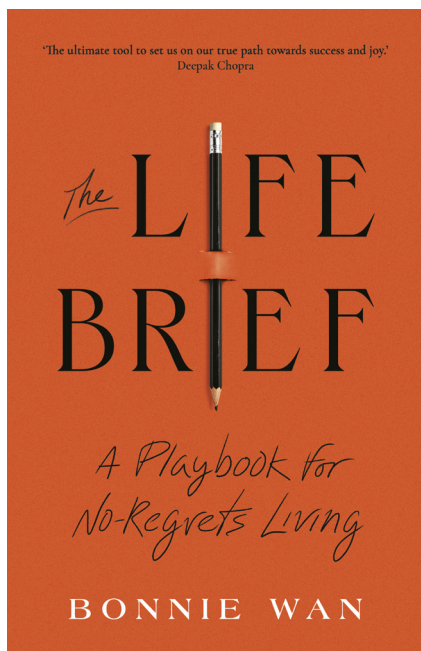


Torva titles

**20
24**

For press enquiries, please contact:

TransworldPublicity@penguinrandomhouse.co.uk



The Life Brief

A creative practice for
courageous living

Bonnie Wan

18 January 2024

Globally renowned strategist Bonnie Wan shares a simple tool to help us unlock what we really want from our days, and then, most importantly, shows us how to make that happen.

When Bonnie found herself at the end of her tether, she realized that harnessing her professional expertise could be a way to untangle the mess of her personal life. She has since used this practice to transform thousands of other lives, and in *The Life Brief*, she shares her unique and road-tested blueprint more widely for the first time. Weaving together decades of strategic thinking, her own personal story and a set of prompts to help readers think about their lives more sharply and deeply, this is a tool for reassessing and reimagining how you want your life to look.

Bonnie Wan is a brand strategist who has spent the last three decades working with brand titans such as Pepsi and BMW, and leading provocative and award-winning campaigns fighting issues such as cyberbullying and racial bias. Bonnie is a sought-after public speaker who works with high-profile national and international organizations including the 3% Conference and Change.org.

For readers of Bill Burnett and Dave Evans's *Designing Your Life* and Jen Sincero's *You Are a Badass*.

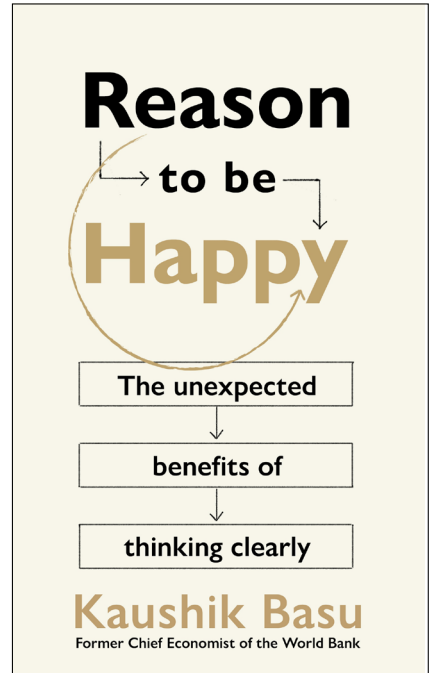
Why do our friends have more friends than we do? How do you book the best available seats on a plane? And if jogging for ten minutes adds eight minutes to our life expectancy, should we still go jogging?

When we reason well, it is easier to be happy (and good and also, you know, right). But when dealing with others, it's not enough to be clever – you must be able to put yourself in the shoes of the clever person opposite you and think of what they might do.

It's this insight that lies at the heart of *Reason to Be Happy*, whether you are dealing with the Cuban Missile Crisis or letting go of your anger.

Full of fascinating thought experiments and revealing stories, *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 need to start by thinking clearly.

Kaushik Basu is C. 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.



Reason to Be Happy

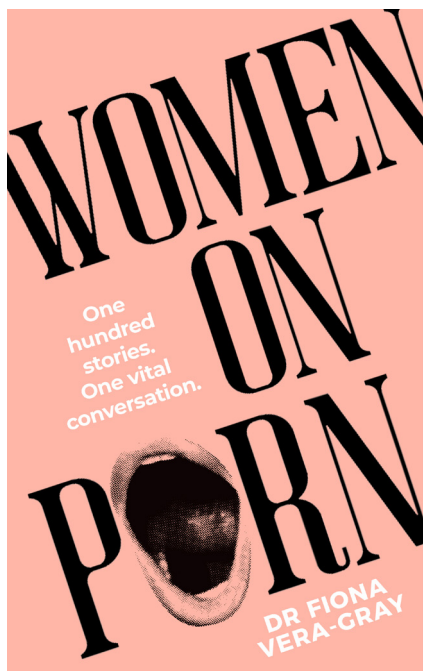
Why logical thinking is the key to a better life

Kaushik Basu

18 January 2024

For readers of Dr Carol S. Dweck's *Mindset* and Edward de Bono's *How to Have a Beautiful Mind*.





Women on Porn

One hundred stories.
One vital conversation.

Dr Fiona Vera-Gray

8 February 2024

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

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 polarized public debates, to open an intimate window into porn and the sexual lives of women today.

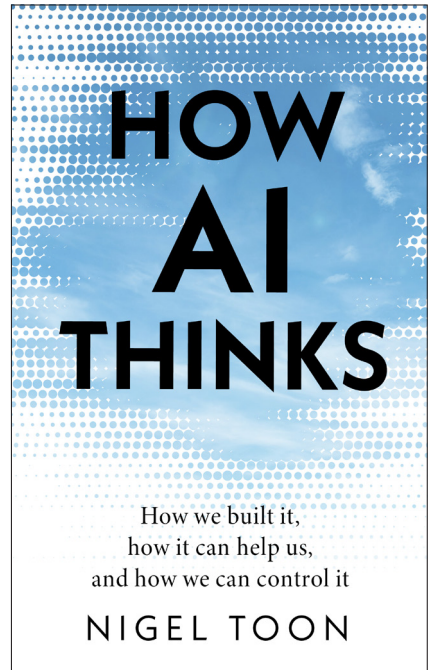
Dr Fiona Vera-Gray is a leading academic specializing in violence against women and girls, and in 2021 published the largest-ever study on the content of mainstream online pornography. She is the Deputy Director of the Child and Woman Abuse Studies Unit (CWASU) at London Metropolitan University. She has had the privilege of working on these interviews since 2017 and will never tire of hearing women's stories.

For readers of Lisa Taddeo's *Three Women* and Laura Bates's *Men Who Hate Women*

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 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 has been recognized with numerous industry awards, being ranked #1 on Business Insider's '100 most influential people shaping British technology' and named as one of the 'Top 100 entrepreneurs in the UK' by the Financial Times. *How AI Thinks* is his first book.



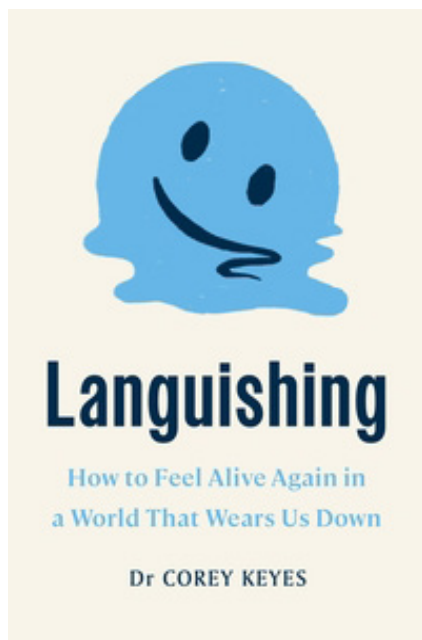
How AI Thinks

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

Nigel Toon

8 February 2024

For readers of *Life 3.0* by Max Tegmark and *Homo Deus* by Yuval Noah Harari.



Languishing

How to feel alive again in a world that wears us down

Dr Corey Keyes

22 February 2024

For readers of *Happiness by Design* by Paul Dolan and *Burnout* by Emily and Amelia Nagoski.

Millions of us are feeling demotivated and aimless, running on empty, but struggling to pinpoint what is wrong. We've lacked the vocabulary to understand it and the tools to do something about it. Until now.

Dr Corey Keyes has identified this common feeling as languishing, and now 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.

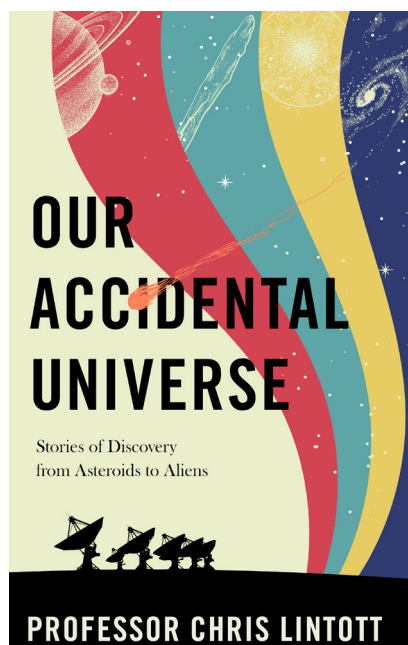
Corey Keyes is a professor of Sociology at Emory University where he has held the Winship Distinguished Research Professorship.

An astonishing tour of accidents and human error in our pursuit of asteroids, radio waves, new stars and alien life.

Our first views of the earliest galaxies were brought to us by the Hubble Space Telescope when it was pointed at absolutely nothing. Pulsars, the spectacular remnants of long-dead massive stars, were discovered as 'scruff' in the data for measurements of the twinkling of possible radio stars.

Chris Lintott shares stories that reveal the major astronomical events of the past century were found, not by careful experiment but as surprises, when humans were looking in the wrong direction or for something entirely different.

Chris Lintott is the UK's best-known astronomer. He is Professor of Astrophysics at Oxford University and presenter of the long running BBC programme, *'The Sky at Night'*. He has recently been appointed 39th Gresham Professor of Astronomy, a post that dates back to the 16th century.



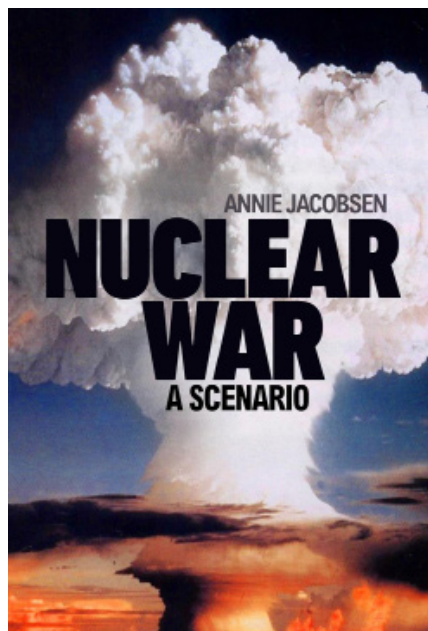
Our Accidental Universe

**Stories of Discovery from
Asteroids to Aliens**

Chris Lintott

21 March 2024

For readers of Brian Cox
and Tim Peake.



Nuclear War

A scenario

Annie Jacobsen

28 March 2024

It could take a century to make the earth uninhabitable. 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. 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 the author of the Pulitzer Prize-finalist in history *The Pentagon's Brain*, the *New York Times* bestsellers *Area 51* and *Operation Paperclip*, and other books. She was a contributing editor at the *Los Angeles Times Magazine*.

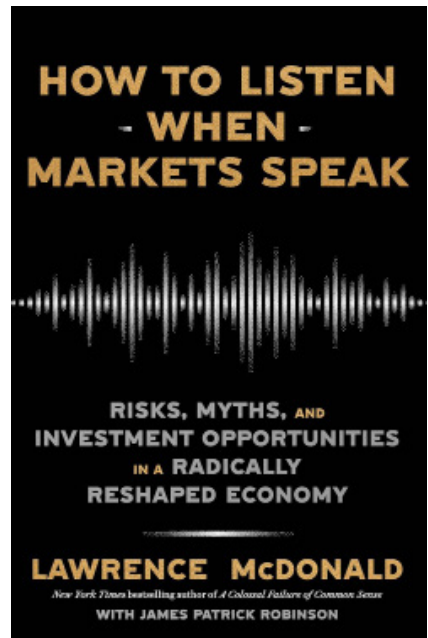
For readers of *Uninhabitable Earth* by David Wallace-Wells and *Chernobyl* by Serhii Plokhyy.

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. 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 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.



How to Listen When Markets Speak

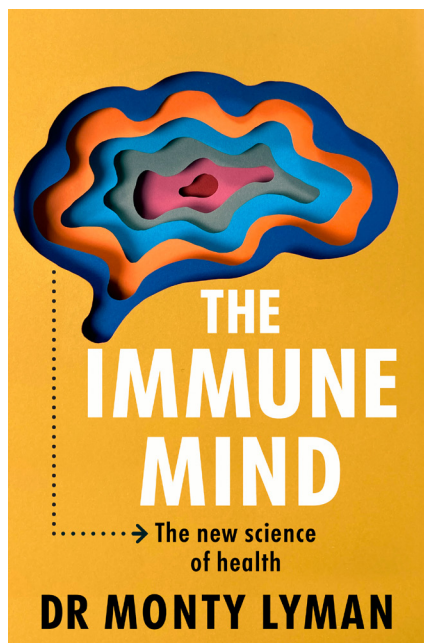
Risks, Myths, and Investment Opportunities in a Radically Reshaped Economy

Lawrence McDonald

28 March 2024

For readers of *The Intelligent Investor* by Benjamin Graham and *Crisis Economics* by Nouriel Roubini.





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

Could inflammation cause depression, and arthritis drugs cure it? Can gut microbes alter your mood? 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?

A specialist in the cutting-edge field of immunopsychiatry, Dr 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.

The Immune Mind

The new science of health

Monty Lyman

4 April 2024

Dr Monty Lyman is a doctor and research fellow at the University of Oxford. His first book, *The Remarkable Life of the Skin*, was shortlisted for the 2019 Royal Society Science Book Prize and was a *Sunday Times* Book of the Year. He has given many talks at national conferences and won the 2020 Royal Society of Medicine pain essay prize.

For readers of Matthew Walker's *Why We Sleep* and Bessel van der Kolk's *The Body Keeps the Score*.



How to be successful in your career and in life and achieve economic security in an uncertain future.

Distilling thirty years of lessons learned about careers, investments and the search for economic security gained through his experience as a successful entrepreneur, Professor of Marketing and globally-renowned speaker on business, in *The Algebra of Wealth*, Scott Galloway gives practical advice on how to make money, how to avoid losing it and what it takes to come out ahead. Building on the fundamental principles of personal finance and accounting for the challenges and opportunities facing readers today, this book is a mustread for those seeking success in their careers.

Scott Galloway is Professor of Marketing at NYU's Stern School of Business and a serial entrepreneur. He is the bestselling author of *The Four*, *The Algebra of Happiness*, *Post Corona* and *Adrift* and has served on numerous boards including *The New York Times*.

**THE ALGEBRA
OF WEALTH**
**A SIMPLE
FORMULA
FOR SUCCESS**
**SCOTT
GALLOWAY**
BESTSELLING AUTHOR
OF THE FOUR
AND PROFESSOR AT NYU,
STERN SCHOOL OF BUSINESS

The Algebra of Wealth

A Simple Formula for Success

Scott Galloway

2 May 2024

For readers of *Rich Dad Poor Dad*
by Robert Kiyosaki and
The Psychology of Money by
Morgan Housel.





Sister in Law

Fighting for justice in a system
designed by men

Harriet Wistrich

2 May 2024

The legendary lawyer tells the stories behind some of her landmark cases, demonstrating how misogyny has been baked into our justice system and why we must demand change.

Among the many women Harriet 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 deceived and illegally spied upon.

Her work has involved challenging the Government, Police and the Crown Prosecution Service, and demonstrates how bringing a feminist lens to legal issues can lead to inspiring and creative solutions.

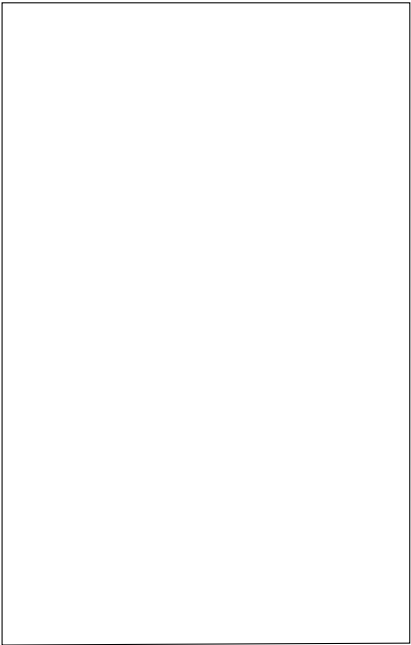
Harriet Wistrich is an award-winning solicitor with more than twenty-five years' experience. She is the founder and director of the Centre for Women's Justice..

For readers of *Rich Dad Poor Dad*
by Robert Kiyosaki and
The Psychology of Money by
Morgan Housel.

From the Pakistani police officer who fought her way up the ranks of the Met Police despite racism and misogyny, this is a memoir of 30 years in a deeply flawed institution and a look at how we can fix it.

When Nusrit Mehtab joined the force in the late 80s the organisation was rife with both racism and misogyny. Officers refused to patrol with her, her attempts to get promoted were blocked at all levels 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. Gritty and shocking, this book will take a critical look at the institution that is supposed to serve and protect us and plead the case for a brighter and safer future.

Nusrit Mehtab is a former police officer, at one point the most senior female Asian officer in the Metropolitan Police. In January 2020, after 32 years, Mehtab left the police force and sued them for racism and misogyny. She is now a lecturer in policing law and criminology at the University of East London and hoping to change the force from the inside.



Off The Beat

My life as a brown, Muslim woman in the Met

Nusrit Mehtab

6 June 2024

For readers of Alexandra Wilson's *In Black and White* and John Sutherland's *Blue*.



The Power of Belonging

**Harnessing compassion
for a happier life in an
uncertain world**

Lobsang Tenzin Negi

14 November 2024

For readers of Tara Brach's *Radical Compassion* and the Dalai Lama's *How to Be Compassionate*.

In recent years we've been told how meditation and mindfulness can help us cope with individual suffering, but how do we manage our anxiety and overwhelm amid global uncertainty, as pandemic, war and climate change fracture our polarised world?

Guiding the reader through seven basic principles, Lobsang Tenzin Negi shows that compassion is a natural instinct, and reveals how CBCT can shift our internal wiring to unlock this simple superpower. Each chapter blends traditional Buddhist stories, contemporary anecdotes from across the world, scientific evidence, practical advice, guided meditation and a three-step exercise, to give readers a comprehensive and memorable method for improving their lives.

Lobsang Tenzin Negi is a Tibetan monk turned Emory University professor, whose method of Cognitive-Based Compassion Training (CBCT) has been proven to be more effective than mindfulness in reducing anxiety and depression.

