2024 & 2025
Publishing Highlights
Books that change you, your mind, your world
At Torva we believe in experts. We believe we should challenge how we live and work, and we are proud to publish books that tackle some of the biggest questions about our world. Titles on our launch list addressed the birth of the universe, how our oceans work and how germs changed the course of history.

They featured on the *Sunday Times* chart, international bestseller lists, broadsheet picks of the year and Radio 4’s *Book of the Week*.

Our publishing continues to be bold and ambitious this year, with titles delivering new insights on porn and pulsars, the minute-by-minute reality of nuclear war, uncomfortable truths about our justice system, and some reasons to be happy! In the following pages we are delighted to showcase our forthcoming highlights for 2024 and beyond.
‘Books that chuck a missile at the status quo, that rock the proverbial boat, and are designed to make us all rethink.’
Publication milestones

A BBC Radio 4 Book of the Week

A Times science book of the year

A Sunday Times science book of the year

‘A wonderful book about Stephen Hawking’s biggest legacy’

Spectator

One of Torva’s most packed-out launches of 2023 in Peckham

A Financial Times book of the year 2023
Paperbacks publishing in 2024

THE END OF REALITY
HOW FOUR BILLIONAIRES ARE SELLING OUT OUR FUTURE
JONATHAN TAPLIN

DAWN BUTLER MP
A PURPOSEFUL LIFE

THAT PECKHAM BOY
KENNY IMAFIDON

HOW THE OCEAN SHAPES OUR WORLD
BLUE MACHINE
Helen Czerski

EMMA GANNON
The Sunday Times Bestselling Author
The Success Myth
LETTING GO OF HAVING IT ALL

Pathogenesis
How Germs Made History
JONATHAN KENNEDY

ON THE ORIGIN OF TIME
THOMAS HERTOG

Happy High Status
VIV GROSKOP

"How to Be Efficiently Confident"
Susanna leads the non-fiction editorial team and is Publisher for Torva. She acquires science, natural history, social history and memoir. In 2024 her titles for Torva include *Our Accidental Universe* by Oxford Professor of Astronomy and the BBC *Sky at Night* presenter, Chris Lintott, and *Sister in Law* by the remarkable human rights lawyer Harriet Wistrich. She is also proud to work with Helen Czerski, Hannah Fry, Anne-Marie Imafidon, Jane Robinson, Clover Stroud, HH Wendy Joseph KC, John Lewis-Stempel, Professor Dame Sue Black, Derren Brown, Bill Bryson, Lucy Cooke, Professor Turi King and Dr Lucy Rogers, among others.

Books I admire

- **Outlive**
  - The Science & Art of Longevity
  - Dr Peter Attia
  - How the Female Body Drove 300 Million Years of Human Evolution
  - Guy Robins

- **Eve**
  - Chris van Tulleken
  - The No. 1 Sunday Times Bestseller

- **Ultra-Processed People**
  - Why Do We All Eat Stuff That Isn’t Food... and Why Can’t We Stop?
  - Dr David Unwin

- **Normal Women**
  - Philippa Gregory
  - 900 Years of Making History
Alex publishes non-fiction that offers new insights about our world, uncovers a hidden story or makes the world a better place. This includes investigations (Show Me the Bodies by Peter Apps, Orwell Prize, Money Men by Journalist of the Year Dan McCrum, His Name is George Floyd by Robert Samuels and Toluse Olorunnipa, Pulitzer Prize); big ideas (Pathogenesis by Jonathan Kennedy, What We Owe the Future by William MacAskill, Nuclear War: A Scenario by Annie Jacobsen); and campaigns (Freedom by Nathan Law, shortlisted for a Parliamentary Book Award, Abolish the Monarchy by Graham Smith). Recent acquisitions include books on the ‘siege’ of Apple by its competitors; queer lives in Georgian Britain; and the emerging science of the brain at rest.

Books I admire

EMPIRE OF PAIN
PATRICK RADDEN KEEFE

THE COMING WAVE
MUSTAFA SULEYMAN

Empireworld
FROM THE SUNDAY TIMES BESTSELLING AUTHOR OF IMPERIAL

Politics On the Edge
A MEMOIR FROM WITHIN
RORY STEWART
Lucy Oates

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Lucy publishes professional and peer experts whose books change the way we work and live, across personal development, business, behavioural psychology and memoir. She’s 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. Ultimately, she’s seeking stories and strategies to enlighten and improve readers’ lives across the world, for many years to come. Her authors include journalist, stand-up comedian and executive coach Viv Groskop; sociologist Dr Corey Keyes; Director of Behavioural Economics at Google, Maya Shankar; and biological anthropologist Dr Helen Fisher.

Books I admire
Sharika Teelwah

Sharika publishes memoir and narrative non-fiction that speaks to current issues and sparks vital conversations. Whether they’re extraordinary life stories, searing polemics, or social histories that challenge mainstream narratives, her diverse list champions authors who have something unique to say. 2024 titles include *Women on Porn*, an intimate window into porn and the sexual lives of women today, *That Peckham Boy*, a powerful memoir exploring the challenges faced by young Black men in Britain, and *Off the Beat*, a bold insight into racism and misogyny within the Met Police.

Books I admire

[Images of book covers]

Commissioning Editor
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Torva titles

2024

For press enquiries, please contact:
TransworldPublicity@penguinrandomhouse.co.uk
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.
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, 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.

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

Do you feel demotivated and aimless?

Are you running on empty?

Is it hard to pinpoint what’s wrong?

Then you’re **languishing**

Here’s how to **flourish**
‘Rethink your understanding of mental health, update your views on happiness and come closer to realizing your potential.’
Adam Grant

‘With compassion and clarity, Corey Keyes explains how any of us can take one step closer to the life we want.’
Angela Duckworth

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

Corey Keyes

February 2024
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 that 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.
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 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 civilization 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.

Nuclear War
A scenario
Annie Jacobsen

28 March 2024

For readers of The Uninhabitable Earth by David Wallace-Wells and Chernobyl by Serhii Plokhy.
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 Westminster, 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.

For readers of The Intelligent Investor by Benjamin Graham and Crisis Economics by Nouriel Roubini.
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 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 must-read 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
2 May 2024

For readers of Rich Dad Poor Dad by Robert Kiyosaki and The Psychology of Money by Morgan Housel.
WE ARE ON THE CUSP OF A HEALTH REVOLUTION.

Find out how...

- Drugs designed to treat arthritis have been found to treat depression
- Brushing your teeth regularly can reduce the chance of dementia
- A woman was cured after being catatonic for 20 years

THE NEW SCIENCE OF HEALTH
‘Fascinating... A thoroughly thought-provoking read’

Dame Sarah Gilbert, author of *Vaxxers*

**THE IMMUNE MIND**

The new science of health

**DR MONTY LYMAN**

April 2024
The stories behind the headlines – landmark cases demonstrating that terrifyingly often the law is not fit for purpose for half the population.

BARONESS HELENA KENNEDY KC

‘This is a brilliant and important book. Harriet is a trailblazer and has done so much to get justice for so many women.’
VICTORIA DERBYSHIRE

‘Harriet’s innovative, intense and courageous commitment to safeguarding basic rights is compellingly set out in every chapter.’
MICHAEL MANSFIELD KC
For readers of *Spider Woman* by Lady Hale and *Fix the System, Not the Women* by Laura Bates

**FIGHTING FOR JUSTICE**
IN A SYSTEM DESIGNED BY MEN

**SISTER IN LAW**

‘Compelling, inspiring and humbling.’
SUE BLACK

‘Harriet Wistrich is a heroine.’
HEATHER CAMPBELL

HARRIET WISTRICH

May 2024
Off the Beat

My life as a Muslim woman in the Met

NUSRIT MEHTAB

6 June 2024

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 organization was rife with both racism and misogyny. Officers refused to patrol with her, her attempts to be promoted were blocked at all levels, and she was subjected to cruel pranks. As the years passed and her seniority grew, Nusrit was dismayed to find that these problems became worse, not better. Gritty and shocking, this book takes a critical look at the institution that is supposed to serve and protect us and pleads 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.

For readers of Alexandra Wilson’s In Black and White and John Sutherland’s Blue.
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 polarized 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.

The Power of Belonging
How a compassionate mindset unleashes joy and connection
Lobsang Tenzin Negi with an introduction by the Dalai Lama

14 November 2024

For readers of Tara Brach’s Radical Compassion and the Dalai Lama’s How to Be Compassionate.
Torva highlights

2025

For press enquiries, please contact:
TransworldPublicity@penguinrandomhouse.co.uk
This book by international bestselling author Dan Heath is about how you make quick progress on an important goal without waiting for the crisis to hit first.

We’re accustomed to thinking that we can only pivot in response to an emergency or an existential threat. All of us hit a wall sometimes, in our life and in our jobs. What is getting in the way of your ability to do good, quick work?

If you get it right, the payoff is simple but powerful: the relief of shaking off bad habits and outdated practices. The pleasure of experiencing movement where stasis had prevailed. The sudden snap of agency that comes from reminding yourself: I’m capable of changing this situation. Yesterday, we were stuck. Tomorrow, we spring ahead.

Dan Heath is a senior fellow at Duke University’s CASE Center, which supports entrepreneurs fighting for social good. He lives in Durham, North Carolina. Dan’s books have sold over two million copies worldwide and have been translated into thirty-three languages.
Everything you need to know to start, run and grow a business in just six minutes each week ... giving you plenty of time to put it into action.

Sara Davies is known for her no-nonsense, down-to-earth entrepreneurship, and here she distils the success stories from her own career into 52 invaluable lessons to span the year. From raising capital and finding mentors, to nurturing a growth mindset and mastering time management, her quick tips and hacks are balanced with deeper actions to practise over the coming week. No matter where readers are on their entrepreneurial journey, this invaluable business guide coaches them to greater success, at a pace that works for them.

The Six-Minute Entrepreneur
52 short lessons for long-term business success
Sara Davies
January 2025

A deeply personal yet scientifically rigorous and objective exploration of another way of living ‘the good life’.

A life of happiness and meaning can provide the comfort and security that many of us crave, but the complacency they foster can create regrets, doubts and unanswered questions. So what’s the alternative?

A psychologically rich life has benefits beyond happiness or meaning. Yes, it’s not for everyone; it suits the curious more than the content. Doing something unusual, challenging oneself and learning something new can feel unpleasant at times. But drawing from philosophy, literature and culture to neuroscience, personality and psychology, this is the first book to explore how we can achieve the greatest life satisfaction by embracing adventure and variety.

One of the foremost authorities on happiness, meaning and culture, Shige Oishi is the prize-winning Marshall Field IV professor of psychology at the University of Chicago. His research has been featured in major media outlets, including the New York Times, the Washington Post, the Wall Street Journal and the Financial Times.

Life in Three Dimensions
The new science of a good life
Shige Oishi

February 2025

For readers of Happiness by Design by Paul Dolan, Four Thousand Weeks by Oliver Burkeman and Solve for Happy by Mo Gawdat.
Along the edges of Britain are places abandoned by the State: silt-filled harbours, sunken railway tracks, empty buildings. These former economic engines are now the neglected symptoms of a centralized country. But they are not forgotten by their communities. And they are ripe for reinvention.

Travelling from Scotland’s Cowal peninsula to Cornwall, Hazel Sheffield introduces us to artists and activists, people who are reclaiming these forgotten places. They are taking their environment into their own hands and working together to shape new futures. Celebrating regeneration, local empowerment, community spirit and love for all facets of our landscape, Sheffield’s book is a powerful manifesto for people-powered change.

Frontierlands
Finding hope in forgotten Britain
Hazel Sheffield
March 2025

For readers of Islands of Abandonment by Cal Flyn and The Book of Trespass by Nick Hayes.
Want to know how to solve tough problems, be more creative and protect your health, all with zero effort? This is the surprising science of the brain at rest.

When was the last time you let yourself do absolutely nothing – not hoovering while you listen to a podcast, but nothing at all? We are constantly told to make the most of our time, but when we let our minds wander, something magical happens: blood flow to the brain increases by 90 per cent, and suddenly we are able to think in completely new ways. Dr Joseph Jebelli reveals how neuroscience is solving the mystery of the brain at rest, with profound implications for the way we live our lives.

Dr Joseph Jebelli received a PhD in neuroscience from University College London, then worked as a postdoctoral research fellow at the University of Washington, Seattle. He has written two books, How the Mind Changed and In Pursuit of Memory, which was shortlisted for the Royal Society Science Book Prize and longlisted for the Wellcome Book Prize. He lives in London.

The Brain at Rest
Why relaxing will save your life

Dr Joseph Jebelli

March 2025

For readers of Matthew Walker’s Why We Sleep and Johann Hari’s Stolen Focus.
The development expert behind some of the world’s most successful leaders reveals how to unlock a team’s ability to focus on the things that matter.

Amid relentless overwhelm, it’s more difficult than ever to streamline our team’s work. But Shawn Vanderhoven has uncovered twelve behaviours that differentiate leaders who cut a path through the noise, and those who just add further distraction, based on a three-year study of top performers at Amazon, Google and Tesla.

Unpicking the science behind what makes these behaviours work and offering strategies that make them easy to adopt, this is a new system to help organizations focus on the work that matters . . . and help employees have a more fulfilling life when they’re off the clock.

Shawn Vanderhoven is a partner for The Wiseman Group, a thought leadership and consulting firm, and works with companies including Amazon, Alphabet, Adobe, Capital One, Deloitte, McKinsey and Salesforce, focusing on developing a leader’s ability to fully utilize their people’s talent.

For readers of Essentialism by Greg McKeown, Deep Work by Cal Newport and Indistractable by Nir Eyal.
Violence is seen as a sad but inevitable fact of life: you could intervene, but it will only crop up again later, or elsewhere. The truth is much more exciting: violence can be cured...

Drawing on over forty years of experience, Dr Slutkin unveils the insidious way violence works on our bodies and brains – from exposure to contagion to epidemic – and how we can break the cycle of trauma by interrupting the spread.

Incisive, far-reaching, and ultimately hopeful, *The End of Violence* is essential reading that challenges the idea that violence is inevitable and points the way to a more peaceful world.

Dr Gary Slutkin is an epidemiologist, an innovator in violence reduction, and the Founder/Executive Director of Cure Violence. He previously served as Medical Director for the San Francisco Health Department Tuberculosis Program, and has worked for the World Health Organization to reverse epidemics.

**The End of Violence**
How to heal ourselves and our communities
Gary Slutkin

May 2025

For readers of Rutger Bregman’s *Humankind* and Mark Wolynn’s *It Didn’t Start With You.*
We know that when Earth’s ecosystems fall out of harmony, the damage can spiral out of control. But what if we could help nature to regain its balance? Nature wants to heal, and we can help.

As a leading ecologist, Professor Thomas Crowther studies how each species helps to support the life of every other species. This means not just planting trees, but taking into account the fascinating role of fungi and soil bacteria, as well as the free movement of wild animals. Nature’s feedback loops have given rise to the stars, planets, and life; Nature’s Echo shows how we can set the right conditions for nature to begin the vital process of healing itself.

Thomas Crowther is a professor in the Department of Environmental Systems Science at ETH Zurich, where he leads the Crowther Lab. He is chair of the advisory council for the United Nations Decade on Ecosystem Restoration and founder of Restor, an online platform for the global restoration movement developed in partnership with Google. In 2021, the World Economic Forum named him a Young Global Leader.
Torva’s publishing so far...

- **Life, Almost**
  JENNIE AGG
  Miscarriage, misconceptions, and a search for answers from the brink of motherhood

- **On the Origin of Time**
  THOMAS HERTOG

- **Pathogenesis**
  Jonathan Kennedy
  How Germs Made History

- **Wonder Boy**
  TONY HOSKIN
  and THE MYTH OF HAPPINESS IN SILICON VALLEY
  ANGEL AI-YEUNG and DAVID JEANS

- **The Success Myth**
  EMMA GANNON
  Letting Go of Having It All

- **The Art of Clear Thinking**
  Hasard Lee
  A Fighter Pilot’s Guide to Making Tough Decisions

- **Abolish the Monarchy**
  GRAHAM SMITH
  Why We Should and How We Will

- **Blue Machine**
  HELEN CZERSKI
  How the Ocean Shapes Our World

- **Happy High Status**
  VIV GROSKOP
  How to Be Effortlessly Confident

- **That Peckham Boy**
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  A Memoir of Promises and Promises Untaken
Books that change you, your mind, your world