



torva

**2024 & 2025
Publishing Highlights**

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





torva

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*.

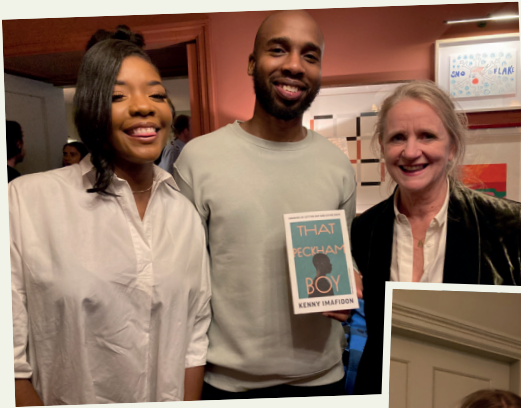
Our publishing continues to be bold and ambitious this year, with titles delivering new insights on porn and pulsars, the minute-by-minute reality of nuclear war, uncomfortable truths about our justice system, and some reasons to be happy! In the following pages we are delighted to showcase our forthcoming highlights for 2024 and beyond.

Torva's launch year

Home > News

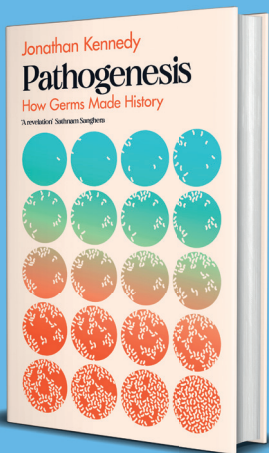
Transworld celebrates launch of new non-fiction imprint, Torva

NEWS MAR 31, 2023 BY SIAN BAYLEY



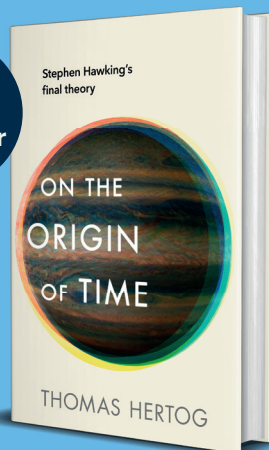
'Books that chuck a missile at the status quo, that rock the proverbial boat, and are designed to make us all rethink.'

Publication milestones

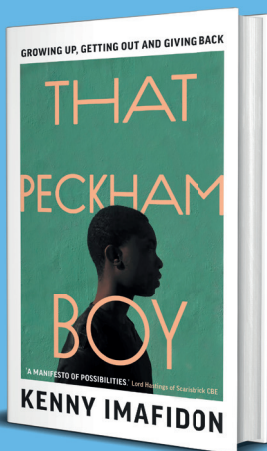


A BBC Radio 4 Book of the Week
A *Times* science book of the year
A *Sunday Times* science book of the year

'A wonderful book about Stephen
Hawking's biggest legacy'
Spectator



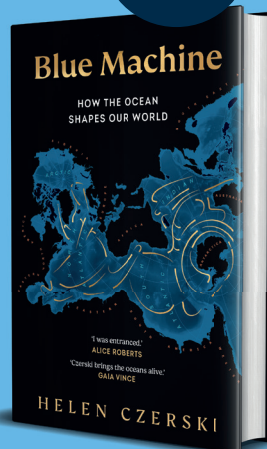
*Sunday
Times
bestseller*



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

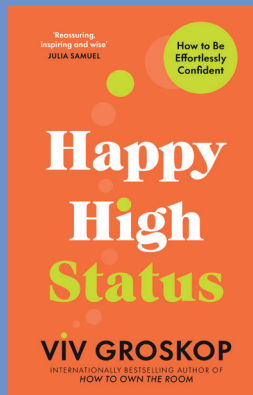
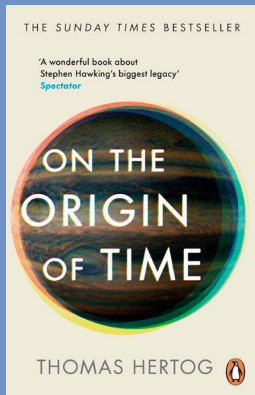
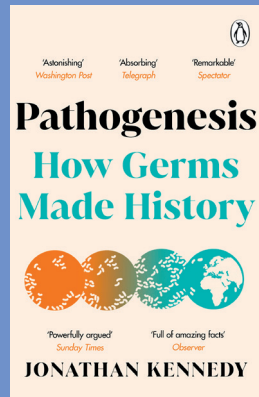
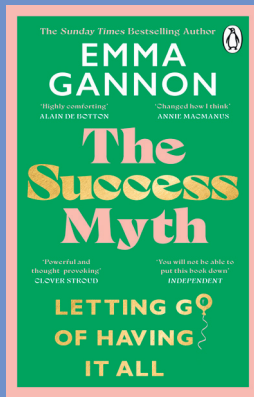
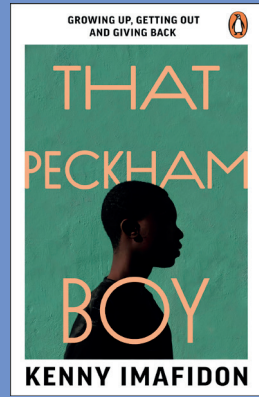
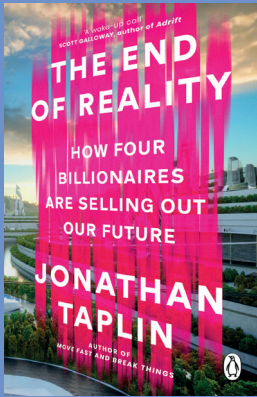


*BBC Radio
4 Book of
the Week*



A *Financial Times*
book of the year 2023

Paperbacks publishing in 2024



Susanna Wadeson

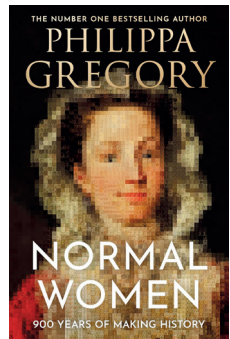
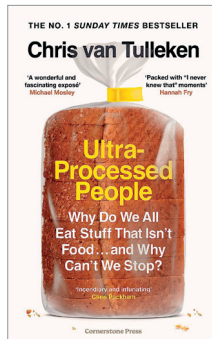
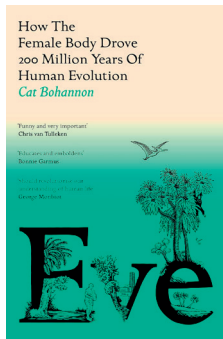
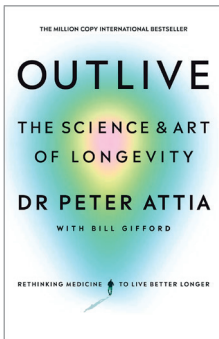


Publisher

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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



Alex Christofi

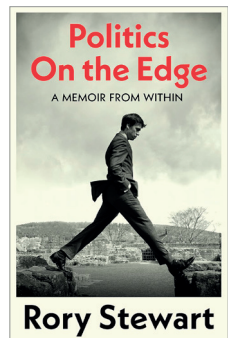
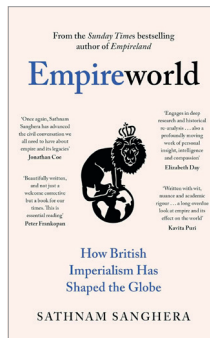
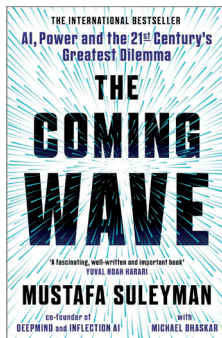
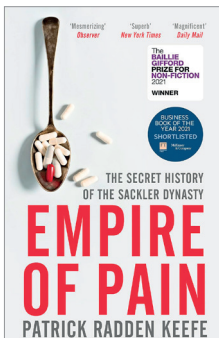


Editorial Director

AChristofi@penguinrandomhouse.co.uk

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



Lucy Oates

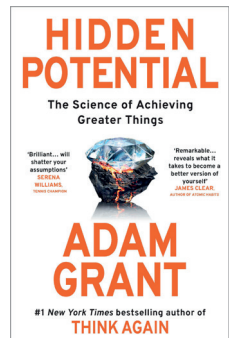
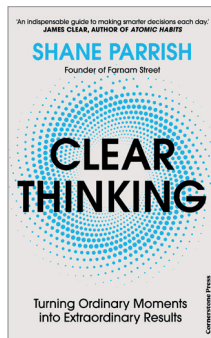
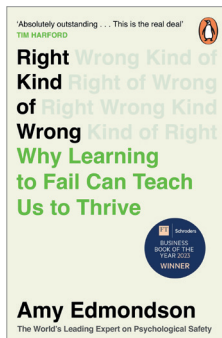
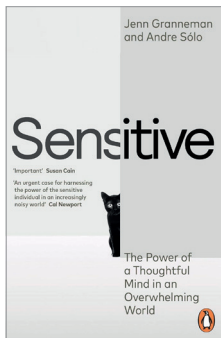


Editorial Director

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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 Teelwahn

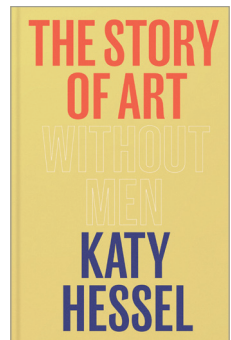


Commissioning Editor

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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



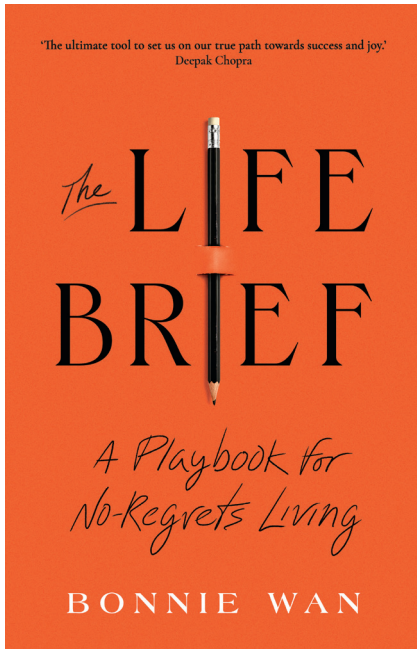
Torva titles

20

24

For press enquiries, please contact:

TransworldPublicity@penguinrandomhouse.co.uk



The Life Brief

A playbook for no-regrets living
Bonnie Wan

18 January 2024

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

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.

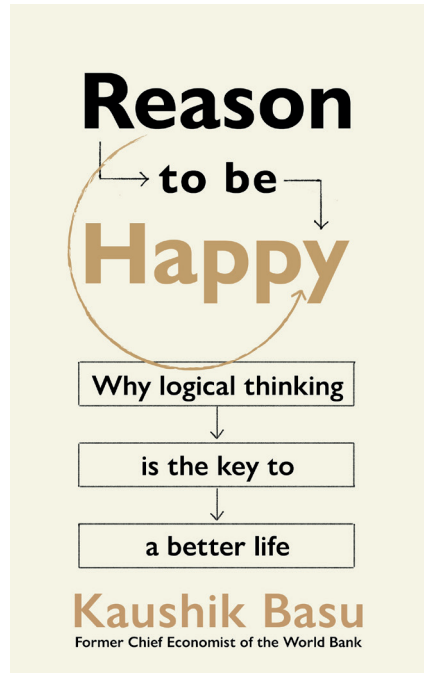
Why do our friends have more friends than we do? How do you book the best available seats on a plane? And if jogging for ten minutes adds eight minutes to our life expectancy, should we still go jogging?

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

For readers of Lisa Taddeo's *Three Women* and Laura Bates's *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.

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.

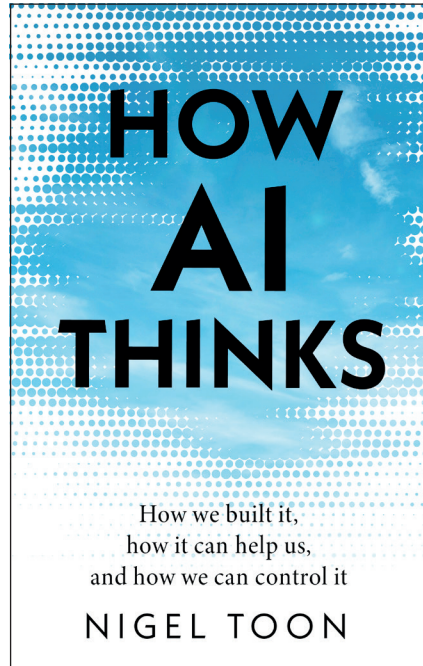
Eye-opening, provocative and deeply moving, this book navigates the polarized public debates, to open an intimate window into porn and the sexual lives of women today.

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.

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.



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

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

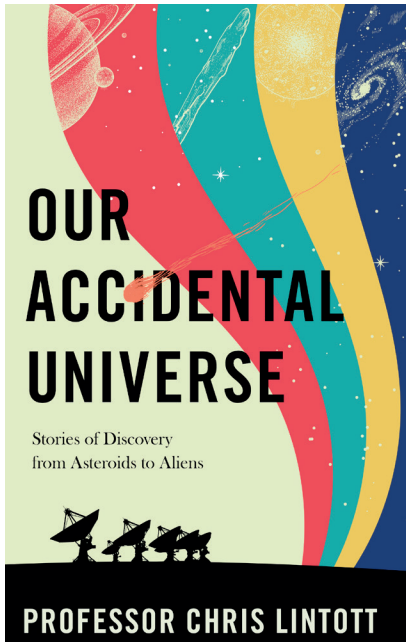


Languishing

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

COREY KEYES

February 2024



Our Accidental Universe

Stories of discovery from asteroids to aliens

Chris Lintott

21 March 2024

For readers of Brian Cox and Tim Peake.

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.

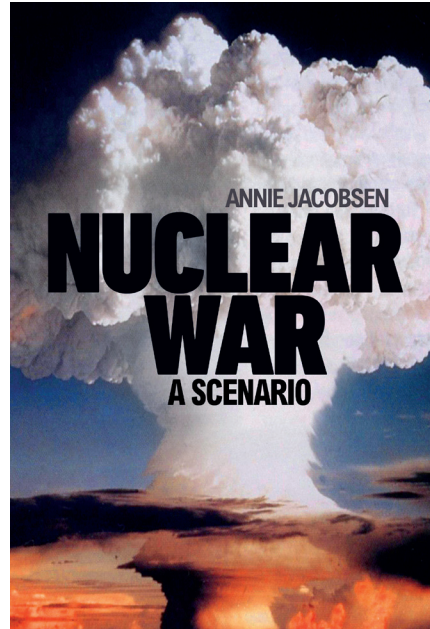
Chris Lintott shares stories that reveal that the major astronomical events of the past century were found not by careful experiment but as surprises, when humans were looking in the wrong direction or for something entirely different.

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.

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

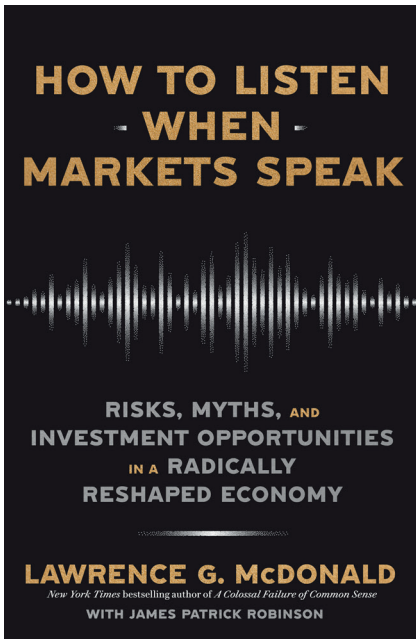
A scenario

Annie Jacobsen

28 March 2024

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





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.

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.



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
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.



torva

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.

‘A brilliant lawyer. A brilliant book.’

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.’

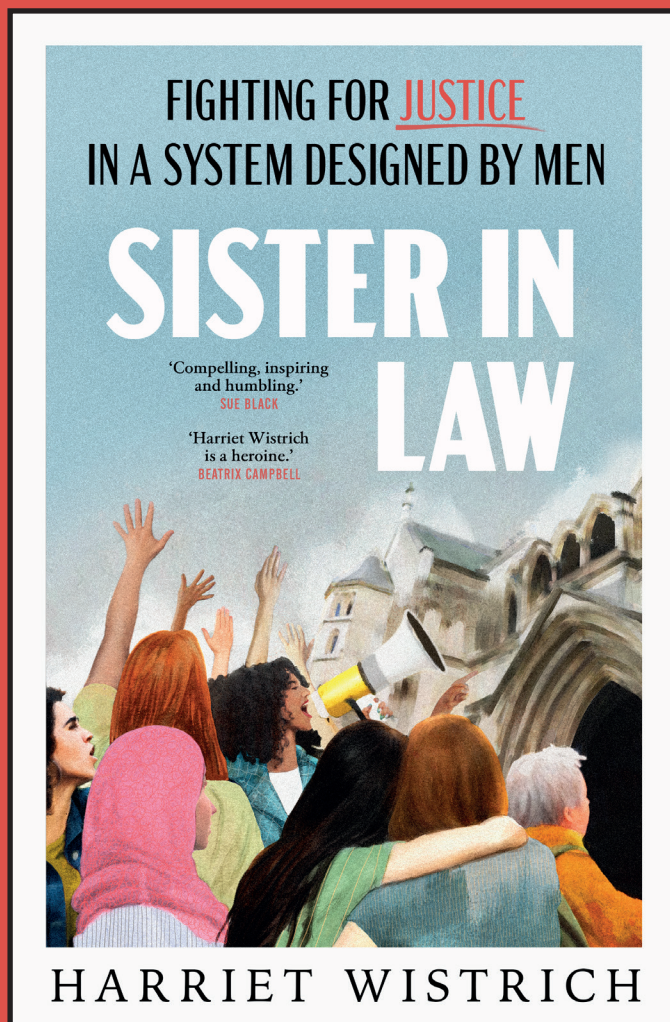
VICTORIA DERBYSHIRE

‘Harriet’s innovative, intense and courageous commitment to safeguarding basic rights is compellingly set out in every chapter.’

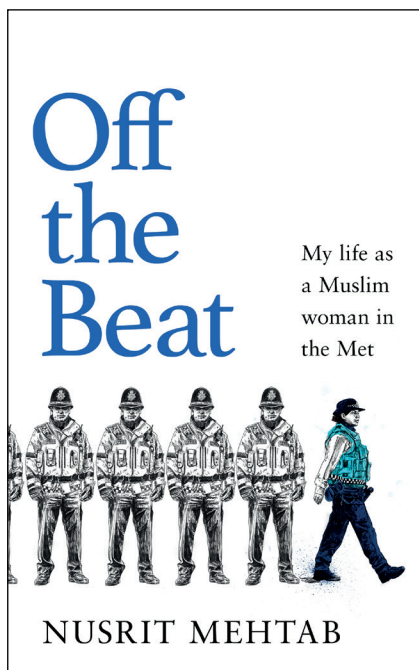
MICHAEL MANSFIELD KC



For readers of *Spider Woman* by Lady Hale and
Fix the System, Not the Women by Laura Bates



May 2024



Off the Beat

My life as a 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*.

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 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.

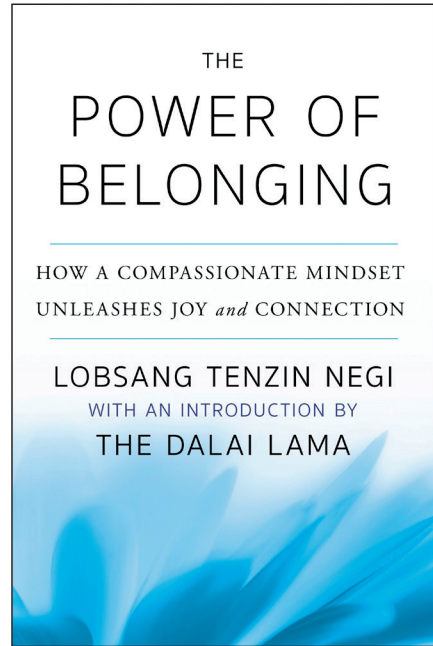
Nusrit Mehtab is a former police officer, at one point the most senior female Asian officer in the Metropolitan Police. In January 2020, after 32 years, Mehtab left the police force and sued them for racism and misogyny. She is now a lecturer in policing law and criminology at the University of East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



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

20

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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.



Snap

How to make quick progress

Dan Heath

January 2025

For readers of *Drive* and *Sprint*



torva



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 distills 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

For readers of *Strong Woman* by Karren Brady, *Do What You Love, Love What You Do* by Holly Tucker and *How to Start a Business Without Any Money* by Rachel Bridge.

Sara Davies MBE is the youngest ever female investor to appear on *Dragons' Den* and is well-known as the founder and creative director of the global craft business Crafter's Companion. Launched while she was still at university, Crafter's Companion is now a global business selling papercraft, art, needlecraft and stationery items across forty countries with head offices in the US and UK.



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.





Frontierlands

Finding hope in forgotten Britain

Hazel Sheffield

March 2025

For readers of *Islands of Abandonment* by Cal Flynn and *The Book of Trespass* by Nick Hayes.

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.

Hazel Sheffield is an acclaimed freelance journalist and investigative reporter whose work appears in the *Guardian*, the *Financial Times* and the *Independent* among other national and international newspapers. In 2021 she was shortlisted for environment and energy journalist of the year at the British journalism awards. This is her first book.



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*.





Pause

How to slow down, create space
and lead brilliant work

Shawn Vanderhoven

May 2025

For readers of *Essentialism* by
Greg McKeown, *Deep Work*
by Cal Newport and *Indistractable*
by Nir Eyal.

***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.

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*.



Nature's Echo

How ecosystems heal

Thomas Crowther

September 2025

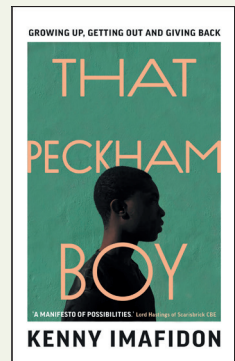
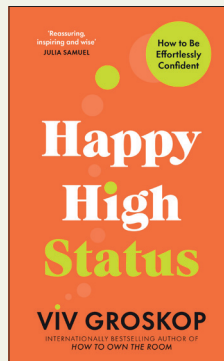
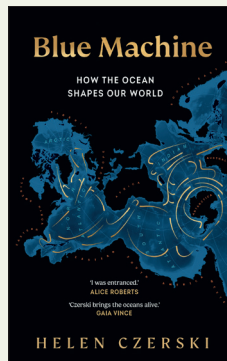
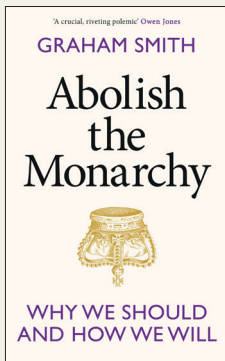
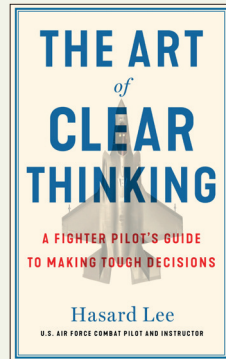
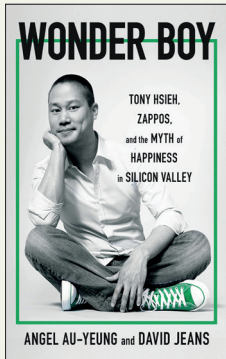
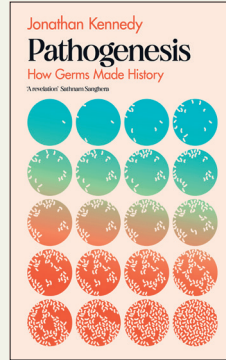
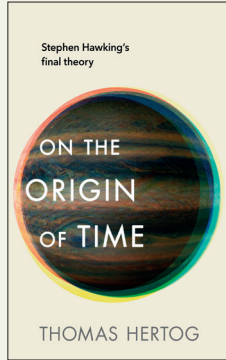
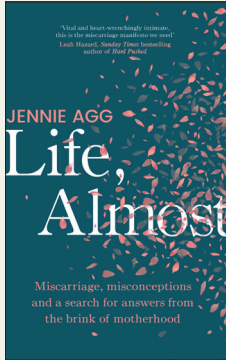
We know that when Earth's ecosystems fall out of harmony, the damage can spiral out of control. But what if we could help nature to regain its balance? Nature wants to heal, and we can help.

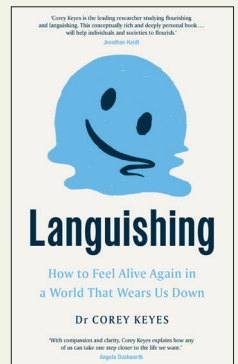
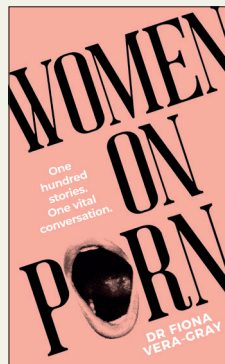
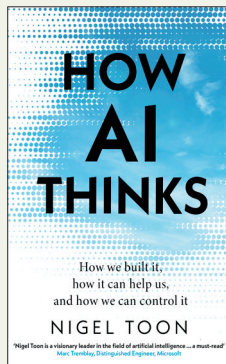
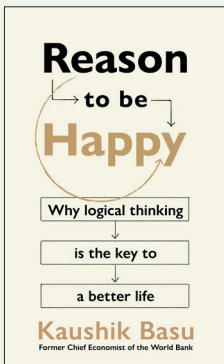
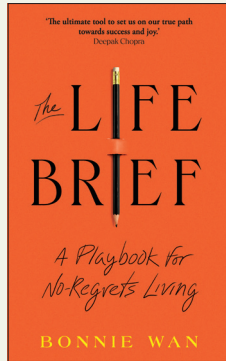
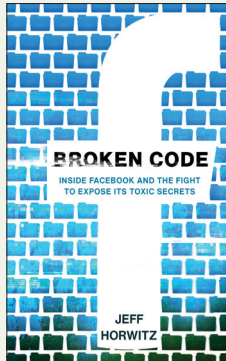
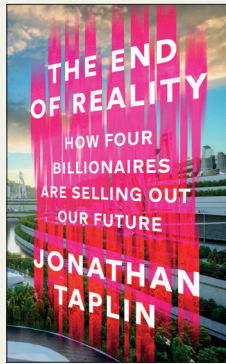
As a leading ecologist, Professor Thomas Crowther studies how each species helps to support the life of every other species. This means not just planting trees, but taking into account the fascinating role of fungi and soil bacteria, as well as the free movement of wild animals. Nature's feedback loops 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.

For readers of Hannah Ritchie's *Regenesis* and George Monbiot's *Not the End of the World*.

Torva's publishing so far...





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





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