



SHORT BOOKS
SPRING CATALOGUE
2020



FAST ASLEEP

How to get a really good night's rest

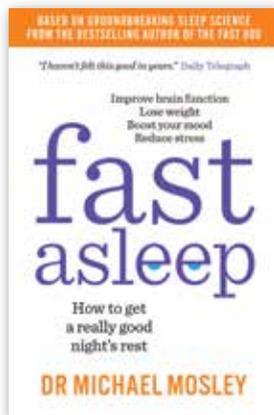
DR MICHAEL MOSLEY

Groundbreaking sleep science from the author of *The Fast Diet* and *The Fast 800*.

Getting a good night's sleep can improve your mood, cut your risk of depression, help you fight chronic disease, keep you slim and even improve your memory; so why is it that so many of us don't prioritize the necessary 7-8 hours a night?

In *Fast Asleep*, Dr Michael Mosley brings together the latest science to explain exactly what happens to us when we sleep and why it is so important that we get enough of it. Prone to insomnia, he has taken part in numerous sleep experiments and tested every sleep remedy going. He explains why so many of us struggle with sleep, what works and what doesn't and shares his own myth-busting programme to help you achieve a good night's rest.

Along with fascinating case studies, 50 delicious, sleep-promoting recipes, a cut-out dream diary and menu plans by his wife Dr Clare Bailey, this book explains why gut health and meal times matter, explores the science of dreaming and reveals tips and tricks to help you not just sleep better but reduce stress levels and feel happier and healthier in general.



Michael Mosley trained as a doctor before becoming a journalist and television presenter. He is the author of *The Fast Diet*, *The 8-Week Blood Sugar Diet*, *The Clever Guts Diet* and *The Fast 800*. He is married with four children.



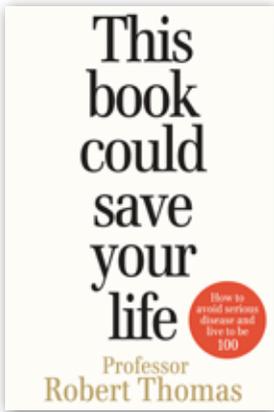
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288 PP
5 MARCH
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WORLD ENGLISH

THIS BOOK COULD SAVE YOUR LIFE

How to avoid chronic disease and live to be 100

PROFESSOR ROBERT THOMAS

We can't change the genes we are dealt. But we can change the way they behave...



How many of us really understand how what we eat, where we work and even what deodorant we use are affecting our long-term health?

In *This Book Could Save Your Life*, Professor Robert Thomas, one of Britain's leading oncologists and an expert in integrating nutritional and lifestyle strategies into cancer treatment, gives us the facts about everything from diet and exercise to sleep and sunbathing. This book doesn't just offer advice, it outlines in detail the underlying chemical pathways of our lifestyle choices.

As Thomas explains, through achievable changes to our daily routine we can improve the expression of our genes - helping us beat the odds of cancer and chronic disease. We discover, for example, why drinking a glass of red wine after sunbathing can reduce lasting skin damage; and why some houseplants are more effective than others in removing air toxins.

This is a health bible for life. Whether you are in your 20s or 70s, it will help you to empower your body against aging and degenerative disease and live at maximum strength.

£12.99
362 PP
7 FEB
DEMY PAPERBACK
9781780724188
WORLD



Professor Robert Thomas is a Consultant Oncologist at Addenbrooke's and Bedford Hospitals, a Professor at Cranfield University and a clinical teacher at Cambridge University. He is the author of *Lifestyle after Cancer*, and has an academic interest in the evaluation of nutritional, lifestyle and self help strategies after cancer.

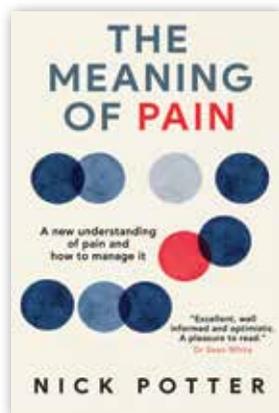
PAPERBACK

THE MEANING OF PAIN

A new understanding of pain and how to manage it

NICK POTTER

“Written from the heart by someone who is truly passionate about his subject and cares tremendously for his patients.” – Dr Sean White



We all fear pain and we will do almost anything to avoid it. We take to our beds, swallow pills, even submit to surgery and think we are solving the problem. But what if everything you thought you knew about pain turned out to be wrong or only half the truth?

In *The Meaning of Pain*, renowned osteopath Nick Potter draws on insights from biology, evolution and social behaviour to present a radical new understanding of pain and why we feel it.

Although pain is unpleasant, it is essential – nature’s way of alerting us to danger – and is often a sign that something is out of balance in our lives.

Stress and anxiety corrode our health in hidden ways and, as Potter shows, understanding this is crucial to treating pain.

In this sage and enlightening book, drawing on 25 years of clinical experience and success stories from his consulting room, Potter presents a timely, compelling roadmap for wellbeing, showing us how to break the vicious cycle of stress, pain and anxiety before the damage is done.

Nick Potter is a registered osteopath who specialises in cervical spine injuries. Since qualifying in 1993, he has split his time between his clinical practice and performance medicine. He fundamentally believes in making treatment fun and as easy as possible, whenever possible. His research is all the more pertinent as he himself has had a spinal injury.



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2 JAN

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THE STATE OF DISBELIEF

A story of death, love and forgetting

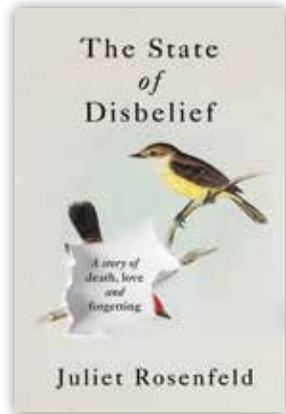
JULIET ROSENFELD

A revelatory book about death and mourning by a psychotherapist faced with sudden bereavement.

When Juliet Rosenfeld's husband dies of lung cancer only seven months into their marriage, everything she has learnt about death as a psychotherapist is turned on its head.

As she attempts to navigate her way through her own devastating experience of loss, Rosenfeld turns to her battered copy of Freud's seminal essay 'Mourning and Melancholia'. Inspired by the distinction Freud draws between the savage trauma of loss that occurs at the moment of death – grief – and the longer, unpredictable evolution of that loss into something that we call mourning, Rosenfeld finds herself dramatically rethinking the commonly held therapeutic idea of 'working through stages of grief'.

This is a beautifully written meditation on what the investment of love means and how to find your own path after bereavement in order for life to continue.



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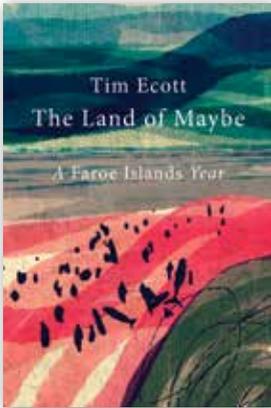
Juliet Rosenfeld read French and Italian at Oxford before working in advertising and briefly in the civil service. She began to retrain as a psychoanalytic psychotherapist 15 years ago. She works in London in private practice and has two sons. This is her first book.

THE LAND OF MAYBE

A Faroe Islands Year

TIM ECOTT

A story which evokes the inner calm and peace that comes with living in proximity to wildness.



Following the natural cycle of the year, *The Land of Maybe* captures the essence of 'slow life' on the 18 remote, mysterious islands which make up the Faroes in the North Atlantic. Closer to the UK than Denmark, this fast disappearing world is home to a close-knit society where just 50,000 people share Viking roots and a language that is unlike any other in Scandinavia.

We follow the arrival of the migratory birds, the overwintering of the sheep and the way food is gathered and eaten in tune with the seasons. Buffeted by the weather and the demands of a volatile natural environment, people still hunt seabirds and herd pilot

whales for a significant portion of their basic food needs.

This is not a travelogue, but a deeper exploration of how 'to be' in a tough landscape; a study of a people and a way of life that represents continuity and a deep connection to the past. *The Land of Maybe* offers not just a refuge from the freneticism of modern life, but lessons about where we come from and how we may find a balance in our lives.

Tim Ecott is a former BBC World Service staff correspondent. He has worked widely in Africa and the Indian Ocean. He writes documentaries for radio and screen and non-fiction, drawing heavily on his fondness for the natural world. He lives near Oxford with his wife Jessica and two children.



£14.99

362 PP

12 MARCH

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UK & COMMON-

WEALTH

STRONGHOLD

One man's quest to save the world's wild salmon - before it's too late

TUCKER MALARKEY

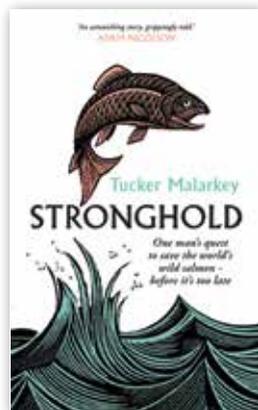
“An astonishing story, grippingly told.” - Adam Nicolson

Stronghold is Tucker Malarkey's enthralling account of an unlikely visionary, Guido Rahr, and his crusade to protect the world's last bastion of wild salmon.

In this improbable and inspiring story, we follow Guido on a wild and, at times, dangerous adventure from Oregon to Alaska, and then to one of the world's last remaining wildernesses, in the Russian Far East. Along the way, Guido contends with scientists, conservationists, Russian oligarchs and corrupt officials – and befriends some unexpected allies – in an attempt to secure a stronghold for the endangered salmon, an extraordinary keystone of our ecosystem whose demise would reverberate across the planet.

This book is a remarkable work of natural history, a clarion call for a sustainable future and a riveting insight into a fish whose future is closely linked to our own.

“The Melvillian showdown between this extraordinary man and his equally extraordinary quarry forms the climax of *Stronghold*. Rahr's passion for salmon is contagious, and Malarkey channels it well...[she] is a novelist by trade, and it shows.” - *The New York Times*



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2 APRIL

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UK & COMMON-

WEALTH

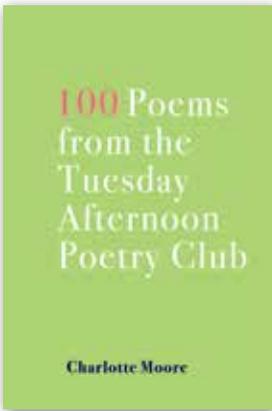


Tucker Malarkey began her career at the *Washington Post*, and her love of human culture and wilderness have since taken her all over the world. She is Guido Rahr's cousin and grew up fly fishing with him in Oregon. She is the author of the critically acclaimed novels *An Obvious Enchantment* and *Resurrection*. *Stronghold* is her first major work of nonfiction. She now lives with her son in Berkeley, California.

100 POEMS FROM THE TUESDAY AFTERNOON POETRY CLUB

CHARLOTTE MOORE

For anyone who wishes they read more poetry - this book is the perfect entry point.



JACKET TBC

People are wary of poetry, even though they use it all the time. Open a newspaper, eavesdrop on a conversation, and you will find quotations from Shakespeare, Browning and Tennyson, used by people who would swear they never read poetry at all. The words delight us, console us, remind us of moments of personal significance.

Charlotte Moore, a writer and former English teacher, has loved poetry all her life. Earlier this year she started a poetry reading group for anyone interested, whether they be poetry addicts or complete beginners. For each group meeting, Moore chooses seven or eight poems, now compiled in this book, all loosely linked by subject – from home and lovers to enchantment and death – and frames each poem with her own commentary.

100 Poems from the Tuesday Afternoon Poetry Club is more conversational and personal than a conventional anthology. Taking the reader on a stimulating tour of poems both familiar and surprising, it demonstrates how we can all benefit from adding small doses of poetry into our daily lives.

Charlotte Moore read English at Oxford before working as a teacher for twelve years. She is now a freelance author, and has written three novels including *Hancox*, as well as a long-running column for the *Guardian*. She lives in Battle, Sussex.



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2 APRIL

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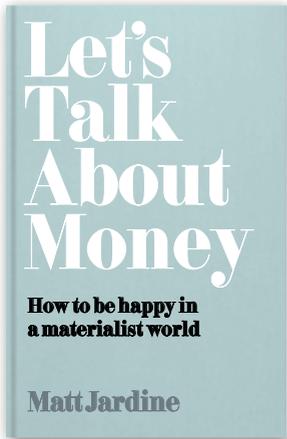
WORLD RIGHTS

LET'S TALK ABOUT MONEY

How to be happy in a materialist world

MATT JARDINE

A book that confronts the conundrum of our times...



“For your own sake, answer honestly. If you had a million pounds would you be living your current life? Would you be doing the work you currently do? If the answer is yes, and you are happy with that, then congratulations. If the answer is no and you are not happy, don't worry, you are not alone and this book is for you...”

All of us instinctively know that there is more to life than money. But how can we put these thoughts into practice when faced with the daily pressures of bills and deadlines?

In *Let's Talk about Money*, Matt Jardine explores the question of how to find purpose and fulfilment in a money-centric world.

Skillfully blending Buddhist wisdom, spiritual lessons and down to earth advice, he presents nine practical lessons to help us change our relationship with money – to live our passion *and* make it pay. With a light touch he forces us to question the very foundations of our lives and what really matters.

£10.99

288 PP

12 MARCH

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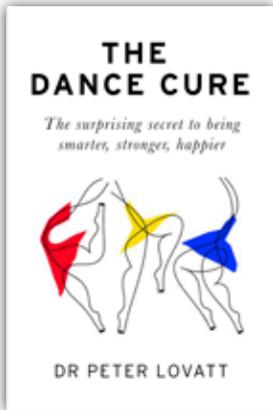
Matt Jardine is a martial artist, entrepreneur, public speaker, podcaster, teacher, and the founder of Jardine Karate School. His previous books include *Mo and Lucy: Choices*, and *The Hardest Path*, inspired by his 88 Temple pilgrimage of Japan. Matt has practiced meditation and other Eastern arts for over 25 years and now lives in London with his wife and Jack Russell.

THE DANCE CURE

The surprising secret to being smarter, stronger, happier

DR. PETER LOVATT

Why dancing is a gift for body and soul...



Humans are born to dance. Dancing can change the way we feel and think, boost our self-esteem, help us problem solve and even relieve symptoms of neuro-degenerative disorders.

Drawing on sources from psychology, anthropology and his own extensive scientific research, dance psychologist and former professional dancer, Dr Peter Lovatt explains how even the most uncoordinated person can use combinations of movement to improve their mood, feel energised, think creatively and ultimately transform their lives.

With a cha cha here and a wiggle there, Dr Lovatt shares with us the reasons why dance is such a powerful tool for our brains and our bodies, and he presents a unique set of steps, combos and dance routines to help us dance ourselves happy.

Dr Peter Lovatt BSc, MSc, PhD is a Dance Psychologist who heads the Dance Psychology Lab at the University of Hertfordshire. Peter is currently delivering a series of lectures on Performance (Dance) Psychology at the Royal Ballet School.



£9.99

272 PP

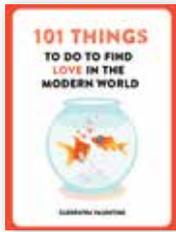
4 JUNE

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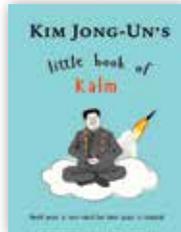
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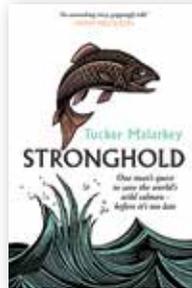
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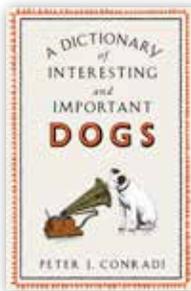
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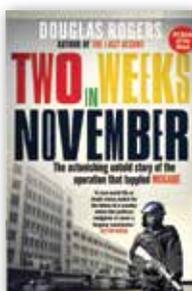
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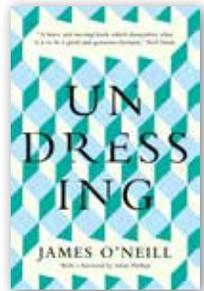
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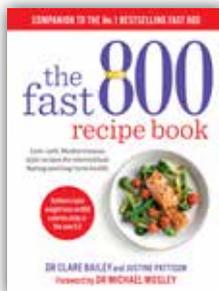
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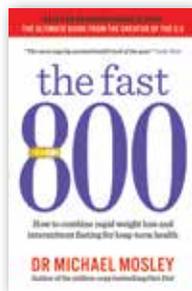
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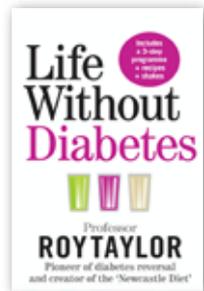
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