

SHORT



BOOKS

Autumn 2021 Catalogue

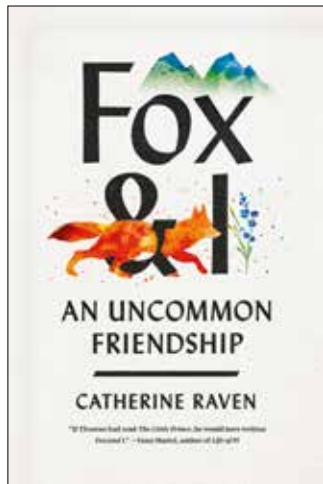


# FOX & I

An uncommon friendship

CATHERINE RAVEN

*Curious, compelling, and entirely unique, this is the incredible true story of a connection between species in a landscape under threat...*



Catherine Raven has lived alone since the age of 15. After leaving home to escape an abusive father, she put herself through college and trained as a biologist, before building herself a house in a remote part of Montana, in a place as far away from other people as possible.

But one day she realises she has company – a wild fox who appears in front of her porch every afternoon at sundown. Against all her scientific training, Catherine grows to appreciate the personality and individuality of her newfound friend. As time goes on, the two form an unlikely and powerful bond – shaken only when natural disaster threatens to destroy their woodland refuge.

*Fox & I* is a story of survival and transformation, a captivating tale of the friendship between two species in a shared habitat, battling against the uncontrollable forces of nature on one side and humanity on the other - immersive, original and utterly unforgettable.

**Catherine Raven** received her PhD in biology from Montana State University and is a former National Park Ranger at Glacier, Mount Rainier, North Cascades and Yellowstone National Parks. Her natural history essays have appeared in *American Scientist* and *Montana Magazine*. She is currently Professor at South University in Savannah, Georgia.

£16.99

8 JULY

DEMY HARDBACK

9781780725093

UK & COMM EXCL CANADA

& ANZ

NATURE/ MEMOIR

“A wise and intimate book about a solitary woman, a biologist by training, who befriends a fox. More than that, it's the tale of a human mind, trained to be logical, meeting and being touched by Nature and coming to realise a greater truth. If Thoreau had read *The Little Prince*, he would have written *Fox & I*.”

**Yann Martel**, author of *Life of Pi*

“A tender, shrewd exploration of the redemption that comes when we start to know that we, whoever and wherever we are, are wild things, crucially defined by our relationship with the wild.”

**Charles Foster**, author of *Being a Beast and Being a Human*

“After you read this book you will experience animals in a new and marvellous way.”

**Temple Grandin**, author of *Animals Make Us Human*

“The voice of this storyteller is startlingly original. I read it breathlessly.”

**Andrei Codrescu**

“So original and daring and delightful and weird (in the best sense), both on the level of the idea and the level of language ... a really terrific piece of writing.”

**Amanda Fortini**, judge for the *Montana Book Festival*

“This intimate and poetic account of a biologist's friendship with a fox overturns the assumption that the world exists for humans to dominate and control. By paying ecstatic attention to grasses, insects, birds and animals, Catherine Raven allows us to hear what nature is saying to us. *Fox & I* is essential reading for anyone concerned about the catastrophe human beings are inflicting on the environment from which they and all other creatures sprang.”

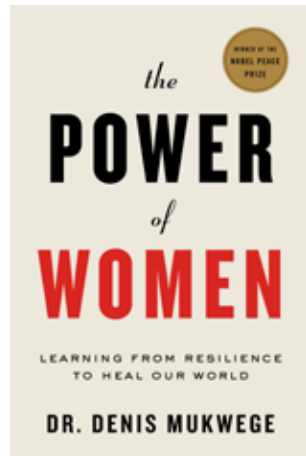
**Stephen Batchelor**, author of *The Art of Solitude*

# THE POWER OF WOMEN

Learning from resilience to heal our world

DR DENIS MUKWEGE

## AN OPRAH BOOK



*'These women are each a light and an inspiration, demonstrating how the best instincts of humanity – to love, to share, to protect others – can triumph in the worst possible circumstances.'*

Nobel laureate, world-renowned doctor and human rights activist Dr Denis Mukwege has dedicated his life to caring for and treating survivors of sexual violence, as the founder of the Panzi hospital in the Democratic Republic of Congo which specialises in injuries caused by rape. This book is a compelling and inspiring call-to-action to combat the scourge of violence against women, and to better learn from their resilience, strength and power.

Congo, with its tumultuous history of exploitation and conflict, has experienced a spiral of unprecedented and incomprehensible violence for the past two decades. Set against the backdrop of his war-torn country, Mukwege tells of the extraordinary women whose lives have been devastated by sexual violence and abuse, but who have survived, healed, bought land, started businesses, and helped to rebuild their shattered communities. They are the heroines of the book.

The truth is that, through the intricate ties of the global economy, we are all implicated in violence against women – whether it occurs amidst the fighting in the Democratic Republic of Congo or on university campuses in the West. Building more inclusive, gender-balanced societies will require not only a systemic change in male behaviour but a world-wide effort to break down the taboos surrounding assault. Dr. Mukwege's writing addresses men directly, encouraging and guiding them to speak out and join the struggle, rather than leave women to fight the battle alone.

For Dr Mukwege, 'emotion without action is pointless'. The Power of Women is an impassioned plea for all of us to say 'no' to indifference.



“It’s time for men to engage. It’s time for men to understand that when women are destroyed, its not a women’s question. It’s a human question.”

In an era of Putin, Trump and Bolsonaro, it’s easy to lose your faith in humanity. But every once in a while, someone like Dr Mukwege comes along and renews it.

**Dr Denis Mukwege** was born in the Belgian Congo in 1955. He is a gynecological surgeon, recognized as the world’s leading expert on treating rape injuries, and his holistic approach to healing has inspired other initiatives around the world and has gained him recognition as a global champion of women’s rights.

In 2014, he was invited to the White House by Barack Obama. In Europe, he was awarded the prestigious Sakharov human rights prize award, earning him major public recognition for the first time. In 2018, he was awarded the Nobel Peace Prize along with Yazidi human rights activist and sexual violence survivor, Nadia Murad.

“Dr Denis Mukwege is my hero.” – EMMA WATSON

“A tireless defender of women’s dignity, Dr Mukwege is beginning a new phase, from now on he will also be fighting to spread awareness of sexual violence as a weapon of war.” – TÉLÉRAMA

£16.99 11 NOVEMBER

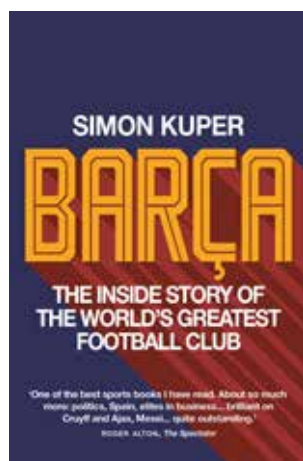
DEMY HDBK 9781780725321 UK & COMM EXL CANADA  
SOCIAL SCIENCE/CURRENT AFFAIRS

# BARÇA

The rise and fall of the world's greatest football club

SIMON KUPER

*From the co-author of the international bestseller Soccernomics comes the unprecedented inside story of sport and politics at FC Barcelona*



Since the early nineties, when FC Barcelona was still under the charge of sporting legend Johan Cruyff, journalist Simon Kuper has had an intimate connection with the football club, and unprecedented access to staff and facilities.

In this book, Kuper tracks the history of FC Barcelona from Cruyff to Lionel Messi. He analyses the largely unchanged structure of the club (from its Catalan merchant-class directors down to its impressive pool of footballing talent), and studies how the revolutionary “Barcelona Innovation Hub” is shaping its future. Kuper shows how Barça's football philosophy was grown from a cross-pollination of different sports such as

waterpolo and basketball, and, crucially, how a nutritional revolution is constantly optimising the fitness of the players.

Along the way, Kuper also studies the personalities that have shaped Barça – in particular, Cruyff, Pep Guardiola and the current enigmatic leading man, Lionel Messi, whose quiet nature in public belies his formidable role in shaping the direction of the club. This is truly a book 30 years in the making, which establishes how an army of coaches, medics, data analysts and nutritionists have built the foundations for one of the outstanding successes of the modern game.

**Simon Kuper** is the co-author of bestselling *Soccernomics*. His first book, *Football Against the Enemy*, won the William Hill Sports Book of the Year award and is acknowledged as one of football's seminal books. Simon writes a weekly sports column in the FT and has previously written football columns for *The Times* and *The Observer*.

£20.00

12 AUGUST

ROYAL HARBK

9781780724744

UK & COMM EXL CANADA  
SPORT/FOOTBALL

# PERFECT PITCH

100 pieces of classical music to know and love

TIM BOUVERIE

*A book for anyone who wants to bring more classical music into their life and doesn't know where to start.*



Nearly all of us have the capacity to enjoy classical music but too often we are put off by not knowing where to look, or what we are actually looking for. We feel the need of a guide to help navigate such vast and varied artistic terrain.

With this delightful book, historian Tim Bouverie provides just that. Drawing on his lifelong passion for music, he has selected his 100 all-time favourite classical pieces. Some are well-known, some more idiosyncratic, others just secret gems that need to be brought out into the light – all are intended to comfort and inspire. He provides a short introduction to each piece, and a recommended recording to try.

Highly accessible and entertaining, with none of the patronising, cliché-ridden tone of the technical musicologist, *Pitch Perfect* is filled with engrossing stories that bring to life 300 years of the world's greatest music.

*‘An unusually talented writer’ – Max Hastings*

**Tim Bouverie** is the author of the *Sunday Times* Best-seller and Orwell Prize shortlisted, *Appeasing Hitler: Chamberlain, Churchill and the Road to War*. A former political journalist for Channel 4 News, he regularly reviews history books and has been published in the *Times*, *The Observer*, *The Wall Street Journal*, *Air Mail*, *Mail on Sunday*, *The Spectator* and the *Daily Telegraph*. He is currently the Alistair Horne Fellow of St Antony's College, Oxford.

£9.99

7 OCTOBER

B FORMAT HDBK

9781780725284

WORLD  
MUSIC/GIFT

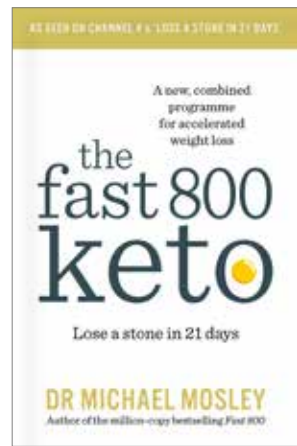


# FAST 800 KETO DIET

Lose a stone in 21 days

MICHAEL MOSLEY

As seen on Channel 4's 'Lose a Stone in 21 Days', a new combined programme from the author of the international bestselling Fast 800 Diet



Recent studies have shown that a keto diet not only produces significant weight loss, fast, but also has myriad other benefits for long term health. It is an approach that naturally compliments Dr Michael Mosley's Fast 800 programme. But it must be done the right way.

In *The Fast 800 Keto*, Dr Mosley presents the latest science on the ketogenic diet – a diet high in fat and protein and very low in carbs – explaining how it works and why it is so good for you. The aim of a keto regime is to put yourself into ketosis, whereby your body goes from burning sugar to burning fat for fuel. This process of 'flipping the metabolic switch' has the added

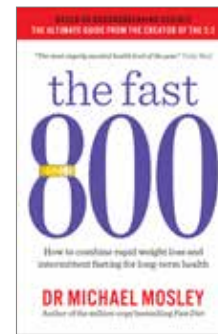
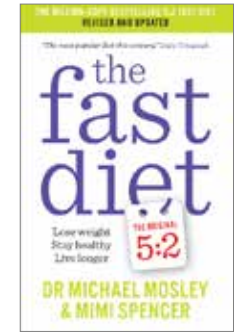
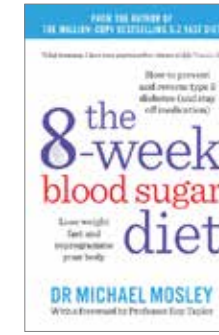
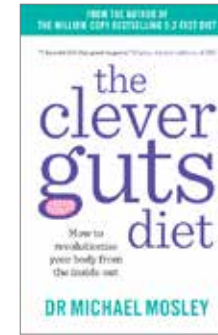
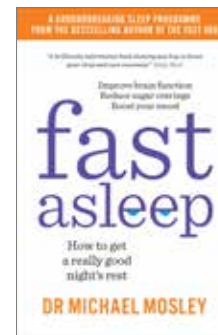
advantage of making you feel less hungry, which makes the diet highly motivating and relatively easy to sustain.

This book offers a detailed, step-by-step programme, along with easy tips and clear advice on which foods help put you into ketosis and which ones stop it, how you can tell if you are producing ketones and how to ensure that you doing the diet safely. There are delicious recipes from Michael's wife, Dr Clare Bailey, as well as shopping lists, weekly meal planners and all the other tools you need to shift stubborn fat and transform your health for good.

**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.

£8.99  
30 DECEMBER  
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9781780725024  
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DIET/ HEALTH

Six years ago, Dr Michael Mosley started a health revolution with the 5.2 Fast Diet. In his latest book he is set to do the same again...



As seen on Channel 4's 'Lose a Stone in 21 Days'

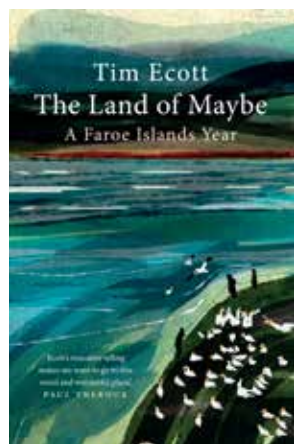
# THE LAND OF MAYBE

A Faroe Islands year

TIM ECOTT

PAPERBACK  
EDITION

*Wild landscapes, whale hunts and other adventures of Faroese life... a book to change the way we think about humans' relationship with nature*



Following the natural cycle of the year, *The Land of Maybe* captures the essence of the 18 mysterious Faroe Islands in the North Atlantic. Here, a fast disappearing world is home to a close-knit society where just 50,000 people share Viking roots and a unique language. Buffeted by the elements in a volatile environment, the Faroese still hunt seabirds, herd pilot whales and eat mutton fermented in the salt winds that howl across dark fjords.

A passionate naturalist, Ecott immerses himself in this starkly beautiful landscape, revealing a way of life that maintains a deep connection to the past. *The Land of Maybe* offers a refuge from the

freneticism of the modern world, and confronts some of the biggest challenges we face in trying to live in peace with nature.

'The tough, mystical, intangible character of the Faroes is captured by Ecott's gorgeously rich and descriptive writing that makes you believe you can smell the sea, hear the birds and feel the wind. A beautiful and evocative read.'

– **Kate Humble**

'In this excellent book, Ecott's evocative telling makes me want to go to this weird and wonderful place.' – **Paul Theroux**

**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 nonfiction, drawing heavily on his fondness for the natural world. His books include *Neutral Buoyancy* (Penguin) and *Vanilla: travels in search of the luscious substance..*

£9.99

9 SEPTEMBER

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9781780725185

UK & COMM EXL. CANADA  
NATURE/TRAVEL

# VELKOM TO INKLANDT

Poems in my grandmother's inklisch

SOPHIE HERXHEIMER

NEW JACKET  
TO COME

*A beautiful new edition of this prize-winning anthology.*



**\*\*The Sunday Times Poetry Book of the Year 2017\*\***

*Velkom to Inklandt* is a collection of poems in which Sophie Herxheimer brings vividly to life the voice of her German Jewish *Grent Muzzer*, Liesel, whose somewhat abrasive *perspektiff* she has never been able to forget.

Liesel came to live in Britain in 1938, with her husband, a doctor, one of many saved by the speedily set up Council for Academic Refugees.

Playing on the difficulties of the English *lenkvitch* and *vokebulerry*, the poems tell of an immigrant's attempts to fit in and make her home in a new country at war with her own.

This fascinating sequence addresses alienation, survival, work, friendship, marriage, motherhood, ageing and loss, against a backdrop of a London that has almost disappeared, but which at the same time is current and *stranychly* familiar.

'This book is uplifting, funny, heart-breaking – a one-off... Buy, read, cherish this book.' – **Kate Kellaway, *The Observer***

'I bought diss. It iss ferry fonny. It meks me vont to read out lout to my missis. Ach how ve laff.' – **Michael Rosen**

**Sophie Herxheimer** is an award-winning writer, artist and poet who teaches and collaborates extensively. She has held residencies for LIFT, Southbank Centre and Transport for London and her recent publications include *The Listening Forest*, *The New Concrete* and *Voyage*. She lives in Brixton with her family.

£12.99

7 OCTOBER

HARDBACK

9781780723402

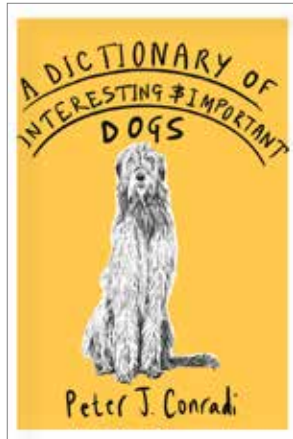
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POETRY/HUMOUR

# A DICTIONARY OF INTERESTING AND IMPORTANT DOGS

PAPERBACK  
EDITION

PETER J CONRADI

*Peter Conradi's enchanting tribute to man's best friend out in paperback*



DRAFT JACKET

Tin Tin's Snowy, Odysseus's Argos, Darwin's Polly, Mary Queen of Scot's 22 lap-dogs, Elizabeth Barrett Browning's Flush... Behind every great man or woman is a dog.

*A Dictionary of Interesting and Important Dogs* is a rich compendium of the world's most significant and beloved dogs. Embracing the intriguing and the provocative, the essential and the trivial, Peter J. Conradi forays into history, literature and personal anecdotes to unearth a treasure trove of canine characters.

Discover the stories behind Karl Marx's and his daughter's Dogberry Club; the lapdogs who were secreted in first-class cabins on the Titanic and

how they survived; Edinburgh's Greyfriars Bobby who stayed by his master's grave for 14 years; and the one undisputed fact about Shakespeare – his singular dislike for dogs.

*A Dictionary of Interesting and Important Dogs* is a wonderful and witty homage to man's most faithful friend.

**Peter J Conradi** is the author of many books, including *Iris Murdoch: A Life*, the critically lauded biography of Iris Murdoch, as well as *Going Buddhist* (Short Books) and *At the Bright Hem of God: Radnorshire Pastoral*.

£8.99  
4 NOVEMBER  
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DOGS/GIFT & HUMOUR

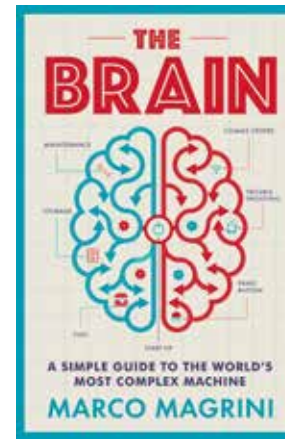
# THE BRAIN

PAPERBACK  
EDITION

A Simple Guide to the world's most complex machine

MARCO MAGRINI

*"A fantastically original and clever way to popularise neuroscience."* – Professor Gilberto Corbellini, Philosophy of Science, La Sapienza University, Rome



"Congratulations on the purchase of this exclusive product, tailor-made just for you. It will provide you with years of continuous service."

The brain is one of nature's most miraculous but misunderstood creations.

In this fascinating user-friendly guide, you will discover all you need to know about what is ceaselessly happening inside your head – from the 38 million billion calculations the brain makes per second, to the complex distribution of memory (there is no central storeroom for information) and why love is an entirely neuronal experience.

With wit and style, Marco Magrini cuts through the noise of cerebral misinformation to tell the real story of who you are and, crucially, what you are capable of achieving.

N.B. Product comes with a 10-year warranty. T&Cs apply

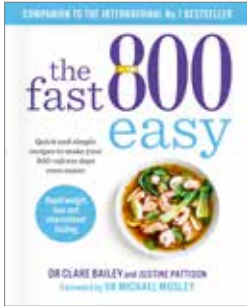
*"In these pages, Magrini describes beautifully, and often very humorously, the extraordinary harvest of new neuroscientific discoveries shedding light on the most complex and astonishing thing in the universe itself."* – Tomaso Poggio, MIT McGovern Institute

**Marco Magrini**, is a freelance Italian journalist writing about science, energy and technology. He claims to be a descendant of Giovanni Villani, the proto-chronicler of medieval Florence.

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2 SEPTEMBER  
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SCIENCE/ PSYCHOLOGY



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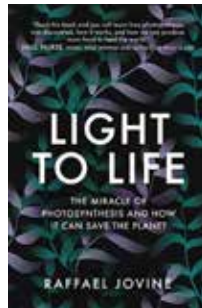
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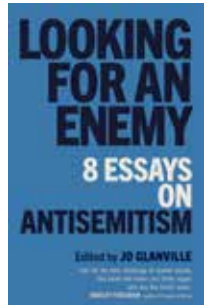
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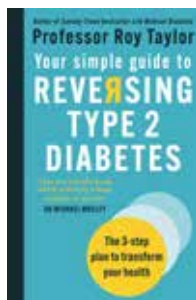
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