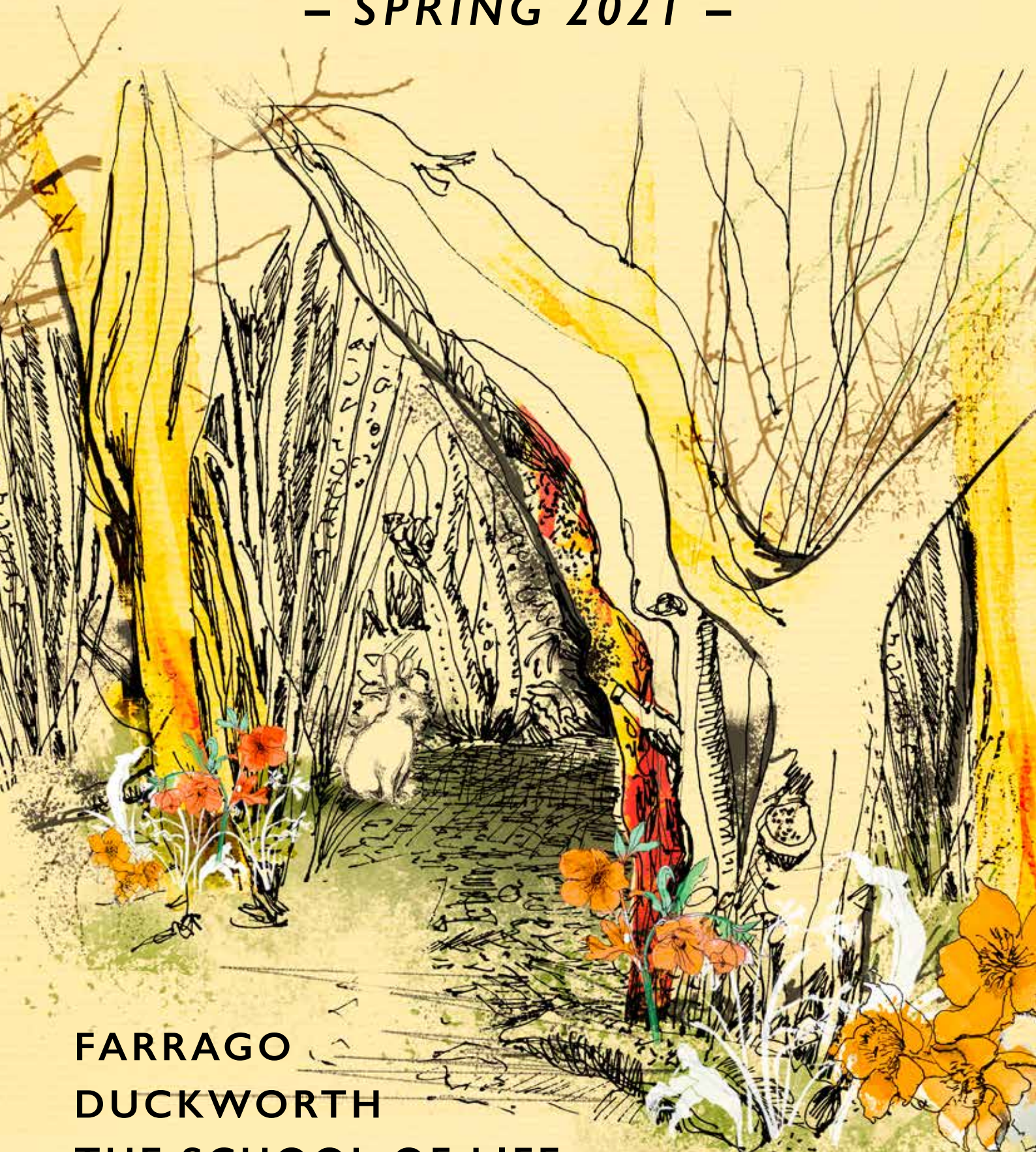


# DUCKWORTH BOOKS GROUP

– SPRING 2021 –



FARRAGO  
DUCKWORTH  
THE SCHOOL OF LIFE



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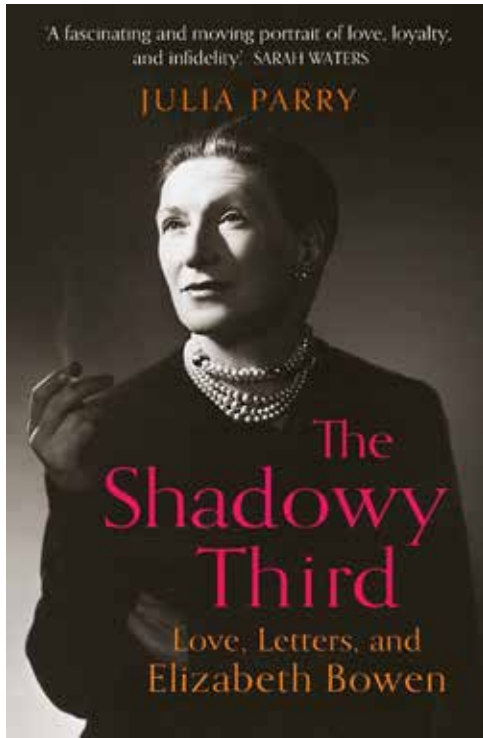
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DUCKWORTH encourages curiosity in our world through accessible and stimulating works of biography and memoir, popular science, psychology, and history. We also have a passion for publishing compelling, impeccably researched historical fiction.

Founded by the family of Virginia Woolf in 1898, we have published incredible authors including D.H. Lawrence, Hilaire Belloc, Evelyn Waugh and Beryl Bainbridge. We continue this legacy today by publishing award-winning authors including Ray Kurzweil, Victoria Glendinning, Julia Child, Thomas E. Ricks and John Spurling, to name but a few.



February 2021

## THE SHADOWY THIRD

*Love, Letters, and  
Elizabeth Bowen*

**Julia Parry**

**A rare blend of literary biography and family secrets at the centre of a love triangle between Elizabeth Bowen and the author's grandfather**

After a death in the family, Julia Parry receives a box of love letters which expose the affair between the celebrated twentieth century novelist, Elizabeth Bowen, and her grandfather, Humphry House.

Using fascinating, unpublished correspondence, *The Shadowy Third* exposes the affair by following the overlapping lives of three very different characters through some of the most dramatic decades of the twentieth century: from the rarefied air of Oxford in the 1930s, to the Anglo-Irish Big House, to the last days of Empire in India and on into the Second World War.

- **Bowen's complete collection of novels was reissued by Vintage**
- **Black-and-white photos from the author's private collection integrated throughout**
- **Supported by a major national PR campaign, including a launch event with the Elizabeth Bowen Society in County Cork**

### ABOUT THE AUTHOR

Julia Parry was brought up in West Africa and educated at St Andrews and Oxford. She teaches English literature and has worked as a writer and photographer for a variety of publications and charities. She lives in London and Madrid. This is her first book.

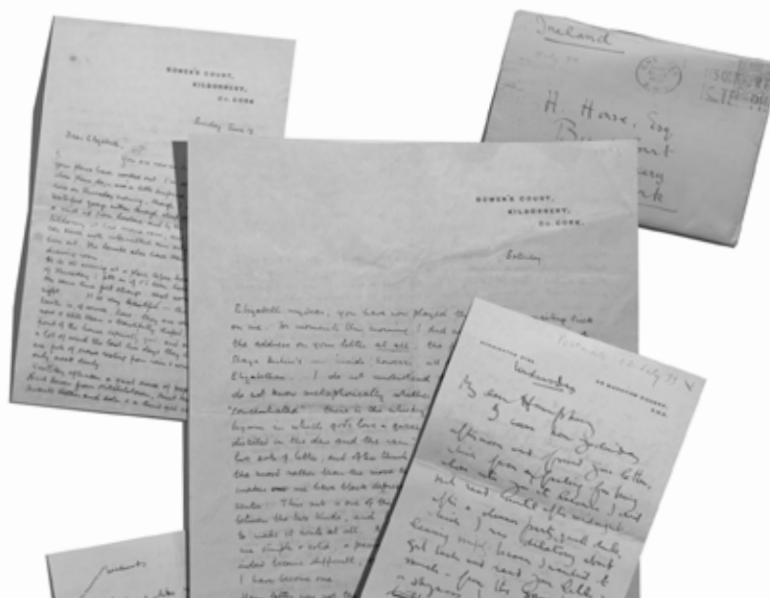
'A fascinating and moving portrait of love, loyalty and infidelity.'  
**SARAH WATERS**

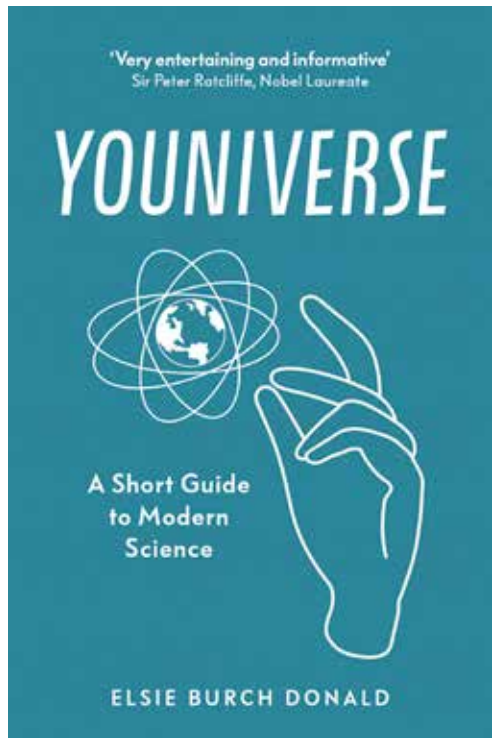


*“The linen is crisp, the light abundant through high stained-glass windows. There is a clink of glasses, innuendo, and clever chatter. A luncheon party in Oxford in 1933. The host, thick-necked and tipping into portliness, eyes the table with satisfaction. His chosen men, bright young fellows of the college, are acquitting themselves well. The woman on his right, intelligent and bold-featured, is a superb addition to the group – all the better for not being part of the university.*

*She, for her part, loves a good meal, particularly if served with wine and virility. There is nothing quite like being the one clever woman in the room. Deftly she slips impressions of the table up her imaginative sleeve. She’s already written a version of her host, with his air of cultured complacency, into an earlier novel of hers.*

*Further down the table sits a young man. Square-faced, taciturn. Here is the Oxford he has been aiming for, yet one he now fears he might lose. Here too a woman unlike any he has met – spirited, older, other. It is essential to catch her eye, pique her curiosity, be memorable.”*





## YOUNIVERSE

*A Short Guide  
to Modern Science*

**Elsie Burch Donald**

### **The truly readable short primer on modern science**

Elsie wanted to catch up with the basics of modern science, but she could not find a book that would tell her. So she went to work. Three years later, *Youniverse* is the result. Described in simple terms is the world you are inseparably a part of: what it is, how it works and, most importantly, your place in it.

You will journey through time and space, a world of the unimaginably big and the inconceivably small – The Big Bang, matter, energy, particle physics, biology, evolution, the future of technology and more.

- **Fills the market gap for a truly readable short primer on modern science**
- **Vetted by a dozen scientists including four Fellows of the Royal Society and a Nobel Prize winner**
- **Easy-to-understand explanations, helpful summaries, plus a glossary of terms and a section for taking reading notes**

### **ABOUT THE AUTHOR**

Elsie Burch Donald grew up on a farm near Memphis, Tennessee. She studied at Edinburgh University, before working as a book packager, then as a full-time writer. Elsie has written three guidebooks on different areas, each of which became the go-to guide in its subject, including Debrett's Etiquette and Modern Manners.

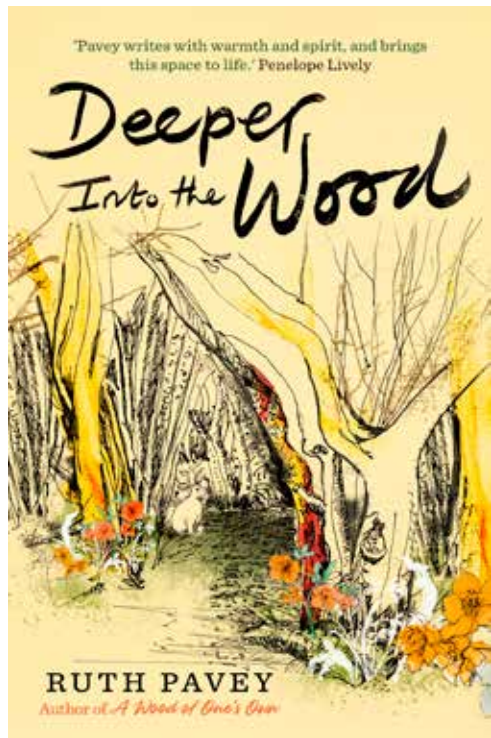
'This is a fine piece of work...  
very entertaining and informative.'  
**SIR PETER RATCLIFFE,**  
**2019 NOBEL PRIZE WINNER**



*“Would you move into a house with no idea what it is made of or how the things inside it work, as an insect or a mouse might do? The universe houses you in one tiny corner. You are made of its material. You are 100 per cent dependent on it for food, warmth, light and body repairs. Every few years your body is replaced by new material from the universe, which with uncanny accuracy is customised and fitted into place, following a pattern dictated by your genes. You are a cell in the universal fabric. And when you die, you’ll be absorbed back into the universe.*

*But right now, amazingly, you are quasi-separated from the universal blend. You are You, able to have a look around, take in the protean world you are a part of, possibly make some changes to it and at the same time learn something of what you are, who you are and where on earth you and your genes are going. You have five senses and the precious gift of consciousness with which to make the most of life, while you can.”*





## DEEPER INTO THE WOOD

from the author of  
*A Wood of One's Own*  
Ruth Pavey

**A beguiling memoir that explores the resilience of nature and the legacies we leave behind – from the author of *A Wood of One's Own***

Following the success of Pavey's debut that introduced readers to her four-acres of verdant land in the Somerset Levels, Ruth reflects on the fate of her wood. She sees nature's forces changing rapidly with the diversity of species dwindling and explores what she could do to preserve the legacy of the wood for generations to come.

Accompanied throughout by the author's evocative hand-drawn illustrations, *Deeper Into the Wood* is a lyrical and inspiring story; a potent reminder of nature's delicate balance and our responsibility toward its preservation.

- **Ruth's first memoir, *A Wood of One's Own*, has sold over 10,000 copies in hardback, paperback and ebook and continues to backlist impressively**
- **The author's previous book has been longlisted for the Wainwright Prize and was a *Sunday Times* Book of the Year**
- **Includes black-and-white line-drawn illustrations by the author**

9780715653678

### ABOUT THE AUTHOR

Ruth Pavey is the Gardening Correspondent for the *Hampstead and Highgate Express*. She attended the Ruskin School of Drawing and Fine Art, Oxford. Pavey has reviewed books and written features for publications including the *Observer*, *Guardian* and *New Statesman*.







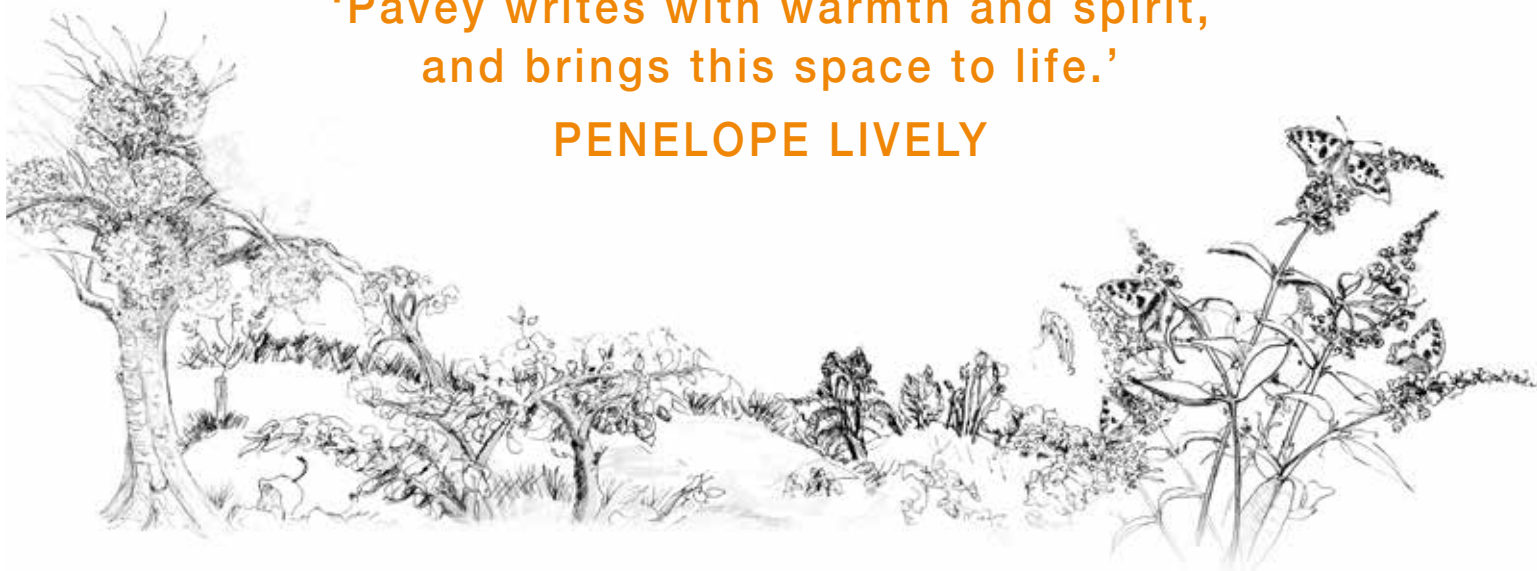
*“The wood I am writing about is small. Lovely as it would be, I cannot invite you to wander deep into glades of beech, under ancient oaks, or to get lost in the gloom of pine forests. Instead, I am going to go deeper into some aspects of the life of this small wood above the Somerset Levels, with its wide views, wild creatures, old apple trees, natural spring, abundant brambles and thistles. In 1999 it was sold as four acres of scrub woodland, but then turned out to have been orchards, with the names Sugg’s Orchard and Long Hill Orchard. Now there are some open patches of fruit trees again, but to me it has always remained ‘the wood’.*

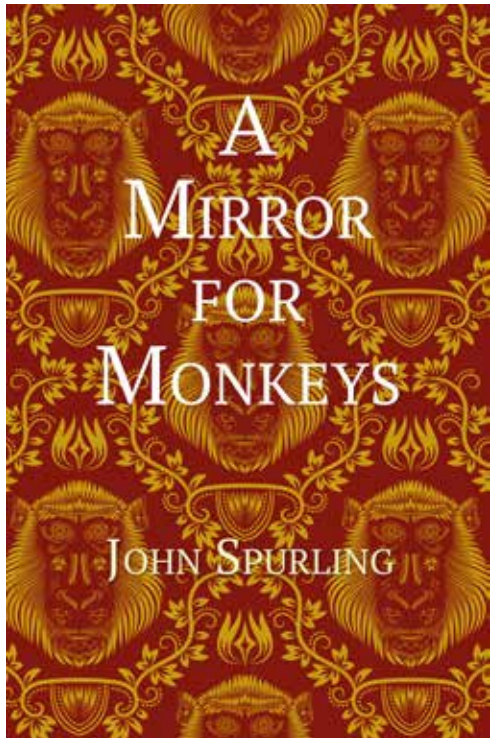
*After I wrote A Wood of One’s Own I had no thought of writing any more about it. But then something happened ... the rabbits vanished. There used to be plenty of them. I loved them, protected the young trees against them, and took them for granted. It was already worrying that there appeared to be fewer insects, small birds and bats around than in 1999, but if the rabbits could disappear, as it seemed overnight, a louder alarm bell was ringing. I wanted to explore more about what is happening in and around the wood, to use it as a lens through which to look at the bigger picture of the changing, generally declining, abundance of wildlife.”*



**‘Pavey writes with warmth and spirit,  
and brings this space to life.’**

**PENELOPE LIVELY**





## MIRROR FOR MONKEYS

John Spurling

**“Comedy is the imitation of life and the mirror of society...”**

A rediscovered eighteenth century memoir reveals the story of William Congreve, acclaimed English playwright and poet. It is penned by his faithful servant, Jeremy, who tells how they lived together through an era of fierce political division and triumphal nationalism, in the aftermath of the Glorious Revolution.

A monument is erected to honour Congreve. Atop a pyramid sits a monkey peering into a mirror – a court wit seeing reflected the ironies of polite society folding in on itself as Whigs and Tories feud.

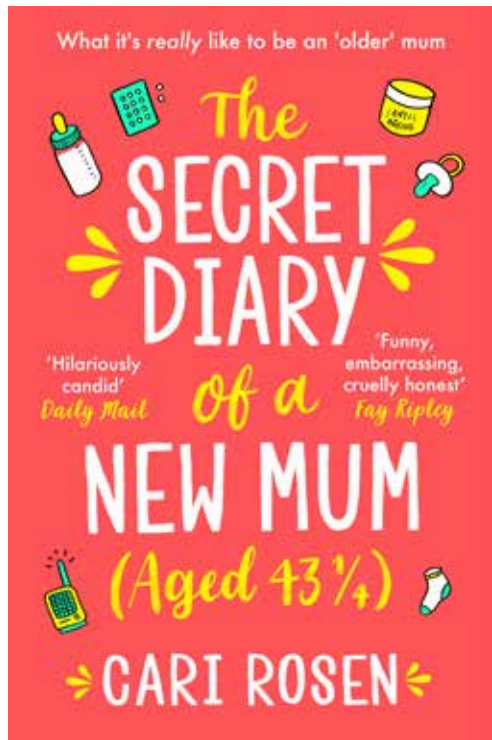
Through the prisms of memory and art, John Spurling reimagines this tumultuous period and brings historical figures to life.

- **Spurling was the winner of the 2015 Walter Scott Prize for his historical novel *The Ten Thousand Things***
- **Impeccably researched, including fascinating portraits of historical figures such as Dryden, Vanbrugh, Swift, Pope, and Lady Wortley Montagu**

### ABOUT THE AUTHOR

John Spurling is an award-winning author and a prolific playwright, whose plays have been performed on television, radio and stage, including at the National Theatre. He is a fellow of the Royal Society of Literature and the husband of Hilary Spurling.

From the winner of the  
**Walter Scott Prize for  
Historical Fiction**



## THE SECRET DIARY OF A NEW MUM (AGED 43<sup>1/4</sup>)

Cari Rosen

**A touching, honest and laugh-out-loud account of what it's like to become a first-time mum after 40**

The story of one woman, one new baby, a slipped disc and rather too many wrinkles, *The Secret Diary of a New Mum (Aged 43 1/4)* is the hilarious account of what it's really like to be a midlife mum.

Whether it's deftly side-stepping questions about your age and baby number two, weeping as younger counterparts ping back into their size ten jeans within thirty seconds of giving birth, or your doctor suddenly referring to you as 'geriatric' – Cari Rosen approaches the shared experiences of many mothers with insight, humour and honesty.

- **One in five babies is born to a mum over 35, and the number of over 40s giving birth has doubled in recent years**
- **Publishing with a new afterword which brings readers up to date on 'what happened next'**
- **Cari Rosen is in demand to talk about issues surrounding older motherhood and regularly appears on television and radio**

### ABOUT THE AUTHOR

Cari Rosen studied Russian and Italian at university, and afterwards worked as a journalist for *The Mirror*, *Just Seventeen* magazine and *Gransnet*. These days Cari is a full-time writer and editor and lives in London.

'Brilliantly observed...  
funny, embarrassing and  
yet cruelly honest.'  
Fay Ripley





## THE QUEEN OF HEAVEN

*The Maid of Gascony  
series, Book 2*

**Catherine Clover**

**A deftly plotted, page-turning historical novel full of intrigue and danger**

A terrible vision sees Lady Isabelle flee danger, posing as a young male scholar in Oxford. But when she learns she is with child it won't be long until she is discovered amongst their ranks.

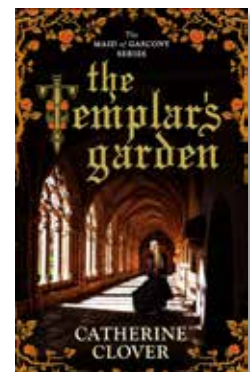
This 15th century novel – book two of the *Maid of Gascony* series – traverses the well-trodden pilgrimage routes from Oxford to Rome encountering lepers, assassins, and historical figures Lady Margaret Beaufort and Edmund Tudor along the way. Clover blends history with the riveting story of a woman who overcomes the restrictions placed on her sex.

- **A new, gripping 15th-century fiction saga sure to delight readers of Anne O'Brien, Sarah Dunant, Philippa Gregory and Ken Follett**
- **The author is an expert on medieval studies and completed her doctoral degree from Trinity College, Oxford**
- **Features textual references to a number of choral music pieces, recently produced in a new album by the choir of New College**

9780715653890

### ABOUT THE AUTHOR

Catherine Clover completed her doctoral degree from Trinity College, Oxford on the fortifications of English Gascony at the end of the Hundred Years War and much of her research informs her books. She enjoys singing soprano in her church choir.





## LEADING WITH KINDNESS

*How to Succeed with a  
Compassion-Centred  
Business*

**Peter Mead**

### **How to build a world-class business by doing the right thing**

Peter Mead has had a spectacular career in advertising. He co-founded Abbott Mead Vickers in 1977, which has grown into one of the industry's most respected and highly awarded agencies.

*Leading with Kindness* reveals the secrets of Peter's success, and a lifetime's thought about the right way to do business in the creative industries (and beyond). A series of short chapters range over leadership, speaking truth to power, class, ambition and the pursuit of scale, politicking in the workplace, improving profitability, managing creative types, and lots more.

- **Over the last five years companies have woken up to the notion that treating people well, and being fair and transparent, can be good for business**
- **Comparable titles include *The One Minute Manager*, and *Who Moved My Cheese***
- **The author is highly connected to UK media**

### **ABOUT THE AUTHOR**

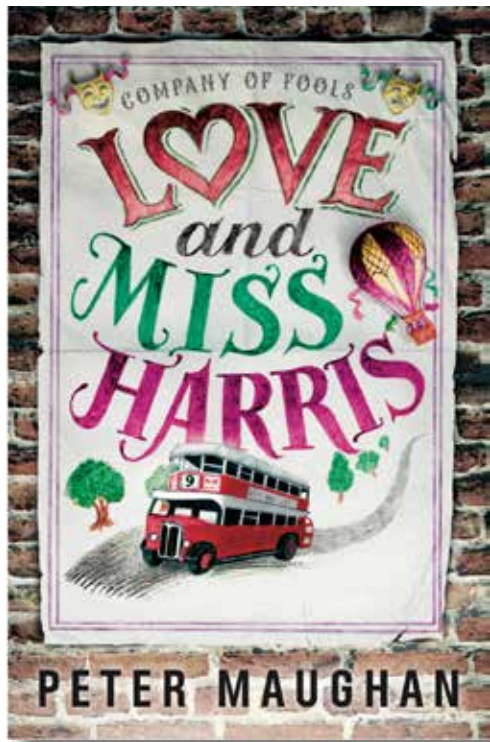
Peter Mead is currently Vice Chairman of Omnicom Group Inc, the biggest advertising agency in the world with a value of \$13 billion. In 1977, he co-founded Abbott Mead Vickers (amvbbdo.com) which became, and remains, the most successful British advertising agency ever. In 2013 he received a CBE for services to the creative industries.

'Wise words.'  
*Financial Times*



**FARRAGO** publishes fiction to make you smile, with books that tickle your funny bone. We make sure that, once you've found one funny book, there's a whole series to enjoy. Farrago readers can trust us to bring them new series to keep the laughter going all year long.





## LOVE AND MISS HARRIS

*Company of Fools series,  
Book 1*

**Peter Maughan**

**A collection of theatrical misfits on tour,  
in this nostalgic trip back in time**

Actor and manager Titus has lost a backer who was going to fund a theatrical tour – when unexpected salvation appears. Their home theatre in the East End of London having been bombed during the war, The Red Lion Touring Company embarks on a tour of Britain with a play written by their new benefactress.

This charming series transports the reader to a lost post-war world of touring rep theatre and once-grand people who have fallen on harder times, smoggy streets, and shared bonhomie over a steaming kettle. The mood is whimsical, wistful, nostalgic, yet with danger and farce along the way.

- **From the author of the much-loved *Batch Magna* series**
- **Will delight fans of PG Wodehouse and Jerome Jerome**

### ABOUT THE AUTHOR

Peter Maughan's early career covered many trades, working on building sites, in wholesale markets, on fairground rides and in a circus. He studied at the Actor's Workshop in London, and worked as an actor before founding a fringe theatre in Barnes, London. He is married and lives in Wales.

### ALSO BY PETER MAUGHAN:

9781788421232 9781788421263 9781788421294 9781788421324 9781788421355



COMPANY OF FOOLS

**– PRAISE FOR PETER MAUGHAN –**

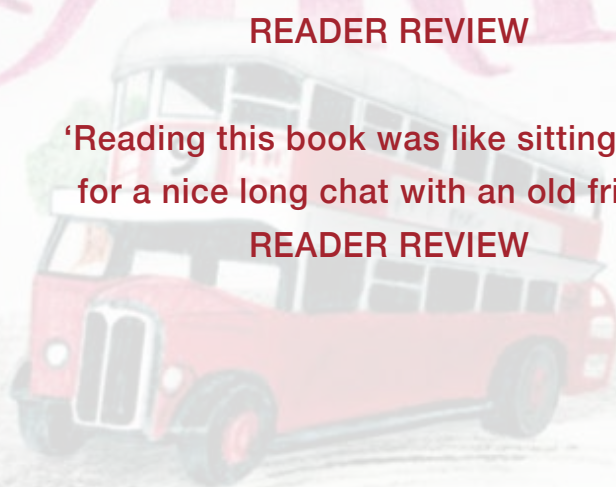
**‘Maughan is a talented writer with an incredible imagination and sense of humour. I kept scrolling pages into the night and was disappointed when there were no more.’** READER REVIEW

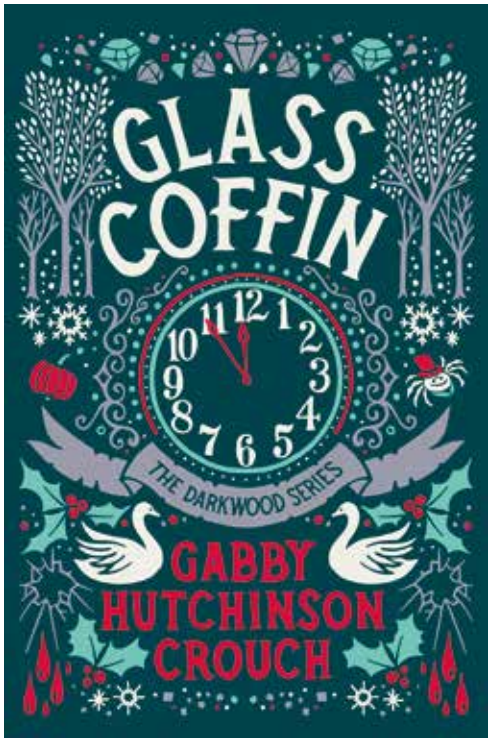
**‘Literary perfection... I’ve not encountered another writer who uses such beautiful wording. His scenery descriptions come alive as if they are a character themselves.’** READER REVIEW

**‘All the charm of an old Ealing comedy. More please Mr Maughan!’**  
READER REVIEW

**‘A wonderful, funny, well-crafted escape from everyday life.’**  
READER REVIEW

**‘Reading this book was like sitting down for a nice long chat with an old friend.’**  
READER REVIEW





## GLASS COFFIN

*The Darkwood series,  
Book 3*

Gabby Hutchinson  
Crouch

### The final book in the acclaimed Darkwood trilogy

The tyrannous Huntsmen have declared everyone in one village to be outlaws, since they insist on supporting the magical, abominable beings of neighbouring Darkwood. Far from being abominable, the residents of Darkwood are actually nice when you get to know them, even Snow the White Knight.

### ABOUT THE SERIES:

*Darkwood is a modern fairy tale trilogy that will bewitch grown-up fans of Terry Pratchett and younger readers alike. Using a fantasy world as a mirror for our own, the series cleverly reimagines different well-known folk tales. Written by an accomplished female voice in British satire, Darkwood is a comedy about a found family of outcasts and undesirables who band together to defend themselves against oppression and the abuse of power – featuring a diverse, empowering and LGBT+ inclusive set of characters.*

### ABOUT THE AUTHOR

Gabby Hutchinson Crouch (*Horrible Histories*, *Newzoids*, *The News Quiz*, *The Now Show*) has a background in satire, and with the global political climate as it is, believes that now is an important time to explore themes of authoritarianism and intolerance in comedy and fiction.

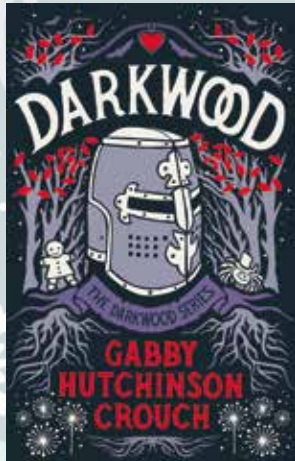
‘One of the funniest  
writers I know.’  
Sarah Millican



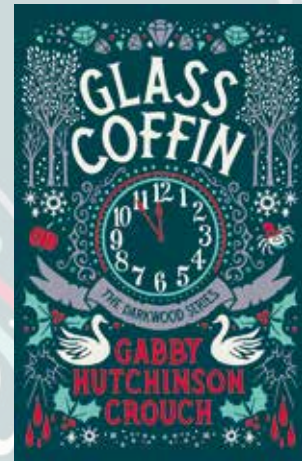
Darkwood

# THE DARKWOOD SERIES

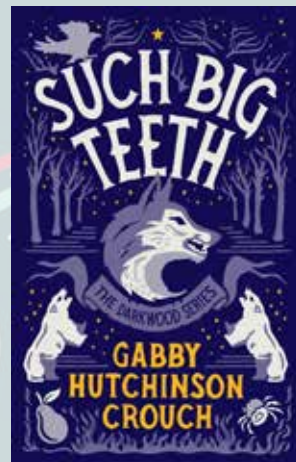
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9781788421478



9781788421447



## – PRAISE FOR THE DARKWOOD SERIES –

‘...very funny. If you like Terry Pratchett, or think gothic fairytales should have more LOLs, ’tis the book for ye.’

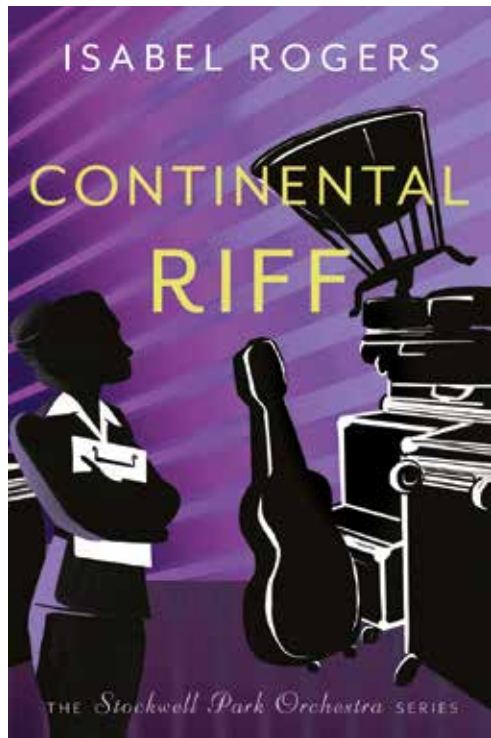
**GREG JENNER**

‘I have read this and it is great. Pratchetty fun for all the family.’

**LUCY PORTER**

‘...magical, surprising and funny.’

**JAN RAVENS**



January 2021

## CONTINENTAL RIFF

*The Stockwell Park  
Orchestra series, Book 3*

**Isabel Rogers**

### **An orchestral tour of Europe doesn't go quite as planned...**

When Stockwell Park Orchestra goes on tour to Europe, it proves a challenge for even the most efficient German logistical planner.

A teenage stowaway, brass players falling in canals and a sabotaged timpani van are all in a day's work for Ingrid Bauer of Note Perfect Tours, but even she can't solve all the problems this week throws at her. Maybe a bit of surprise Bach can calm the muddy Brexit waters. She just has to fish out the musicians first...

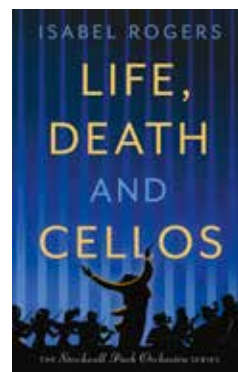
#### **Praise for *The Stockwell Park Orchestra Series***

- 'I was charmed... a very enjoyable read.' **Marian Keyes**
- 'Sharp, witty and richly entertaining.' **Lev Parikian**
- 'A witty and irreverent musical romp.' **Claire King**

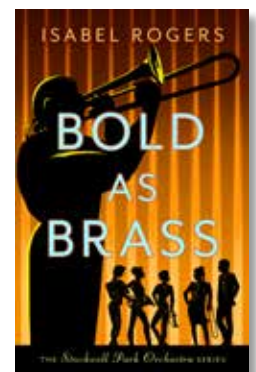
#### **ABOUT THE AUTHOR**

Isabel Rogers won the 2014 Cardiff International Poetry Competition, was Hampshire Poet Laureate 2016, and her debut collection, *Don't Ask*, came out in 2017. She had a proper City job before a decade in the Scottish Highlands, writing and working in the NHS. She is on Twitter: @Isabelwriter.

9781788421119



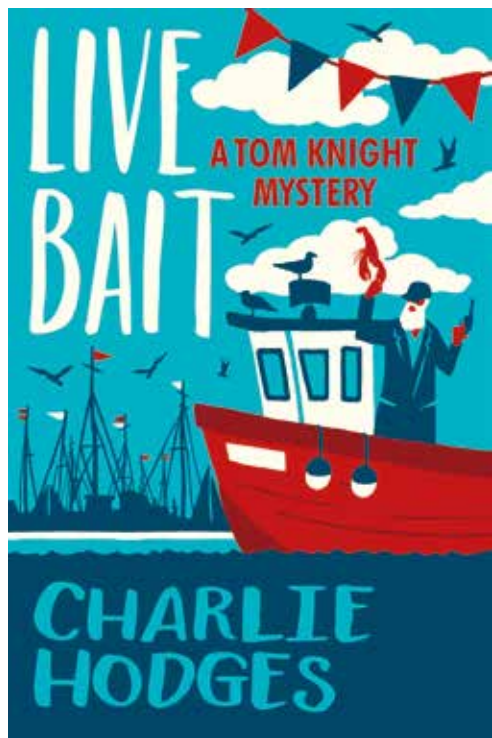
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February 2021

## LIVE BAIT

*A Tom Knight Mystery,*  
Book 2

Charlie Hodges

**Nothing is as it seems, as private investigator Tom Knight finds himself taken in by someone with a secret...**

73-year-old private detective Knight's work has dried up and he's reduced to accepting a gig as a life model for a reclusive painter. When she's found dead in the same location as a suspicious death 30 years earlier, instinctively he knows they're connected — but cannot find the proof.

Enter a femme fatale in her sixties who puts Knight on the trail of priceless stolen Chinese art, shady dealings in a country house, and a dangerous con man.

- **The *Tom Knight Mysteries* combine delicious comedy with a precision engineered plot.**
- **A distinctive new character in crime fiction, sure to delight fans of Jonas Jonasson and Fredrik Backman**
- **'A fast-shuffling page-turner.' Nicholas Shakespeare**

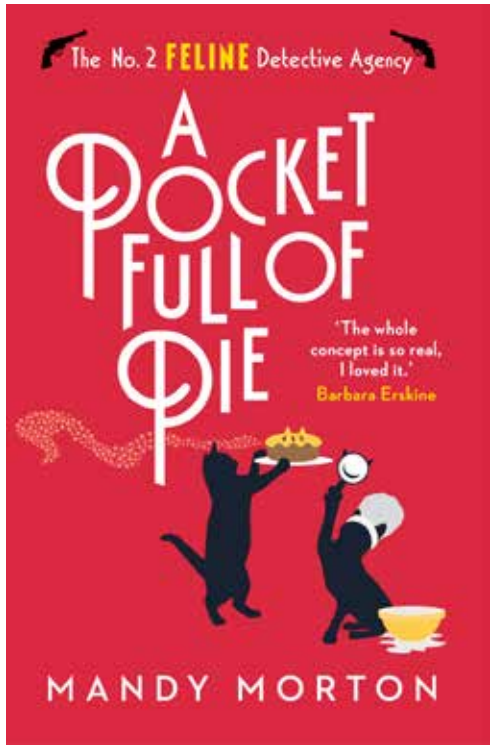
### ABOUT THE AUTHOR

Charlie Hodges is a children's writer and script editor with over a hundred hours of action adventure, comedy and animation credits. His live action credits include TV adaptations of Enid Blyton, William Shatner's *Twist in the Tale* and the long-running teen series *The Tribe*.

9781788422635







## A POCKET FULL OF PIE

*The No. 2 Feline Detective Agency, Book 9*

**Mandy Morton**

**Hettie and Tilly are called in to investigate the murder of a radio DJ, in another claw-biting case for The No.2 Feline Detective Agency**

As the Easter weekend approaches, feline detectives Hettie Bagshot and Tilly Jenkins are called to investigate the murder of local radio DJ Hartley Battenberg.

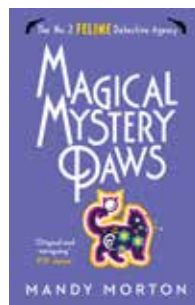
Bowled over by the prospect of a bake-off competition, a cricket match and an outdoor screening of The Sound of Music, Hettie and Tilly struggle through a sea of trifle to catch out a killer. Join them as they tune in to a world of blackmail, obsession and murderous pies.

- **Hettie Bagshot, a long-haired tabby cat whose whiskers twitch at the first sign of a mystery, and her best friend Tilly Jenkins run The No. 2 Feline Detective Agency and they untangle each brain-teasing case that comes their way**
- **‘Original and intriguing... a world without people which cat lovers will enter and enjoy.’ P. D. James**

### ABOUT THE AUTHOR

Mandy Morton began her professional life as a musician. More recently, she has worked as an arts journalist for national and local radio. She lives with her partner in Cambridge and Cornwall.

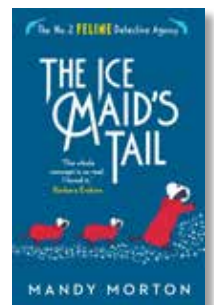
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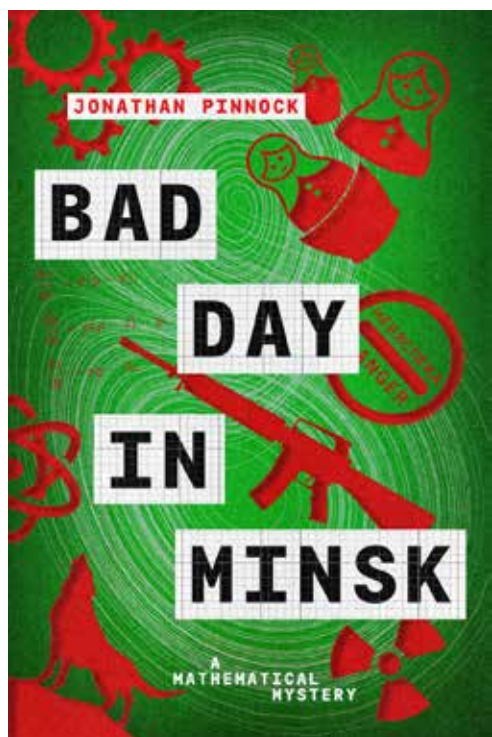


9781788421003



9781788421874





## BAD DAY IN MINSK

*A Mathematical Mystery,*  
Book 4

Jonathan Pinnock

**A witty, fast-paced thriller with  
a dash of mathematics and a large dose of danger**

Tom Winscombe is trapped at the top of the tallest building in Minsk. Below him, a lethal battle between several mafia factions is playing out. He contemplates the events that brought him here, including a botched raid on a secretive think tank and a visit to the Chernobyl exclusion zone.

More importantly, he wonders how he's going to get out of this alive... Join Tom in this witty thriller set in a murky world of murder, mystery and complex equations.

- ***A Mathematical Mystery* is an original series of humorous thrillers with a mathematical twist**
- **Perfect for fans of Sue Townsend or Ben Aaronovitch**
- **'Lovely stuff.' Ian Rankin**

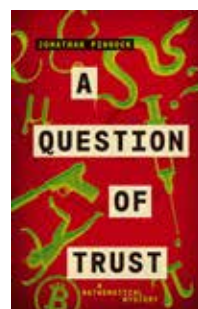
### ABOUT THE AUTHOR

Jonathan Pinnock is the author of *Mrs Darcy versus the Aliens*, the Scott Prize-winning short story collection *Dot Dash*, the memoir *Take it Cool* and the poetry collection *Love and Loss and Other Important Stuff*.

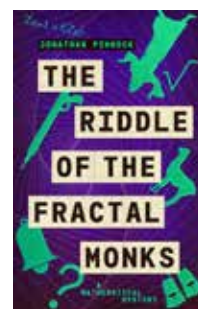
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9781788421522



9781788422161



# **THE SCHOOL OF LIFE**

**THE SCHOOL OF LIFE is a global organisation helping people lead more fulfilled lives. Through their range of books, gifts and stationery they aim to prompt more thoughtful natures and help everyone to find fulfilment.**

**THE SCHOOL OF LIFE is a resource for exploring self-knowledge, relationships, work, socialising, finding calm and enjoying culture through content, community and conversation. It is a rapidly growing global brand, with over 6 million YouTube subscribers, 348,000 Facebook followers, 201,000 Instagram followers and 161,000 Twitter followers.**

**Duckworth Books represents  
THE SCHOOL OF LIFE Press  
to the book trade.**





## **STAY OR LEAVE**

*A Guide to Whether to Remain In, or End, a Relationship*

**A book to offer clarity and guidance when facing the difficult decision of whether your relationship has a future**

Whether we should stay in or leave a relationship is one of the most consequential and painful decisions we are ever likely to confront. This book walks the reader gently through their options and opens their mind to perspectives they might not have considered.

The goal is to help clarify what the reader wants deep down so the answer that emerges will be properly attuned to their unique circumstances and aspirations.

- **A tool for working through your fears and anxieties, helping you to reach a resolution about whether whether your relationship is one to remain in**
- **Draws upon research from The School of Life's Therapy department and their experience providing couples therapy**

Heartbreak  
9781912891016



Arguments  
9781912891115

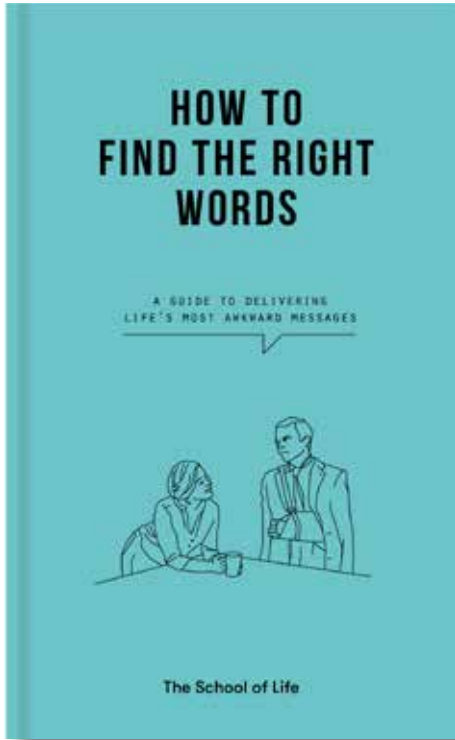


Dating  
9781912891047



Affairs  
9781912891054





## HOW TO FIND THE RIGHT WORDS

*A Guide to Delivering Life's Most Awkward Messages*

**Twenty case studies explain how to gently deliver a range of life's most difficult messages while causing minimal harm**

Life constantly requires us to give other people some hugely awkward messages. Often, out of embarrassment, we just stay quiet. Occasionally, we explode. And typically, we stumble about, looking for the right words.

This is a book to help us locate the best possible words to get across the most difficult messages. With case studies drawn from relationships, friendships, work, our families and service situations, we are gently shown what we might – in an ideal world – find ourselves saying to make our intentions known.

- **The essential guide on how to deliver life's most difficult messages**
- **Beautifully produced in premium gift format**
- **Insightful essays twinned with humorous illustrations**

Self-Knowledge  
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What is  
Psychotherapy?  
9781999747176



How to Find Love  
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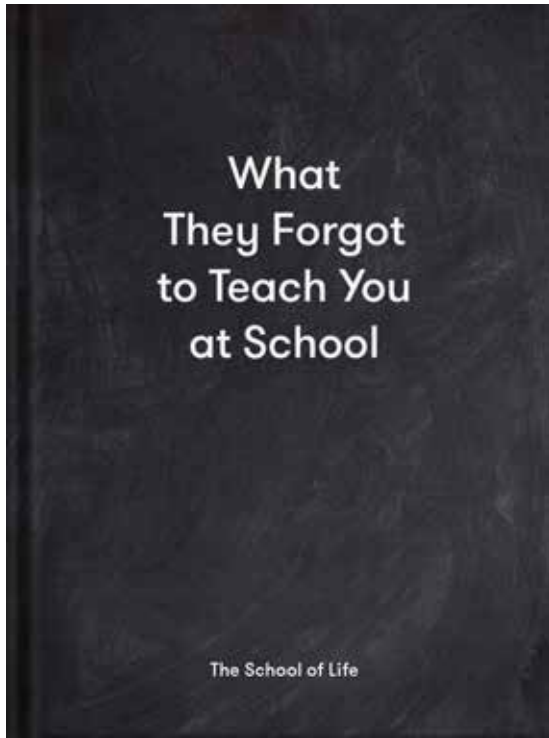


On Confidence  
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Why You Will Marry  
the Wrong Person  
9780995573628





## **WHAT THEY FORGOT TO TEACH YOU AT SCHOOL**

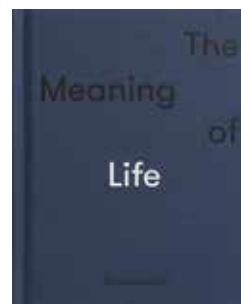
### **A collection of the essential emotional lessons we need in order to thrive**

At school we learned intriguing things about equations, the history of the Middle Ages, and the tenses of foreign languages. But why were we never taught the really important things that dominate our lives: who to start a relationship with, how to trust people, and how to cope with anxiety?

This book is a collection of essential lessons, covering topics from love to career, childhood trauma to loneliness. It invites you to lead a kinder, richer and more authentic life – and to complete the education we've begun but still badly need to finish.

- **Explores how to study what we need in order to find our own potential and happiness**
- **Draws on philosophy, psychology and art to deliver fundamental life lessons that were sadly missing from the education we received at school**
- **Chapters include: You Don't Need Permission; Listen to the Adult Within; Aim for Emotional Maturity and There Is No Destination**

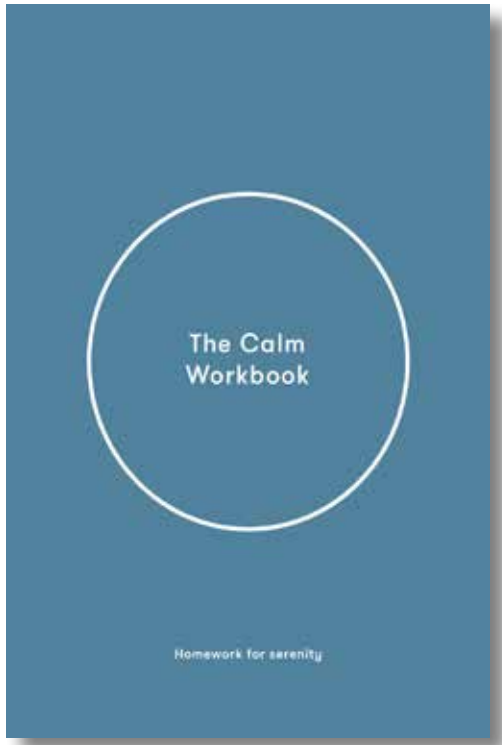
The Meaning of Life  
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How to Overcome  
Your Childhood  
9781999917999







# THE CALM WORKBOOK

*Homework for Serenity*

**A therapeutic and consoling workbook with exercises  
to soothe anxiety and create a state of calm**

Most of us long to be calmer: countless days are lost to agitation, worry, and stress.

Too many books on this subject simply explain what it would be like to be calm. This workbook takes us through the practical steps required to actually become calm. It is filled with exercises and prompts that deliver the self-understanding and self-compassion on which true serenity depends. It builds calming routines into our daily lives.

This is a landmark workbook guaranteed to bring about the calmer state of mind we desire and deserve.

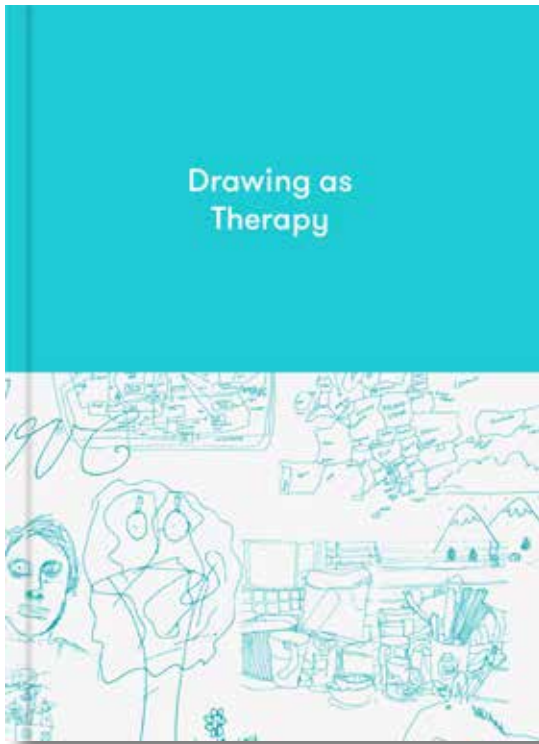
- **A guided journal with over 65 exercises to encourage self-understanding, self-compassion and a state of calm**
- **Designed as a tool to keep close to hand, with mindful exercises that can be completed in any order**
- **Part of a new series of guided workbooks from The School of Life**

The Couple's  
Workbook  
9781912891269



Calm  
9780993538728





## **DRAWING AS THERAPY**

*Self-expression  
Through Art*

**A practical guide outlining the benefits of drawing as a therapeutic practice**

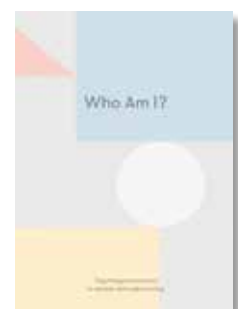
We often cannot clearly see or know what is inside of our mind.

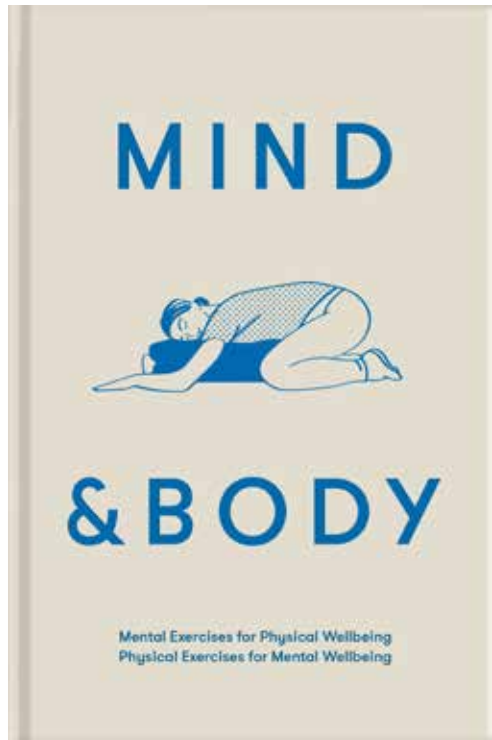
Imagery is often prescribed as a lens – an emotional shorthand. While we may use paragraphs of prose to describe an emotional experience, images allow us to communicate simply and directly.

At its core, art therapy embraces the paradigm that creating images cuts to the chase when it comes to expressing feelings. The point is not to draw well, but to draw with authenticity.

- **This inspirational guide prompts us to express ourselves creatively and use artistic expression as a form of emotional release**
- **80 drawing exercises across 8 unique themes: Self, Mood, Memory, Play, Love, Calm, Perspective and Re-enchantment**
- **Explains the benefits of drawing as a therapeutic practice**

Who Am I?  
9781912891085





## **MIND AND BODY**

*Mental Exercises for  
Physical Wellbeing,  
Physical Exercises for  
Mental Wellbeing*

### **A practical guide to balancing and maintaining physical and mental harmony**

The modern world can present the body as a machine that just needs to be regularly exercised. However, it is a remarkably sensitive organ in which a lot of our pain and hope is stored, and that we need to interpret and handle with subtlety.

This is a book filled with reflections and exercises designed to help us live more harmoniously and maturely within both mind and body. It gives guidance on how to calm our minds with bodily exercises that work on the real sources of our anxieties.

- **Interesting practical exercises encourage our mind and body to thrive in harmony**
- **Each section focuses on a mind-and-body centred challenge that most of us will face in our lives: Sociability, Confidence, Modernity, Thinking, Beauty and Morality**
- **Beautifully produced in premium gift format**

A More Exciting Life  
9781912891252







## WHY SHOULD I GO OUTSIDE?

*How nature can teach us joy, fascination, calm – and a lot of fun*

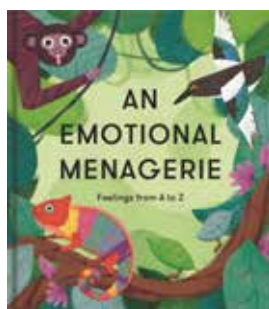
**An essential guide to encourage children to explore, appreciate and benefit from the natural world around them**

In this age of screens much is discussed about how even 5 minutes of time a day outside can considerably enhance a child's emotional and physical wellbeing. With that in mind, this book looks to enhance this time spent outside and show children how nature can be fun, uplifting, consoling and even offer companionship.

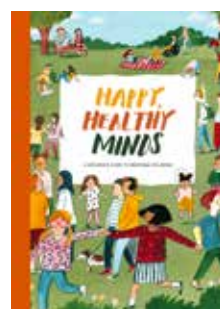
Beautiful illustrations and a tone that is encouraging, warm and accessible makes it easy for children, and their favourite adults, to relate to.

- **Fantastic illustrations bring animals and plants to life to get children excited about connecting with nature**
- **Supports the calls from various parenting and educational organisations to encourage outdoor play**

An Emotional Menagerie  
9781912891245



Happy, Healthy Minds  
9781912891191



What Can I Do  
When I Grow Up?  
9781912891207





## NO-TECH FUN

### *80 Alternatives to Screen Time*

**A collection of 80 imaginative games and activities designed to engage and entertain without a screen**

Even when we're stuck indoors, there are infinite possibilities for banishing boredom and having fun with our imagination.

*No-Tech Fun* contains 80 of the weirdest and most wonderful activities children can do at home, all without using a screen. Rather than scrolling or tapping, you'll be invited to draw, make, write, invent, dress up, hide, seek and discover. You can paint like Picasso or meditate like Buddha; become an indoor entomologist or a home Olympian; or even find the fun in some household chores.

- **Fun and inventive activities help develop children's creativity and keep them entertained without a screen**
- **No special equipment required – these games can be played using only items from around your home and are the perfect companion for humdrum days and wet weekends**
- **Ideal for ages 8+**



What Adults Don't Know  
About Architecture  
9781912891306



What Adults Don't  
Know About Art  
9781912891290

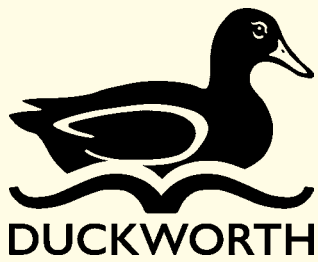


# HIGHLIGHTS

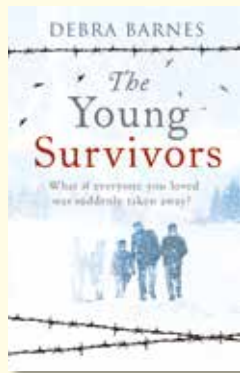


**THE  
SCHOOL  
OF LIFE**





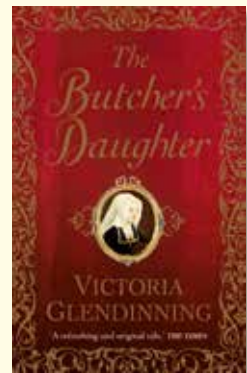
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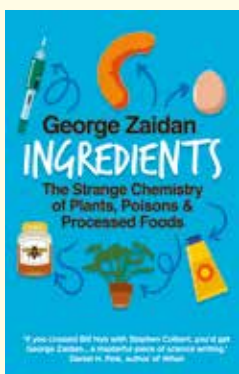
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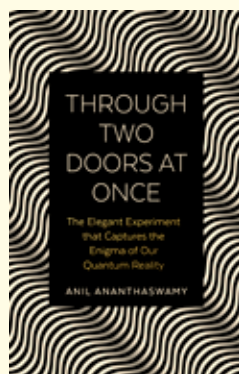
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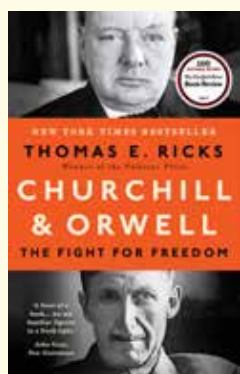
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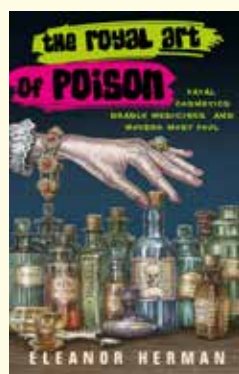
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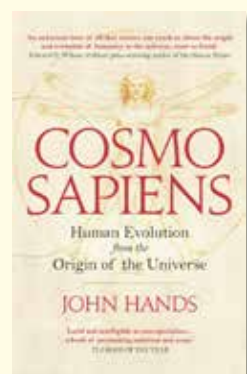
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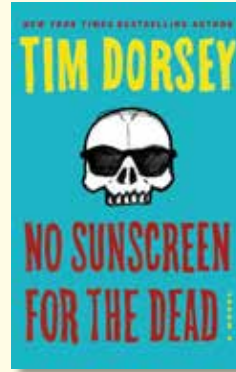




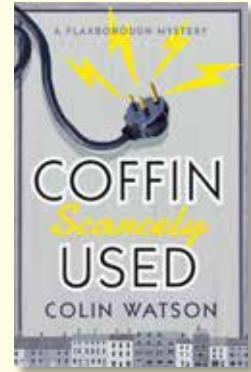
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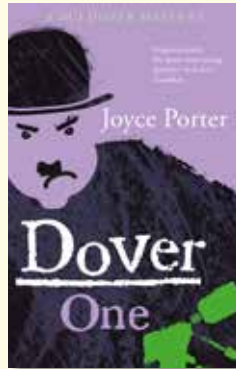
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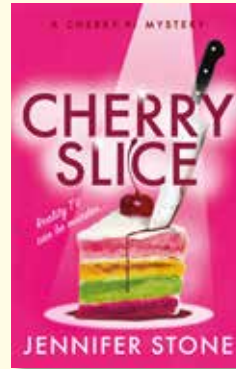
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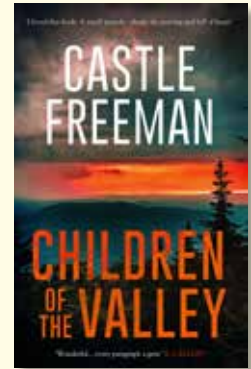
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# THE SCHOOL OF LIFE

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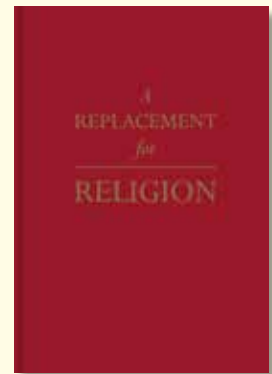
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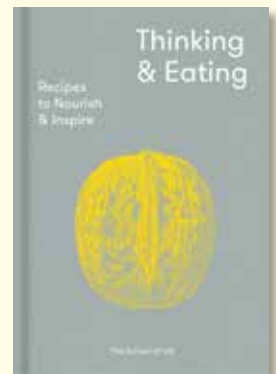
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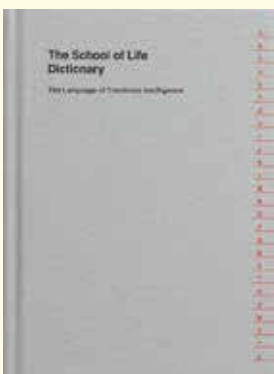
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