



THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

LATEST RELEASES

Jamie Oliver,
Douglas Kennedy
& Tom Bradby

**YOUR
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edition**

We have gifts
for you!

JAMES PATTERSON

“WORKING WITH
PRESIDENT CLINTON
HAS BEEN A HIGHLIGHT
OF MY CAREER.”

AT MY WRITING DESK

Bestselling author
Lesley Pearce

BOOK CLUB PICK

The Mad Women's Ball
by Victoria Mas

CAPTIVATING NATURE

The lure of the
African bush

HEARTY & HEALTHY

Recipes from *Food
that Loves you Back*

FROM THE BESTSELLING AUTHOR OF
NEVER LOOK BACK AND
REMEMBER ME



AVAILABLE NOW

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An extract from the exciting new novel by James Patterson and Bill Clinton

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Welcome!

It's been a year since we came out with our very first issue, featuring Lesley Pearse on the cover.

To come full circle, we have the bestselling author in this issue as well. Her thrilling new mystery, *Suspects*, is out now, and she chats about it exclusively in At my Desk.

We also take a trip down memory lane, highlighting some of our most popular features and books over the last year. And what's a birthday without gifts? We have hampers to give away, bursting with some of our favourite reads, signed copies and book bags.

Our cover star, James Patterson, has just released his second book with former US president, Bill Clinton, *The President's Daughter*. Like the first from the dream team, *The President is Missing*, it's positively addictive. Check out a sneak peek with an extract on page four.

Mad Women's Ball by Victoria Mas is our fascinating book club pick this month. Set in a Parisian asylum in 1885, it's about what happens to the women inside, some legitimately in need of help, others simply an inconvenience to their husbands and families. It's already a prize-winner in France, and we're excited to share it with you here.

And last, but not least, we have wholesome recipes from one of our newest cookbook authors, Amerae Vercueil. Her comforting recipes for cauliflower soup and curried lentils are both delicious and good for you! Flip to page 18 to dig in.

As always, we love to hear from you, so drop us a line. Otherwise, here's to another year of happy reading!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

+++++

Everyone's talking about ... Jamie Oliver's New Cookbook



Jamie Oliver's brand new book is inspired by a desire to bring people together to enjoy great food, after a challenging year apart. Developed throughout successive lockdowns, *Together: Memorable Meals, Made Easy* is an optimistic and celebratory book that aims to provide oodles of inspiration and delicious recipe ideas for the special moments and celebrations with friends and

family we have all been looking forward to.

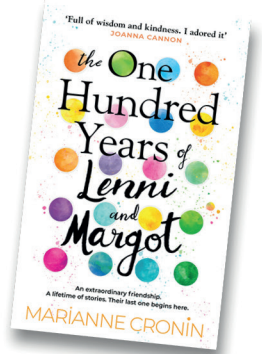
"*Together* is a real homage to the great home feast, something I have really missed sharing with friends and family over the past year. So many people find real joy in a shared meal, have rediscovered a love of cooking or perhaps even given it a go for the first time. So this book is all about arming readers with easy recipes for dinner parties, celebrations, special occasions, or just a good old get-together with their nearest and dearest. I wanted the recipes to feel like a culinary light at the end of the tunnel, where food can be enjoyed and savoured. This is about giving you an excuse to get the people you love around the table again," says Jamie Oliver.

Together will offer a perfectly curated menu for a variety of occasions, all broken down into the simple, easy to follow steps Jamie is known for. Whether cooking for two or fourteen people, the book offers something for everyone, including tips on adapting recipes for vegetarian and vegan guests, as well as visual inspiration for table dressing and styling. Each chapter is also introduced with an 'Instagrammable' menu page, outlining details of the meal, which can be snapped and shared with guests ahead of the day to really get their mouths watering.

Together will be available in stores nationwide and online in September 2021.

DOMINATING THE BESTSELLER LISTS

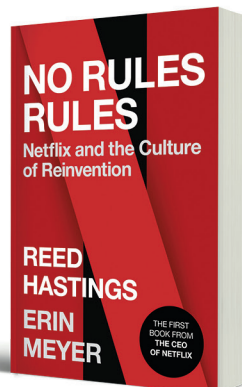
The One Hundred Years of Lenni and Margot by Marianne Cronin is a deeply moving debut novel of unlikely friendship. Fiercely alive, disarmingly funny, and brimming with tenderness, the novel unwraps the gift of life, even when it is about to be taken away, and revels in our infinite capacity for friendship and love when we need it most. A profound and multi-layered novel for fans of big-hearted stories with meaning.



"The point is to encourage people to question how the dots are connected. In most organizations, people join the dots the same way that everyone else does and always has done. This preserves the status quo. But one day someone comes along and connects the

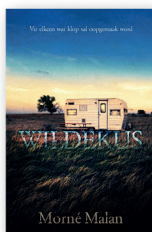
dots in a different way, which leads to an entirely different understanding of the world."

- Reed Hastings, *No Rules Rules: Netflix and the Culture of Reinvention*



RELEASE RADAR

Don't miss out this month...

**Wildekus**

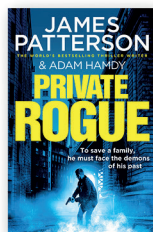
deur Morné Malan

Vier jaar nadat Adam Swart se dogter aan die Wildekus met 'n groep rondswerwende gelowiges verdwyn het, besluit hy om haar te gaan soek. Hy beland op die spoor van Die Lewende Vlees. Maar elke swerwer het sy storie, elke paradys sy slang.

**The Lies We Tell**

by Jane Corry

Sarah and Tom must find out just how far they are willing to push themselves, and their marriage, to protect their only child, after their son Freddy comes home saying he's done something terrible, and begs them not to tell the police. A heart-in-mouth psychological thriller.

**Private Rogue**

by James Patterson

As Jack Morgan goes to Afghanistan to clear the name of the daughter of a wealthy businessman he was hired to track down, he faces the traumatic memories of his own time there serving as a US Marine many years ago. Dripping with suspense.



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DOUGLAS KENNEDY
in numbers

Ever wondered what's behind the American novelist, and author of *The Pursuit of Happiness*? We break it down.

1955

Kennedy is born in Manhattan, New York

**22**

the number of languages his work has been translated into

2007

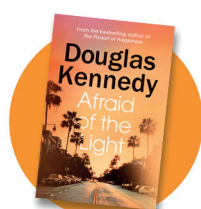
Kennedy receives the French decoration of Chevalier de l'Ordre des Arts et des Lettres

15

novels, including his bestsellers *The Moment* and *Five Days*

3 million

copies of his second book, *The Big Picture*, sold worldwide



Afraid of The Light is out now.

Q&A

Een minuut met...

Gerhard Greyvensteijn



Die dood van 'n ryk - en invloedryke - kunstenaar van Seepunt word gou 'n moordondersoek. En die tweeling Vos en Deventer is slag gereed om agter die kap van die byl te kom.

Vos en Deventer is 'n enigmatiese tweeling wat besonder goed op mekaar ingestel is.

Is jy een van 'n tweeling? Nee. Maar die dinamiek tussen die lede van 'n tweeling het my nog altyd vreeslik geboei.

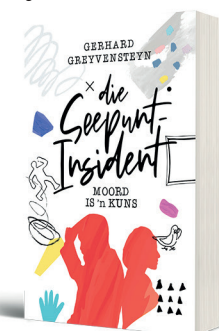
Was jy nog altyd lief vir speurverhale, of hoe het dit gekom dat jy dié genre aangepak het? Die *Famous Five* van Enid Blyton was van my eerste leesstof in Laerskool Saamspan se biblioteek. Daarna Agatha Christie en Raymond Chandler; en vandag Lee Child en Robert Craig en Ross Macdonald; en enige iets van *Hard Case Crime* boeke.

Jy woon in China - wat maak jy daar? En hoe lank is jy al daar? Ek is die akademiese bestuurder van 'n Engelse taalskool vir volwassenes in Pudong, Shanghai. Ek woon sedert 2013 in China.

Jou karakters is almal baie ingelig oor die nuutste (en beste). Is dit hoe jy Seepunt sien? Ek het nege jaar in Seepunt gebly en is steeds baie lief vir die voorstad.

Shanghai is ook 'n belangrike plek in jou roman. Is jy lief vir reis? Shanghai is 'n wonderlike stad met oud en nuut wat soms ongemaklik, soms uitdagend langs mekaar bestaan. En soos ons almal droom ek van verder reis wanneer hierdie virus-situasie onder beheer is.

Die Seepunt-insident is nou beskikbaar.



A photograph of James Patterson and Bill Clinton. Patterson, on the left, wears glasses and a dark jacket over a light blue shirt. Clinton, on the right, has white hair and wears a dark jacket over a blue checkered shirt. They are both looking towards the camera. In the foreground, a large American flag is draped across the bottom half of the image, partially obscuring the text.

When signature suspense meets a president's proviso

Read an extract from *The President's Daughter*, the second novel from dynamic duo James Patterson and former president Bill Clinton. Told with Patterson's signature suspense and informed by details that only a president can know, every detail is accurate, and the drama and action never stop.

LAKE MARIE

New Hampshire

“An hour or so after my daughter, Mel, leaves, I’ve showered, had my second cup of coffee, and read the newspapers – just skimming them, really, for it’s a sad state of affairs when you eventually realise just how wrong journalists can be in covering stories. With a handsaw and a set of pruning shears, I head off to the south side of our property.

It’s a special place, even though my wife, Samantha, has spent less than a month here in all her visits. Most of the land in the area is conservation land, never to be built upon, and of the people who do live here, almost all follow the old New Hampshire tradition of never bothering their neighbours or gossiping about them to visitors or news reporters.

Out on the lake is a white Boston Whaler with two men supposedly fishing, although they are Secret Service. Last year the Union Leader newspaper did a little piece about the agents stationed aboard the boat – calling them the unluckiest fishermen in the state – but since then, they’ve been pretty much left alone.

As I’m chopping, cutting, and piling brush, I think back to two famed fellow POTUS brush cutters – Ronald Reagan and George W. Bush – and how their exertions never quite made sense to a lot of people. They thought, *Hey, you’ve been at the pinnacle of fame and power, why go out and get your hands dirty?*

I saw at a stubborn pine sapling that’s near an old stone wall on the property, and think, *Because it helps. It keeps your mind occupied, your thoughts busy, so you don’t continually flash back to memories of your presidential term.*

The long and fruitless meetings with Congressional leaders from both sides of the aisle, talking with them, arguing with them, and sometimes pleading with them, at one point saying, “Damn it, we’re all Americans here – isn’t there anything we can work on to move our country forward?”

And constantly getting the same smug, superior answers. “Don’t blame us, Mr. President. Blame them.”

The late nights in the Oval Office, signing

letters of condolence to the families of the best of us, men and women who had died for the idea of America, not the squabbling and revenge-minded nation we have become. And three times running across the names of men I knew and fought with, back when I was younger, fitter, and with the teams.

And other late nights as well, reviewing what was called – in typical innocuous, bureaucratic fashion – the Disposition Matrix database, prepared by the National Counterterrorism Centre, but was really known as the “kill list.” Months of work, research, surveillance, and intelligence intercepts resulting in a list of known terrorists who were a clear and present danger to the United States. And there I was, sitting by myself, and like a Roman emperor of old, I put a check mark next to those I decided were going to be killed in the next few days.

The sapling finally comes down.

Mission accomplished.

I look up and see something odd flying in the distance.

I stop, shade my eyes. Since moving here, I’ve gotten used to the different kinds of birds moving in and around Lake Marie, including the loons, whose night calls sound like someone’s being throttled, but I don’t recognize what’s flying over there now.

I watch for a few seconds, and then it disappears behind the far tree line.


And I get back to work, something suddenly bothering me, something I can’t quite figure out.

BASE OF THE HUNTSMEN TRAIL

Mount Rollins, New Hampshire

In the front seat of a black Cadillac Escalade, the older man rubs at his clean-shaven chin and looks at the video display from the laptop set up on top of the centre console. Sitting next to him in the passenger seat, the younger man has a rectangular control system in his hand, with two small joysticks and other switches. He is controlling a drone with a video system, and they’ve just watched the home of former president Matthew Keating disappear from view.

It pleases the older man to see the West’s famed drone technology turned against them. For years he’s done the same thing with their

I never imagined I’d be writing a book with a master storyteller like Jim, much less two. 
Bill Clinton

wireless networks and cell phones, triggering devices and creating the bombs that shattered so many bodies and sowed so much terror.

And the Internet – which promised so much when it came out to bind the world as one – ended up turning into a well-used and safe communications network for him and his warriors.

The Cadillac they're sitting in was stolen this morning from a young couple and their infant in northern Vermont, after the two men abandoned their stolen pickup truck. There's still a bit of blood spatter and brain matter on the dashboard in front of them. An empty baby's seat is in the rear, along with a flowered cloth bag stuffed with toys and other childish things.

"Next?" the older man asks.

"We find the girl," he says. "It shouldn't take long."

"Do it," the older man says, watching with quiet envy and fascination as the younger man manipulates the controls of the complex machine while the drone's camera-made images appear on the computer screen.

"There. There she is."

From a bird's-eye view, he thinks, staring at the screen. A red sedan moves along the narrow paved roads.

He says, "And you are sure that the Americans, that they are not tracking you?"

"Impossible," the younger man next to him says in confidence. "There are thousands of such drones at play across this country right now. The officials who control the airspace, they have rules about where drones can go, and how high and low they can go, but most people ignore the rules."

"But their Secret Service..."

"Once President Matthew Keating left office, his daughter was no longer due the Secret Service protection. It's the law, if you can believe it. Under special circumstances, it can be requested, but no, not with her. The daughter wants to be on her own, going to school, without armed guards near her."

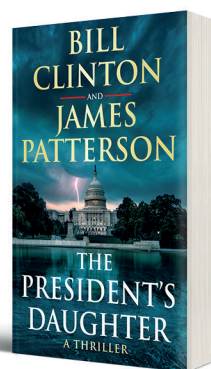
He murmurs, "A brave girl, then."

"And foolish," comes the reply.

And a stupid father, he thinks, to let his daughter roam at will like this, with no guards, no security.

The camera in the air follows the vehicle with no difficulty, and the older man shakes his head, again looking around him at the rich land and

I put a check mark next to those I decided were going to be killed in the next few days.



Extracted from
*The President's
Daughter*, out now.

forests. Such an impossibly plentiful and gifted country, but why in Allah's name do they persist in meddling and interfering and being colonialists around the world?

A flash of anger sears through him.

If only they would stay home, how many innocents would still be alive?

"There," his companion says. "As I earlier learned... they are stopping here. At the beginning of the trail called Sherman's Path."

The vehicle on screen pulls into a dirt lot still visible from the air. Again, the older man is stunned at how easy it was to find the girl's schedule by looking at websites and bulletin boards from her college, from something called the Dartmouth Outing Club. Less than an hour's work and research has brought him here, looking down at her, like some blessed, all-seeing spirit.

He stares at the screen once more. Other vehicles are parked in the lot, and the girl and the boy get out. Both retrieve knapsacks from the rear of the vehicle. There's an embrace, a kiss, and then they walk away from the vehicles and disappear into the woods.

"Satisfied?" his companion asks.

For years, he thinks in satisfaction, the West has used these drones to rain down hellfire upon his friends, his fighters, and, yes, his family and other families. Fat and comfortable men (and women!) sipping their sugary drinks in comfortable chairs in safety, killing from thousands of kilometres away, seeing the silent explosions but not once hearing them, or hearing the shrieking and crying of the wounded and dying, and then driving home without a care in the world.

Now, it's his turn.

His turn to look from the sky.

Like a falcon on the hunt, he thinks.

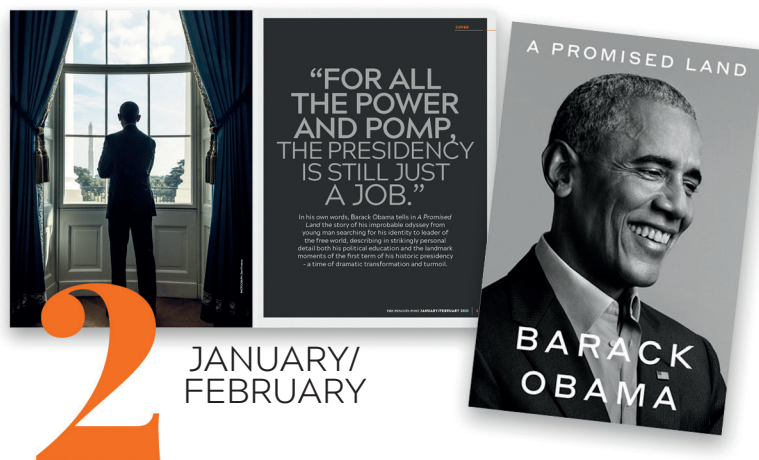
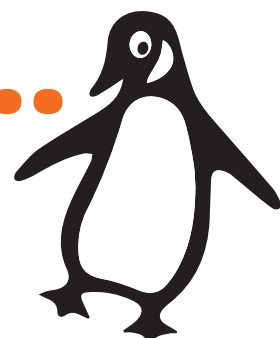
Patiently and quietly waiting to strike.

Extract continues at penguinrandomhouse.co.za/penguinbooksblog

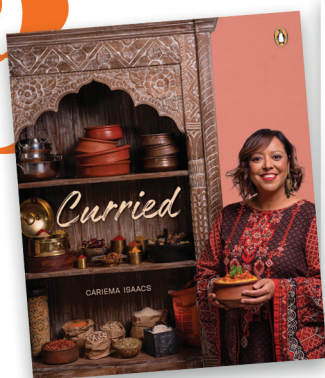


A YEAR LATER...

In the year since our very first issue, we've taken an unforgettable journey through mouth-watering cuisine, fantastic fiction and eye-opening memoirs. Here are some favourite features, as chosen by you. Plus, we have gifts!

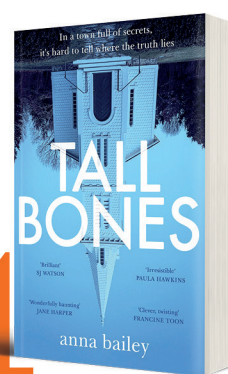


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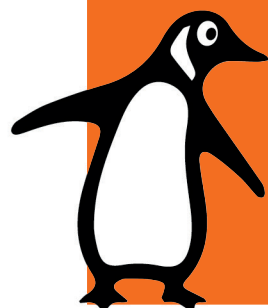
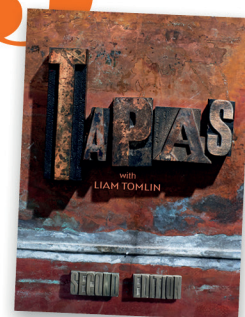
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APRIL

5

JULY
2020



WIN

Five lucky readers stand a chance to win a hamper of goodies, including signed copies from authors including Jo Nesbo, and book bags. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Entries close 31 July 2021. Ts & Cs apply.



at my desk

Bestselling author Lesley Pearse talks exclusively about conversations with characters, cleaning out the knives drawer and her new novel, *Suspects*.



The idea for *Suspects* came from a long-held idea I've had, that those seemingly serene, well-cared-for areas in the suburbs are teeming with intrigue. I don't necessarily think they all hold a murderer or an escaped bank robber, but you can bet your life there is a wife beater, a thief, someone drowning in debt, and definitely someone with a big secret. It's a thrilling storyline; one which I was drawn to because it's what I like to read. Building that eager suspense is a slow trickling out of information, and always imagining the worst-case scenario.

The settings of my books often bring me to the characters. Visiting New Orleans gave me *Belle*, for instance. In *Liar*, that area of London was where I lived when expecting my eldest child. But my characters need to be real to me. I like them walking beside me when I'm out with the dog, sitting on the grass chatting while I weed the garden. And I imagine what they are up to before I go to sleep. They must talk to me.

My favourite character in *Suspects* is Conrad. He arrived too late in Willow Close to be a suspect, and I like his sense of fun, his innate kindness and courage. And he's sexy.

But then I also love the hateful Dee. She is despicable, but was so much fun to invent.

People always ask where I get inspiration from, and I really don't know. It could be anything from an overheard conversation, an experience I've had, to something in a newspaper. But usually it just arrives in my head, and long may that last.

I used to write constantly – half the night sometimes – but lately I'd rather do the ironing, or clean out the knives drawer than

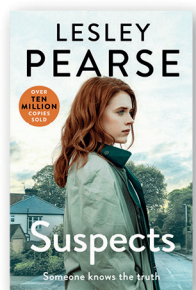
settle down at my desk and get on with it. But in theory, I walk my dog Stan in the morning, then go and sit at my desk in my office. On a good day, usually if it's raining or cold, I write. On a bad day, I shop on the internet or go out in the garden to weed or deadhead the flowers.

Right now I know I must get stuck into the next book or my editor will start pushing for it. So I'm going to force myself into writing for three hours in the morning and stop watching mindless TV shows in the evening and write instead. Alice, one of the characters in this new book, is quite fascinating, so maybe she'll work some magic on me. She is quite bossy!"

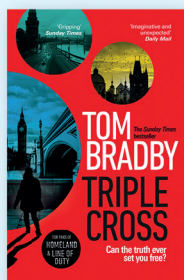
ABOUT THE BOOK

Suspects by Lesley Pearse

On the day Nina and Conrad Best move into their new home in picture-perfect Willow Close, a body is discovered. Hurrying inside with their belongings, they see horrified neighbours gather by the police cordon – one of the residents has been attacked and brutally killed in the woods. After interviewing all the residents of the Close, the police soon find out that each neighbour harbours their own secrets. The residents of Willow Close are far from what they initially seem and strange, even dark, things happen behind their closed doors. Nina and Conrad had thought they'd found their dream neighbourhood – but have they moved into a nightmare?

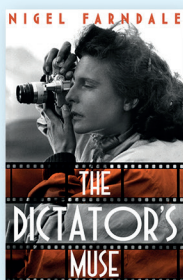


THIS MONTH'S TOP FICTION



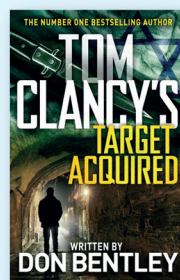
Triple Cross by Tom Bradby

Attempting to rebuild her shattered life in the South of France, former MI6 operative Kate Henderson receives a visit from an old adversary: the UK Prime Minister. He needs her help. Against her better judgement, Kate is forced back into the fray in a top-secret, deeply flawed and dangerous investigation. But now she's damaged goods. Her one-time allies no longer trust her. And neither do her enemies. With the stakes this high, can the truth ever come out? Or is the cost of uncovering it a price that no one, least of all Kate, can afford to pay?



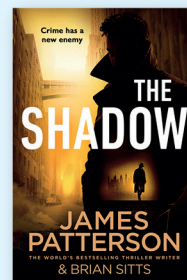
The Dictator's Muse by Nigel Farndale

As Hitler's grip on power tightens, preparations are being made for the 1936 Berlin Olympics, where the fates of four people will collide: Leni Riefenstahl, a pioneering and sexually-liberated star film-maker of the Third Reich, chosen by Hitler to capture the Olympics. Kim Newlands, an English athlete 'sponsored' by the Blackshirts, and driven by a desire to win an Olympic gold. His girlfriend, the mercurial socialite Connie. And Alun Pryce a Welsh communist sent to infiltrate the Blackshirts. An engaging and exhilarating story of love, secrets and betrayal.



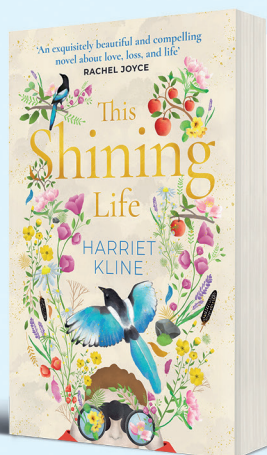
Tom Clancy's Target Acquired by Don Bentley

Jack Ryan Jr is on a simple job. An all-expenses paid trip to Israel in exchange for a couple of hours easy work, reporting back to an old friend at the CIA. What could be easier? Jack is here merely as an observer, but as he settles into his work in the market, he sees the glint of a knife, and throws himself in front of a woman and her young son under attack. Cover blown, he finds himself the target of trained killers. Alone and outgunned, Jack will have to use all his skills to protect the life of the child.



The Shadow by James Patterson

Only two people know Lamont Cranston's secret identity as the Shadow, a vigilante of justice: his greatest love, Margo Lane, and his fiercest enemy, Shiwan Khan. Then Khan ambushes the couple, who find the slimmest chance of survival... in the uncertain future. A century and a half later, Lamont awakens in a world both unknown and strangely familiar. Most disturbing, Khan's power continues to be felt over New York and its people. No one in this new world understands the dangers of stopping him better than Lamont. He also knows he's the only one who stands a chance.



This Shining Life by Harriet Kline

Lovable, easy-going, charming Rich is dying of a brain tumour. He's the life and soul of every party, adored and relied on by his family and in particular by his autistic son Ollie, and no-one wants to believe what is unfolding before them. In an effort to convey his love for them Rich decides to send each of his close relations a present. And then more suddenly than expected, Rich dies. How the family learns to come to terms with the catastrophe, and move on, is at the centre of this beautifully written and uplifting novel. **12**

“An exquisitely beautiful and compelling novel about love, loss and life”
- Rachel Joyce, *Miss Benson's Beetle*

Droewe Proewe

Om te begin skryf aan iets nuut is soos om alleen in 'n ouditorium te sit, sê **Chanette Paul**.



“**D**ie verhoog se gordyne is nog toe. Jy weet net 'n knertsie van wat die stuk behels en kan nie wag om te sien hoe dit gaan uitspeel en afloop nie. Die ligte doof. Afwagting klop deur jou. Die gordyne skuif stadig oop.

Die eerste derde van 'n manuskrip is 'n opwindende ontdekking. Jy voel-voel na die storie, doen navorsing wat jou dikwels op 'n nuwe spoor bring of inligting oplewer wat van jou idees nekomdraai. Jy laat toe dat die karakters jou lei en verlei terwyl jy hulle beter leer ken.

Wanneer die tweede derde aanbreek muteer die entoesiasme geleidelik tot chroniese kommer. Hoe knoop ek dié aan daai. Hoekom het daardie karakter dit staan en aanvang? Waarheen nou? En altyd bly die gevaar van die gevreesde “sagging middle” in jou agterkop.

Met die aanbreek van die laaste derde, is paniek jou permanente metgesel. Gaandeweg kom jy dieper onder die besef dis die swakste werk wat jy nog gelewer het.

Wanneer die slothoofstukke aan die beurt kom, is jy storievoos. Jy is fisiek en emosioneel uitgeput. Die slot is uiteindelik so opwindend soos flou tee sonder melk of suiker. Jy en jou storie het ruskans nodig, maar die sperdatum vir keuring stoom nader.

Jy redigeer vir oulaas, maar uiteindelik moet daardie stuurknoppie gedruk word al weet jy die manuskrip is 'n boggerop.

Jy wag vir die keurverslag, begin vermoed waar die grootste flaters lê. Kry hoop jy sal sommiges kan regstel. Raak moedeloos oor dié

“Sommige dae is jy eufories omdat jy 'n oplossing kry, ander dae bevind jy jou op see in 'n boot sonder roer.”

waarvoor jy nie oplossings het nie. Die weke draal verby teen slakkepas.

Uiteindelik is die keurverslag daar. Van jou vrese word bewaarheid. Ander kritiek tref jou soos koue water in die gesig. Die paar lofuitinge troos nie.

Herskrywing lê voor. Jy dink nie jy is opgewasse nie, maar jy trek jou aan die kruisbande op. Sommige dae is jy eufories omdat jy 'n oplossing kry, ander dae bevind jy jou op see in 'n boot sonder roer. Die sperdatum is 'n verblindende lig in jou oë. Dit breek aan. Jy stuur jou manuskrip.

Die weke draal verby. Jou uitgewer laat weet redigering is afgehandel, die manuskrip word geset. Die dae draal verby.

Die e-pos arriveer, bladproewe aangeheg – die droewigste fase van almal. Jy mag net kyk vir setfoute. Woorde wat verkeerd afgebreek is aan die einde van 'n reël. 'n Spelfout wat steeds deurgeglim het. 'n Leesteken of kursief of inkeping wat ontbreek of verkeerd gebruik is, iets wat uitgelaat is. As jy 'n baie simpatieke uitgewer het, mag jy hier en daar nog foeter aan 'n sin.

Hoe verder jy lees, hoe dieper slaan die besef van wat jy eintlik moes gedoen het. Hier moes jy 'n toneel eerder uitgebeeld het, daar eerder net iets ingekrimp het tot 'n herinnering. Die slot kon soveel beter gewees het as jy net dit of dat gedoen het. Maar die lot is gewerp.

Volgende keer beter, belowe jy jouself en gaan sit in die teater. Wag dat die verhooggordyne oopritsel.”



Marilyn is nou beskikbaar

Inside a Parisian Asylum

Author Victoria Mas weighs in on her debut, a gemlike novel set in a Parisian asylum in 1885 about two women who find their salvation at the Mad Women's Ball.



“Le *Bal des Folles* takes places in Paris in 1885, at the Salpêtrière Hospital, which was then a women's asylum and still exists today. I happened to go to the Salpêtrière Hospital two years ago, and I was struck by the place. It exuded an air of mystery that I found very compelling. Out of curiosity, I began to look into its history, and I learned about the infamous 19th century 'Mad Women's Ball'. Each year, a grand ball would take place at the Hospital. The confined women would select eccentric costumes, and Paris's elite would come along to experience the frisson of dancing next to women they thought of as 'mad'. The novel itself focuses on the wards containing "hysterical women", where the famous Dr Jean-Martin Charcot experimented on hysteria through the method of hypnosis.

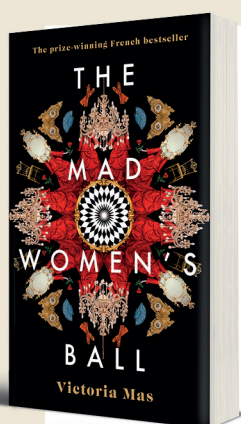
I was surprised by the fact that the history of the Salpêtrière, and most particularly its yearly 'Mad Women's Ball', was not widely known. These were patients, some with mental health issues, who were put on display for entertainment – perhaps that would explain why this has been left out of History textbooks! Although much has been written

about Dr Charcot, very little is said about the women who enabled him to pursue his research on hypnotism and hysteria. I wanted to know who those women were, and why it was deemed acceptable to confine them, sometimes for very flimsy reasons. I felt a profound empathy for these forgotten figures who never had a say in their fate. The year 1885 doesn't seem that far away from our own time, and I somehow felt connected to those women.


After the research period, I constructed the novel like one would prepare a screenplay: I developed every single character – lead, secondary and background characters; I focused on their personalities, their strengths and weaknesses, and most importantly their goals, and the obstacles they would face when trying to reach their goals. Characters are very much the driving force of a story.

Writing about women, perhaps, is not so much about feminism as it is about delving into our history: women's stories are very much revealing of the moral and social structure of a place and time. They tell us a lot about the mechanisms that drove us to where we are at today, hence the importance of bringing light to these stories.”

“Women's stories are very much revealing of the moral and social structure of a place and time.”



ABOUT THE BOOK

The Salpêtrière asylum, 1885. All of Paris is in thrall to Doctor Charcot and his displays of hypnotism on women who have been deemed mad or hysterical, outcasts from society. But the truth is much more complicated – for these women are often simply inconvenient, unwanted wives or strong-willed daughters. Once a year a grand ball is held at the hospital. For the Parisian elite, the Mad Women's Ball is the highlight of the social season; for the women themselves, it is a rare moment of hope. Geneviève is a senior nurse. After the childhood death of her sister, she has shunned religion and placed her faith in Doctor Charcot and his new science. But everything begins to change when she meets Eugénie, the 19-year-old daughter of a bourgeois family. Because Eugénie has a secret, and she needs Geneviève's help. Their fates will collide on the night of the Mad Women's Ball... 

THE LURE OF THE BUSH

The bush is as unpredictable as it is beautiful; a true feast for the senses. July is prime for game-viewing in many areas, due to the lack of rain, but, as many of us who've spent time in the bush know, there is so much more to this ultimate outdoor experience.



THE NIGHT SKY

In the bush, cloudless winter nights coupled with less light pollution make for the most awesome views of all things celestial. Find a clear, open spot during the day, and settle in later with your binoculars for an unforgettable sky safari. Quick tip: to get the most from your stargazing, head out soonest after the new moon, when the night sky is at its darkest.

YOU MAY WANT TO PACK

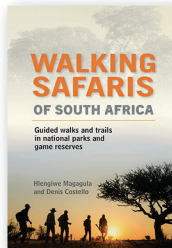


Sky Guide 2021 is an invaluable guide for anyone with an interest in the night skies of southern Africa, from beginner to expert. It covers planetary movements, predicted eclipses, meteor showers – any events and facets of the night sky that change annually. Star charts plot the evening sky for each season, aiding the identification of stars and constellations. The guide contains a wealth of information about the Sun, Moon, planets, comets, meteors and bright stars, with photos, diagrams, charts and images.

THE SENSE OF ADVENTURE

From breath-taking sunsets and animated birdsong at dusk to the distinctive scent of the *khakibos*, the bush is a feast for the senses. But to truly feel a part of the bush, you'll want to leave your comfort zone to experience it first-hand, and a guided walking safari is the way to do it. South Africa has a unique set of characteristics that make walking safaris in big-game areas one of the safest and most rewarding outdoor experiences.

YOU MAY WANT TO PACK

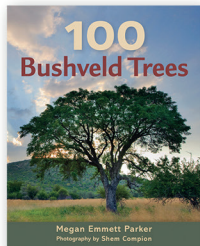


In ***Walking Safaris***, seasoned hikers Hlangiwe Magagula and Denis Costello cover more than 50 guided walks across 21 parks and reserves in South Africa. From short dawn and dusk walks and multi-day wilderness trails to backpacking trails that span several days, facilities range from ultra-luxurious to 'wild camping', either in tents or under the stars. Also included is a series of first-hand accounts that vividly illustrate the magical experience of exploring the bush on foot.

THE TREES

From Limpopo's Sagole Baobab, the largest indigenous tree in SA, and the Umbrella Thorn, a distinctive silhouette against the bushveld landscape, to the cheeky Marula, the fruit of which can get even the most sober of wildlife a little tipsy, and the Sausage tree with its blood-red flowers that bloom at night, South Africa's bushveld trees are a sight to behold.

YOU MAY WANT TO PACK



The highly visual **100 Bushveld Trees** introduces you to the most memorable trees in the bushveld – the northern and eastern regions of South Africa, encompassing both the lowveld and the highveld. Interesting facts, multiple uses and particular value the trees have among local populations are given. With its abundant, detailed photographs and straightforward text, this guide will help you unlock the complicated world of trees.

THE BRAAI

Braaiing in the bush adds a unique element to the already satisfying event of doing it at home. There's the comfortable silence, filled simply with the crackling fire and periodic rustling from the surrounding darkness of the wild, making it as exciting as it is calming.

YOU MAY WANT TO PACK



Ride along as **Beer Country's Beer. Food. Fire.** authors and brothers-in-law Greg Gilowey and Karl Tessendorf explore SA's craft-beer culture, then braai your way through a collection of tasty recipes and discover the world of food and beer pairing. Learn new ways to use beer and beer ingredients in your cooking and creating the perfect fire.

“A bush braai is as exciting as it is calming.”

TRY THE APPS



Insects of South Africa

With descriptions of 1 200 of the most ecologically important insects, many with photos to match; distribution maps for all insect entries, with options to identify insects by the plants they inhabit; and a Life List to keep track of your sightings, this app is the perfect companion for any insect enthusiast.



Stuarts' Southern African Mammals 5th Ed

Discover and explore all 529 southern African mammal species – from aardvark and shrews to bats – with this comprehensive app. It features more than 3 000 photographs and illustrations, including animal-to-human size comparisons, and options to identify mammals by their tracks or droppings.



Sasol eBirds of Southern Africa

Accessible and easy to use, this new and improved app features 989 bird species, over 1 000 bird calls, with quick-play bird calls right from the menu, more than 2 700 photographs and distribution maps updated with latest known ranges. It's guaranteed to enhance your birdwatching experience.

Available on the App Store and Google Play.



Visit www.struiknatureclub.co.za and join our Struik Nature Club to be the first to know about our new releases, special offers and special editions, plus you will be invited to our launches and author events and will stand in line to win great prizes monthly!



**STRUIK
NATURE CLUB**



The Art of DECISION-MAKING

In their book *Thinking the Future*, authors and scenario specialists Mitch Illbury and Clem Sunter draw on the wisdom of giants, past and present, to help you think more effectively about the future. Taken from the book, this extract explains the difference between the fox and the hedgehog.

“In his famous essay ‘The Hedgehog and The Fox’, Isaiah Berlin unearths a seemingly simple line from the ancient Greek poet Archilochus: ‘The fox knows many things, but the hedgehog knows one big thing.’

Berlin cultivated this small shoot into a wider analogy and used it to distinguish the philosophical bent of some of history’s greatest thinkers. Some, he said, were singular in their thinking, relating everything to one big idea. They constructed an all-encompassing

theory and saw the world according to that theory. In this sense, they were hedgehogs. Others were more diffuse in their thinking and operated on multiple levels. Through experience, they saw things for what they were in themselves without seeking to fit them into, or exclude them from, any one unitary inner vision. They were foxes.

Berlin considered the likes of Dante, Lucretius, Proust and Nietzsche classic hedgehogs, and thinkers such as Herodotus, Montaigne, Goethe and Joyce typical foxes. Modern-day examples may include Ronald Reagan, Barack Obama, Adrian Gore and Angela Merkel as foxes: they've seen things from different perspectives and have managed to balance competing views to arrive at innovative solutions. On the other hand, Lee Kuan Yew, Margaret Thatcher, Jeremy Corbyn and Donald Trump could be considered hedgehogs: for better or for worse, their thinking has been guided by a stubborn, singular focus. If Berlin were gazing at Raphael's School of Athens, he'd point to Plato and say 'hedgehog', leaving Aristotle as the fox.

Although not designed to be a rigid classification, the hedgehog-fox analogy fits what Raphael captured in his illustrative distinction between Plato and Aristotle. Hedgehogs try to find simplicity in the complex – a unifying thread that ties everything together. Foxes are more comfortable with complexity. They don't risk pushing down too hard on the puzzle pieces so as to force them into a predetermined shape. Instead, they assess each piece and allow for the possibility that it might change the pattern and the picture as a whole.

Berlin himself was a fox too, or at least anti-hedgehog. He declared, in 'Notes on Prejudice':

Few things have done more harm than the belief on the part of individuals or groups (or tribes or states or nations or churches) that he or she or they are in sole possession of the truth: especially about how to live, what to be and do – and that those who differ from them are not merely mistaken, but wicked or mad: and need restraining or suppressing. It is a terrible and dangerous arrogance to believe

Hedgehogs try to find simplicity in the complex. Foxes are more comfortable with complexity.




Thinking the Future is out now.

that you alone are right: have a magical eye which sees the truth: and others cannot be right if they disagree.

Berlin even included William Shakespeare in his list of foxes and quoted a line from Hamlet's lips to justify his categorisation of the bard: 'There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.'

So, what does this all mean for thinking the future? Well, how we make sense of the world informs how we think it will unfold. If you're a hedgehog, you're going to lean towards one unifying theory to explain a causal chain of events. For example, an economist relying purely on classical economics to forecast future trends is going to operate on the assumption that individuals function as rational actors. While this undoubtedly simplifies things, it doesn't capture the full picture, and misrepresents reality in the name of a preconceived puzzle-box picture.

If you're a fox, you'll be more open to different explanations for how things may turn out. The foxy economist knows that humans are not always rational and will therefore look to other theories in behavioural economics to counterbalance classical projections. For example, nudging consumers to buy particular items in shops by putting them close to the till is a recognised tactic for increasing demand. It goes against the principle in classical economic theory that the only way to boost demand is to lower the price of the product. Foxy economists will have a more nuanced perspective, appreciating the range of possible behaviours, both rational and irrational, that one can expect from consumers. As such, their understanding will be closer to reality.

On the surface, foxes may look like they're complicating things but, in reality, they're attempting to refine their understanding by seeing things from different perspectives. In a well-trodden, somewhat predictable environment, the hedgehog reigns supreme. In the more complicated, uncertain environments that make up most of the world, where a new normal is often completely different to the old one, the fox has the flexibility to survive and thrive." 

THE WAY TO A FULFILLING FUTURE

Human-potential expert Nikki Bush addresses some of the most common questions around modern-day issues. Nikki is the author of *Future-proof Yourself*, which provides everyday lessons and frameworks to help you win at work and life.



Q. How can you turn change into something positive?

A. While change can be uncomfortable, painful, or even downright paralysing and terrifying, it is also a doorway to growth and reinvention. The important thing is to be curious. I find that curiosity is the antidote to fear. Embrace the adventure into the unknown and look for surprises. “I wonder how today might surprise me?”

is one of my favourite questions to ask at the beginning of each day. It is an invitation and, if you are aware and awake, by the end of the day you will always be able to write something down in answer to that one question.


Q. Are change and loss an event or a process?

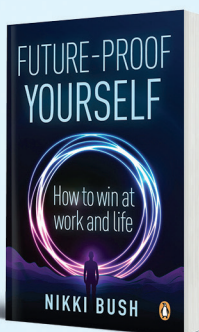
A. Initially it can feel like change is an event, a moment in time. But the event – whether it is an accident, a death, loss of a business, ill health, financial hardship or the end of a relationship – is actually the start of a process. What we have to remember is that processes take time to unfold. We are usually in too much of a hurry to get over things, to get through to the other side, and we don’t allow ourselves to feel fully and experience ourselves differently. It’s important to go to the dark places but to not get stuck there. Sometimes this means that we need to ask for support and make ourselves supportable and teachable. Sometimes it means becoming conscious of

our choices – allowing ourselves to be broken open instead of being broken. There is a big difference. Choosing life means embracing all the joy and pain it offers. We can also choose death, or living a half-life, by being a victim of circumstance. We always have a choice in any situation. Sometimes we need to reach out to the next-best choice we can make, and then the next, one step at a time. Even baby steps count.

Q. Is work-life balance possible?

A. I am well aware that many people are battling with work-life balance (pre-pandemic and now) precisely because they see themselves as two different people at home and at work that are disconnected from each other. I strongly believe that home and work merely provide different avenues for self-expression. One of the core pillars of my work is to help individuals to see themselves as one, integrated person who is able to bring their whole self to the fore both at home and at work, and who is consistent in both teams.

Work-life balance is a myth. There will be long ‘to-do lists’ in both areas of your life. You will very rarely be in perfect balance. Rather aim for dynamic balance, which means the see-saw of life will be tilted one way or another, but as long as it is moving, you’re okay. Aiming for perfect balance is a fruitless exercise. Wherever you are in your life, you are either parenting others – at home or at work – or parenting yourself. This is self-leadership. Aim for workable, not perfect! 



Future-proof Yourself is out now.

HEKEL 'N SESHOEKDEKEN

Jy sal jare se genot uit hierdie deken kry uit
50 Tydlose Hekelpatrone deur Christa Swanepoel.

BENODIGHEDE

- ELLE FAMILY KNIT DK (50 g) 3 balle elk in Marron Brown A, Royal Blue B, Stone D, Turquoise E, Antique F 6 balle in Aran G
- ELLE ESCAPADE DK (100 g) 2 balle in Neptune C
- 4 mm-hekelpen

MATE

Seshoeke is 30 cm x 30 cm

HEKELINLIGTING

Maak 30 seshoeke en werk aan-mekaar soos verkies.

Gebruik kleure soos volg:

1ste seshoek: 3 rdtes A, 2 rdtes B, 2 rdtes C, 1 rdte elk D, E en F, eindig met 2 rdtes G.

2de seshoek: 3 rdtes B, 2 rdtes C, 2 rdtes D, 1 rdte elk E, F en A, eindig met 2 rdtes G.

3de seshoek: 3 rdtes C, 2 rdtes D, 2 rdtes E, 1 rdte elk F, A en B, eindig met 2 rdtes G. Gaan só voort en skuif kleure elke keer een terug.


AANWYSINGS

Met kleure soos aangedui maak 6 ks en gs in 1ste st om ring te vorm.

1ste rdte: 3 ks, 2 lb, 1 ks, *3 lb, 1 ks, in ring, herh van * nog 4 keer, gs in 3de ks van 3 ks aan beg. 6 gpe van 3 lb.

2de rdte: 3 ks, 1 lb in elk van vlg 2 lb, *(1 lb, 1 ks, 1 lb) in ks-sp, 1 lb in elk van vlg 3 lb, herh van * tot einde, gs in 3de ks van 3 ks aan beg. 6 gpe van 5 lb tussen ks-sps. Gaan só voort met 1 lb in elke lb en (1 lb, 1 ks, 1 lb) in ks-sps.

OM TE VOLTOOI

Werk seshoeke aanmekaar soos verkies. 

50 Tydlose Hekelpatrone is nou beskikbaar.



HEARTY & HEALTHY

These wholesome gluten-free, sugar-free and vegan recipes from *Food that Loves you Back* prove that healthy doesn't have to mean dull.

CAULIFLOWER SOUP with crispy bits

CAULIFLOWER SOUP

2 Tbsp olive oil
1 onion, chopped
2 celery stalks, chopped
1 cauliflower head or precut florets (± 500 g)
750 ml fresh vegetable stock or
2-3 Tbsp stock powder plus
750 ml water
1 can (400 ml) coconut cream
or cream

Salt and black pepper
Extra coconut cream, for serving
Green oil, for serving (see NOTE)
Microherbs or leafy herbs, for
serving

Heat the oil in a large pot and cook
the onion over low heat for 5 minutes.
Add the celery and cook for another
5 minutes. Add the cauliflower and
vegetable stock. Cover the pot and

simmer for 10 minutes, until the
cauliflower is tender. Remove from
heat and stir in the coconut cream.
Blend the soup to a smooth purée
using a hand blender or jug blender.
Season well with pink salt and ground
black pepper.

Simmer for 3 minutes to reheat.
Dress the soup with crispy bits and
a swirl of coconut cream or dairy
cream. Garnish with herbs and
green oil. The soup can be stored in the
fridge for up to 3 days, or frozen.

SERVES
4-6

READY IN
45 MINUTES

CRISPY BITS

1 Tbsp olive oil
100 g diced tempeh or
chopped cashews
3 Tbsp honey
1 Tbsp balsamic reduction or
balsamic vinegar
1 tsp paprika
cayenne pepper or chilli flakes

Heat the oil in a pan. Add the tempeh
or cashews and fry for 2 minutes, until
golden. Add the remaining ingredients
and fry for 2 minutes, until reduced to
a sticky sauce.

NOTE Green oil: Combine 1 Tbsp
finely chopped parsley or coriander
leaves with 3 Tbsp extra-virgin olive
oil and leave to stand for 15 minutes.
For convenience, you can combine
1 Tbsp ready-made basil pesto with
1 Tbsp extra-virgin olive oil.



CURRIED LENTILS with rosa tomatoes & spinach

SERVES
4

READY IN
30 MINUTES

Olive oil

1 onion, finely chopped

1 garlic clove, finely chopped

1 tsp fresh ginger, grated

1 Tbsp red curry paste

1½ cups dried brown lentils

2 cups (500 ml) vegetable stock

1 can (400 ml) coconut cream

1 cup rosa tomatoes

3 cups baby spinach leaves

Salt and ground black pepper

Plain yoghurt for serving, optional


Heat 2 Tbsp olive oil in a pot and fry the onion for 5 minutes, until just golden. Add the garlic, ginger, curry paste and lentils. Stir to combine and fry for another minute.

Add the vegetable stock, partly cover with a lid and simmer for 25 minutes, or until the lentils are soft.

Add the coconut cream and tomatoes and simmer for 5 minutes. Add the baby spinach leaves and simmer for a further 5 minutes, until wilted. Season to taste with salt and ground black pepper. Before serving, stir in a spoonful of plain yoghurt, if preferred.

- Serve with warm flatbread or brown rice.
- Substitute the red curry paste for

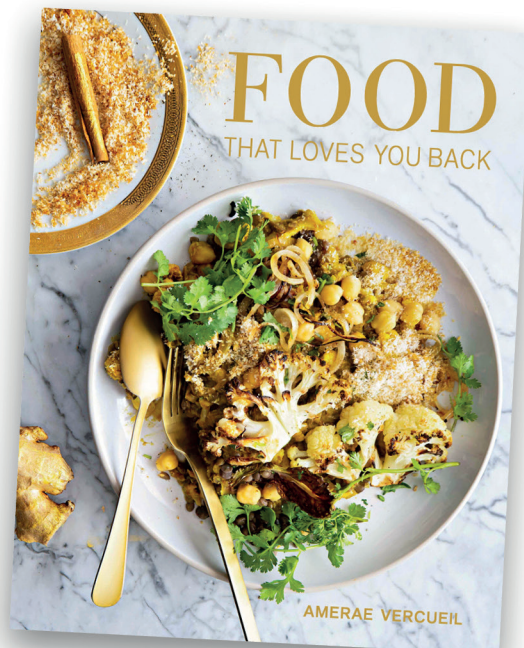
green curry paste, or use an Indian spice mix.

- For a quick curry, use canned lentils. Fry the onion until soft. Add the tomatoes to the pan and fry for 2 minutes. Add the curry paste, drained lentils and coconut milk and simmer for 5 minutes. Add the spinach and cook for a further 2 minutes.
- Store the curry in a sealed container in the fridge for up to 4 days. 



ABOUT THE AUTHOR

Amerae Vercueil is a food stylist, private chef, and health and fitness guru, with an interest in vegan cookery and alleviating allergies through nutrition. In her first cookbook, *Food that Loves you Back*, she presents family-friendly cooking that makes the most of seasonal vegetables and salads that will appeal to vegans and vegetarians looking for something different, as well as anyone who simply wants to add more veggies to their diet.



Food that Loves you Back is out now



On my mind Where 'wild' gets redefined and reimagined

Natalia Molebatsi writes on illuminating the lives of women and feminised people of all genders and generations.

“When I first imagined *Wild Imperfections: An Anthology of Womanist Poems*, I wanted to create a gathering that will last forever, and what better way to have a gathering than in book form? Books, like art and music, can be shared publicly or savoured in solitude. I wanted to create a gathering that can be taken anywhere in the world – in one’s luggage, on one’s bookshelf, in a library... I especially love how poems articulate any issue, personal or universal, in an emotional language so beautiful it just grows on one’s skin. Poetry, according to poet and performer Lebogang Mashile “is a refuge”. I couldn’t agree more.

In Saidiya Hartman’s book, *Wayward Lives Beautiful Experiments: Intimate Histories of Riotous Black Girls, Troublesome Women, And Queer Radicals*, the author uses her words to “shield” women on an “errant path” who were always faced with danger, but pursued “freedom dreams” nonetheless. In this way, Hartman performs the act of illuminating the dreams, desires and beauty of Black women and girls. I wanted *Wild Imperfections* to illuminate the lives and experiences of women/womyn/womxn in the shadows. I wanted to create a brave space where we could be ‘wild’ without fear of judgment. This book is a space where ‘wild’ gets redefined and reimagined on our terms.

The poems in this book do not seek permission to be crazy or sad, political or full of rage. Above all else, the contributors in this book create a joyous dance floor for

On this dance floor we honour the women who came before us.



Wild Imperfections: An Anthology of Womanist Poems is out now.

all of us to celebrate one another, and our achievements. On this dance floor we honour the women who came before us. We dream and write them into the fabric of our narratives, because who else will acknowledge their worth and their magnificence?

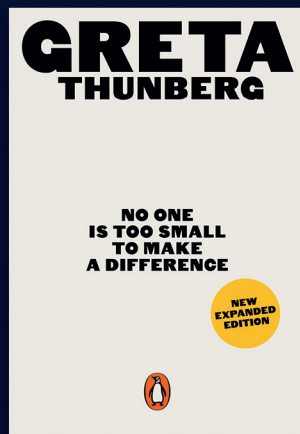
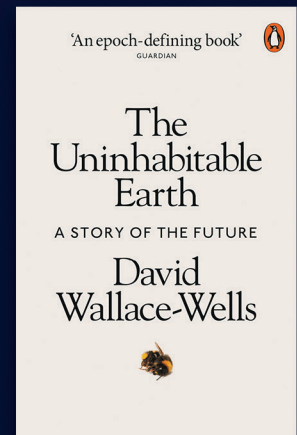
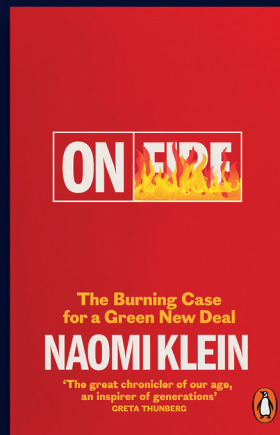
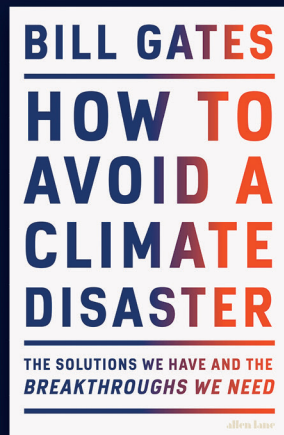
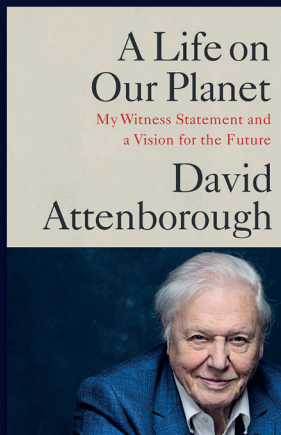
There are 40 womanist/feminist poets in this book, with poems that are conversing among one another and inviting the reader to be part of the gathering. These poems are an invitation not only to women, but to all feminised people of all genders and generations, and our allies, to hear and see us. I am delighted to have been immersed in these poems, as I will continue to for a long time to come.

I also yearn to contribute to what Dr Bibi Bakare-Yusuf calls the “archive of the future”. Bakare-Yusuf is interested in “how we can create the archive of the future in the present”, adding that the “archive as a reservoir of and for memory is the place where ideas and material culture of historic interest or social relevance are stored and ordered... where society warehouses what it wants to remember”. Through this book, we remember and call our readers to join us on the journey of memory and of freedom dreams.

Through this book, we want to read about one another’s concerns, hopes, dreams, memories, desires, affinities and differences. These are some of the reasons we are gathered here. It is our hope that you will join our gathering, in your own terms. Welcome to our wild imperfections. This is our aspiration for liberation.”

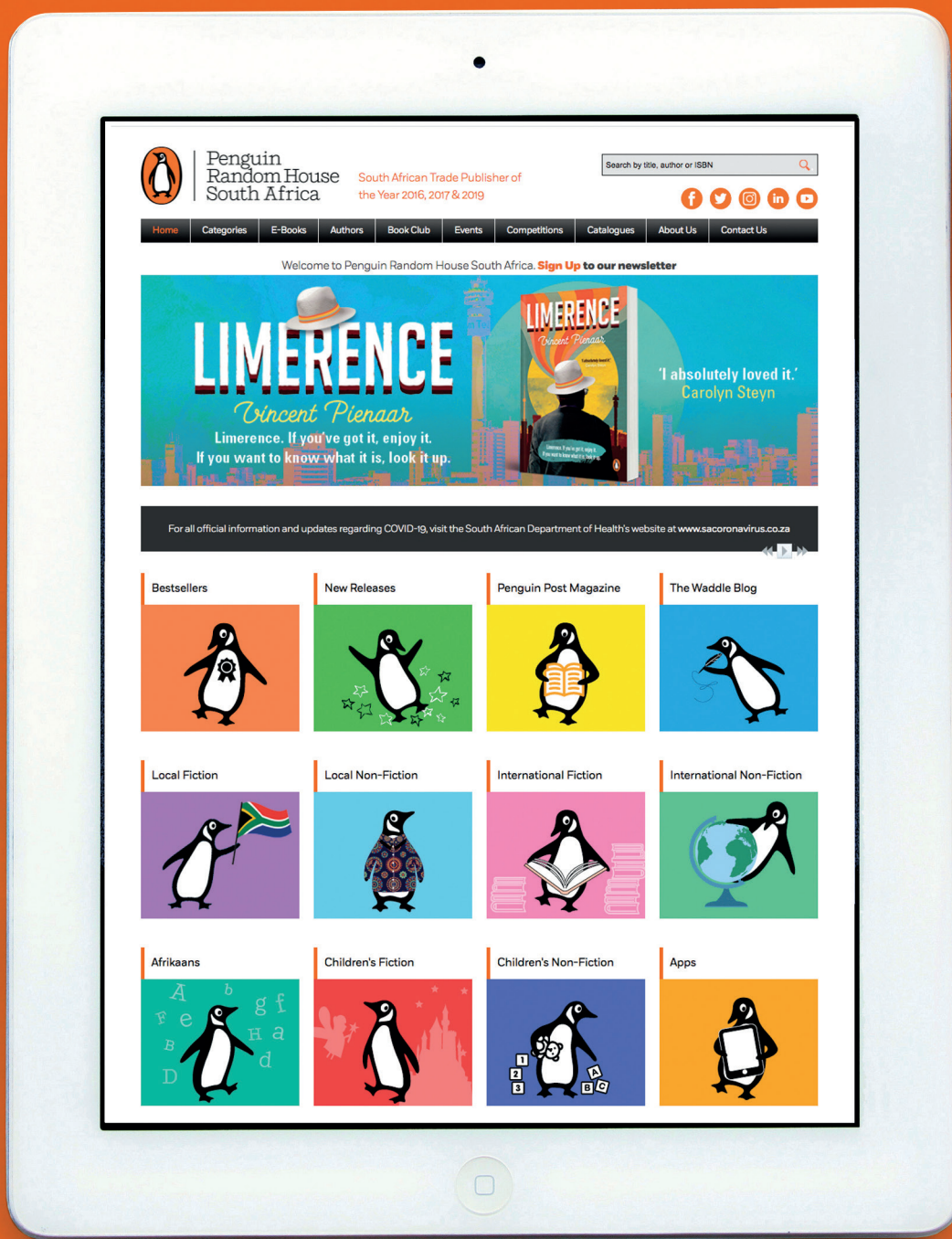
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