

THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

YOUR
FREE
COPY!



IT TAKES
WILL

**EXPLOSIVE
EXTRACT**

From Glennon
Doyle's *Untamed*

**LUMINOUS BOOK
CLUB PICK**

Oh William!
by Elizabeth Strout

**SOUTH AFRICA
ON FOOT**

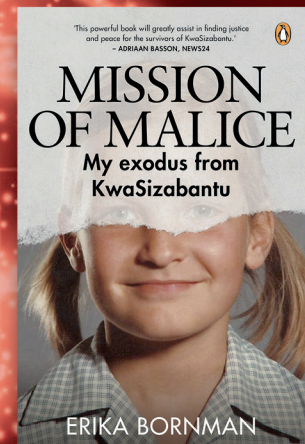
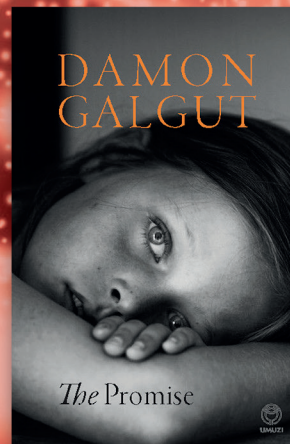
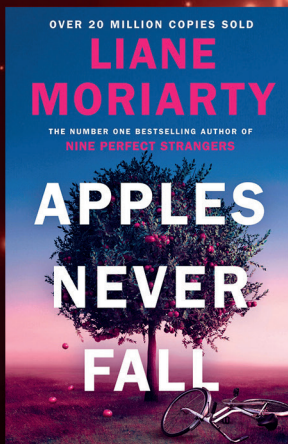
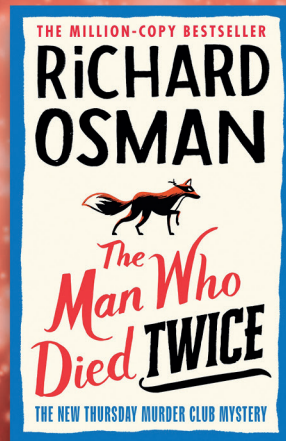
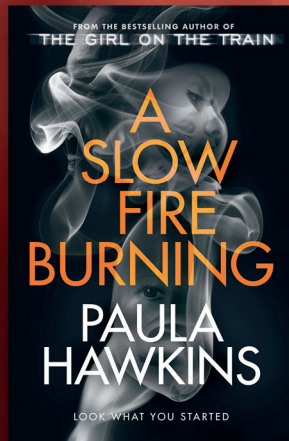
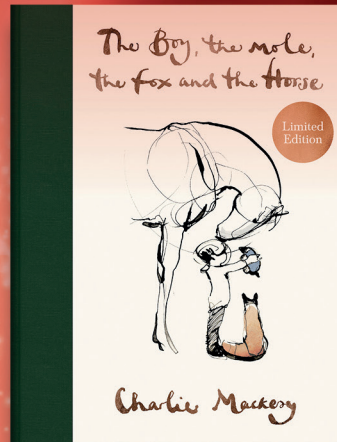
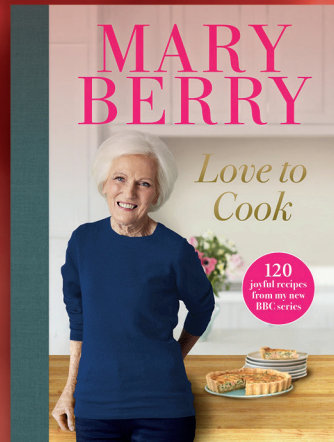
Willie Olivier on
the joys of hiking

**FABULOUS
FESTIVE FOOD**

From *Friends.
Food. Flavour.*

GIFTS FOR HER

"I enjoy long, romantic walks through the bookstore..."



Available now at leading bookstores nationwide and online

contents

04

COVER Will Smith's first book, his memoir *WILL*, was a "labour of love". Find out more about this enigmatic actor, rapper and film producer



COVER ILLUSTRATION: Brandon "BMike" Odums

02

BOOKSCAPE New from Marian Keyes, a Q&A with *Big Panda*, *Little Dragon* author and Matt Haig in numbers

07

BOOK CLUB Elizabeth Strout on the return of her beloved character Lucy Barton in *Oh William!*

08

AT MY DESK Lee Child on collaborating with his brother and top fiction out this month

10

OM TE SKRYF Skryf is nie iets wat jy wil doen nie - maar móét doen, sê Jan Vermeulen

11

RAAD Vasberade, dróomgerig - dit is Leandie du Randt. Sy vertel ons hoe sy dit regkry

12

NATURE Keen traveller, Willie Olivier shares his take on the many joys of hiking in South Africa

14

EXTRACT Glennon Doyle on building a life of her own from her memoir, and wake-up call, *Untamed*

20

ON MY MIND An exclusive column from Tannie Maria creator, Sally Andrew, on the process of letting go



16

FOOD Recipes for festive food from Michael Olivier's *Food. Friends. Flavour.*

Johannesburg | Growthpoint Business Park, Unit 12A, 162 Tonetti Street, Halfway House Ext 7, Midrand, 1685 | 011 327 3550

Cape Town | Estuaries No 4, Oxbow Crescent, Century Avenue, Century City, 7441 | 021 460 5400

© Copyright Penguin Random House South Africa (Pty) Ltd. *The Penguin Post* is published by Penguin Random House South Africa. All rights reserved. Reproduction without the written permission of the editor is strictly forbidden.

Editor Lauren Mc Diarmid **Designer** Sean Robertson **Sub Editor** Frieda Le Roux
Contributors Elizabeth Strout, Lee Child, Jan Vermeulen, Willie Olivier, Sally Andrew

Welcome!

As we near the end of the year, and look forward to a well-earned break, it's exciting to think that, with the new year comes potential for a new start, and renewed optimism for what's to come.

Positive thinking is precisely what Will Smith advocates in his memoir, *WILL*. I can't imagine there's anyone who hasn't heard of this multi-talented force in the entertainment industry, and while the book gives us candid insight into his triumph, it also looks at the lessons he has learned along the way. Written with Mark Manson, bestselling author of *The Subtle Art of Not Giving a F*ck*, *WILL* is an inspiring book filled with genuine wisdom, and, if I dare say, a must-read for anyone with a hunger for self-mastery. More on Will Smith and the book on page 4.

We were sad to hear last year that Lee Child would soon be stepping down from writing his Jack Reacher books. Thankfully, his brother Andrew Child, an author in his own right, will be taking over from him, and *Better Off Dead* is the gripping second book in the series that the two have collaborated on. In *At my Desk*, Lee tells us about working with his brother, and what he plans to do once he hands over the reigns completely.

On the menu this issue are recipes taken from Michael Olivier's *Friends. Food. Flavour*. Coupled with drinks pairing suggestions, fond favourites, such as pumpkin puffs and chicken and corn nachos, are set to be an instant hit at your next get-together this social season. Cheers!

Also in this issue, Willie Olivier stokes our wanderlust with his piece on hiking, we share a powerful extract from Glennon Doyle's *Untamed*, and Sally Andrew writes on letting go.

Happy reading – and happy holidays!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new



Everyone's talking about ... RACHEL WALSH IS BACK!

The eagerly-awaited follow-up to Marian Keyes's million copy bestseller *Rachel's Holiday*, is to be published almost 25 years on: *Again, Rachel*, will be released in February 2022.

Back in the long ago nineties, Rachel Walsh was a mess. But a spell in rehab transformed everything. Life became very good, very quickly. These days, Rachel has love, family, a great job as an addiction counsellor, she even gardens. Her only bad habit is a fondness for expensive trainers.

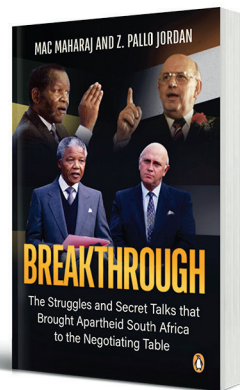
But with the sudden reappearance of a man she'd once loved, her life wobbles. She'd thought she was settled. Fixed forever. Is she about to discover that no matter what our age, everything can change? Is it time to think again, Rachel?

Marian Keyes is a phenomenon. The multi-million copy, internationally bestselling author of some of the most widely loved, genre-defying novels of the past thirty years - such as *Anybody Out There* and *Grown Ups* - has millions of fans around the world. They are irresistibly drawn to her warmth and wit, fearless honesty, relatable characters and relationships, and sheer storytelling magic. Not only has Marian inspired and entertained countless readers, but also the next generation of writers, too. Marian also uses her position to raise some of the most challenging issues of our time, including addiction, immigration, depression and domestic violence.

Again, Rachel will hit shelves in February 2022.

DOMINATING THE BESTSELLER LISTS

Breakthrough by
Mac Maharaj
and Z. Pallo Jordan



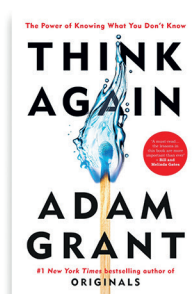
Written by two ANC veterans who were close to the unbanning of the liberation movements on 2 February 1990, *Breakthrough* sheds new light on the process that led to the formal negotiations. The book focuses in particular on the years 1984 - 1990 and on the skirmishes that took place in the shadows, away from the public glare, as the principal adversaries engaged in a battle of positions that carved a pathway to the negotiating table.

Research reveals that the higher you score on an IQ test, the more likely you are to fall for stereotypes, because you're faster at recognising patterns. And recent experiments suggest that



the smarter you are, the more you might struggle to update your beliefs.

- Adam M. Grant, author of *Think Again: The Power of Knowing What You Don't Know*



Q&A

One minute with...

James Norbury



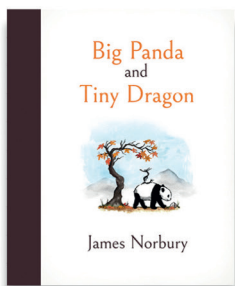
A guiding light in dark times, *Big Panda and Tiny Dragon* is the beautifully illustrated and mindful journey of two friends through the seasons.

What do *Big Panda* and *Tiny Dragon* represent? *Big Panda* represents the warm and gentle wisdom I believe we all have inside. *Tiny Dragon* represents the more impulsive, easily hurt but fun, child-like part of ourselves. They essentially represent the two parts of my mind having a conversation with each other.

Could you tell us about your very first piece with *Big Panda* and *Tiny Dragon*? *Tiny Dragon* was looking under a rock for something and *Big Panda* pointed out that perhaps the thing he is searching for is already inside him. I think it underpins a lot of spirituality, in that we are constantly searching for a way to be happy, but we seldom look within ourselves. Rather, we have the tendency to look to the outside world and hope that other people, objects or experiences will complete us.

What do you hope readers will take away from *Big Panda & Tiny Dragon*? I hope they might come to see their difficulties with a little optimism and view their situation with new eyes. We cannot always change our situation, but we can change how we see it. If the book helps people do that, I'd be very happy.

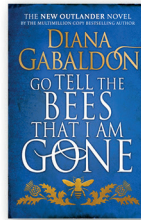
Big Panda & Tiny Dragon is out now. 📖



PHOTOGRAPHS: Kan Lailey, supplied

RELEASE RADAR

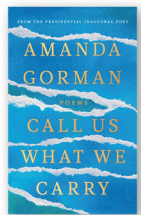
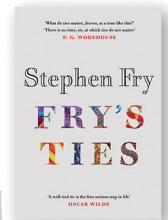
Don't miss out this month...



1 **Go Tell the Bees that I am Gone** Diana Gabaldon The much-anticipated ninth book in the *Outlander* series focuses on Jamie Fraser and Claire Beauchamp Randall Fraser. Torn apart by the Jacobite Rising of 1745, it took them 20 years to be together again - but for how long?

2 **Fry's Ties** Stephen Fry

A fascinating look at the social and cultural history of neckwear. From the rise and struggle of the British high street, from the First World War to European high fashion and Hollywood royalty, this is a history of who we are through what we wear.



3 **Call Us What We Carry** Amanda Gorman

Including 'The Hill We Climb,' the stirring poem read at the inauguration of the 46th President of the United States, Joe Biden, Amanda Gorman's remarkable new collection reveals an energising and unforgettable poetic voice.

WIN! WIN! WIN!



A hamper of books from this issue, valued at R2 000, is up for grabs. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 31 December 2021.



Matt Haig in numbers

Ever wondered what's behind the number one bestselling author of *Reasons to Stay Alive* and *Notes on a Nervous Planet*? We break it down.

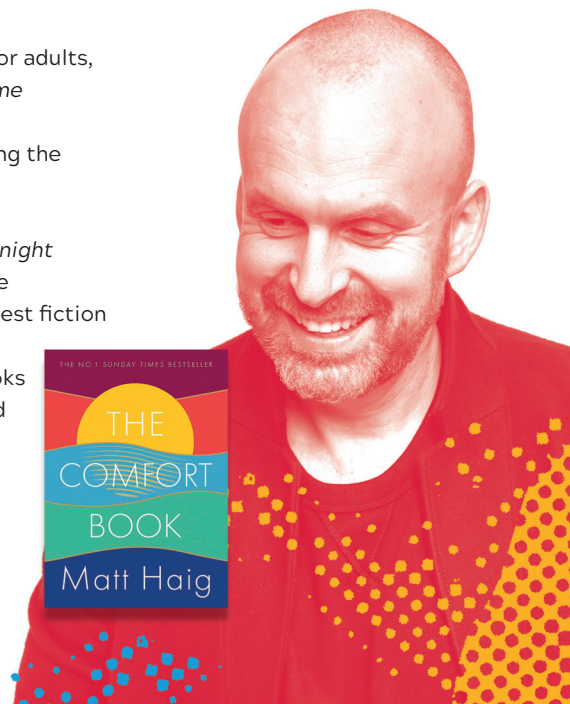
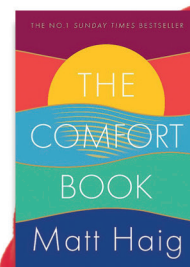
11 highly acclaimed novels for adults, including *How to Stop Time*

8 books for children, including the bestseller *The Truth Pixie*

2020 Haig's *The Midnight Library* wins the Goodreads Choice Award for best fiction

1 million+ books sold

The Comfort Book is out now.



‘IT’S BEEN A LABOUR OF LOVE’

Will Smith’s epic story is one of inner transformation and outer triumph, and his memoir *WILL* tells it astonishingly well.

THE BOOK

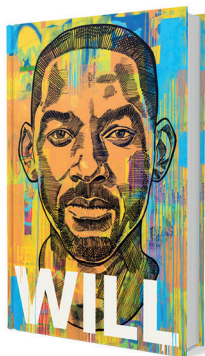
This memoir is the product of a profound journey of self-knowledge, a reckoning with all that your will can get you and all that it can leave behind. Written with the help of Mark Manson, author of the multi-million-copy bestseller *The Subtle Art of Not Giving a F*ck*, *WILL* is the story of how one exceptional man mastered his own emotions, written in a way that can help everyone else do the same. Few of us will know the pressure of performing on the world’s biggest stages for the highest of stakes, but we can all understand that the fuel that works for one stage of our journey might have to be changed if we want to make it all the way home. On a video Smith posted, announcing the book, he said he’d been working on it for two years, and that it was a labour of love.

“In my book, I share stories about my childhood, my complicated relationship with

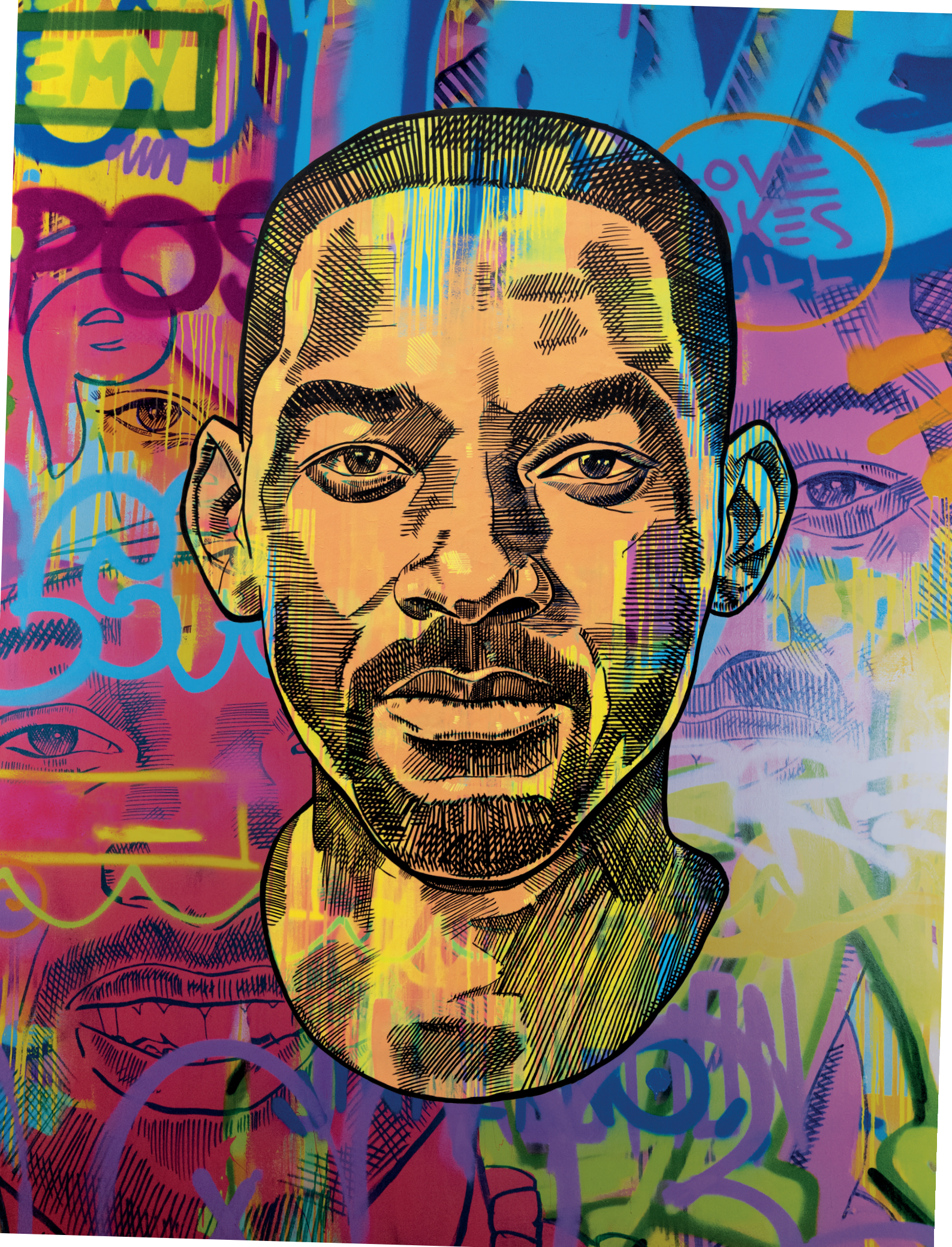
my father, my early rap career, being arrested, going bankrupt, love, divorce, raising kids in Hollywood and navigating a very public marriage, and how it’s shaped me into the man I am today.”

COVER ART


New Orleans-based visual artist Brandon “BMike” Odums designed the cover of *WILL*, which features a series of layered portraits of Will Smith throughout his life, each one painted on top of the other. The idea is to communicate visually the evolution of a person, from childhood through adulthood, and at major stages of their life in between. Odums’s works engage in a transnational dialogue about the intersection of art and resistance. His public murals capture his audience with the reminder that they, too, have the opportunity and the obligation to create bold histories.



WILL is out now.



THE WILL YOUTH BOOK CLUB

The WILL Youth Book Club will build a global community around the themes of Smith's book—with the goal of deepening members' love of reading, culture, self-expression, self-healing, and self-awareness. Members will be invited into the immersive world of *WILL* and Smith's life journey through global book club communities, heartfelt conversations, and exciting events. 



READ AN EXTRACT FROM WILL!

To find it, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/penguinbooksblog/extracts



WILL SMITH IN NUMBERS

3

children: Trey, 29 (from Smith's first marriage), Jaden, 23 and Willow, 21, each of them an artist in their own right.

17

of the films in which Smith had leading roles have gained record worldwide gross earnings of over \$100 million each.

30

days before he graduated high school was when Smith released his first single, 'Girls Ain't Nothing But Trouble'.

55

seconds for Smith to solve a Rubik's Cube, a skill he developed for 2006 film, *The Pursuit of Happyness*.

1997

the year Will and Jada Pinkett Smith get married. Jada hosts Red Table Talk, a series of candid conversations.

111m

Facebook followers. He also has 5.5 million followers on Instagram and 9.5 million subscribers on YouTube.

PHOTOGRAPH: Axelle Bauer-Griffin Getty Images

The Waddle

The Waddle is where penguin and people babble about books. Featuring extracts, recipes, interviews, columns and more, it's THE place to get clued up about our most exciting books and authors. And there's even stuff for the kids! Find it at www.penguinrandomhouse.co.za/penguinbooksblog



Lucy Barton is back!

Elizabeth Strout is the Pulitzer Prize-winning, bestselling author of *My Name is Lucy Barton*. She chats with us about her new novel, *Oh William!*, which sees the much-anticipated return of her beloved character, Lucy, what made her continue with the series, and the person who inspired her to become a writer.



“It was a moment with actress Laura Linney that inspired me to write *Oh William!* Laura had played Lucy Barton in a one-woman show in London, and then on Broadway, and one day during a rehearsal, she murmured something about William, and pushed her glasses to the top of her head. I suddenly thought: Oh, William! I realised then that he had his own story – of course he did, who doesn’t? – and that certain parts were already there in *My Name is Lucy Barton*. So I was off and running.

The book is set between New York and Maine. Though I spent much of my childhood in Maine, the area in the book where Lucy travels to with William is not very familiar to me, and Lucy herself had only been to Maine once before, so it was a lot of fun to try and see it through her eyes. New York, on the other hand, is very familiar to me, and so the scenes set there came to me from my observations.

Lucy and William have both taken their hits, and in the book they are provided with the chance to keep growing in their familiarity with each other. Lucy grows as she has this later-in-life, close-up view of William. She accepts that she doesn’t know him as well as she thought (and yet she knows him, I think, as well as anyone can know him). But she is still Lucy. For example, she does not realise that the professor at the college was jealous of her, which is why he hadn’t advertised her reading. This is because she’s Lucy; she doesn’t see her own self-worth. But William sees it.

Lucy is not me. But she is accessible to me in a way that makes writing about her enjoyable. When she says she writes to make

“Lucy is not me. But she is accessible to me in a way that makes writing about her enjoyable.”

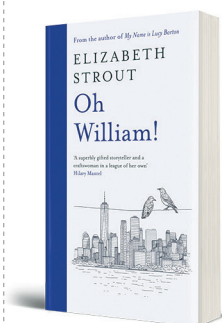
people feel less alone, that is true for me as well.

My mother had to have been one of the reasons I became a writer. Her own observations of people sparked an enormous curiosity on my part from a very young age. She also gave me notebooks and encouraged me to write down everything that had happened in the day. Honestly, I have no memory of myself *not* being a writer, it started that long ago.

However, it wasn’t until my early forties that I was actually published – and I’m so glad for it. I had been writing for my entire life, and what kept me going was my intuitive understanding that the work was not yet good enough, but that if I kept going it would be. So by the time I was published, I was not swept off my feet by it, if you see what I mean. I just kept on going as I had the first thirty-five years of my life, always holding myself to a high standard.”

ABOUT THE BOOK

Lucy Barton is a successful writer living in New York, navigating the second half of her life as a recent widow and parent to two adult daughters. A surprise encounter leads her to reconnect with William, her first husband – and longtime, on-again-off-again friend and confidante. A luminous novel about the mysteries that make up a marriage, about discovering family secrets late in life that rearrange everything we think we know about those closest to us, and the way people continue to live and love, against all odds. **📖**



Oh, William! is out now.

at my desk

Lee Child is the bestselling author of the Jack Reacher series, which he's most recently started collaborating on with his brother, Andrew Child. Lee chatted to us about working with Andrew, their writing process and what's next on his list of world domination.



“About 99 percent of any Reacher book is brainstorming. Something about the character means plans or outlines just don't work, so I have always made it up line by line, and my brother Andrew and I are continuing with that method. Andrew does all the typing, and procedural stuff, like backing up files and so on. He's much more modern than me.

Working with Andrew has been a lot of fun so far. Done solo, writing is a lonely job, and it's always nice to have another writer around, who understands the joys and the perils, however odd they might seem. Having a co-writer on the same project is even better. We're far more like friends than brothers, because the age gap between us meant we never really lived under the same roof as siblings. He never broke my toys and I never broke his. The brother part shows up in how much we instinctively want to head in the same direction. Andrew's also been very gracious. Agreeing to put his own stuff on the back burner in order to work on mine must have been a wrench, but he never complains.

The pandemic really altered how we thought we were going to collaborate. I pictured sitting nose-to-nose across a desk, but so far we've mostly done it by emailing chunks back and forth. It turned out better, I think, because, just like the eventual reader, all either of us had to react to were the plain words. Face-to-face might have led to explaining nuance and meaning, but by email, a piece either works or it doesn't.

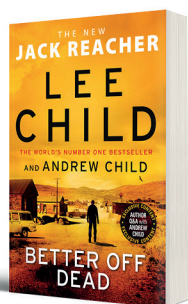
Getting stuck in with my writing process

requires immense quantities of coffee – sometimes 30 mugs a day, no decaf. I used to play Minesweeper first, as a brain-emptying technique, but my last many computers haven't had it, and I'm too lazy and technically inept to find it and install it. Finding inspiration is easy. Every day brings loads of news that could inspire a great novel. The task is to ignore them and finish what you already started.

Andrew and I will continue to write together for the next couple of years, but eventually, I will hand the baton over. My next plan is to dominate the world of lying on my sofa, reading all the great books I missed while writing my own.”

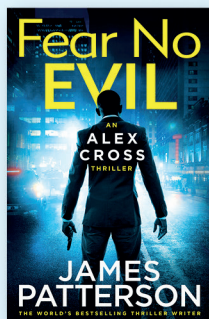
ABOUT THE BOOK

Jack Reacher never backs down from a problem. And he's about to find a big one, on a deserted Arizona road, where a Jeep has crashed into the only tree for miles around. Under the merciless desert sun, nothing is as it seems. Minutes later Reacher is heading into the nearby border town, a backwater that has seen better days. Next to him is Michaela Fenton, an army veteran turned FBI agent, who is trying to find her twin brother. There are people in this hostile, empty place who would rather die than reveal their secrets. But then, if Reacher is coming after you, you might be better off dead. [▶](#)



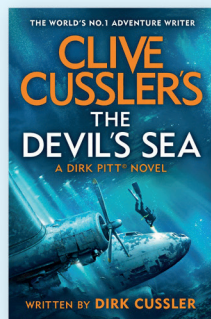
Better Off Dead is out now.

THIS MONTH'S TOP FICTION



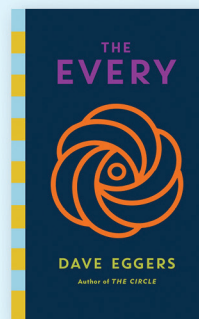
Fear No Evil by James Patterson

The new novel in the globally bestselling Alex Cross series. Alex Cross ventures into the rugged Montana wilderness - where he will be the prey. He's not on the job, but on a personal mission. Until he's attacked by two rival teams of assassins, controlled by the same mastermind who has stalked Alex and his family for years. Darkness falls. The river churns into rapids. Shots ring out through the forest. No backup. No way out. Fear no evil.



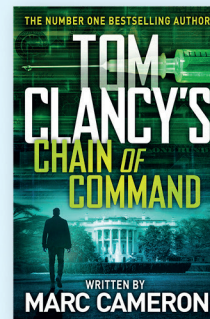
The Devil's Sea by Clive Cussler

Dirk Pitt must recover a failed hypersonic missile before it's found by a Chinese adversary, who has hijacked a ship capable of stirring the ocean into a veritable Devil's Sea. From the depths of the Pacific to the heights of the Himalayas, only Dirk Pitt and his children, Summer and Dirk Jr., can unravel the mysteries that will preserve a religion, save a nation... and save the world from war. An explosive new Dirk Pitt adventure, from the "grand master of adventure".



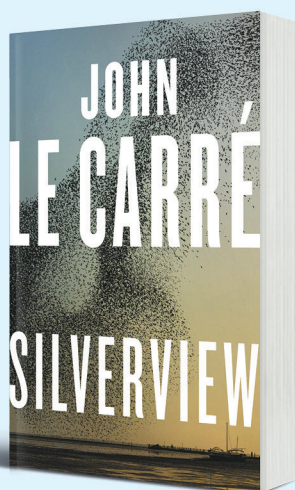
The Every by Dave Eggers

When the world's largest search engine and social media company merges with the planet's dominant e-commerce site, it creates the richest and most dangerous monopoly ever known. Oddly enough, it's also the most beloved. Well that is, for everyone except Delaney Wells, an unlikely new hire with one goal in mind: to take down the company from within. Studded with unforgettable characters and lacerating set-pieces, *The Every* blends satire and terror, while keeping the reader in breathless suspense.



Tom Clancy's Chain of Command

A corrupt pharmaceutical billionaire has spent millions supporting radical groups while using the chaos they engender to cover his money-making schemes, but for a man with such towering ambitions, the only real goal is power. To get that, he'll have to eliminate the only impediment in his path - Jack Ryan. The question is, how do you attack the most closely guarded man in the world? For a man who has built his fortune on underhanded dealings, the answer is as simple as it is shocking: He'll have to kidnap the First Lady.



Silverview by John le Carré

In the final complete novel, recently discovered, from John le Carré, Julian Lawndley has renounced his high-flying job in the City for a simpler life running a bookshop in a small seaside town. But only a couple of months into his new career, Julian's evening is disrupted by a visitor. Edward, a Polish émigré, seems to know a lot about Julian's family and is rather too interested in the inner workings of his modest new enterprise. The mesmerising story of an encounter between innocence and experience and between public duty and private morals. **P**

OM TE SKRYF OF NIÉ TE SKRYF NIE

'n Oú hand as dit by die vashou van 'n pen kom, deel **Jan Vermeulen** hierdie raad vir dié wat wonder of hul (nóg) 'n storie moet skryf.



Is ek bedoel om te skryf?

As jy brand om gereeld met jou pen op jou beskeie kreatiewe manier die wêreld meer kleurvol, genotvol, hanteerbaar, leefbaar, verstaanbaar te maak, het jy iets om te sê en is jy bedoel om te skryf.

Elkeen van ons ervaar die werklikheid anders. Solank jy opreg uitdrukking gee aan jou lewensinsig, aan die manier waarop jy oor die lewe filosofer, is jy bedoel om te skryf.

As jy dan nie skryf nie, bly jou plek in die wêreld van skrywers leeg.

Is hierdie storie myne om te vertel?

Skryf oor iets wat enorm baie vir jou saak maak, of jou enorm baie interesseer. Lesers is fyn om dit aan te voel.

Hoe skryf ek stories van hoë kwaliteit?

Begin deur jou unieke self in jou skryfwerk te stort (moenie ander skrywers na-aap nie). Skryf gaan oor die weergee van jou innerlike menswees. En jyself is die enigste persoon wat jouself ooit van binne af sal ken.

Maak seker jy het die stamina van 'n skrywer. Ure van navorsing, nie alleen oor die onderwerp van jou boek nie, maar ook oor skryfegnieke en algemene taalreëls, sal vir jou dieselfde effek hê as 'n strawwe oefenprogram vir 'n Olimpiese atleet.

Maak seker jy is bereid om te luister en te leer. 'n Skrywer wat soos Pontius Pilatus sê: *Wat ek geskryf het, het ek geskryf en basta*, gaan nooit kwaliteit skryf nie. As jy nie bereid is om op aandrang van jou redigeerder iets oor

Skryf oor iets wat enorm baie vir jou saak maak, of jou enorm baie interesseer.

en oor te skryf nie... Oorskryf en herskryf, afsny en weggooi dra jou oor die drumpel van kwaliteit skryfwerk.

Vir wie skryf ek?

As jy net vir jouself skryf, net jou eie hart terapieë wil uitstort of skoonmaak, skryf dan 'n blog, joernaal of dagboek.

As jy wil publiseer, moet jy op 'n basiese teikengroep besluit. Leer ken die behoeftes van jou spesifieke teikengroep en bevredig hul behoeftes met jou skrywerspen.

Is ek dikvellig genoeg om 'n skrywer te wees?

Pantser jou teen kritiek, want oor dieselfde boek sal mense skree *hosanna!* terwyl ander uitroep *kruisig hom*. Maak seker jy kan sulke water van jou eend se rug laat afrol, sonder om in oor-en-weer bekgevegte met lesers of resesente betrokke te raak. Skryf eerder rustig aan jou volgende storie.

Is daar regtig vir my plek in die wêreld van blitsverkopers?

WEG Louw het by herhaling gesê: *In die huis van my Vader is daar genoeg woonplek*. In die wêreld van skryf, kan ons elkeen ons eie plek hê (misdaadfiksie, romanse, jeug, kinderboeke, gedigte, kortverhale, noem maar op), sonder om teen mekaar te kompeteer. Skrywers is nie besig met 'n eier-in-die-lepel resies nie. *We are a band of brothers and sisters* wat een huis bewoon.

Moenie langer kreupel bly lê as jy begeer om te skryf nie. Glo, neem jou pen op en loop. 



Spieëltjie, *Spieëltjie* is nou beskikbaar.



SIÉN JOU DROME

Leandie du Randt deel 'n voorbeeld van 'n afmerklysie wat mooi wys wat jy als kort om jou vision board te maak en wat dit moontlik behels.

“Wat op dees aarde is 'n vision board? Presies wat dit sê: Dit is 'n bord met al jou visions vir jou lewe daarop. Dit moet die één plek wees wat al jou grootste drome en ideale vir jouself en jou lewe bevat. Jy moet daarna kyk en jouself kan indink in al daai dinge en gevoelens en dit moet jou gelukkig laat voel as jy daarna kyk of dit deurlees.

Die doel van 'n vision board is om jou daaglik te herinner om te visualiseer wat jy soek sodat dit konstant in jou gedagtes en hart bly en jy dit na jou toe kan aantrek, maar ook dat jy jouself verantwoordelik kan hou vir waarnatoe jy werk. Hoe meer jy iets sien en daarvoor praat en dit voel, hoe meer trek jy dit na jou toe aan.

Dit is hoekom ek my vision board op my foon se skerm stoor omdat ek daaglik so baie aan my foon vat. Gooi vir jouself 'n glas wyn (Steri Stumpies vir dié onder 18) en maak 'n prettige twee uur hiervan.

Ek het dit altyd eers fisies met my hande op 'n houtbord gemaak met prentjies en foto's wat ek gedruk het of in 'n tydskrif of op Pinterest gekry het. Ook het ek dit afgeneem en kleiner gemaak om dit as wallpaper op my foon te stoor. Dan sit ek die fisiese vision board iewers waar ek dit kan sien soos in my kas of bo my spieël of so. Soms skryf ek dit sommer net neer as 'n lysie in my notas op my foon; hang af hoe ek voel en in watter fase van my lewe ek is.

Jy kan ook net die foto's pin op Pinterest en dit save as 'n Secret Board en dit Vision Board 2021 noem. Dan kan jy een keer 'n dag na die board kyk en daarvoor droom soos jy na die prentjies kyk.

Die doel met die vision board is om regtig soveel jy kan daarna te kyk en soos jy dit sien

“'n Mens is so goed met jou brein en jou verbeelding - ons gebruik dit gereeld.”

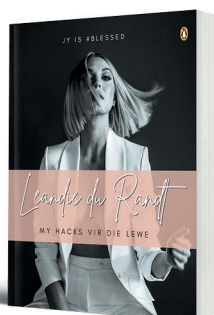
in jou hart te sê “Dankie, dankie, dankie, Here”, asof Hy dit reeds 'n realiteit gemaak het. 'n Mens is so goed met jou brein en jou verbeelding – ons gebruik dit gereeld.

Ek weet hoe baie ons daaglik goed sê soos: “My man gaan my seker weer op 50 verneuk,” of “My seun gaan seker weer nie gekies word vir die rugbyspan nie”. Dan gebeur dit en ons sê: “Sien jy, ek het vir jou gesê dit gaan gebeur”!

Maar natuurlik gaan dit gebeur – jy spreek dit dan uit en visualiseer dit elke dag. En waarom jy die heelyd onbewustelik dink en praat, begin jy na jouself aantrek en oor jou geliefdes uitspreek. As jy dit herhaaldelik uitspreek, begin 'n mens later so op te tree en begin jy goed te doen wat byvoorbeeld kan veroorsaak dat jou man daaraan begin dink om jou te verkul. Ons beseft nie ons sê dit nie want ons dink nie meer oor wat ons dink en sê nie – ons mense moet wakker word en leer om present te wees. As sulke slegte goed kan waar word, stel jou voor wat kan gebeur as jy net 'n bietjie positief begin praat en dink. Onthou, ons het 'n vrye wil, so ons kan kies wat ons dink en uitspreek – “wat jy saai sal jy maai”.

HOE MOET JOU VISION BOARD LYK:

- Jou vision board moet verskillende areas van jou lewe bevat: persoonlik, werk, gesondheid, finansies, reis, materiële dinge, skool, ensovoorts. Alles wat vir jou lewe geld.
- Spesifieke doelwitte vir die volgende jaar.
- Groter, minder spesifieke, langtermyndrome.
- Foto's en prentjies van al die doelwitte en drome wat jou opgewonde maak en jou laat voel dit is wat jy in jou lewe wil inbring en beleef. 📌



My Hacks vir die Lewe is nou beskikbaar. Also available in English.

EXPLORING SOUTH AFRICA ON FOOT

With World Hiking Day on 17 November, keen traveller and author of *Hiking Trails of South Africa*, Willie Olivier shares why SA is best seen up close and personal.

“South Africa’s rich diversity of flora, wildlife and landscapes offer countless opportunities for exploring the great outdoors. Foot trails traverse the country’s national parks, nature reserves, botanical gardens, forestry areas and private properties, from the lofty peaks of the Drakensberg and the indigenous forests of Knysna to sun-drenched beaches and the Cape Floral Kingdom.

Hiking in South Africa has certainly come a long way since the first official trail, the Fanie Botha Trail between Sabie and God’s Window, was opened in 1973. Although the plan to creating a continuous network of trails from the Soutpansberg, the northernmost mountain in South Africa, to Cape Point was abandoned long ago, outdoor enthusiasts still have a wide choice of possibilities to explore. From easy walks for families with children and trails designed for the visually or mobility impaired to multi-day overnight hikes and self-guided trails in the wilderness. And, if you want a leisurely multi-day hike without

the burden of a heavy backpack, well-organised slackpacking trails have become increasingly popular over the past few years.

Now in its fourth edition since it was first published in 2003, *Hiking Trails of South Africa* is still the most comprehensive guide to walks and trails in the country. The introductory section covers essential information you should know before setting off, such as planning your outing, food, equipment, packing your backpack, trail ethics and hiking safety.

More than 500 walks and trails are covered, ranging from easy short walks of a few hundred metres to extended overnight hikes. South Africa is divided into seven geographic areas, which are described in brief, while important information about weather, health precautions and safety is also provided. Details cover the length and duration of walks and trails, where to book, maps, facilities and activities available in the area. A brief description of routes, highlighting outstanding points of interest, as well as information on birds, animals, flora and the geology are also included.



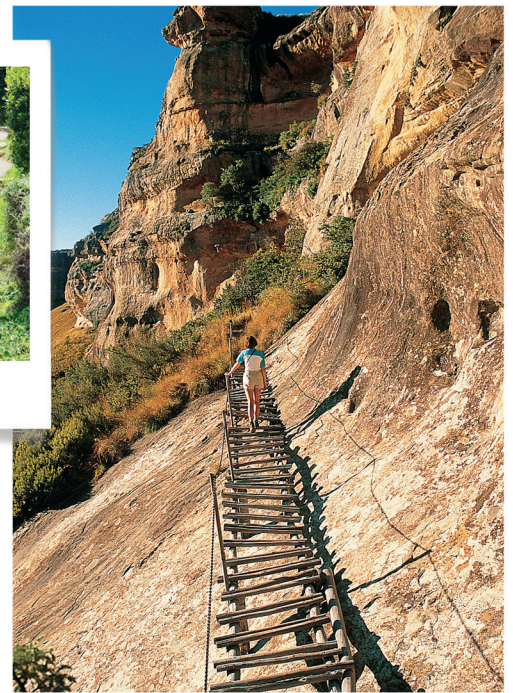
Hiking Trails of South Africa is out now.

On a recent hike of the Whales Hiking Trail in the De Hoop Nature Reserve, I was reminded of the words of Harold Allen, who planned the 3,200 kilometre-long Appalachian Trail between Maine and Georgia in the United States: “The trail is remote for detachment, narrow for chosen company, winding for leisure, lonely for contemplation; the trail leads not merely north and south but upwards to the body, mind and soul of men.”

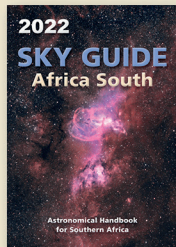
Walks and trails allow you to renew your link with nature. You can listen to the calls of the wild, experience solitude, contemplate, recharge your energy and rediscover your inner self – far away from the hustle and bustle of city life.” 📍



Willie Olivier



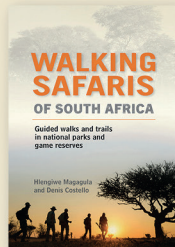
LIFE IS BETTER OUTDOORS...



2022 SKY GUIDE AFRICA SOUTH

A practical resource for all astronomers, whether novice, amateur or professional.

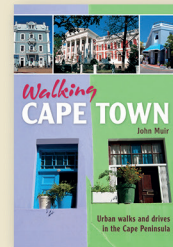
It covers the upcoming year's planetary movements, predicted eclipses, meteor showers - any events and facets of the night sky that change annually. Star charts plot the evening sky for each season, facilitating the identification of stars and constellations. The guide contains a wealth of information about the Sun, Moon, planets, comets, meteors and bright stars, with photos, diagrams, charts and images. Prepared yearly by the Astronomical Society of Southern Africa, it is the essential handbook for all night-sky enthusiasts.



WALKING SAFARIS OF SOUTH AFRICA

by Hlengiwe Magagula and Denis Costello
Walking safaris

in big game areas can be one of the safest and most rewarding outdoor experiences. Written by seasoned hikers, the book covers more than 50 guided walks across 21 parks and reserves in South Africa (including two in eSwatini and one in Botswana). It unpacks the trail options available in each park, as well as what facilities are on offer, and shares a series of first-hand accounts that vividly illustrate the magical experience of exploring the bush on foot. Also included is when to go, what to pack, what to wear, and the dos and don'ts of walking in areas with big game.



WALKING CAPE TOWN

by John Muir
The perfect companion for the urban sightseer, featuring 33

easy walks and drives through the streets and suburbs of one of the world's most beautiful and popular cities. From the Company's Garden in the heart of the city to trendy Green Point, Sea Point and Camps Bay, the colourful Bo-Kaap, and the bustling seaside villages of Muizenberg, Kalk Bay and Simon's Town, this comprehensive guide reveals the fascinating history and urban charm that has made Cape Town one of the top destinations in the world. John Muir, an expert on Cape Town and its hidden gems, provides a wealth of information on all that can be discovered en route.

PHOTOGRAPHS: Willie Olivier

JOIN THE STRUIK NATURE CLUB! Be the first to hear news of new releases, special editions, offers, as well as launches and author events. Plus, members stand in line to win great prizes monthly! Sign up at www.struiknatureclub.co.za.





EXTRACT

Untamed

by Glennon Doyle

Soulful and uproarious, forceful and tender, *Untamed* is both an intimate memoir and a galvanizing wake-up call. It is the story of how one woman learned that a responsible mother is not one who slowly dies for her children, but one who shows them how to fully live.

“ I was never completely gone. My spark was always inside me, smoldering. But I sure as hell felt gone for a long while.

My childhood bulimia morphed into alcoholism and drug use, and I stayed numb for sixteen years. Then, when I was twenty-six I got pregnant and sober. Sobriety was the field in which I began to remember my wild.

It went like this: I began building the kind of life a woman is supposed to build. I became a good wife, mother, daughter, Christian, citizen, writer, woman. But while I made school lunches, wrote memoirs, rushed through airports, made small talk with neighbors, carried on with my outer life, I felt an electric restlessness buzzing inside me. It was like constant thunder rolling *right there* beneath my skin—a thunder made of joy and pain and rage and longing and love too deep, scalding, and tender for this world. It felt like hot water simmering, always threatening to boil.

I was afraid of what was inside me. It felt powerful enough to destroy every bit of the lovely life I'd built. Like how I never feel safe on a balcony because: *What if I jump?*

It's okay, I told myself. I'll keep myself and my people safe by keeping my insides hidden.

I was amazed at how easy this was. I was filled with electric thunder, simmering water, fiery red and gold, but all I had to do was smile and nod and the world would take me for easy breezy blue. Sometimes I wondered if I wasn't the only one using her skin to contain herself. Maybe we are all fire wrapped in skin, trying to look cool.

My boiling point was the moment Abby stepped through that doorway. I looked at her, and I could no longer contain myself. I lost control. Fire-red and golden rolling bubbles of pain and love and longing filled me, brought me to my feet, threw my arms open wide, insisting: *There. She. Is.*

For a long while I thought that what happened that day was some kind of fairy-tale magic. I thought the words *There She Is* came to me from on high. Now I know that *There She Is* came from within. That wild rowdiness that had simmered for so long and then turned itself into words and lifted me was *me*. The voice I finally heard that day was my own—the girl I'd locked away at ten years old, the girl I was before the world told me who to be—and she said: *Here I Am. I'm taking over now.*

“ I lost myself when I learned how to please.”



When I was a child, I felt what I needed to feel and I followed my gut and I planned only from my imagination. I was wild until I was tamed by shame. Until I started hiding and numbing my feelings for fear of being too much. Until I started deferring to others' advice instead of trusting my own intuition. Until I became convinced that my imagination was ridiculous and my desires were selfish. Until I surrendered myself to the cages of others' expectations, cultural mandates, and institutional allegiances. Until I buried who I was in order to become what I should be. I lost myself when I learned how to please.

Sobriety was my painstaking resurrection. It was my return to wild. It was one long remembering. It was realizing that the hot electric thunder I felt buzzing and rolling inside was *me*—trying to get my attention, begging me to remember, insisting: *I'm still in here.*

So I finally unlocked and unleashed her. I set free my beautiful, rowdy, true wild self. I was right about her power. It was too big for the life I was living, so I systematically dismantled every piece of it.

Then I built a life of my own.

I did it by resurrecting the very parts of myself I was trained to mistrust, hide, and abandon in order to keep others comfortable:

My emotions

My intuition

My imagination

My courage

Those are the keys to freedom.

Those are *who we are.*

Will we be brave enough to unlock ourselves?

Will we be brave enough to set ourselves free?

Will we finally step out of our cages and say to ourselves, to our people, and to the world: *Here I Am.*”



Extracted from *Untamed: Stop Pleasing, Start Living* by Glennon Doyle.

Also by this author is *Get Untamed: The Journal*, out now.

FESTIVE FOOD

Simplify entertaining this festive season with these recipes taken from Michael Olivier's *Friends. Food. Flavour*. All you need for mouth-watering party food, complete with wine pairing suggestions.

Niël's Pumpkin Puffs

"Niël Stemmet and I knew each other for 30 years. Sadly, Niël died of COVID-19 just after sending me this recipe. A huge loss of a unique person. He was so talented in terms of design, décor, hospitality and cooking. He used Afrikaans as his medium, in an interestingly quirky way."

Niël said: 'My loved cook Emily made these puffs, which we served mainly with main courses, at Le Must Restaurant in Uppington. Guests came from far and wide to eat these puffs. And, as they stand, they become more chewy and even nicer. So, you can make them a little before the meal. You can also enjoy the puffs with custard or Greek-style yoghurt, then you can call them pudding.'

Niël said: 'Geniet die ou-se-dae se lekkerte.' (*Enjoy the deliciousness of the olden days.*)

750 g cooked and mashed pumpkin
2 free-range eggs
5 ml sea salt
500 ml self-raising flour
15 ml baking powder
500 ml sunflower oil

SYRUP

500 ml sugar
250 ml water
125 ml fresh cream or milk
30 ml butter
2.5 ml ground cinnamon

2.5 ml ground ginger
A pinch of sea salt and a knife point of white pepper
10 ml cornflour

Beat together the pumpkin, eggs and salt until creamy. Sift the flour and baking powder three times, then stir it well into the pumpkin mixture to form a soft dough. Heat the oil in a heavybottomed saucepan until it is at medium heat. Drop spoonfuls of the dough into the oil. Do small batches at a time as it makes it easier

to turn over the puffs. When golden, remove from the oil and place onto kitchen paper to absorb as much oil as possible, and keep warm.

Now prepare the syrup. Bring all the ingredients, except the cornflour, to the boil in a saucepan. Mix the cornflour with a little water to make a thin paste that looks like buttermilk. Stir this into the syrup mixture and cook for a short while to cook the cornflour and thicken the sauce. Pour the warm syrup over the puffs and serve.

SERVES
4 - 6
as a side
dish



PAIR WITH Pudding wine, a White Jerepigo perhaps? Well chilled ...

Chicken Liver Toasts, Tuscan Style

SERVES
4

"I made these once at the African Relish cookery school in the Karoo town of Prince Albert for a course that I led there. It was at a time when I was very influenced by Anna Del Conte's food. Still am. The students loved it. It's a bit of a heritage dish for me as my mother cooked lamb's liver with onions and vinegar for lunch every Saturday."

400 g chicken livers, cleaned
60 ml sunflower, rice bran or canola oil
½ stick celery, finely chopped
1 small onion, finely chopped
2 fat cloves garlic, finely chopped
45 ml finely chopped fresh parsley, plus extra for garnishing
15 ml tomato paste
90 ml dry white wine
Sea salt and freshly milled black pepper
4 anchovy fillets, chopped
30 ml butter
15 ml capers, rinsed well and chopped
Extra virgin olive oil for the bread
4 slices (not too thick) artisanal bread

Preheat the oven to 200°C.

Make sure the livers are well cleaned and then cut them into small squares.

Heat the oil in a sauté pan over low heat and add the celery, onion, garlic and parsley. Sauté for about 8 minutes until soft.

Add the chicken livers and cook them gently until nearly done. Stir in the tomato paste and cook for a minute or so. Pour in the wine, and season with the sea salt and plenty of freshly milled black pepper. Turn up the heat, add the anchovy fillets and simmer

gently for 5–8 minutes. Finally, add the butter and capers and swirl the pan to mix well.

In the meantime, brush some olive oil onto the slices of bread. Place on

a baking tray and bake them in the oven until crunchy.

Dish the livers onto the toasted bread and garnish with some extra chopped parsley.

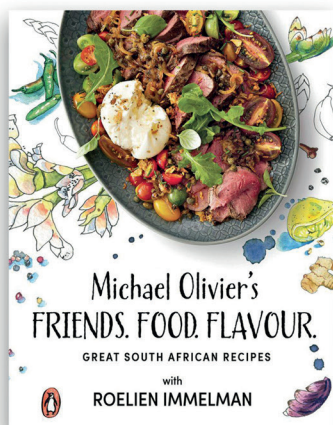


PAIR WITH Nothing quite like a glass of chilled Lambrusco here

Chicken and Corn Nachos

"This nachos recipe by Christine Capendale is one she sent me to use on my website. The dish is so utterly delicious and a huge treat that I could not leave it out. It takes about 15 minutes to prepare and even though it uses several convenience products, it is still quite a healthy meal. This is the perfect stay-at-home Friday dinner."

- 30 ml extra virgin olive oil
- 4 chicken breast fillets, cut into strips
- Sea salt and freshly milled black pepper
- 1 red onion, sliced
- 2 cloves garlic, crushed
- 150 g cherry tomatoes, halved
- 80 g sun-dried tomatoes, drained and chopped
- ½ tin (200 g) whole kernel corn, drained
- 350 g plain nachos
- 160 ml mild tomato salsa or Peppadew salsa
- 250 ml grated Cheddar cheese (or use half Cheddar and half mozzarella)
- 2 avocados, peeled and sliced
- 15 ml lime juice
- 120 ml sour cream
- 60 ml thinly sliced jalapeño chillies (optional)



Michael Olivier's *Friends. Food. Flavour.* is out now.

SERVES
4



PAIR WITH Have to have a Mexican beer here, Corona is perfect

Preheat the oven to 180°C.

Heat the oil in a frying pan over medium heat and cook the chicken strips until done and golden brown. Season with salt and freshly milled black pepper and remove from the pan.

Add the onion and garlic to the same pan and cook until soft and starting to caramelize. Season with salt and pepper and remove from the heat.

Add the chicken to the onion mixture along with the cherry tomatoes, sun-dried tomatoes and corn.

Divide the nachos between four ovenproof serving bowls (or one large dish) and spoon the chicken mixture over the nachos. Spoon over the salsa and top with the grated cheese.

Bake in the oven for about 12 minutes until the cheese has melted and is golden brown.

Season the avocados with salt and pepper and drizzle over the lime juice.

Serve the nachos immediately with the sour cream, avocados and jalapeño chillies (if using) on the side or piled on top.

Prickly Pear Pavlova with Rose Petals and Pomegranate Syrup

"Prickly pears were very much a part of my childhood, as most farm houses had a cactus in the garden somewhere, like a pile of green dinner plates balanced on top of each other with the pears around the edges."

4 extra-large or jumbo free-range egg whites

A pinch of fine salt

1 ml cream of tartar

250 g castor sugar, plus extra for sweetening the cream

15 ml cornflour

15 ml white wine vinegar

750 ml fresh cream

5 ml vanilla extract

6 ripe prickly pears (these come in white, yellow or red)

Pomegranate syrup

2 large open roses (use yellow roses for white prickly pears, orange roses for yellow prickly pears and pink roses for red prickly pears)

Preheat the oven to 160°C. Prepare two baking trays by lining them with non-stick baking paper. Mark out a rectangle on each with a pencil, about 22 cm x 8 cm.

You will need an electric mixer for this recipe. Also, weigh the mixer's bowl – you will need this for later.

Tip the egg whites into the bowl of your mixer. Add the salt and cream of tartar. Start whisking and continue until you have soft peaks. Now add the castor sugar in 50 g increments and continue to whisk well after each addition. When you have added all the sugar, beat well for a while to ensure that all the sugar has dissolved. Add the cornflour and the vinegar and give

it a good whisk again. The meringue will now stand up in stiff peaks when you lift out the beater.

Now, having weighed your mixing bowl, you can weigh again so that you have the weight of your mixture which you then divide in two, each portion going on one of the prepared baking trays. Using a spatula, spread the mixture to the edges of your marked-out rectangle, ensuring even thickness throughout.

Place the trays in the oven and turn down the temperature to 140°C. Bake for 40 minutes, plus another 5 minutes if you feel it necessary. The interior of the meringue will still be soft. Switch off the oven, and wedge open the door using a wooden spoon.

When cold, the two meringues can be kept, wrapped in aluminium foil, until required.

Whip the cream for the filling, sweeten it slightly with castor sugar and add the vanilla extract. Keep half in a separate bowl for the top of the dessert.

Place the one meringue layer on your serving dish of choice. Chop half the prickly pears into chunks and add them to one half of the cream and spread onto the meringue layer. Place the other meringue layer on top and decorate with the remaining cream (to the edges) and the remainder of the prickly pears cut into slices. Dribble over pomegranate syrup and sprinkle over the rose petals, then serve.

**SERVES
8**



PAIR WITH Gabriel Boudier Crème de Cassis



On my mind **LETTING GO**

A Tannie Maria TV series is in development by Both Worlds Pictures. Author, Sally Andrew explores the differences between film creation and novel writing, and the importance of letting go.



“**L**etting go is not my forté. I learned it the hard way. For decades my body was tense; my mind a hamster-wheel of worry. I ended up with Chronic Fatigue Syndrome. Now, I’m a member of Codependents Anonymous: a 12-step program. This isn’t about being dependent, but rather about being fixated with fixing (or with pleasing) others, and not always knowing when to ‘stay on your side of the street.’

A slogan from this program is: *Give me the courage to change the things I can, the patience to accept the things I can’t, and the wisdom to know the difference.* In the 1980s and ’90s, I was an activist in a mass movement. We were full of *courage* – we changed the unchangeable, overthrowing an Apartheid regime. Then two decades of illness taught me some *patience*. But *wisdom* still eluded me. What is ‘my side’ of the street?

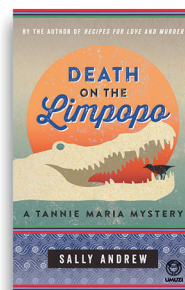
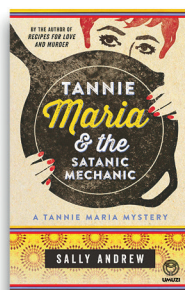
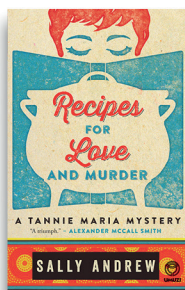
To protect my health and sanity, I withdrew to the quiet Karoo, into the imaginary domain of the books I write. Here I am a Goddess; I create characters I love, give them problems, then fix their problems. Most of my waking hours are spent in a world over which I have total control. My readers also have control: I evoke a story, but their own imaginations paint in the detail – their private experiences with Tannie Maria.

So ... delighted as I was to sell film and TV rights to Both Worlds Pictures, the bit where I sign over total control was not so easy. It was damn hard. But I knew it had to be done. I read books on film making, did a screenwriters course and received advice from Hollywood expert, Professor Richard Walter. When I was ready,

“Most of my waking hours are spent in a world over which I have total control.”

I gave the Both Worlds scriptwriter an ostrich egg. She said ‘Thank you for entrusting me with your baby.’ I said, ‘No ... You’re making an omelette, and you can’t do it without breaking eggs.’

Film is a different medium from literature. The forthcoming TV series is based on my novels, but it creates a different world. This new world is not controlled by one author, but by dozens of contributors. A film script doesn’t tell everyone what to do; it makes the space for each participant to offer the best of themselves. Producing, funding, screenwriting, acting, directing, cinematography, sound, editing, music, set-design, costumes, logistics, trained chickens, the weather and more ... are all crucial aspects in creating a film. I once had an unconscious snobbish elevation of literature over cinema, but now I’m in awe of this crazy and expensive collaboration. I’m honoured to contribute to such a process. I wish myself the best of luck in doing what I must to celebrate the new Tannie Maria creations: Let go. Let go. Let go.” sallyandrew.com

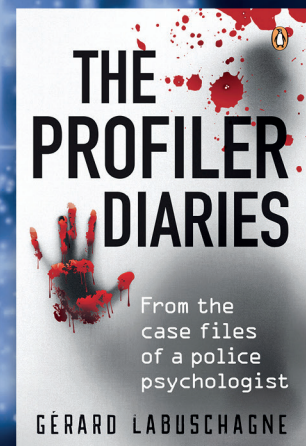
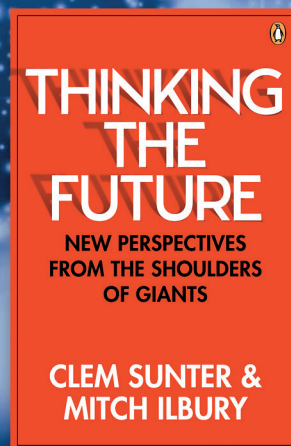
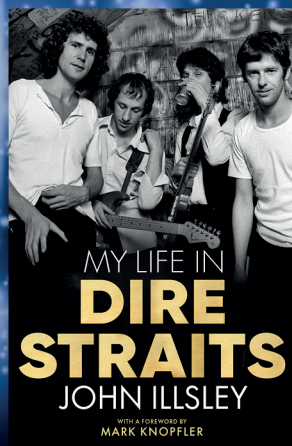
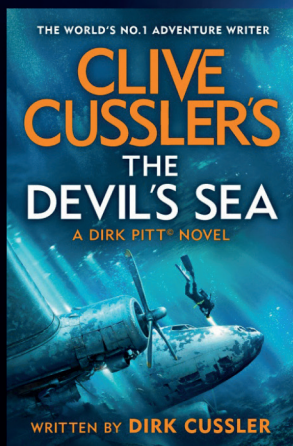
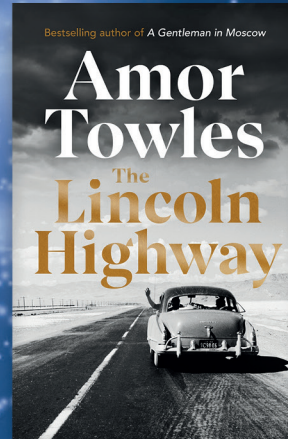
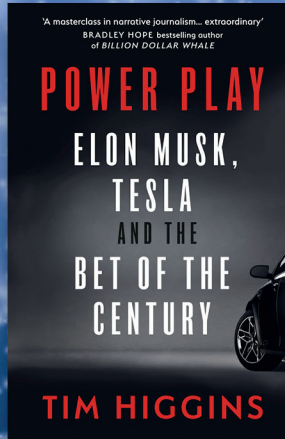
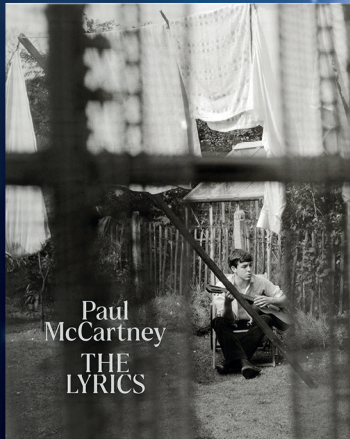
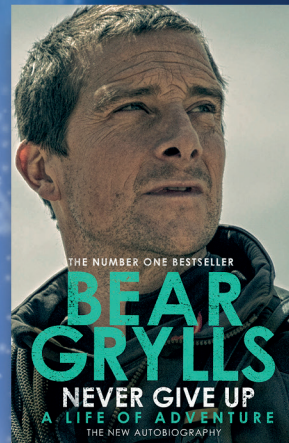
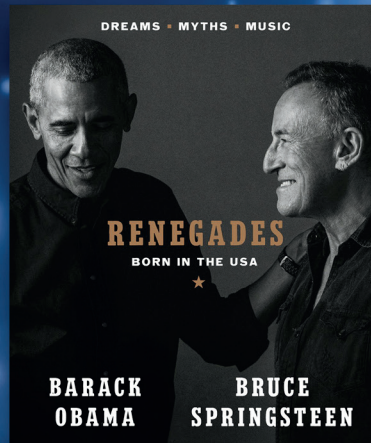


Book #4, *The Milk Tart Murder*, is due out March 2022.



GIFTS FOR HIM

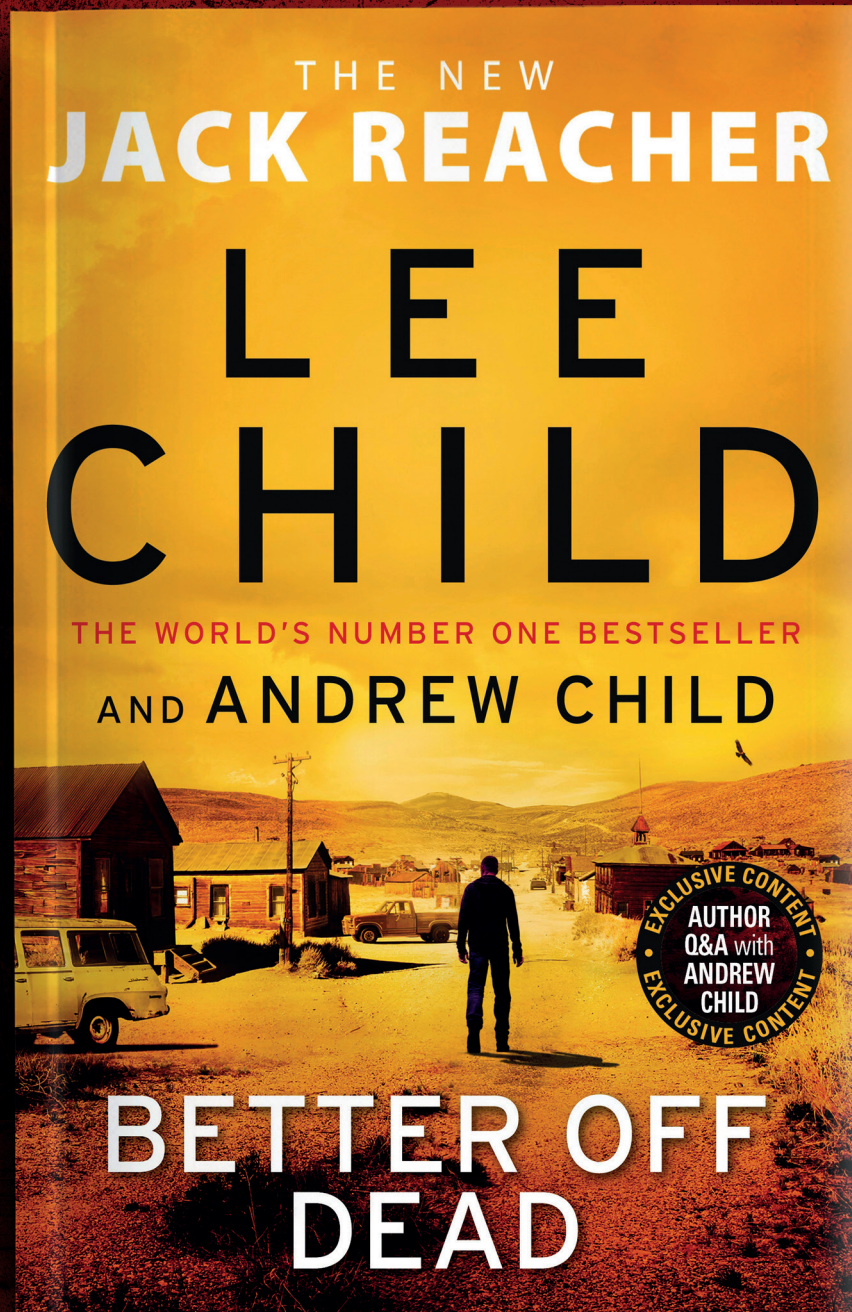
*"Outside of a dog, a book is a man's best friend.
Inside of a dog, it's too dark to read." - Groucho Marx*



Available now at leading bookstores nationwide and online



JACK IS BACK



AVAILABLE NOW



Penguin
Random House
South Africa