

THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

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EXCLUSIVE
Amy Lea on her
newest rom-com

Unraveling the
Art of Plot Twists

**LATEST
RELEASES**

From James Patterson
& Jonathan Kellerman
to Katie Fforde &
Anoeshka von Meck

**ALEX
MICHAELIDES**

MONEY ADVICE

Your Rich BFF, Vivian Tu
reveals the rules of the rich

LIFE IN THE WILD

A courageous but perilous
life among Africa's wildlife

WELLBEING SPECIAL

This is your sign to start
believing in yourself

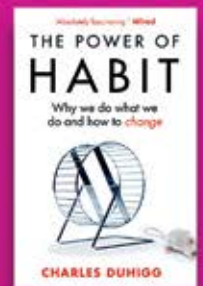
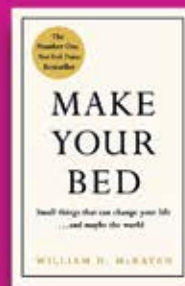
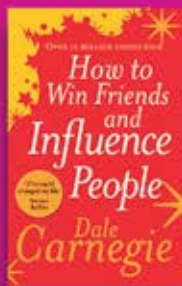
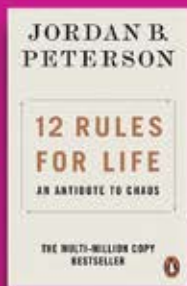
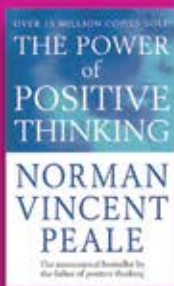
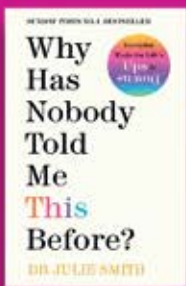
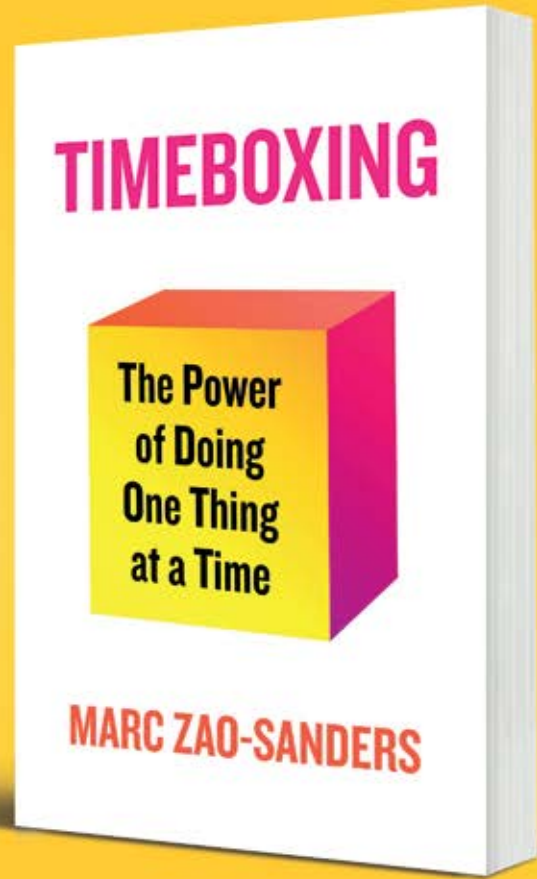
SAVOUR SUMMER

Light and lovely salad
recipes you'll adore



unwind your mind

Do Less,
Achieve More





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How neglecting your will can be a costly mistake

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Welcome!

To the first edition of *The Penguin Post for 2024!* There's nothing like a fresh start, and to help you stay motivated in your abilities to be your best self and reach your goals, we have five pages of advice from some of the world's most revered self-help gurus. The secret to maximising your potential is just a page away.

Our cover story delves into the mastery of plot twists with Alex Michaelides, who draws inspiration from the legendary Agatha Christie. Read as he unravels the creative process behind his latest thriller, *The Fury*.

Also in fiction, share our fascinating conversation with Jonathan Kellerman, explore the award-winning world of C.A. Davids' *How to Be a Revolutionary*, and go on a voyage of mystery aboard a ship full of magical passengers with Frances White's mind-blowing novel, *Voyage of the Damned*.

Nature enthusiasts, embark on a journey into the enchanting world of fynbos, and discover what life is like in the wilds of Zimbabwe with an extract from Karen Paolillo's *Hippos, a Mongoose and Me*.

Finally, take healthy eating to delicious new levels with delightful salad recipes that satisfy your taste buds and nourish your body.

All the best for 2024 – and happy reading!

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Lauren

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ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

+++++

Everyone's talking about ... Marian Keyes Returns!



We're thrilled to announce the return of the global bestselling author, Marian Keyes, with her hilarious and heartwarming novel, *My Favourite Mistake*.

In the book, our protagonist Anna has just lost her taste for the Big Apple ...

Anna has a life to envy. An apartment in New York. A well-meaning (too well-meaning?) partner. And a high-flying job in beauty PR. Who wouldn't want all that? Anna - it turns out.

Turning a minor mid-life crisis into a major life event, she bins the lot, heads back to Ireland, and gets a PR job for a super-high-end coastal retreat. Tougher than it sounds. Newsflash: the locals hate it. So much so, there have been threats - and violence.

Anna, however, worked in the beauty industry. There's no ugliness she hasn't seen. No wrinkle she can't smooth over. Anna's got this. Until she discovers that leaving New York doesn't mean escaping her mistakes.

Once upon a time she'd had a best friend. Once upon a time she'd loved a man. Now she has neither. And now she has to face them.

We all make mistakes. But when do we stop making the same one over and over again?

My Favourite Mistake comes out in April 2024.

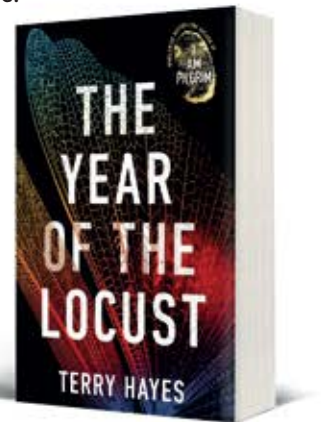
DOMINATING THE BESTSELLER LISTS

The Year of the Locust
by Terry Hayes

"Move over Jason Bourne.

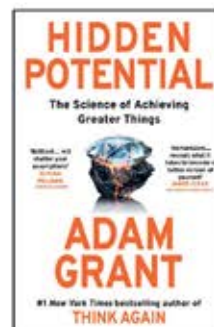
CIA operative Kane redefines the smart but vulnerable bad ass super spy in this dazzling cat-and-mouse thriller where the entire globe is a chessboard, and everyone's playing for keeps."

Lisa Gardner, author of *One Step Too Far*



Imposter syndrome is not a clue that you're unqualified. It's a sign of hidden potential. When you think others are overestimating you, it's more likely that you're underestimating yourself. They have an outside view. They see capacity for growth that's not yet visible to you. 🗨️

Adam Grant, *Hidden Potential*

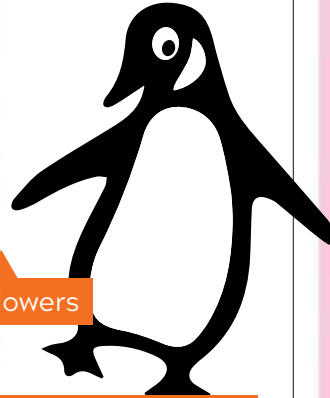


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WIN! WIN! WIN!

A hamper of books from this issue valued at R1 000 is up for grabs to one lucky reader. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 15 March 2024.



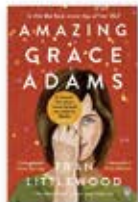
OUT IN PAPERBACK



TV
Tie-in

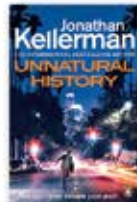
Fool Me Once by Harlan Coben

The bestselling author of *Tell No One* and *The Stranger*, presents a riveting thriller. A murdered husband reappears on a nanny cam, challenging trust and unraveling dark secrets in a quest for truth.



Amazing Grace Adams by Fran Littlewood

On the brink of a life-changing decision, Grace navigates a tumultuous day. Amid a failing marriage and strained relationships, her seemingly ordinary exterior conceals a profound secret.



Unnatural History by Jonathan Kellerman

A photographer's murder sparks a complex case for Lieutenant Milo Sturgis and psychologist Alex Delaware in the 38th instalment of this gripping series.

Bookworm Faves

Avid reader Nicky McArthur is the editor in chief of *Muse* magazine, a proudly South African lifestyle magazine that aims to inspire. Here are some of the books that kept Nicky reading long into the night.

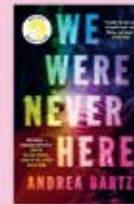


Again, Rachel

by Marian Keyes

Imagine being all cosied up, sipping your favourite drink, and diving into a world where Rachel and Luke from

Rachel's Holiday reign supreme. *Again, Rachel* is a nostalgic trip you won't want to miss - it's a literary whopper that had me hooked.



We Were Never Here by Andrea Bartz

An easy, yet gripping read, it follows two best friends backpacking in Chile. When a stranger accidentally dies in their

room, they must quickly leave their once-in-a-lifetime trip and get home. But home may not be safe either.



The Good Daughter by Laure van Rensburg

A cult, a mysterious tragedy, and a tale unfolding between past and present, *The Good Daughter* is a

rollercoaster ride of emotions that'll keep you guessing. Abigail's story is a mind-bender, and you'll be hanging on tight till the very last page.

Find *Muse* magazine online at www.musemagazine.co.za, or take a look at Nicky's book reviews on Instagram, @musebookreview.

Five Minutes with ... **C.A. DAVIDS**

How to Be a Revolutionary won the 2023 Sunday Times Fiction Award. We chatted to the author, C.A. Davids.



What does it mean to receive the award for this book specifically?

I did not expect to receive quite so much generosity in the reading, to be honest. It isn't always advisable to write things that are better left unsaid - about corruption in South Africa, race in China and in the USA too - especially in a novel; we have more tolerance for these subjects in nonfiction. So, I do feel privileged to be in a position to write, and astonished to be rewarded for it.

What sources did you use to investigate the China of sixty years ago?

While there are apparently many records that document this period in the archives, they are off limits. There aren't many books on the matter, either, but a singular courageous book, which certainly inspired one of the main characters in my novel, was *Tombstone* by Yang Jisheng. The author was once a journalist and, using those credentials, gained access to the archives to tell the real story of what had really transpired during China's Great Leap Forward. There are also one or two European writers who have contributed to this account.

What is your history with the work of Langston Hughes?

I only really knew him as a poet who had some sort of a run-in with the McCarthy House Un-American Activity Committee. But when I started to research Langston Hughes via his letters and biographies, I

discovered a whole other world where he had played a key role in getting many South African writers published internationally.


You lived in Shanghai for a time. Did you ever feel unsafe there?

Not at all. I lived a protected existence in Shanghai, which is generally a very safe place. I had a young child with me and I was doing all the usual things: walking in the parks, walking with a stroller in the city. It was all in my imagination where this second, closeted city to me, was being perceived and evaluated.

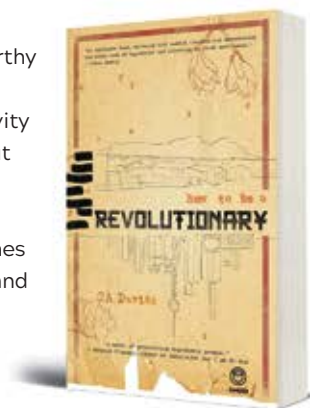
In the book, what is it that ties Beth and Zhao together? Because of their differences in age, language and culture, their friendship is, to an extent, illogical.

You'd think it were, but I have found the converse to be true. I have had friendships with people with whom I could barely communicate. I continue to have close friendships with people of vastly different ages ... older and younger by decades in some instances, and many nationalities, races and religions. I think we find things that bind us ... there is always something, if one is open to it.

What, if anything, do we owe our countries?

I'm not really sure any more ... and I would never want to be prescriptive. But perhaps being willing to do what you can, when you can is a good start. 

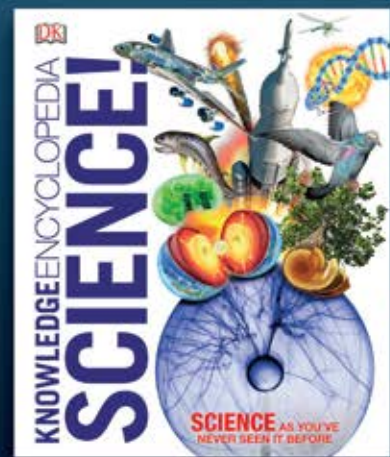
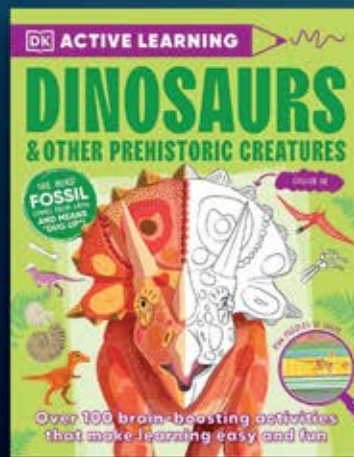
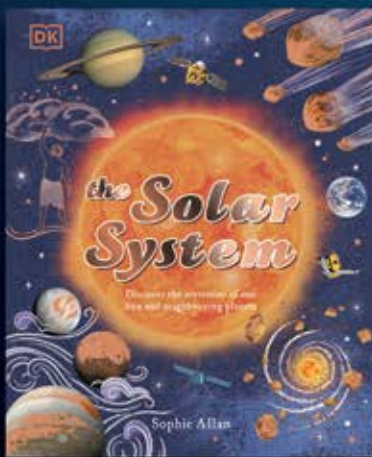
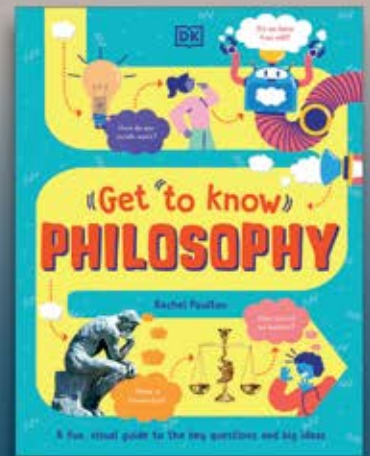
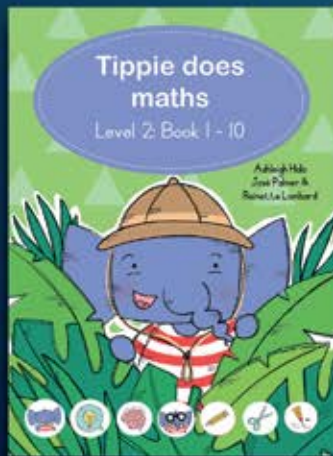
How to Be a Revolutionary is out now.



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TO SHOCK AND SURPRISE

Alex Michaelides is masterful when it comes to the plot twist, as anyone who's read his books will know. Alex chats here about how he goes about crafting these twists and turns, and the creative process behind his new thriller, *The Fury*.



“A story sings when there is a plot twist that’s emotionally devastating for the characters, and completes their journey. It’s what I always aim for with my books. And I think that if the reader feels the same emotions as the characters, the twist works. It’s that emotional impact, which, to me, is paramount.

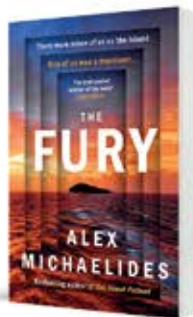
In her biography of Agatha Christie, Laura Thompson says that Christie’s best twists are those when the plot twist and the characters’ emotional resolution occur in the same beat. *Five Little Pigs* is a great example of that, and something I think about a lot, actually. Christie is a huge influence on me when I craft a plot.

“
Agatha Christie is
a huge influence on
me when I craft a plot.”
”

When diving into a new project, I always try to start with the plot twist. With the kind of novels I write, the construction is crucial. It's a bit like architecture, in a way. I need to know where I'm going, so I tend to start at the end and work backwards. Then, once you have the twist, it leads you to the suspense earlier in the book, as you are always building to a certain point.

The Fury is an interesting case in point because I didn't do that. I planned my first two novels meticulously, spending more time on the outline than the actual writing of the book. But with *The Fury*, it had a much more organic process. It made the writing of the book harder, as I went down several dead ends.

In fact, my original plot twist for *The Fury* just didn't work. It came out of nowhere, and didn't really make logical sense. I knew this in my heart, when I gave it to my editors to read. But when their assessment agreed with mine, I felt a little lost. I didn't know whether or not to abandon the book. Thankfully, I listened to an interview with George Saunders, a writer I hugely admire, and he said that when you hit a stumbling block in a book like that, it's a great opportunity. He said it is the characters speaking to you, saying they refuse to continue under these contrived conditions, so you need to go back to the beginning and take it step-by-step; and try to find the truthful actions they would do. So that's what I did. I put down the laptop for three weeks and walked around the park in Nicosia, where I live in Cyprus, and just told myself the story beat by beat. To my amazement and relief, I ended up coming up with not only a better twist, but several more, so the story kept twisting and turning in a way that was entirely unexpected. It was a nerve-racking process, but still an enjoyable creative experience, and I'm very happy with the way it turned out.” 📖



The Fury is out now.

ABOUT THE FURY

This is a tale of murder. Or maybe that's not quite true. At its heart, it's a love story, isn't it? One spring morning, reclusive ex-movie star Lana Farrar invites a small group of her closest friends for a weekend away, on her small private island, just off the coast of Mykonos. Beneath the surface, old friendships conceal violent passions and resentments. And in forty-eight hours, one of them will be dead. But that was just the beginning ... You may think you know this story. Think again. An exhilarating psychological thriller.

IN CONVERSATION WITH ... Jonathan Kellerman

It's Jonathan Kellerman's curiosity that drives the exploration of human behaviour in his novels. In our exclusive interview with Jonathan, the author talks about the evolution of his ideas, the distinction between good and evil, and the brand-new book in his Alex Delaware series.



Your Delaware series involves intricate psychological mysteries. How do you balance suspense with psychological complexities?

There's no contradiction behind psychological complexity and suspense. Quite the opposite. Great fiction, of any type, is always about mystery and surprise. The reader needs to care what happens on the next page.

Your characters Alex Delaware and Milo Sturgis have become iconic. How do you keep them fresh and evolving with each new instalment?

Keeping characters fresh results when the author enjoys writing about them. I consider Alex and Milo old friends and I always welcome them into my brain. I love writing the series because it allows me to tell a certain type of story.

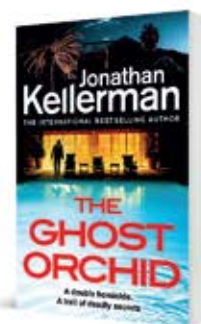
What inspires the themes in your books?

Inspiration, implying a sudden epiphany, doesn't apply to how I write books. The ideas coalesce gradually and evolve, eventually taking form as a coherent plot. I do a lot of thinking and outlining. Some stories take months to develop, others take years.

What are the challenges in continuing a long-running series?

The challenge is to provide satisfaction to all my readers. Loyal repeat readers need to enjoy what I call "the comfort of the familiar" while new readers need to feel welcome and not excluded by too many in-

“My characters become real people. I immerse myself in their lives, watch them, listen to them.”



The Ghost Orchid is out now.

jokes. That's the line I walk and I'd like to think it's successful as the Delaware novels comprise the longest running crime series in America, perhaps, the world.


***The Ghost Orchid* looks at the darker aspects of human nature. How do you approach the portrayal of complex and morally ambiguous characters to maintain reader engagement?**

I never set out formally to "approach" anything. I think, plan, plot, finally convince myself that I've got a coherent story. Then I set about writing it. And often change everything. Regarding moral ambiguity: it's not my thing. I believe in a clear distinction between right and wrong, good and evil. However, once I begin to explore characters, I learn about them and their complexities.

Are there specific narrative techniques you employ to enhance the overall reading experience?

Writing fiction, for me, is an hypnotic experience. That is, hypnotic-like. My characters become real people. I immerse myself in their lives, watch them, listen to them. I figure if I'm enjoying the story, my readers will.

As an accomplished author, what advice do you have for aspiring writers?

Don't wait around for "inspiration." Even worse, don't navel-study. Introspection is the enemy of creativity. Live life, work hard, do a lot of listening and observing and, most important of all, have something to say. Then work harder. If none of this appeals to you, seek out an alternative career, say politics. 

at my desk

Known for her bestselling rom-coms, Amy Lea's, new novel, *The Catch*, the third in her Influencer series, is positively swoonworthy. Find out more about what makes Amy tick.



“I came up with the idea for *The Catch* back in 2019, even before I wrote *Set on You* and *Exes and O's*. I love a fish out of water kind of story where a high maintenance city person meets their small town, rugged counterpart. I guess you could say I love the opposites-attract dynamic.

Similar to *Exes and O's*, *The Catch* was truly inspired by a mashup of rom-coms, namely *The Proposal* and *While You Were Sleeping* with Sandra Bullock. I've always been enamoured with the premise of *While You Were Sleeping*, where a lonely woman gets mistaken for the fiancée of a guy in a coma and gets adopted into his off-beat, yet loving family. I find the family aspect so compelling, because I think today's society struggles with serious loneliness. The concept of family, mixed with the always delightful fake dating trope is something I really wanted to put my own twist on.

And romance makes people happy! I love the idea of being able to give someone a happy escape from regular life, where happiness is guaranteed at the end. Romance, more often than not, shows us portrayals of healthy communication and consent that we don't often see in other media. It gives us a blueprint of what we should expect from relationships.

My creative process tends to change for

“I love the idea of being able to give someone a happy escape from regular life.”

each book (not sure why), so I haven't landed on a singular process yet, but there are always commonalities in my writing process. For one, I prefer to write in my office at home. It's quiet and zen! Then, I'll always have snacks within reach, a big mug of tea, and *The Emotion Thesaurus: A Writer's Guide to Character Expression* by Angela Ackerman and Becca Puglisi on hand. It's the best writing hack! Trust me – it is so helpful for wordsmithing.

Otherwise, once I have an idea, I plow ahead with getting words on the page, while avoiding the urge to self-edit as much as possible, and hopefully at the end, I have a story from my heart that I can be proud of.”

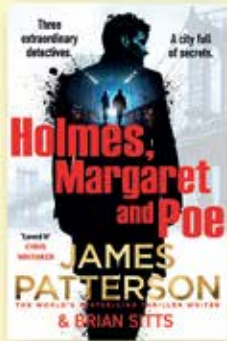


The Catch is out now.

ABOUT THE BOOK

In Amy Lea's latest rom-com, fashion influencer Melanie Karlsen ventures to a Canadian fishing village to revive her brand. When fisherman Evan Whaler's accident leads to a mistaken engagement with Mel, they agree to fake it for a week. As emotions grow, Mel faces a choice: city glamour or wild love. Will she trade her picture-perfect life for a chance at true romance? [P](#)

TOP FICTION



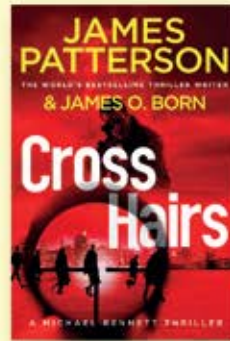
Holmes, Margaret and Poe by James Patterson

In this gripping contemporary mystery, private investigators Brendan Holmes, Margaret Marple, and Auguste Poe tackle high-stakes crimes in New York City. Their unorthodox methods and mysterious backgrounds draw the attention of the NYPD and FBI as they unravel a web of unsolved mysteries, from art thefts to kidnappings and political corruption. As their headline-grabbing breakthroughs unfold, the true identities of Holmes, Margaret, and Poe become the biggest mystery of all.



Island in the Sun by Katie Fforde

Cass embarks on a Caribbean adventure, tasked with a unique photography project amidst the aftermath of a hurricane. Partnered with Ranulph in search of rare stone carvings, Cass discovers courage and love along the way. As their journey unfolds, Cass grapples with newfound feelings for Ranulph, questioning whether he shares the same romantic sentiments. The story weaves friendship, bravery, and self-discovery against the backdrop of a hurricane-ravaged island.



Cross Hairs by James Patterson & James O. Born

In the sixteenth instalment of the bestselling Michael Bennett series, Detective Bennett faces a daunting task—hunting down the elusive 'Longshot Killer' in New York City. As this sniper targets seemingly unrelated victims with brutal precision, Bennett forms a chilling profile that uncomfortably aligns with his new partner, Rob Trilling. With Trilling exhibiting suspicious behaviour, Bennett races against time to uncover the truth and prevent the Longshot Killer from striking again.

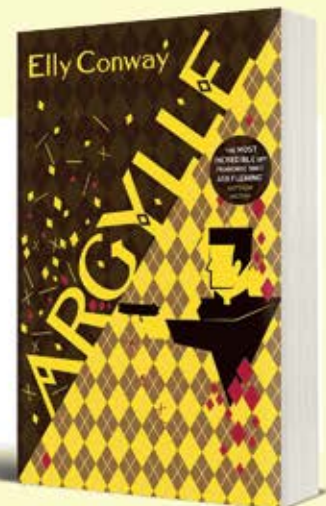


Piglet by Lottie Hazell

In this gripping debut, Piglet faces a façade-shattering revelation from her fiancé, Kit, just days before their wedding. As Piglet grapples with the dilemma, the narrative delves into themes of reinvention, domestic bliss, and the looming consequences of confronting uncomfortable truths. The story explores the dissonance between self-perception and societal expectations, questioning the cost of maintaining appearances. A captivating read.

Argylle by Elly Conway

A Russian magnate's ambition for national restoration triggers global chaos, requiring legendary CIA spymaster Frances Coffey's intervention. To thwart the impending threat, she recruits Argylle. From Thailand's jungles to Monaco's boulevards, and Mount Athos' monasteries to hidden mountain caverns, Argylle undergoes a crash course in espionage. The deathly rollercoaster ride will either shape him for success or shatter him, as he confronts one of the world's most powerful men. **12**



A murder mystery on a ship full of magical passengers

Author Frances White writes about her mind-blowing novel, *Voyage of the Damned*, what inspired the book, the setting, and her irresistible lead character.



“ I was feeling a little creatively exhausted when I first approached this book, so I really wanted to write something that would excite and inspire me. *Voyage of the Damned* was very much a product of me embracing all the things I love to write and combining them together.

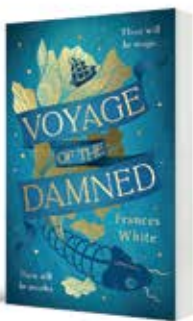
For a start, I’ve always adored fantasy stories. Ever since I was little, I’ve read anything I could get my hands on that had any aspect of magic. But I also have a morbid curiosity in murder mysteries, both fictionalised and real-life ones. Adding magic to that felt like opening up a whole new realm of murderous possibilities and fiendish twists.

I wanted to lean in hard to the sort of classic set up that I love – a load of eccentric characters enclosed in a place with a ticking clock, dying off one by one. But also, the kind of fantasy I adore, political, emotional, with lots of human drama.

That immediately sparked a ton of ideas, and I was really excited to explore them. Thus, *Voyage of the Damned* was born!

The basic concept for *Voyage of the Damned* came first, the idea of these twelve people with secret magical abilities trapped in a location, who start dying off one by one. I went through various locations and

“ Nothing can compare to the isolation of a ship at sea. ”



Voyage of the Damned is out now.

iterations of this ... at one point it was all taking place in a closed-off city! But really nothing can compare to the isolation of a ship at sea, so choosing that as the location was easy.

Once I had the ship that gave me a bunch more threads to follow – why are they on this ship? Where are they headed? Why are there only twelve of them on board? Seeking the answers to these questions helped flesh out the wider world.

It wasn’t until I had more of a grasp of the basic plot and setting that I started thinking about the characters who would inhabit it. This is unusual for me, but I think in this case, it helped. It means that the twelve main characters were ones who only really could have sprung from this world. It also tied them quite closely to the plot, which I think is quite important in a murder mystery.

Funnily enough, Dee wasn’t the original protagonist. He played the role of the ‘assistant’ to the lead detective, but he was just so irresistible and, to be honest, far more interesting than the protagonist at the time that I decided to experiment and put him centre stage. Once I did, his voice screamed out to me, and everything fell perfectly into place. Now I really can’t imagine this story existing without him!” 📖

Van warmkry en inspirasie

Anoeschka von Meck se nuutste boek, *Twa, die tydloper*, vertel die verhaal van 'n amper-weeskind wat 'n nuwe lewe vind by die Nama-mense van Die Poort.

Waar het hierdie storie jou gevind?

Eintlik was ek besig met 'n ander boek, toe die bevlieving van hierdie storie my onverwags onderbreek het. Dit was einde 2022 en bloedig warm. Ek vermoed sterk my ylende koorsige kreatiwiteit is deur sonsteek veroorsaak. Die karakters in *Twa* (insluitend haar naam) het so sterk en spesifiek aangemeld dat ek nou nog aan hierdie boek as byna 'n dokumentêr oor 'n ware gesin se lewe dink, eerder as 'n manuskrip. Ek sien hulle! Ek weet presies hoe elkeen praat en daai antie Magda Farmer is nie net in die teks opdringerig nie, maar ook by my. Sy wag nie tot ek reg en lus is om haar dele te skryf nie, nee, dit gebeur wanneer sy so sê. Soms is dit vir my baie moeilik om te besef hierdie mense bestaan nie regtig nie. Ek vind dat ek party maal wonder hoe dit nou met *Twa* gaan en of dit al by Die Poort gereën het of nie?

Jy skryf graag oor kinders wat van hul ouers vervreem is. Waarom is dit?


Ek wonder self. En maak nie saak hoe ek 'n storie in my kop uitwerk nie, teen die tyd wat ek skryf wil die hoofkarakter se lewe alewig eers gaan vashaak op sestien. Al wat ek kan raai is dat dit wat op elkeen van ons se sentrale senuweestelsel afgedruk is, beïnvloed sterk ons onderbewussyn. Ek was sestien toe ek destyds na Amerika verhuis het en binne enkele maande op my eie was. Hoe mense se identiteit vorm is altyd vir my 'n interessante proses. Wanneer ek iemand nuut ontmoet kan ek nie help om te wonder

hoe lyk die lewensbaan van keuses wat hulle tot op die hede gebring het nie? En wat het hulle gedryf om juis daardie keuses te maak en nie ander nie?

Is die verhaal gegrond regte mense en gebeurde?

Dit is 'n opgemaakte storie, al voel dit glad nie so vir my nie. Party keer wonder ek of ek nie op 'n dag in digte sleepmis myself op 'n onbekende afdraaipadje gaan bevind en op daai einste werf van Tabernakel staan nie. Of iewers kamp en 'n magtige stofstorm kom op en terwyl ons met tentpenne spook, skuif daar vir 'n oomblik 'n beeld van Letgoed met Twalie op haar rug in 'n sandgordyn verby nie. Daar is wel drie plekke in die verhaal wat deur iets histories geïnspireer is, maar omdat ek nie die geheime wil weggee nie, sal ek vir eers daarvoor swyg.

Jy is baie lief vir die droeër dele van die land. Wat maak dié landskappe vir jou so spesiaal?

Die wildernis is altyd vir my een wat die grootste potensiaal van waarheid ontdek, inhou. Dinge word ontbloot. Die keuse vir Lewe of Dood is naby aan jou. Reg voor jou! Daar is min of geen ruimte vir besluiteloos wees of om jousef vir te lank verder te belieg nie. Dit is 'n plek van naaktheid. Mens kom by jousef uit en wie jy regtig is. Of dit nou 'n fisiese landskap of 'n geestelike plek is, daar is 'n stroping van Self wat noodgedwonge plaasvind - mits jy nie net as 'n stofkluit wil weggewaaai word nie. 



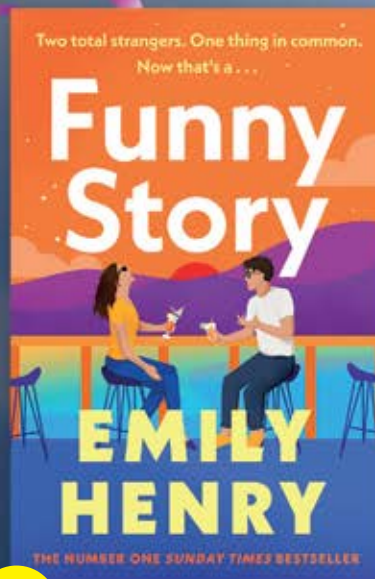
Twa, die tydloper is nou beskikbaar.

COMING IN 2024

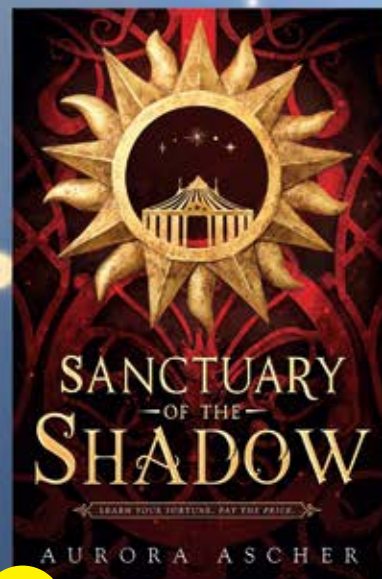
Clear your calendar and make space for a new to-be-read pile, because this year's list of books is hot. From TikTok faves and thrillers we can't get enough of to life advice from one of the world's top leadership experts and the cookbook we've all been waiting for!



APR



MAY



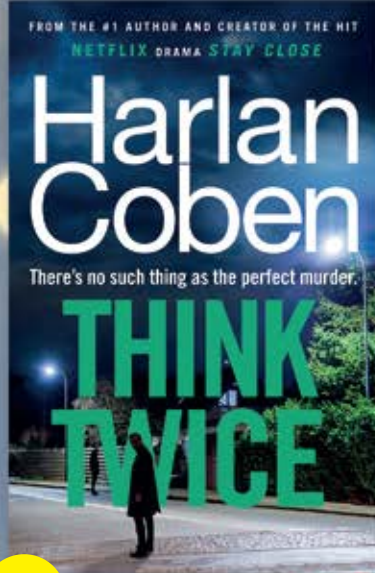
FEB

 **TikTok**
sensation!

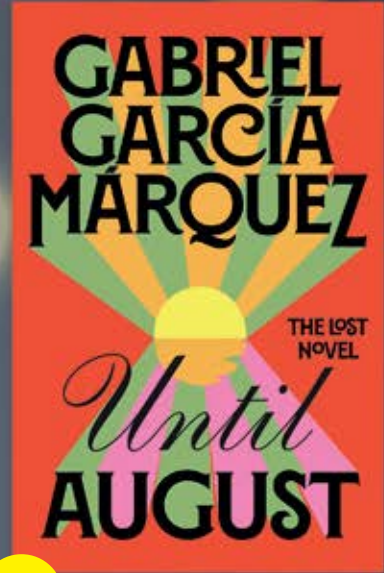




MAR



MAY

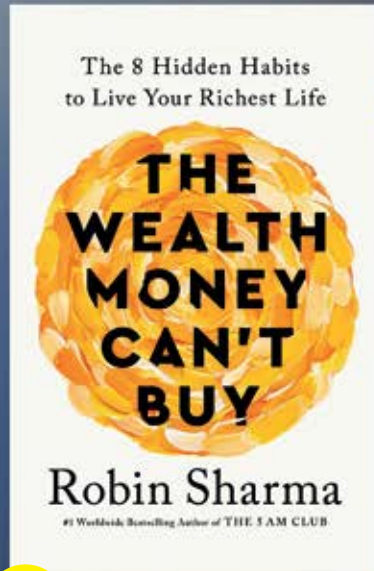


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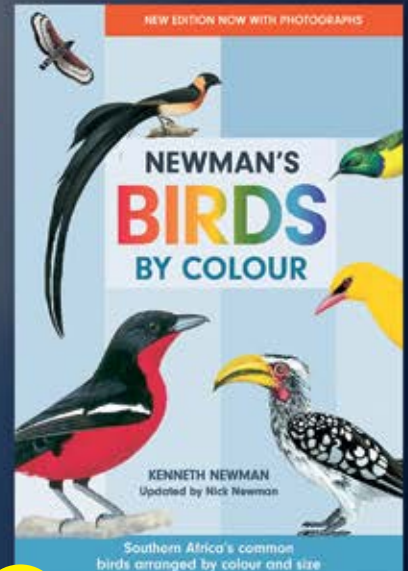
Tannie Maria's gastronomic delights!



MAY



APR



MAY

Ook in Afrikaans beskikbaar

A photograph of a person's hands holding an open book, with a red and blue diagonal graphic overlaying the bottom portion of the image.

A SURVIVOR'S TALE

In *Maria's Keepers*, author Sam Human profiles the failures of the Jehovah's Witness church in addressing child sex abuse, as seen through the eyes of one of the church's ex-members. Read a startling account of abuse, silence, and bullying within the Church in this chapter from the book.

“Maria was six years old when she first encountered sexual abuse. Her father, Albert, owned a holiday home in KwaZulu-Natal, and he and Donna, Maria's mother, invited a family from her Jehovah's Witnesses congregation in Johannesburg to join them for the weekend: a married couple, of whom the father was a senior elder in the church, and their two young children. Maria describes this weekend as her 'first step into hell'.

On one of the evenings, the family's adolescent son suggested to Maria that the two of them play a 'fun' game of 'doctor-doctor'. He led the young and unsuspecting Maria into a bedroom, where he proceeded to touch her forcefully and inappropriately. Maria remembers thinking that it was not such a fun game; she felt uncomfortable and embarrassed. She left the room abruptly and went looking for her parents.

Too troubled to remain silent, Maria told them what had happened immediately, and, in the presence of the boy's parents, said that she did not enjoy playing with the young boy: 'I don't like the doctor-doctor game; it makes me feel sad and embarrassed.' Both sets of parents were shocked and, stunned into action, the boy's father grabbed his son aggressively, took

him into another room and proceeded to beat him 'with a belt'.

Maria recalls hearing the young boy cry out in pain as his father unleashed his anger. The boy's parents then reasoned with Albert and Donna that although their son had behaved unacceptably, he was young and foolish and had been appropriately punished. 'So, as far as they were concerned, it was all sorted,' Maria says. With the incident now dealt with, the families continued with their weekend. 'It was all just ushered away.'

Although Albert was, in fact, quietly furious over what had happened, it was never spoken about again after that weekend. Donna's reaction was dismissive, which could have been the result of her own childhood experiences with sexual abuse and the need to shut those memories away. Perhaps it can also partly be ascribed to women's submissive role within the Jehovah's church, where they are not supposed to react openly to such incidents. Only the elders deal with transgressions of any nature. For Maria, it was an ominous foreboding of what was to come.

She mentions that the young boy reportedly grew up to be a sexual predator within the church, soliciting non-consensual sexual encounters with other young women, which eventually led to outright sexual abuse.

Although he was eventually disfellowshipped by the church, he was not criminally charged. “They did not view his behaviour as a crime, but more as a sin before Jehovah,” Maria explains. Within a few short years, however, having demonstrated sufficient remorse, the elders reportedly reinstated the young man into the church.

Maria believes he was allowed back into the congregation because his repentance had been so convincing; it was his ticket back into the fold: “They never turn anyone away who wants to repent.”

From Maria’s experience, and certainly from Jose Lopez’s high-profile case against the church [in which he claimed he was molested at the age of seven by a leader in the church’s congregation in 1986], it would appear that the Jehovah’s Witnesses do not always practise what they preach. According to JW.org, the church ‘abhors’ child sex abuse, viewing it as a ‘sin’ punishable by Jehovah himself, rather, arguably, than a crime to be solely dealt with by authorities.

There appears further confusion regarding the actual reporting of sex crimes because while the Jehovah’s Witnesses’ official stand, as claimed on their website, is that they ‘abhor child abuse and view it as a crime (Romans 12:9) and recognise that the authorities are responsible for addressing such crimes (Romans 13:1-4), and that elders do not shield any perpetrator of child abuse from the authorities’, they also state that: ‘In all cases, victims and their parents have the right to report an accusation of child abuse to the authorities. Therefore, victims, their parents, or anyone else who reports such an accusation to the elders are clearly informed by the elders that they have the right to report the matter to the authorities. Elders do not criticize anyone who chooses to make such a report (Galatians 6:5)’ (JW.org).

It would appear, then, that child sex abuse is first and foremost regarded as a sin before Jehovah, and, as Jehovah God is the overarching authority in a Witness’s life, elders do not necessarily obligate themselves to report allegations to external ‘earthly’ authorities (Jehovah will seemingly ensure punishment at the appropriate time) but rather the onus is on the individual to do so. However, if Maria’s experience of excommunication from the church is anything to go by, one might approach the act of reporting abuses to external authorities with caution, with the possible threat

“They never turn anyone away who wants to repent.”

of reproach or disfellowshipping.

Maria’s high school years passed with little further incidence. She recalls that during most of her school years, both in primary and secondary school, her one overshadowing memory is of shame and loneliness. She always felt like an outsider, embarrassed by her association with the Jehovah’s Witnesses.

Her teenage years were consumed with Bible study and missionary work. From as early as the age of four, she had been groomed and trained for door-to-door missionary work. When she was very young, she would accompany Donna and Lara on certain days after school to carry out their preaching work. This entailed knocking on doors in their local neighbourhood to preach the word of Jehovah to anyone who would open the door and give them a few minutes of their time.

Each visit was recorded on a report card, detailing the time of the visit, the address of the house, who they might have spoken to, what questions they were able to field, if they left any educational material, and if there was any chance of a call-back or return visit, even if the person had refused to speak to them. On most of their visits, doors were closed in their faces. On one occasion, Maria, Donna and Lara were chased by a man carrying a shotgun who shouted at them to get off his property.

Door-to-door preaching is always conducted with a partner, either a family member or a friend from the congregation. The dress code is strictly smart and conservative: women in long skirts and conservative tops with modest hairstyles, the men clean-shaven and in suits. Beards are considered a sign of unkempt, rebellious behaviour.

The preaching work became increasingly traumatic for Maria after she turned twelve, not only because it was so time-consuming and was done without any regard for wind, rain or cold, but because of the bullying she suffered at the hands of her peers. At many of the homes, children from Maria’s school would recognise her and, in the days that followed, she would be exposed to relentless teasing and bullying by the ‘worldly’ children at school, which forced an inconsolable Maria into complete social isolation. Then, in a few weeks’ time, she, Donna and Lara would visit the same households all over again. The knock-knock/rejection/ bullying cycle was relentless. ■



Maria's Keepers is out now.



The Big Money Secret

For too long finance has been male, pale, and stale and that's why Vivian Tu, ex-Wall Street Trader and now Your Rich BFF, is here to bust the myth of hard work and reveal the rules of the rich. Dip in with this extract from the book.

“You guys do *not* want to play Monopoly with me.”
Naturally, we were like, “Uh ... why not?”

Another pause.

“Because,” he said. “There’s a secret. Most people have never actually read the full instruction brochure for Monopoly. But I have. And when I play the way I know how to play, there’s no way I lose.”

“So what’s the big secret?!” I asked.

But he just shook his head. Wouldn’t tell us. Lauren and I brushed off the conversation and headed out to the beach.

Later that night, we broke out Hamptons Monopoly. It was corny, with little lighthouses and windmills all over, but the wine was flowing and we were fully invested. After we each picked our little pieces and divvied up our fake money, we rolled the dice.

Adam proceeded to *dominate*.

Personally, I think I’m *okay* at Monopoly, like above average to actually decent, but I never stood a chance. This was a bloodbath. Tensions ran really high, really fast. Voices were raised, words were exchanged, arguments broke out over the exorbitant rent for the hotel on Shelter Island (the Hamptons version of Boardwalk).

Now, if you’ve ever played Monopoly with a competitive friend group, none of this comes as a surprise. It is probably the quickest and most devastating way to push friendships (and any relationship, really) to the brink. But this particular session was different, and not just because we were playing Hamptons Monopoly instead of the regular version.

It was because of Adam’s *secret strategy*.

“You guys had the same rule book as I did. You just chose not to read it.
”

The secret was basically a weird loophole in the rules that allows you to use money you *don’t have* to buy property. It turns out that if you do read the rule book the whole way through, and understand how the lending system works, the rules actually allow you to get leverage with the Monopoly bank (pretty much the same way you get rich in real life, TBH), which makes piling up those pink and orange bills go so much faster.

Lauren and I did not know that, of course. We’d laughed about this “big secret” earlier, but now that we’d been absolutely beaten down, we were mad about it.

“That’s not fair,” we said. “You didn’t *tell* us that we could do that!”

Adam shrugged. “You guys had the same rule book as I did. You just chose not to read it.”

Aside from guilt over almost starting World War III on our fun little couples trip (pour one out for our other friends who were innocent bystanders in this mess over tiny fake money), what I take away from this story is that the way Adam was able to win (and the rest of us ... didn’t) is basically the same way our financial system works in real life.

In theory, we all have access to the same information about money. We all have some version of the rule book. Everyone has a smartphone. Or a laptop. Or a library. It isn’t *Downton Abbey* times anymore, when nothing was publicly accessible and only people rich enough to afford daily telegram delivery knew what was up. You can pull up any number of books, articles, websites, Wikis, whatever, right at your fingertips, all for the low, low cost of zero dollars, and learn everything there is to know about getting rich for real. 📖



Rich AF is out now.

YOU'VE

GOT

THIS!

This is the sign you've been looking for to start believing in yourself - in your ability to do better, to grow and to become stronger in everyday life. Whether what you need is a method of overcoming procrastination to get more done in your day, insight into what a healthy mind looks like, or a straight-up bit of motivation, the secret to maximising your potential is just a page away.



I can't
do it

WHAT IS TIMEBOXING?

A strategic mindset for effective task completion, timeboxing addresses common issues like procrastination, overcommitment, and the overwhelming choices in knowledge work. Learn how to tap into the benefits of timeboxing in this extract from Marc Zao-Sanders new book.

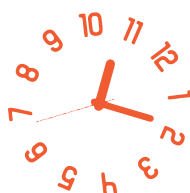
Timeboxing is often conflated and confused with similar-sounding approaches to time management: time-blocking, scheduling, daily planning, single-tasking, calendar management and timetabling.

Disparate, inconsistent, overlapping definitions of timeboxing will not do for a book on the topic! They are collectively and individually unsatisfactory. I propose that timeboxing is the method and mindset: *Selecting what to do, before the day's distractions arise; specifying each task in a calendar, including when it will start and finish; focusing on one thing at a time; doing each to an acceptable (rather than perfect) standard.*

This definition accommodates the most important elements of the practice: intentionality, focus, achievement, order, completion and the creation of the timebox itself. It also makes the important point that we should box the time when, and only when, we have the wherewithal to do so. All the rules we make (the law, coding conventions, household policies) as a civilised society are examples of making a set of decisions at the outset, in a moment of cerebral calm and consideration (often by a carefully appointed committee), to help make life smoother in the long run. Timeboxing applies that principle to a special and specific circumstance: you.

Though not quite a definition, an alternative and also useful way of thinking about timeboxing is as a synthesis of your to-do list and your calendar. The to-do list tells us what to do. The calendar tells us when to do it. The combination is much more readily actionable and useful than either on its own.

“The problem is that we don't live as good a life as we could.”



Extracted from *Timeboxing*, out now.

It's also worth distinguishing timeboxing from time-blocking. Time-blocking is the blocking off of time to do something. Timeboxing is time-blocking + committing to getting the task done in time, within the box. In other words, time-blocking is about exclusive focus; timeboxing is exclusive focus + specified outcome.

What problem does it solve?

The problem is that we don't use our time well. We procrastinate. We achieve less than we ought to. We don't feel free, even in our free time. We overcommit. We feel anxious.

We struggle to use our time well today, especially because:

- Knowledge work is never-ending.
- We are constantly faced with many choices. That choice brings an unpleasant pressure to choose well. And most of what we have to choose from is crap; the abundance of choice stems from an abundance of crap.
- We've developed a fear of missing out (FOMO), which stems from a heightened awareness of what's going on elsewhere, largely served up by social media feeds.
- Control is ceded to algorithms and other people. We have lost a lot of our freedom, our agency.
- We don't have long here — just four thousand weeks, as Oliver Burkeman put it. And we have far fewer for certain special, limited opportunities, such as time with grandparents, grandkids, our dear old parents, our finest friends.

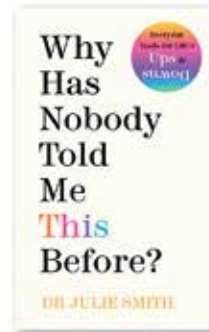
But the question of what we should do at a given moment is a constant.”

GUIDING PRINCIPLES

From their pen to your heart, these quotes from renowned self-help authors will motivate and inspire you.

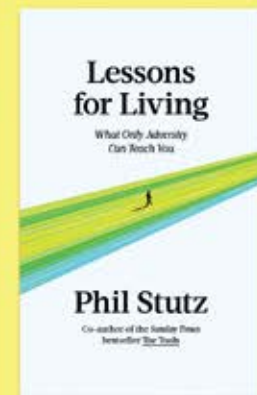
“If we associate failure with unworthiness, then starting anything new is going to feel overwhelming and procrastination will be front and centre. We protect ourselves from the psychological threat of shame by sabotaging the process before it gets started.”

Dr Julie Smith, *Why Has Nobody Ever Told Me This Before?*



“The universe is highly intelligent and speaks to you in events. You cannot change or avoid unpleasant and unhappy – and often unforeseen – situations in life, you can only change your thinking to gain control of how to move through them. Your personal problems show you exactly what you need to work on.”

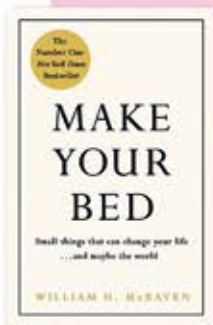
Phil Stutz, *Lessons for Living*



“If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another.

By the end of the day, that one task completed will have turned into many tasks completed.”

William H. McRaven, *Make Your Bed*



“Over the next three years, TED’s income multiplied more than tenfold, allowing us to ponder exciting new possibilities.

To shape those possibilities, a guiding principle came into focus. Back then, we called it radical openness. But today I think of it simply as, yes, infectious generosity. The Internet had taught us that if you gave away the biggest thing you could think of, you would be amazed at what came back.”

Chris Anderson, *Infectious Generosity*

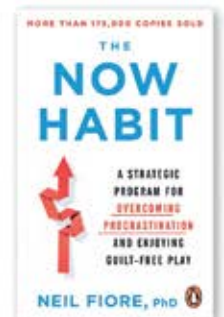
“Absorption in the activity at hand lets us discard emotional baggage - full concentration demands we leave that baggage at the door. In such focused moments our ordinary stream of thought becomes a distraction. We need to let go of thoughts of the future - for example, worries about what will happen - as well as memories of the past, particularly regrets, and bring our mind back to the present task at hand.”

Daniel Goleman & Cary Cherniss, *Optimal*



“Whenever you begin to feel overwhelmed by the large, grand project that looms before you, remind yourself, ‘I can take one small step. One small step; one rough, rough draft; one imperfect sketch; one small hello. That’s all I need to do now.’”

Neil Fiore, *The Now Habit*



WHAT A HEALTHY MIND LOOKS LIKE

A mind in a healthy state is, in the background, continually performing a near-miraculous set of manoeuvres that underpin our moods of clear-sightedness and purpose. Outlining some of the features of a healthy mind, as Alain de Botton does here in an extract from his new book, *A Therapeutic Journey*, helps us to identify what can go awry when we fall ill.



A healthy mind is an editing mind,

an organ that manages to sieve, from thousands of stray, dramatic, disconcerting or horrifying thoughts, those particular ideas and sensations that actively need to be entertained in order for us to direct our lives effectively.

A healthy mind combines an appropriate suspicion of certain people with a fundamental trust in humanity.

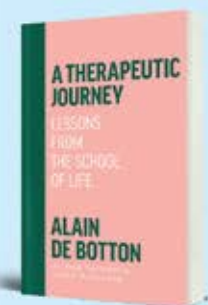
It can take an intelligent risk with a stranger. It doesn't extrapolate from life's worst moments in order to destroy the possibility of connection.

A healthy mind avoids catastrophic imaginings.

It knows that there are broad and stable stone steps, not a steep and slippery incline, between itself and disaster.

A healthy mind can quieten its own buzzing preoccupations

in order, at times, to focus on the world beyond itself. It can be present and engaged with what and who is immediately around. Not everything it could feel has to be felt at every moment.



A Therapeutic Journey is out now.

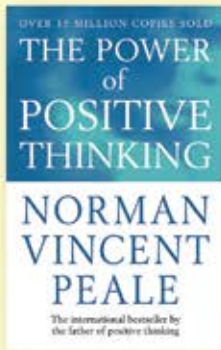
A healthy mind keeps at bay punitive and critical judgements

that might want to tell us repeatedly how disgraceful and appalling we are - long after harshness has ceased to serve any useful purpose. When we are interviewing for a new job or taking someone on a date, a healthy mind doesn't force us to listen to inner voices that insist on our unworthiness. It allows us to talk to ourselves as we would to a friend.

A healthy mind has compartments with heavy doors that shut securely.

It can compartmentalise where it needs to. Not all thoughts belong at all moments. While talking to a grandmother, the mind prevents the emergence of images of last night's erotic fantasies; while looking after a child, it can repress its more cynical and misanthropic analyses. Aberrant thoughts about jumping on a train line or harming oneself with a sharp knife can remain brief peculiar flashes rather than repetitive fixations. A healthy mind has mastered the techniques of censorship.

MORE STIRRING SELF-HELP

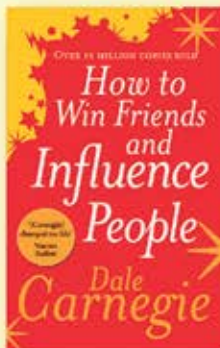


The Power of Positive Thinking by Norman Vincent Peale

A practical application of spiritual techniques to overcome defeat and win confidence, success and joy. Peale, the father of positive thinking, shares his famous formula of faith and optimism, which millions of people have taken as their own simple and effective philosophy of living.

Thinking, Fast and Slow by Daniel Kahneman

Why are judges more likely to deny parole before lunch? Why do we assume a good-looking person will be more competent? The answer lies in the two ways we make choices: fast, intuitive thinking, and slow, rational thinking. This book reveals how our minds are tripped up by error and prejudice and gives you practical techniques for slower, smarter thinking.

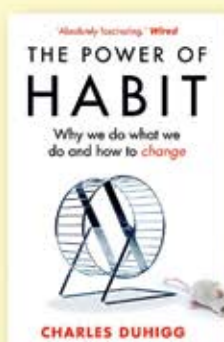
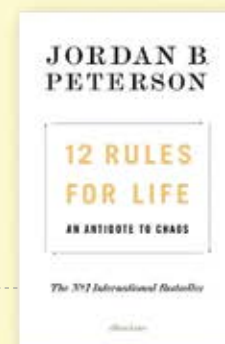


How to Win Friends and Influence People by Dale Carnegie

Practical advice and techniques for how to get out of a mental rut and make life more rewarding. Carnegie's advice will teach you how to make friends quickly and easily; increase your popularity; persuade people to follow your way of thinking; enable you to win new clients and customers; become a better speaker; and boost enthusiasm among your colleagues.

12 Rules for Life by Jordan B. Peterson

In this book, the author, an acclaimed clinical psychologist, provides twelve profound and practical principles for how to live a meaningful life. Happiness is a pointless goal, he shows us. Instead we must search for meaning, not for its own sake, but as a defence against the suffering that is intrinsic to our existence.



The Power of Habit by Charles Duhigg

The key to exercising regularly, losing weight, raising exceptional children, becoming more productive, building revolutionary companies and social movements, and achieving success is understanding how habits work. Habits aren't destiny. As Charles Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. **12**



SURVIVAL IN THE WILDS OF AFRICA

In the sequel to her popular memoir, *A Hippo Love Story*, author Karen Paolillo takes us deeper into her courageous but perilous life among Africa's wildlife. *Hippos, a Mongoose and Me* is a collection of vivid stories reflecting the decades that Karen has lived and worked in the wilds of southeast Zimbabwe. Read one such story here, in a riveting extract from the book.

“Sometimes when I am studying hippo behaviour, I am witness to really astonishing events, and am left wondering if they are standard behaviour or are as extraordinary as they seem. It was April 2011 and I had just arrived at the pool that's closest to the house when I noticed a newborn calf lying next to Tacha in a very shallow part of the Turgwe River. As I watched, the calf took a deep breath of air and, with all its splashing around in the wet, some water must have got into its nostrils. Its tiny nose twitched in surprise at its first taste of home. Beside the calf, lying on her side, was Tacha; she knew her calf had to learn all

by itself how to find her milk. And the hippo calf's only interest was in getting to that sweet-smelling milk, which was tantalisingly nearby – but where exactly? Relatively minute compared to its mother's one-and-a-half-ton bulk, the 20-kilogram calf was nevertheless having difficulty balancing as it tried to stand up in the shallow channel of the riverbed and walk. Finally, it succeeded and began its wobbling, staggering gait around its mother, searching for the nourishing food. Tacha, from her reclining position, could see her calf taking baby steps alongside her body, a distance of nearly three metres – a long way to go for a newborn calf. She rolled further on to her side

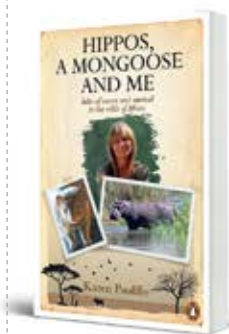


so that the calf would notice her udder tucked between her back legs, just like the udder of a cow. Her udder was not so obvious, though; it was covered by Tacha's massive belly and so the calf missed it the first time around and continued circling its mother.

Unbeknown to Tacha, two hungry crocodiles were watching from a few metres away, having witnessed the birth. As is the crocodile way, they relaxed in the water, waiting patiently for any advantage that would get them what they hoped for. Once more, the calf slipped and, exhausted, lay down to rest in the shallow water behind her mother's ample bottom. I could see that she was a little female.

One of the crocodiles moved with stealth, inching its way towards the calf. He was not a particularly large crocodile, rather a juvenile of around one-and-a-half metres, but very much larger than the baby hippo. I could see almost his entire body above the water, but as he drew closer to the calf he submerged. Nothing could be seen by mother or calf from above the water's surface as the crocodile swam directly towards the newborn baby. As I looked on, my fear for the calf reached fever pitch. I knew there was absolutely nothing I could do to intervene. I was standing above the hippos, at the top of the steep riverbank from where I had been filming the calf as she took her first faltering steps around her mother. The slight movement caused by the crocodile heading in their direction had attracted my attention, and I stood frozen, watching as the crocodile submerged and closed in on the hippos. I was certain it would attack the newborn calf.

Nothing could be seen by mother or calf from above the water's surface as the crocodile swam directly towards the newborn baby.



Hippos, a Mongoose, and Me is out now.

Minutes raced by, but nothing happened. The calf was again on her feet and this time she was heading in the right direction, straight towards the full udder. Her nose located the milk and at that moment Tacha obligingly lifted up one hind leg, exposing the milk bar. The baby got the idea and within seconds latched on to a teat, sucking with all her strength. This milk full of colostrum would protect the calf and build up her immune system, an absolute necessity for survival. As the calf suckled, Tacha lay there patiently. Every now and then she raised her head to look around her and then settled back into the shallow water.

A hippo's head is one of the heaviest parts of its body, partly due to the number of teeth in a fully grown animal's mouth: 36 in total, and some of them, like the lower canines in a big male, can be over a metre in length. Although their heads are weightless in the water, on land hippos take every opportunity to find a convenient pillow. Tacha, while remaining vigilant, was lying comfortably on her side in the shallow water, just deep enough for the baby to be submerged up to her little belly; and after her feed, the baby moved to a tiny sand island right next to them. Her wobbly gait was a joy to behold; she looked more like a puppy than a hippo, or perhaps like a seal. She lay down on the sand to sleep next to her mum.

I was so engrossed in filming that I had, for the moment, forgotten the crocodile, so when it popped up in the water right behind Tacha's bottom it really startled me. But what happened next was even more surprising..."



EXPLORING THE ENCHANTING WORLD OF FYNBOS

Dedicated conservation biologists, Cliff and Suretha Dorse, share their decades-long exploration of the Fynbos Biome in their book, *Field Guide to Fynbos Fauna*. The guide celebrates rare encounters with elusive creatures and highlights the rich biodiversity of this beloved area.

“**T**he Cape Floristic Region (CFR) has long been recognised as being completely unique and special on a global scale. Notably, this global recognition includes UNESCO World Heritage Site status and Global Biodiversity Hotspot status assigned by Conservation International. The Fynbos Biome forms a distinctive and well-defined area at the south-western tip of Africa, and is one of the four biomes that make up the greater CFR. With over 9,000 plant species, the biome is primarily known for its amazing floral diversity and endemism. But it is also home to a remarkable array of highly specialised and charismatic fauna that are largely overlooked.

One can spend a full day in mountain fynbos and see relatively few animals. This

is partly due to the fact that the majority of species are shy and/or nocturnal. As a result, one may be forgiven for thinking that animals are not an important feature in this botanical wonderland.

There is, however, a wealth of extremely interesting and enigmatic fauna in these ecosystems. This faunal component fulfils vital ecological functions, including critical pollination and seed dispersal roles. Some species are ecosystem engineers and others are essential predators keeping the numbers of prey species in check.

For those unfamiliar with these special animals, you can look forward to becoming acquainted with the spectacular Spectacled Dormouse (*Graphiurus ocellatus*), the cryptic Montane Marsh Frog (*Poyntonotus paludicola*),



the elegant Black Girdled Lizard (*Cordylus niger*) and the charming Cape Rockjumper (*Chaetops frenatus*), to name a few.

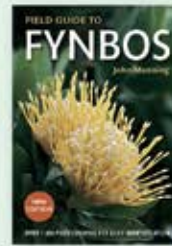
There is an impressive array of field guides and reference books devoted to the flora of the Fynbos, yet no dedicated fauna guide for the region. While there are excellent field guides for snakes, frogs, mammals and birds, these focus on southern Africa as a whole and are rather large volumes. It is not always practical to acquire all of these, and it is certainly not feasible to carry all of these volumes into the field. *Fynbos Fauna* is a concise collection of 420 species of fauna. This includes 91 mammals, 54 frogs, 113 reptiles and 162 birds that occur in the Fynbos, Renosterveld and Strandveld ecosystems that comprise the Fynbos Biome. This focused guide can be slipped into the backpack of anyone out and about in the biome. It has been written to appeal to both the interested amateur and the dedicated naturalist.

The hope is that this will be a valuable resource to a wide range of readers, while fostering additional awareness and passion for the spectacular Fynbos Biome and the critters that call it home.”



Field Guide to Fynbos Fauna is out now.

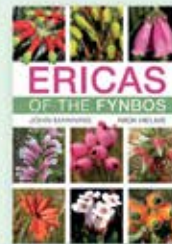
ROUND-UP



FIELD GUIDE TO FYNBOS

by John Manning

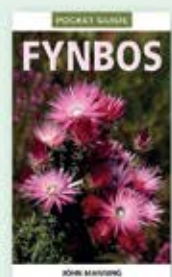
Featuring over 1,000 species from the Cape Floristic Region, home to one of the world's richest floras, this fully updated edition focuses on the most common and 'showy' plants. Species descriptions are accompanied by photographs, distribution maps, comparisons with similar species, and notes on traditional uses. An indispensable guide.



ERICAS OF THE FYNBOS

by John Manning & Nick Helme

Ericas of the Fynbos introduces 170 common species from the Cape Floristic region's rich array of 760 Ericas. Its lively design enhances the experience, empowering flower enthusiasts, gardeners, and hikers to confidently identify Ericas in the wild, celebrating their stunning diversity.



POCKET GUIDE FYNBOS

by John Manning

This pocket-sized travel companion showcases 300+ commonly found species from South Africa's famed floral kingdom. With detailed entries, vibrant photos, and distribution maps, it offers succinct descriptions, habitat insights, and comparisons. 📖

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SUMMER ON A PLATE

Starting the year with a salad spree sets the tone for a wholesome and energised journey, providing essential nutrients, hydration, and a delightful culinary experience. Packed with seasonal goodness, these light and nutritious creations not only satisfy your taste buds but also nourish your body.

The Green Salad

"I love the colour and textures of this salad. When I make salads, I usually use what I have in my fridge and pantry. I tried this one recently and my family loved it. All the shades of green, flavours and textures combine perfectly."

3 kiwi fruit, peeled and sliced
200g fresh rocket
1 cup green olives, pits removed
1 avocado, diced

FOR THE DRESSING

2 Tbsp white balsamic vinegar
1 Tbsp olive oil
1 clove garlic, minced
1 red chilli, seeds removed, and finely chopped (optional)
Handful fresh coriander, finely chopped

In a salad bowl, gently mix the kiwi fruit, rocket, olives and avocado.

To make the dressing, combine all the dressing ingredients. Drizzle it over the salad just before serving.



Senidlile Kodwa? by Zanele van Zyl is out now.

SERVES
6



Loaded BLT Salad with avo, croutons & crispy onions

“Sometimes I love turning a classic upside-down, yet retaining the original flavours that I know and love. It’s the case with this BLT sandwich-turned-salad – layers of crunchy lettuce, crispy bacon, the freshest ripe tomato, loaded with creamy avo, some pan-fried croutons (yesterday’s loaf) and a jar-shaken sweet and tangy dressing. A totally scrumptious combo.”

45 ml (3 Tbsp) extra virgin olive oil
2 slices bread (your choice), torn into bite-size chunks and some smaller bits
salt and pepper, to taste
250 g smoked streaky bacon
60 ml (¼ cup) extra virgin olive oil
20 ml (4 tsp) apple cider vinegar (or fresh lemon juice)
15 ml (1 Tbsp) mustard
15 ml (1 Tbsp) honey
1 small clove garlic, minced or finely grated (optional)
a medium bunch crunchy lettuce leaves (e.g. gem, romaine, iceberg)
2 large ripe tomatoes, sliced (or 250 g small tomatoes, halved/sliced)
1 large ripe avocado, sliced
2-3 Tbsp (30-45 ml) crispy onion salad topping (optional)

Heat the 45 ml olive oil in a pan and add the bread chunks, frying them on all sides until lightly brown. Season lightly with salt and pepper. Remove the croutons from the pan, then add the bacon (in the residual oil), and fry until crisp, stirring often. Remove from the pan, set aside to cool, then chop into smaller shards.

To make the dressing, add the 60 ml oil, vinegar, mustard, honey and garlic (if using) to a jar. Season lightly with salt and pepper, close the lid and give it a vigorous shake until well emulsified. Set aside.

Arrange the lettuce, tomatoes and avocado in a salad bowl or on a platter, top generously with the croutons, bacon and crispy onion (if using), drizzle over the dressing and garnish as desired.

SERVES
2 as a main,
or 4 as
a side



Easy Al Fresco by Ilse van der Merwe is out now.

Red Cabbage with capers, basil & pine nuts

"I have a childhood memory of cracking pine nuts (*dennepitte*) with a stone in a pine forest. Such painstaking work for children! Such precious reaping! No wonder pine nuts are dear. They do go rancid quite quickly, though, so don't hold out too long for that special occasion to use them. Set those gold nuggets in this jewel-toned salad."

½ cup pine nuts
1 medium head red cabbage
¼ cup extra-virgin olive oil
1 red onion, thinly sliced
Juice of 1 lemon
3 Tbsp vinaigrette of your choice
1½ Tbsp capers
Salt and black pepper, to taste
100 g soft Danish feta or chevre
1 Tbsp Hot Honey, to finish (optional, see below)
15 basil leaves, torn

Toast the pine nuts in a dry pan, shaking or stirring constantly to prevent burning. When they release their aroma, remove from the heat immediately and tip onto a plate to cool.

Cut the cabbage into quarters and slice each quarter very finely into thin strips. Discard the ribs into your compost bucket.

Heat the olive oil in a large, heavy-bottomed pan over medium-high heat. Add the red onion and fry for 3 minutes, stirring constantly. Then, add the sliced cabbage and toss quickly in the heat for about 2 minutes, until it starts to wilt but is still crunchy. Add the lemon juice, vinaigrette and capers, and toss until evenly mixed. Remove from the heat and season with salt and black pepper.

SERVES
4



Tip the salad onto a serving platter. Break up the feta into chunks with your fingers and dot all over the cabbage. Drizzle over the Hot Honey, if using. Sprinkle with the toasted pine nuts and garnish with the basil leaves.

Serve warm.

FOR THE HOT HONEY

Your favourite honey
Kimchi brine
1 tsp gochujang paste or dried chilli flakes

Fill a jar two-thirds of the way with honey. Fill the remaining third with kimchi brine. Adjust the proportion of spiciness to sweetness by using less honey and more spicy brine. If you want more heat, add 1 teaspoon of gochujang paste or chilli flakes.

There really are no fixed rules for this deliciousness. Pour into a squeeze bottle and set aside for later (you can also drizzle it over anything you can imagine!).



Onwards by Karen Dudley is out now.

Quinoa with artichokes & olives

1 cup quinoa
 6 grilled artichokes in olive oil,
 drained and roughly chopped
 4 sundried tomatoes,
 roughly chopped
 Small handful Kalamata olives,
 pitted and roughly chopped
 ½ red onion, finely chopped
 ¼ cup finely grated parmesan
 or pecorino cheese
 2 Tbsp each chopped fresh basil
 and parsley

FOR THE DRESSING

2 Tbsp olive oil
 2 Tbsp apple cider vinegar or
 lemon juice
 2 tsp honey or maple syrup
 Pinch salt

EXTRAS TO SERVE (optional)

Ripe avo, chopped + cannellini beans
 + crumbled goat cheese or feta
 cheese
 + roughly chopped fresh rocket +
 toasted pita breads



Good + Simple by Sarah Graham
 is out now.

Cook the quinoa according to the
 packet instructions until fluffy.
 Add to a mixing bowl along with
 the remaining ingredients.

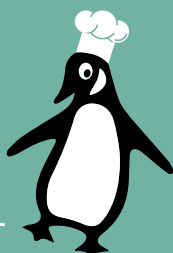
Mix together the dressing
 and pour over the salad. Toss
 well and transfer to a suitable
 serving platter. 📖

SERVES
 2

READY IN
 20 minutes



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Hungry
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On my mind NEGLECTING YOUR WILL CAN BE A COSTLY MISTAKE

Many avoid discussing wills due to fear or discomfort, but intestacy can lead to assets being distributed against the deceased's wishes. Chris Sloane and Wendy Mangin, who have managed a collective 300 deceased estates, write about the importance of having a valid, up-to-date will.

“Why do so many people not have a will or have a will that is incorrect?

We regularly deal with estates which are ‘intestate’. This means there is no will or no valid will and the distribution of the estate assets is then determined by rules set out in legislation and probably not according to the wishes of the deceased. Would you like your wealth to be distributed according to your wishes or according to the South African legal system rules?

We have had a few cases where a family member dies and the surviving children and siblings have the problem of sorting out the estate, which is why we strongly encourage our clients to discuss wills, but many families just can't broach this subject. Husbands and wives won't even have this conversation! There are various reasons for this, such as the very normal fear of discussing death, or the belief that, by bringing it up, we will be seen as money-grabbers, but ultimately, it's leaving things to chance.

If you are married and have no children, it isn't too much of a problem if you die without a will, as everything devolves upon the surviving spouse. However, where there are children involved, the picture changes completely.

The basic rule of intestate is that the surviving spouse gets a minimum of R250,000 and thereafter, it is largely split evenly between the children and surviving spouse. If there is a fair amount of value in the estate, the children

6 Many families just can't broach this subject. ”

also each get R250,000 and then the balance gets split evenly. If the estate was worth R2,000,000 and there are three children, the spouse and each child get R500,000. This would be a desired outcome in very few cases, namely because the husband and wife have generally built wealth up together, and the surviving spouse now sees three-quarters of this wealth going to the children. This can get even worse if the children are under 18, as the funds have to be deposited in the Guardians' Fund until they come of age. The Guardians' Fund is a government-run institution ... need we say more?

We have managed several estates where the house of the deceased is the main asset. Let's take the example above: if R1,500,000 of the value of the estate is for the house, the spouse and each child will have to own a quarter of the house. If all children don't agree to this, the property will have to be sold to pay the three children out – very unlikely that this would have been the deceased's intention.

If there is no spouse or children, the inheritance goes to the deceased's parents, and if they are no longer alive, it goes to the siblings. We have seen cases where there is no close family, and the inheritance ends up with a fairly distant relative – often not someone the deceased would have even thought about.

If you have no family, leave your inheritance to a suitable charity.

And most importantly, ensure that you have a valid and up to date will.”

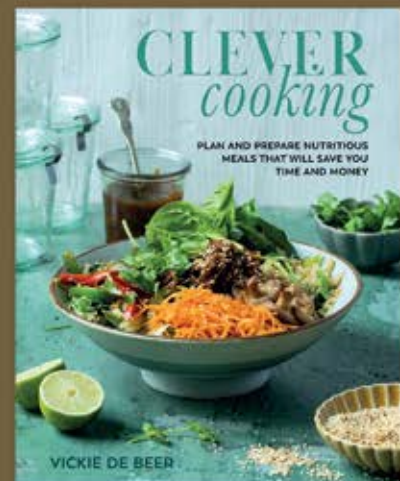
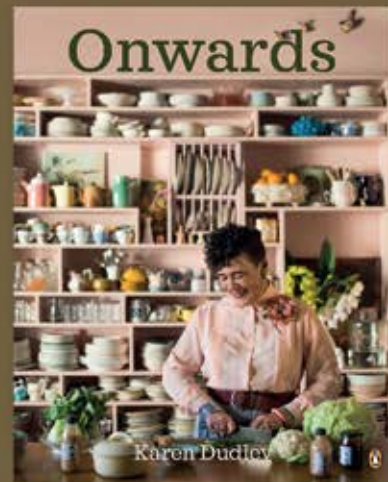


Get Your Will Right is out now.



AFFORDABLE EATS, EXCEPTIONAL TASTES

Discover gourmet flavours on a budget
with our collection of cookbooks





The outstanding new thriller from
the number one internationally
bestselling author.

