


THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

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FREE
COPY!**

A close-up portrait of Barack Obama, looking directly at the camera with a slight smile. He is wearing a dark suit, a light blue shirt, and a patterned tie. His right hand is raised to his forehead, with his index finger pointing upwards. A gold ring is visible on his ring finger. The background is a solid light blue.

“I have
faith
in my
fellow
citizens”

A Promised Land
by Barack Obama
PLUS WIN 1 of 3 copies

**AN UPLIFTING
DEBUT NOVEL**

The Funny Thing about
Norman Foreman

**A GUIDE TO
WRITING A NOVEL**

From crime author
Mike Nicol

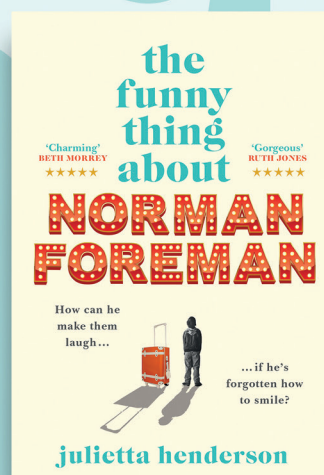
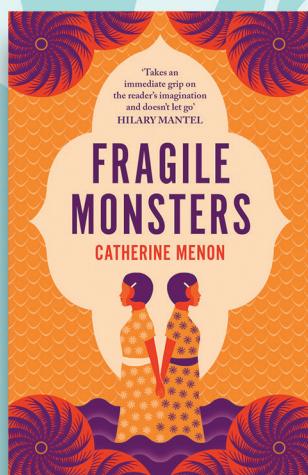
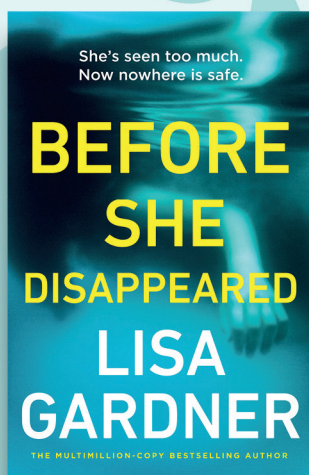
**FEEL-GOOD
FOOD**

Simple & delicious
vegetarian recipes

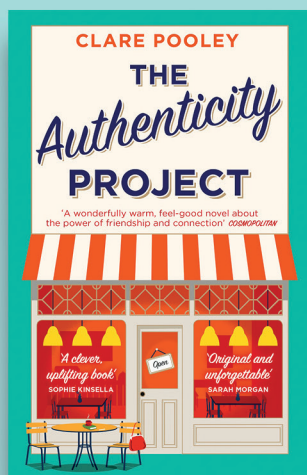
**EXPERT
MONEY ADVICE**

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2021



THE YEAR OF



THE BOOK CLUB

Join our online book club for exclusive discounts,
giveaways, and news on our latest releases and fabulous events.

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Welcome!

A brand new year means the chance to start again with renewed hope and zest.

We've coined this The Year of the Book Club, and the perfect read to kick off with is *The Funny Thing about Norman Foreman*. I can't stop singing the praises of this delightful and inspiring novel from talented debut author Julietta Henderson (p. 8). It's the perfect antidote to a rough year, and guaranteed to start you skipping into 2021.

Another book that's recently moved me is David Attenborough's *A Life on Our Planet* (p. 2). It's a compelling read on the state of our world that puts the responsibility for saving it in our hands. For example, the single biggest thing we can do for the environment is to eat a more plant-based diet. Even just one meat-free day a week can have a powerful impact. It's worth giving it a shot and, to get you started, we've put together a mouth-watering vegetarian menu (p. 17), with recipes from foodies such as Tammy Fry, from The Fry Family Food Co. Bon appétit!

And last but not least, we're thrilled to have Barack Obama on this month's cover. Volume one of his presidential memoirs, *A Promised Land*, hit shelves in November, and had the whole team here at Penguin SA buzzing with excitement. It's our book of the year, and we're so pleased to share it with you. More on page 4.

May 2021 bring you peace, happiness and most importantly of all, ample reading time!

Until next month,

Lauren

Lauren Mc Diarmid

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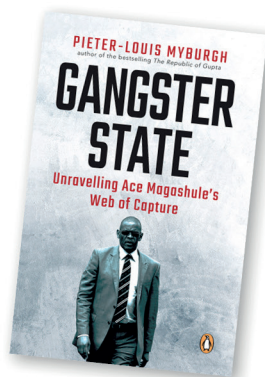
bookscape

news | snippets | events | what's new

+++++

Everyone's talking about ...

PIETER-LOUIS MYBURGH'S GANGSTER STATE & ACE MAGASHULE'S ARREST



In April 2019, investigative journalist Pieter-Louis Myburgh exposed the web of capture that appeared to surround Ace Magashule, the erstwhile premier of the Free State, in his book **Gangster State**. In this book, Magashule's links to alleged corrupt dealings over the Free State's R255-million asbestos audit contract were uncovered for the first time.

Just over a year later, in November last year, a warrant of arrest was issued for Magashule over the Free State asbestos saga and he is expected to face several corruption-related charges.

In his explosive book Myburgh covers Magashule's time as a struggle activist in the 1980s, his rule as premier of the Free State province for nearly a decade, and his rise to one of the ANC's most influential positions.

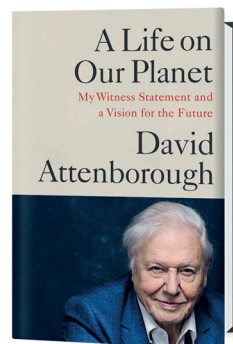
Sifting through heaps of records, documents and exclusive source interviews, Myburgh explores Magashule's apparent links with the notorious Gupta family and other tender moguls; investigates government projects costing billions that allegedly enriched his family but failed the poor; reveals how he was about to be arrested by the Scorpions before their disbandment in the late 2000s; and exposes the methods used to keep him in power in the Free State and to secure him the post of ANC secretary-general.

Most tellingly, Myburgh pieces together a pack of leaked emails and documents to reveal shocking details on a massive Free State government contract and connections between Magashule's office and a businessman who was gunned down in Sandton in 2017. *Gangster State* is an unflinching examination of the ANC's top leadership in the Jacob Zuma era and beyond.

Gangster State is available at bookstores nationwide and online.

DOMINATING THE BESTSELLER LISTS

Sir David Attenborough's eye-opening book, *A Life on our Planet: My Witness Statement and a Vision for the Future*, as well as the Netflix documentary, bares the stark truth of the state of our planet. Spanning from 1937, in a world that's 66% wild and inhabited by 2.3 billion people, to 2020, down to 35% wilderness and brimming with a population of 7.8 billion people, *A Life on our Planet* is a legacy-defining book that reflects on Attenborough's life's work, the dramatic changes to the planet he has witnessed, and what we can do to make a better future.



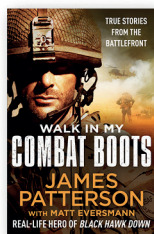
"One of the ways we resist change is by being hard on ourselves. A patient told me she wanted to lose weight, but when she came to see me she'd spend half the session berating herself. 'I'm pigging out on ice cream,' she'd say. 'I'm pigging out on chocolate cake.' The minute you put yourself down, you're never going to change. But if you say, 'Today I'm not going to put sugar in my cappuccino,' then you're doing something about it. This is how growth and learning and healing happen - by what you do, little by little, on your own behalf."

Edith Eger, psychologist
and author of *The Gift:*
12 Lessons to Save Your Life



RELEASE RADAR

Don't miss out this month...


**Walk in my
Combat Boots**

by James Patterson

Written with Matt Eversmann, the decorated war hero immortalised in the film *Black Hawk Down*, this book is filled with first-hand wartime experiences of life on the battlefield.


**Assassin's
Creed Valhalla:
Geirmund's Saga**

by Matthew J. Kirby

Born into a royal lineage of Norwegian kings, Geirmund Hel-hide sets out for adventure to prove his worth as a Viking and a warrior. Historical fantasy at its best.


**Pangolins:
Scales of Injustice**

by Richard Peirce

The world's most trafficked mammal, pangolins have long been sustainably harvested by local communities for meat and scales, but today this trade has reached crisis point. Eye-opening.



Want to receive the latest issue of *The Penguin Post*, straight to your inbox each month? Visit www.penguinrandomhouse.co.za to subscribe.

Stephen Fry in numbers

Ever wondered what's behind one of our favourite thespians? We broke it down.

14

the number
of books
he's written

1980

the year he met
Hugh Laurie,
the other half
of their epic
comedy duo



3 months

spent in jail as
a teenager after
committing
credit-card fraud

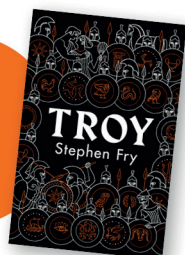
52

the number of films
he's appeared in,
including *Sherlock
Holmes* in 2011

13 years

as presenter of
the BBC television
quiz show *QI*

Troy is
out now.



Q&A

one minute with...

TJ Benson



Inhabiting a house that once served as a sanatorium for deranged colonists, the characters in *The Madhouse* by TJ Benson are bursting with energy and life.

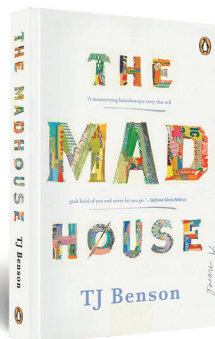
Your book comes with a soundtrack - tell us more. Yes! Jazz and high-life music are strong influences in the novel, so when I was asked to curate a playlist, I was delighted. QR codes to the songs can be found throughout the book, so you can listen while you read.

You are also a photographer. How does this influence your writing? Photography is an entirely different language for me from writing, so it is quite separate. I have been influenced by the photography of other artists and I am able to use images as prompts. However, I now practise visual art, altering photos from my early portfolio and drawing on them, and this helped me find language again after the world went into lockdown in March. Now I draw from the same place I write from, I think.

***The Madhouse* is a debut novel; how much have you depended on advice to 'write what you know'?** It took nine years to finish writing this book because I was waiting to mature into the material. I started writing it when I was a teenager and I didn't have the impetus to write about marriage or sex, for example. But I think writing what you know is about the imagination because you might never get to physically 'know' the things you are writing about. So, I had to nurture my imagination with research,

of course. Then there are parts of the story I know - I wouldn't dare write this book about an alternative artist family in the vicious military regime if I didn't grow up in one.

***The Madhouse* hits shelves in March.**





PHOTOGRAPH: Dan Winters

“FOR ALL
THE POWER
AND POMP,
THE PRESIDENCY
IS STILL JUST
A JOB.”

In his own words, Barack Obama tells in *A Promised Land* the story of his improbable odyssey from young man searching for his identity to leader of the free world, describing in strikingly personal detail both his political education and the landmark moments of the first term of his historic presidency - a time of dramatic transformation and turmoil.

Q You offer readers a real sense of what it's like to be the president of the United States, including the daily mix of satisfaction, disappointment, friction, and small triumphs that come with it. After eight years in office, how did your understanding of the "job" of being president change?

A I'd say a few things. The first is just what an extraordinary privilege it is to serve your fellow Americans in this capacity. We all understand that at an intellectual level, but to feel the weight of that every day is a different experience.

One of the metaphors that is used for the presidency is that you are a relay runner. I always viewed it as taking the baton from a whole range of people who had come before me, some of whom had been heroic, some of whom had been less than ideal. But wherever you were in the race, if you ran hard and you did your best, and you were able to pass that baton on successfully, with the country or the world a little bit better off than when you got there, then you could take some pride and feel good about your role. And I think that we were able to do that.

At the same time, you learn that for all the power and pomp, the presidency is still just a job and our federal government is a human enterprise like any other, and it's got many of the same dynamics and tensions that exist in a lot of workplaces, even if the setting surrounding it is quite a bit different.

Of course, you have to learn to live with the unique isolation of the presidency, both because of security issues and the nature of the job – suddenly you can't go take a walk, or sit in a park and eat a sandwich, or go to a concert. You don't fully appreciate some of the value of anonymity until you've lost it. It's just unusual.

Having said that, there is a gift given to a president, or someone running for president, in that you see a bigger cross-section of the country, you meet more people and gain a better sense of the variety of our people and our commonality as a people. And all of those voices become a part of you, if you're listening. And that is a profound gift, and it's part of the basis for the optimism I continue to feel.

Q You've said that democracy is not just something handed down to us but rather something we actively create together. In an increasingly polarised and divisive world, how can citizens uphold the ideals of democracy?

A Look, there's no doubt that the country is deeply divided right now. When I think back even to my own first presidential election in 2008, the country didn't feel this divided, fractured by a combination of political, cultural, ideological, and in some cases, religious and geographical divisions that seem to be deeper than just differences in policy. I think a lot of that has to do with changes in how people get information. I've spoken about this before, and I write about this in my book. If you watch Fox News, you perceive a different reality than if you read *The New York Times*, and that difference didn't used to be as stark because you had local newspapers and more overlap in terms of where Americans got their information.

But now, partly because of social media and the echo chamber of sources that we already agree with, a lot of the people who voted for Donald Trump do not believe that COVID was mishandled, contrary to the facts. And I think that until we can start having a common baseline of facts, if we do not have the capacity to distinguish what's true from what's false, then by definition, the marketplace of ideas doesn't work. And by definition our democracy doesn't work. So, as citizens, we need to push our institutions in the direction of addressing these challenges.

At the same time, we need to stay engaged – and not just every time a tragic event takes place that puts into sharp relief our country's injustices, or every four years when there's a presidential election. If you're not seeing the progress you want, take a close look at who or what is really standing in the way. I know it can be exhausting. But for this democracy to endure, it requires our active citizenship and sustained focus on the issues – not just in an election season but all the days in between.

Ultimately, I have faith in my fellow citizens, especially those of the next generation, whose conviction in the equal worth of all people seems to come as second

I have faith in my fellow citizens, especially those of the next generation.

nature, and who insist on making real those principles that their parents and teachers told them were true but weren't always borne out in reality.

Q You reflect on some of the early conflicts in your life – “between working for change within the system and pushing against it; wanting to lead but wanting to empower people to make change for themselves; wanting to be in politics but not of it.” What is your advice to the next generation who are struggling with these same questions and push-pull forces today?

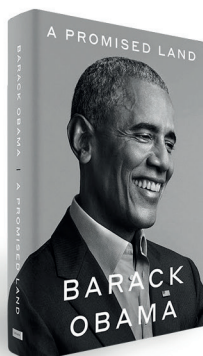
A Well, look, like so much in life, this is not an either-or situation – it's a both-and situation. When you're trying to accomplish the kinds of transformative changes we're talking about – whether it's income inequality or racial injustice or the climate crisis – there's no doubt that we need the kind of grassroots activism and protest that opens people's eyes. That shakes them out of their complacency. That energises them to believe that they can shape their own destiny. At the same time, we also need to work the levers of political power – including organising, including voting, including running for office – to bring about the kind of large, sustaining change that leads to real progress.

And I'm optimistic. What we've seen over the past four years is just an enormous amount of energy and enthusiasm – and focus – from a huge swath of Americans of every background. And because people got engaged, and because they voted, we are sending Joe Biden and Kamala Harris to the White House. And I have no doubt that they will do everything they can to unify our country. But that's not going to be easy – so we have to stay involved and support them.

Because here's the truth: You don't just elect a president then kick back and hope he or she will get it done. You've got to stay informed and engaged – and you've got to keep voting. Because like we saw during my two terms, even if you start out with big governing majorities in the House and Senate, you might lose them. And if you're stuck with a Senate that would rather block everything than work together, you've got to flip some seats. And the only way

“I have no doubt that Joe Biden and Kamala Harris will do everything they can to unify the United States”

A Promised Land is out now

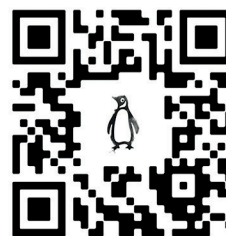


to do that is by participating – and continuing to participate and grow your coalition until you get a government that looks like you and reflects your interests. It's true at the federal level and it's true at the state and local levels.

Q What is the message you hope to convey with *A Promised Land*?

A I've spent the last few years reflecting on my presidency, and in *A Promised Land* I've tried to provide an honest accounting of my presidential campaign and my time in office: the key events and people who shaped it, my take on what I got right and the mistakes I made, and the political, economic, and cultural forces that my team and I had to confront then – and that as a nation we are grappling with still. In the book, I've also tried to give readers a sense of the personal journey that Michelle and I went through during those years, with all the incredible highs and lows. And finally, at a time when America is going through such enormous upheaval, the book offers some of my broader thoughts on how we can heal the divisions in our country going forward and make our democracy work for everybody – a task that won't depend on any single president, but on all of us as engaged citizens. Along with being a fun and informative read, I hope more than anything that the book inspires young people across the country – and around the globe – to take up the baton, lift up their voices, and play their part in remaking the world for the better.

WIN one of three copies of Barack Obama's *A Promised Land*, valued at R599 each. To enter, scan the code using your phone camera, or visit penguinrandomhouse.co.za/competitions. Entries close 28 February 2021. 

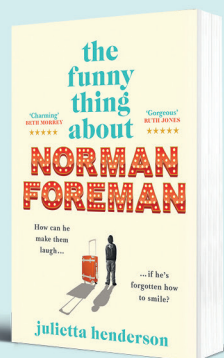


“Listen to the story your heart is telling you”

Julietta Henderson, author of the delightful and uplifting debut, *The Funny Thing about Norman Foreman*, chats about hope, courage and cheeky octogenarians.

Brought up in a book-loving family in the rainforests of North Queensland, Julietta has been writing professionally for more than 25 years. Having worked her way through jobs as diverse as a bicycle tour guide in Tuscany, she got serious about fiction writing after completing a novel-writing course in 2013. Now a full-time freelance feature and travel writer, she divides her life mainly between Melbourne and the UK.

“I’ve always been drawn to the ‘outsiders’ of life, because they’re the ones with the interesting stories. When an unusual, comedy-obsessed boy called Norman arrived in my head, I started wondering how it would feel to want to do something you loved so much, but know that you weren’t actually any good at it. I knew that as a couple of outsiders, Sadie and Norman Foreman were going to have to be each other’s heroes, but their real journey was going to be in discovering the depth of their own courage. Even though both of them have to face such sadness I wanted it to be a hopeful story, because I think hope is such a powerful catalyst for happiness.



The Funny Thing about Norman Foreman is out now

The Funny Thing about Norman Foreman is just as much about loss as it is humour. Grief and happiness are both such strong emotions and perhaps not as different from each other as we might imagine. I’ve always had this idea when a person has to go through something utterly devastating in their life, somewhere along the line the universe will try to make amends by presenting them with something wonderful. But grief can be so overwhelming that it becomes impossible to be open to the good stuff, so I asked myself: what if the worst thing that ever happened to you could actually lead you to the best time of your life? There’s so much conflict and hope wrapped up in that question and I absolutely loved where finding the answer took me.




ABOUT THE BOOK

Norman and Jax are a legendary comedic duo in waiting, with a five-year plan to perform at the Edinburgh Fringe by the time they're fifteen. But when Jax dies before they turn twelve, Norman decides paying tribute to his best friend just can't wait... so he rewrites their plan. Look after Mum, find Dad, get to the Edinburgh Fringe. Sadie knows she's never going to win Mother of the Year, and not knowing exactly who her son's father is doesn't help. But when she finds Norman's new plan, all she wants is to see her son smile again. So they set off on a pilgrimage to Edinburgh, making a few stops to find Norman's dad along the way. An inspiring feel-good novel about a small boy with a big heart - and even bigger dreams.

I love all my characters in the book, and it was so much fun developing them. But I've probably got the biggest soft spot for Leonard. Octogenarian Leonard Cobcroft is Sadie's colleague, but after hearing about her hopes to get Norman to the Edinburgh Fringe – happening in just four weeks – he insists on driving them there in his vintage teal 1971 Austin Maxi, and helping them hash out a plan.

Apart from the fact that other than Sadie and Norman, Leonard's the one I spent most time with, there's so much more to his story than

ever made it into the book. I hope that I'm as cheeky, resilient and curious as Leonard when I hit my eighties!

Like many other authors, my first published novel isn't actually the first I've written, and I have quite the collection of unfinished stories on my hard drive! But the difference is that I fell in love with Norman and Sadie's story so much that my desire to push through and finish it was stronger than the temptation to stop. So I think for anyone who wants to write a novel, you have to create the time and space to listen to the story your heart is telling you – and then write the book that nobody else but you could write." 





START WRITING THAT BOOK

Crime novelist and creative writing teacher Mike Nicol gives tips to getting started on writing a book. Mike's latest novel, *The Rabbit Hole*, will be on shelves in March.

If you think you have a story, start writing it. That's one of the best writing tips I've received, and one I've lived by. You also don't want to tell everybody about this great idea for a story, especially if you just know it's a winner. If you're going to *tell* your story to friends and family, what would be the point in *writing* it?

All this might sound like obvious advice but I've heard many times from students who tell me chapter and verse of this blockbuster they're going to knock out over their annual holiday.

'I'm going off to a remote cottage where there's no internet and I'm just going to write,' they'll tell me. And this remote cottage is either on a beach or up a mountain or deep in the bush on a game reserve. Wherever it is, self-isolation to concentrate on writing is the order of the day.

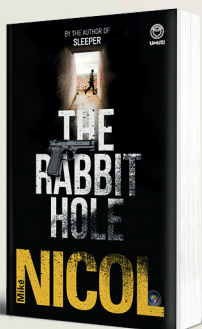
Except when they return, these writers either haven't written a word or so few words that their output during the entire holiday didn't even amount to a short story.

So if a remote refuge isn't a help, how do you convert that great idea into a story?

The kick-starter

Well, the first thing I do is work out who is in the story. At the end of all my books I usually don't have the faintest idea what I'll write next. The same thing happened at the end of my upcoming novel, *The Rabbit Hole*. Then it just so happened that I was at a crime fiction festival in France, agonising over the where-to-next question when a colleague at lunch mentioned the assassination of the Swedish prime minister Olof Palme back in 1986. I remembered there was a South African connection. Ah, I thought,

You need to keep the reader glued to the pages



The Rabbit Hole will be out in March

Great idea for a crime novel. I started writing in my notebook that evening.


Which just goes to show that you can never tell where the next idea is going to come from, or when.

Questions, questions, questions

Here's a way to get your book on the go. I've used it many times and it has worked on every occasion. Picture a scene in your mind's eye and then ask these 10 questions about the scene and the characters in the scene:

1. Where is this taking place?
2. When is this taking place?
3. What does the setting look like?
4. Who is involved?
5. What are their physical characteristics?
6. How are they dressed.
7. What are their names?
8. Why are they there?
9. What is happening to the main character?
10. What is the character's emotional state?

Answering these questions will help you develop your character(s) and the setting.

And the questions should continue all through the writing. What's going to happen next? That's the most important question of them all. Whether you're writing a novel or a memoir you need to keep the reader glued to the pages. They've got to keep asking the question: What's going to happen next? Remember, you're not only the writer, you're the first reader, if you're not entertained no one else will be either. 

Check out Mike's online writing courses at WriteOnline.pro.

REFLECTIONS ON BEING PRESENT

Bestselling author of *The Power of Now*, Eckhart Tolle is widely recognised as one of the most inspiring and visionary spiritual teachers in the world today. His book *Oneness with All Life* is the perfect go-to guide for wisdom, solace or motivation. Read on for insightful quotes extracted from the book.

ON GOING BEYOND THOUGHT

DEFINING YOURSELF THROUGH THOUGHT IS LIMITING YOURSELF. WHEN YOU FULLY ACCEPT THAT YOU DON'T KNOW, YOU ACTUALLY ENTER A STATE OF PEACE AND CLARITY THAT IS CLOSER TO WHO YOU TRULY ARE THAN THOUGHT COULD EVER BE.

ON AWAKENING

The ego says, "I shouldn't have to suffer," and that thought makes you suffer so much more. It is a distortion of the truth, which is always paradoxical. The truth is that you need to say yes to suffering before you can transcend it.

ON WHO AM I?

The joy of Being, which is the only true happiness, cannot come to you through any form, possession, achievement, person, or event – through anything that happens. That joy cannot come to you – ever. It emanates from the formless dimension within you, from consciousness itself and thus is one with who you are.

ON THE POWER OF THE PRESENT MOMENT

Whenever you become anxious or stressed, outer purpose has taken over, and you lost sight of your inner purpose. You have forgotten that your state of consciousness is primary, all else secondary.

ON BECOMING PRESENT

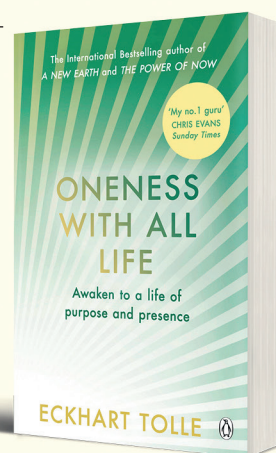
Be alert. If there is awareness in you, you will be able to recognize the voice in your head for what it is: an old thought, conditioned by the past. If there is awareness in you, you no longer need to believe in every thought you think. It's an old thought, no more. Awareness means Presence, and only Presence can dissolve the unconscious past in you.

ON YOUR LIFE PURPOSE

On the new earth, enjoyment will replace wanting as the motivating power behind people's actions. Wanting arises from the ego's delusion that you are a separate fragment that is disconnected from the power that lies behind all creation. Through enjoyment, you link into that universal creative power itself.

ON ONENESS WITH ALL LIFE

Life will give you whatever experience is most helpful for the evolution of your consciousness. How do you know this is the experience you need? Because this is the experience you are having at this moment.



at my desk

Author Ashley Audrain chats to us about her writing must-haves, eavesdropping in coffee shops and the inspiration behind her gripping debut novel, *The Push*.

“**T**he idea for *The Push* came to me after I had my first child. He had health challenges that had us spending a lot of time in the children’s hospital. Needless to say, this experience was extremely eye-opening with respect to how we think early motherhood will look and feel. I thought a lot in those days about the expectations society places on mothers, the ways we’re taught motherhood should be. This had my curious mind wandering to more extreme scenarios – what if your child wasn’t a person you could love? What if they did something unforgivable? Those seeds of thinking grew into the story that is now *The Push*.

Ideas come to me all the time. I’ve been known to pull the car over or interrupt a conversation to jot something down before I forget (because I will *always* forget if not). I take notes constantly, using the notes app on my phone, because I’m rarely without it. I’ll keep a running list of scenes or details to incorporate at some point, and use the note for inspiration as I work through my first draft. When I’m working through a revision, I keep notes of specific changes or additions to make, and then I use the note more as a check-list when I sit down to edit.

But that’s not to say I had a well-thought out plan when writing *The Push*. I focused mostly on the main character and her inner conflict, and the scenes were more spontaneous. The structure and plot was something I worked on a lot through many revisions. For my upcoming second book, I started with more of an outline so I could better keep track of the story. I did like the feeling of being more organised the second time round, but I did leave some



Blythe will give Violet, her firstborn, all the love she deserves. All the love that her own mother withheld. But Violet is demanding and fretful. She never smiles. Soon Blythe believes she can do no right – that something is very wrong. Either with her daughter, or herself. Her husband, Fox, says she’s imagining it. But Violet’s different with him. Addictive, gripping and compulsive.



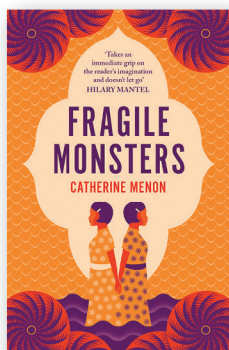
room for wandering ideas. That said, I’m still revising the manuscript, so I guess it remains to be seen which approach worked better!

One thing I need in order to write, no matter where or when, is a cup of hot tea. I have a hard time settling in to write without one. But I wish I had a writing desk of my own! Before the pandemic, I always wrote at local coffee shops where I stay in Toronto. I love the atmosphere, the background noise, nosily eavesdropping on bits of conversation. These days I’ve mostly been writing at my kitchen table after the kids are off to pre-school and kindergarten!

I hope *The Push* is a book that inspires conversations readers might not otherwise have had – about society’s expectations of mothers, about what we owe our children in the context of nature versus nurture, about how relationships change under the weight of parenthood, and importantly, the dangers of silencing women’s truths, something that certainly feels important right now.”

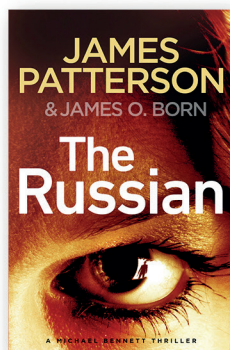
PHOTOGRAPH: Barbara Stoneham

THIS MONTH'S TOP FICTION



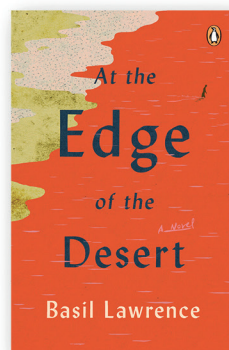
Fragile Monsters by Catherine Menon

On a visit to her childhood home in rural Malaysia, Durga faces a reckoning. Stuck with her sharp-tongued grandmother in the rising heat, both women must untangle the truth from the myth of their family's past. What happened to Durga's mother after she gave birth? Why did so many of their family members disappear during the war? And who is to blame for the childhood tragedy that haunts Durga? A spellbinding debut about what happens when secrets fester through the generations.



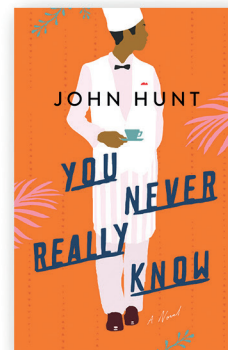
Michael Bennett 13: The Russian by James Patterson

Weeks before NYPD Detective Michael Bennett is to marry his long-time love, an assassin announces their presence in the city with a string of murders. The victims are all young women - and each has been killed in a manner as precise as it was gruesome. Tasked with working alongside the FBI, Bennett uncovers multiple cold-case homicides across the country that fit the same distinctive pattern - but he may be walking into a deadly trap. Dripping with suspense.



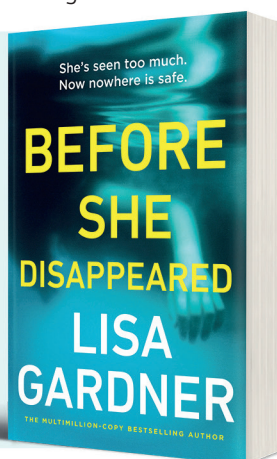
At the Edge of the Desert by Basil Lawrence

In an attempt to get his career back on track, documentarian Henry van Wyk returns to his birthplace, the Namibian harbour town of Lüderitz. But the tranquil land hides a bloody history: nearby Shark Island was once the site of a concentration camp. When Henry begins to interview the survivors' descendants, their testimonies compel him to search the desert. A meditation on loss, isolation and love, which asks us to consider the implications of telling someone else's story.



You Never Really Know by John Hunt

Barista to the President, Cappuccino hasn't lived anywhere other than in the big man's compound. Left in the care of Maria - I'm-not-your-mother when his real mom died, Cappuccino spent his boyhood in the laundry room before receiving his true calling. But life is about to serve him a bitter cup when he finds the Minister without Portfolio - and moral compass to The Boss - dead in the presidential home. A playful and damning satire on political power.



Before She Disappeared by Lisa Gardner

Frankie Elkin spends her life doing what no one else will: searching for missing people the world has stopped looking for. A new case brings Frankie to a rough Boston neighbourhood. She is searching for Angelique Badeau, a Haitian teenager who vanished from her high school months earlier. Frankie soon learns she's asking questions someone doesn't want answered, but she will stop at nothing to discover the truth - even if it means the next person to go missing will be her. A gripping thriller. **12**

“No one owns this corner of the crime genre the way Lisa Gardner does.”

LEE CHILD

THE WONDERFUL WEST COAST



With five other travel books under his belt, another one on the West Coast came naturally for Leon Nell after he settled there seven years ago. The sea is the sea is the sea, many might say. “Not so,” says Nell, who comprehensively researched the history of the area and rubbed shoulders with locals, old timers, fisherfolk and farmers.

“**T**he West Coast isn’t just a geographical region with sweeping seascapes and a myriad of flowers in spring, it’s a way of life – almost a culture of its own. I tried to capture a little bit of the very essence that makes the West Coast so unique in a country renowned for its diversity. There is history, humour and heartbreak in every hamlet and town, not to mention the rugged splendour of the coastline stretching from Melkbosstrand in the south to the Orange River in the north.

Who knows, for instance, that there was a sea battle and treachery between the navies of Britain and Holland in the 1780s in the bay of Saldanha, and the well-known Afrikaans

ABOVE: A charming scene at Crayfish Wharf, Paternoster

ditty, ‘Daar kom die Alibama,’ also originated in Saldanha, after the Confederate warship CSS Alabama visited the town’s harbour during the American civil war in 1863? The history of Saldanha warrants a book of its own, not to mention all the other towns, bays and coves.

I loved traversing every mile of the West Coast and will never get tired of this area. One of many memories stockpiled during my many travels was a day on the sea in a six-man rubber duck exploring the islands in and around Saldanha Bay. I took more than 200 photographs – mostly blurred – and eventually gave it up as I just hung on for dear life amidst towering waves while our guide calmly described how a ship’s crew and

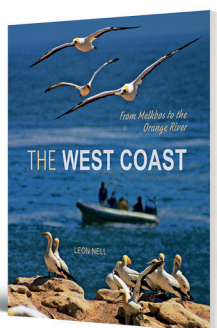


CLOCKWISE FROM TOP LEFT: Sunrise through the 'venster' at Verlorenvlei's Vensterklip; an abandoned building in Ebenhaezer housed the local branch of a commercial bank; Bokkom cleaning in Veldtdrif is tricky work

passengers perished after being shipwrecked upon the very rocks only a few metres from our little rubber vessel! Fishing trawlers often spend 14 days on the open sea during their excursions, and up till then, I had been seriously contemplating to volunteer for work on one to gain in-depth knowledge and experience – not to mention photographs of the men at work – but that quickly evaporated after that single day around the islands!”

The West Coast also covers the inland towns of Darling, Aurora, Redelinghuys and Leipoldtville and features more than 160 pages and 320 contemporary and historical colour photographs of the region, as well as its colourful inhabitants, including the realms of the San, fishermen, unsung heroes and artists, as well as better-known personalities, such as Pieter-Dirk Uys. Other points of interest are lighthouses, flower shows, nature reserves, the West Coast Fossil Park, the annual snoek run, as well as ecological problems facing Verlorenvlei, near Elands Bay.

The West Coast is out now



PAIR IT WITH...

WEST COAST WANDER by Georgia East

Combining Mediterranean simplicity with a dash of nostalgia, *West Coast Wander* is the definitive guide to sustainable seaside fare and a valuable addition to any South African kitchen.

Exploring this iconic coastline and the people that call it home, *West Coast Wander* takes readers - travellers and home cooks alike - on a culinary caper from Yzerfontein to Doringbaai, documenting each delicious detour along the way.

From *heerboontjies* to *harders*, the book encapsulates recipes both well-known and newly discovered. Using a natural and unfussy approach to cooking, author Georgia East highlights the unique ingredients, both cultivated and naturally occurring, along this coastline, transforming them into dishes filled with local flavour.

Seeking out the best place to buy bread in Hopefield, discovering what sets a Sandveld Sauvignon Blanc apart and learning how the plumpest oysters in the country are farmed in Saldanha Bay are just a few of the topics covered. 📖



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BECOMING WEALTH WISE

Sometimes, avoiding a costly impulse buy starts with making the decision not to, before the option even comes up, as Douglas Kruger discusses in this extract taken from his hard-hitting new book, *How to Grow Rich: 50 Ways to Debunk Money Myths and Master Wealth*.

“Do not be fooled by the Mercedes in the driveway. The rich typically live surprisingly frugally, more so than most poor or middle-class people tend to credit.

It is very easy to see the mansion, the car, the constant overseas travel – and to conclude that wealthy people live lavish and wasteful lifestyles. The reality is this: if the people observed have been living that way for more than five years, they are almost certainly living well beneath their means.

Insights into how wealthy people live tend to come as a surprise to those on the outside. For instance, the wealthy tend to make greater use of coupons and sales than do the poor and middle class. They also make their money go further by buying in bulk rather than piecemeal. We tend to think they do not have to. And yet, by and large, they choose to.

It is extremely typical of the rich to ask for better rates on contracts, for lower prices on purchases and for better terms on bills. The rich are rich because they know how to keep their money, not how to spend it.

It is generally only the middle class who will overextend themselves to pay for an expensive car. When the rich buy cars, even luxury ones, they tend to buy far fewer than they can actually afford. I recall the first money advice I ever received from a wealthy person, and it had to do with cars: ‘If you can’t afford it easily, you can’t afford it.’ That is a good heuristic.

And so, let me put this challenge to you, and ask you to answer it for yourself: Which potential purchase could one day ruin your wealth potential? Where is your danger zone for overspend? What tempts you?

If you are wise about wealth-building, you

“If you can’t afford it easily, you can’t afford it.”

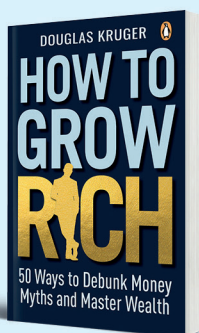
will not allow your own potential weak point to become the thing that keeps you poor. Here you can benefit from the idea of the preloaded decision. Preloaded decisions help you to make good choices in advance, rather than making emotional choices in the heat of the moment.

So, viewing the problem today, what might you set in place now to stop yourself from indulging in impoverishing behaviour later?

Let us assume it is that car for you. You know that the second you can afford a good one, you will strain every financial limb in your body and reach beyond reasonable limits for that shiny impoverisher. How about if you set non-negotiable terms for yourself today, such as, ‘Until I can afford a car twice as expensive, I am not going to buy that one’?

I won’t prescribe specific preloaded decisions for you. But I encourage you to structure them for yourself, and to do it now. At the critical juncture of early wealth-building, this one wise call could mean the difference between your ultimate prosperity and your descent back into poverty.

While we’re at it, here is another challenge: scour through your current lifestyle and look for five ways you could live more frugally. Do not stop until you have found at least five. Not only will this put more money in your account (those small amounts add up over time), but it represents a new habit of the wealthy implemented directly into your life. Most importantly, it is a sign and commitment to yourself that you are now choosing to live strategically.”



How to Grow Rich is out now

Extracted from *How to Grow Rich*. For more on Douglas, visit www.douglaskruger.com or www.breakingwoke.com.

FEEL-GOOD FOOD

The benefits of a plant-based diet are numerous, including improved heart health, a reduced risk of diabetes, and lowered blood pressure. Get inspired to give it a go with this yummy menu we've put together with recipes taken from three of our brand-new cookbooks.

Beetroot & Halloumi Skewers

"There's something so tempting about eating food on a stick, and these marinated beetroot and halloumi skewers are no exception. Best of all, this recipe is a quick and easy way to add extra flavour and colour, creating a seriously yummy snack. Served on a pretty rosemary skewer, these are the perfect option for keeping vegetarians happy. Best of all, they're a great health choice, too, as beetroot is high in several beneficial plant compounds, which are associated with reducing blood pressure."

- Chantal Lascaris

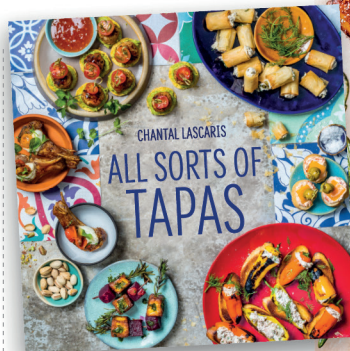
- 12 rosemary sprigs to use as skewers
- ¼ cup lemon juice
- ½ cup olive oil
- 2 Tbsp chopped fresh thyme leaves
- 2 Tbsp chopped fresh parsley
- 1 clove garlic, finely chopped
- salt and pepper to taste (halloumi can be quite salty so use salt with caution)
- 200g halloumi cheese (or tofu)
- 4 medium beetroot
- 2 Tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 2 spring onions, finely chopped

Soak the rosemary sprigs in cold water for at least half an hour to stop them from burning.

In a blender, blitz the lemon juice, half of the olive oil, the thyme, parsley, garlic, salt and pepper, then set aside.

Pat the halloumi dry and cut into 2cm x 2cm cubes. Place in a dish and pour over the herb marinade. Cover the cheese and refrigerate until ready to use.

Peel, top and tail the beetroot and cut into cubes about the same size as the cheese.



Recipe extracted from *All Sorts of Tapas* by Chantal Lascaris, out now.

TOP TIP:
Use tofu instead of halloumi cheese for a plant-based alternative

Bring some water to the boil and cook the beetroot cubes until cooked but still firm. Drain and set aside.

In a bowl, combine the vinegar, mustard and spring onions and blend well.

Slowly whisk in the remaining olive oil.

Pour the mixture over the cooked beetroot and set aside for about 15 minutes.

Thread the halloumi and beetroot alternately onto the rosemary sticks.

Cook for 4–5 minutes on each side under the grill (or on a braai if you prefer), until the cheese is browned and crisp on the outside.

Drizzle the remaining sauce from the beetroot over the skewers and serve.



Ultimate Veggie Curry Butter Chickpea and Tofu

SERVES:
4

PREP TIME:
15 mins

COOKING
TIME:
40 mins

"Tofu is made from fermented soya beans, and you can find it at Asian supermarkets or your local health store. For this recipe, I recommend buying a GMO-free, firmer tofu as you want to fry it up so that it gets crispy. Not all tofu is created equal, so try them out and find the one that works best for you. Tofu will take on the flavour of what you cook it in, so although it can be perceived as bland if not cooked correctly, it can also be absolutely incredible when submerged in surrounding flavours. It is also naturally high in protein and a wonderful substitute for many meat products." - **Melissa Delport**

1 cup uncooked brown rice
2 Tbsp coconut oil
250g tofu (or paneer), cubed
¾ cup raw cashew nuts, roasted
1½ cups coconut milk
3 Tbsp tomato paste
¼ cup Greek yoghurt or coconut cream
½ red onion, diced
2 cloves garlic, minced
1 Tbsp grated fresh ginger
2 tsp curry powder
3 Tbsp Massaman or red curry paste
2 Tbsp Garam masala
2 tsp ground turmeric
1 tsp cayenne pepper (or to taste)
½ tsp salt
250g chickpeas, cooked
250g tender-stem broccoli
1 handful fresh coriander leaves, roughly chopped

Cook the rice as per the packet instructions. Once the water has evaporated, remove from the heat and set aside with the lid on to steam.

Heat 1 tablespoon of the coconut oil in a medium-sized frying pan over medium heat. Add the tofu and cook for roughly 3 minutes per side until crispy. Once ready, remove from the heat, drain on paper towel and set aside.

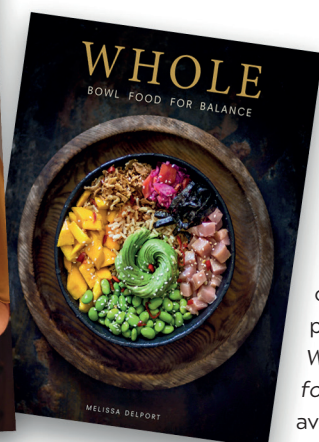
Place the roasted cashew nuts, coconut milk, tomato paste, yoghurt or coconut cream and ½ cup water into a food processor or blender and blend until smooth. Set aside.

Using the same frying pan from the tofu, heat the remaining tablespoon of coconut oil over medium heat. Once hot, add the onion and sauté for 5 minutes until translucent. Add the garlic and ginger and cook for another 5 minutes until the onion starts to caramelize.

Add the curry powder, curry paste, garam masala, turmeric, cayenne pepper and salt and cook for another minute to release the fragrance of the spices. Once ready, pour in the cashew sauce and mix well. Bring the sauce to a gentle simmer and cook for 15 minutes. If the sauce becomes too thick, add a little water to help it along.

Once the flavours have developed, stir in the tofu and the chickpeas and cook for 5 minutes. Stir in the broccoli and continue cooking for 5 minutes.

Serve a generous ladle of curry with a helping of rice or naan bread and top with fresh coriander leaves and a crack of black pepper.



Recipe extracted from *Heal: Begin with Food* by Melissa Delport, out now. Her previous cookbook, *Whole: Bowl Food for Balance*, is also available.



Raspberry and Chocolate Tartlets

"These never last long, so make a double batch if you think you may need more or make more and freeze some for later. A super-simple recipe with no baking involved." - *Tammy Fry*

MAKES:
8 tartlets

PREP TIME:
20 min

FREEZING TIME:
3 hours

Base

¾ cup almond meal (use almond flour if you can't find meal)
10 Medjool dates, pitted
2 Tbsp cacao powder
1 tsp coconut oil

Filling

1 cup cashew nuts, soaked overnight
1 cup fresh raspberries
3 Tbsp maple syrup
1 tsp vanilla essence

Decoration

½ cup chopped dark vegan chocolate
1 Tbsp maple syrup
fresh raspberries
puffed amaranth

For the base, place all the ingredients into a food processor and pulse to combine. Test the mixture by squeezing with your fingers; it should hold together. If not, add a little coconut oil and pulse again. Divide the mixture into 8 balls, pressing each one into a cup of a silicone muffin tray.

For the filling, add all the ingredients into a blender and combine until smooth. Pour into the chocolate bases in the muffin tray.

For the chocolate decoration, use a double boiler or place a glass bowl over a pot of simmering water (the water shouldn't touch the bowl). Add the chocolate and syrup and stir until the mixture is completely melted. Allow the mixture to cool



slightly. Top the tarts with fresh raspberries and melted chocolate. Place in the freezer or fridge until set (it usually takes a few hours).

Serve sprinkled with puffed amaranth. 



Recipe extracted from *Made with Love & Plants* by Tammy Fry, out now.

On my mind THE TRUTH ISN'T WHAT IT USED TO BE

With all the Covid misinformation and Trump's electioneering, truth has been on his mind lately, **William Dickey** writes.

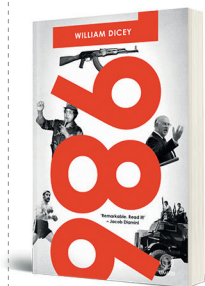


I've been applying the finishing touches to 1986, my latest book on a year in South African life and politics. The National Party in power then was, of course, adept at manipulating truth. Now and then, my thoughts have drifted to George Orwell's *Nineteen Eighty-Four*, a book that has much to say about government propaganda.

Orwell's protagonist, Winston Smith, works for the Ministry of Truth (in truth, the Ministry of Untruth). Smith's job is to falsify historical records so that they support the version of history currently advanced by the government. On a given day, he might rewrite articles in a selection of five-year-old newspapers, destroying the originals. Smith, along with his fellow citizens, is obliged to learn Newspeak, a language designed to discourage subversive thoughts (or 'thoughtcrimes').

Social scientist Robin Cohen has observed that South Africa's National Party employed 'a considerable variety of newspeak'. This included opaque terms such as 'ethnic pluralism', 'co-operative co-existence' and 'consociational democracy'. It also included the misuse of words: a boy with a stone in his hand was a 'terrorist', while a 'communist' was just about anybody who opposed government policy (this included most liberals, many of whom were avowedly anti-communist). Sindiwe Magona identifies a subtler form of government newspeak. In her memoir *To My Children's Children*, she points to 'the worlds of difference between a library and a library'. Black South Africans were prohibited from using public

Trump's assault on truth comprises not so much newspeak as out-and-out lies.



William Dickey's 1986 is out now.

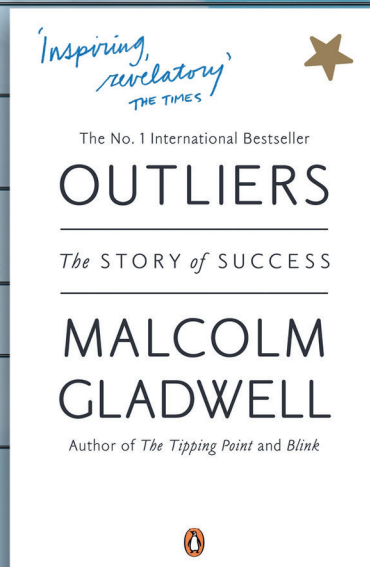
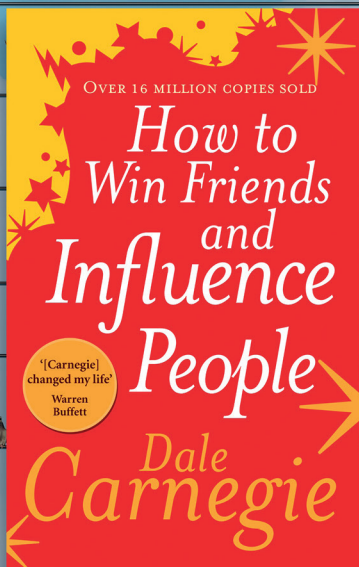
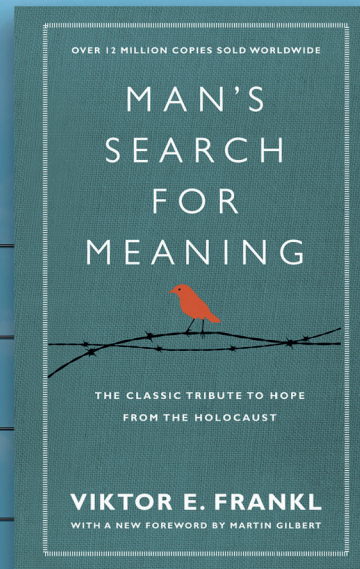
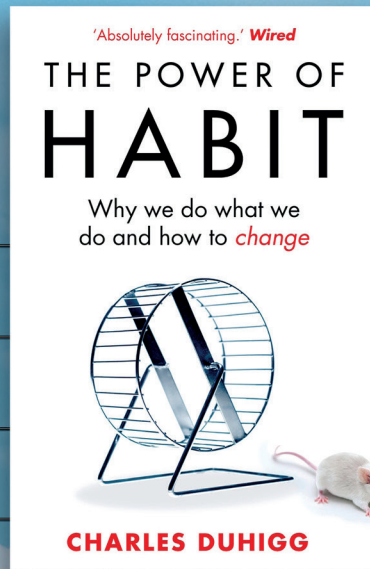
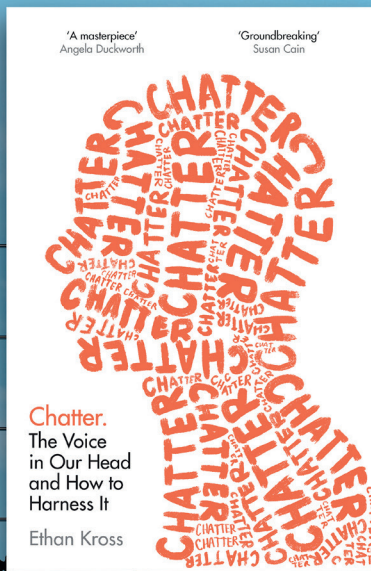
libraries, she observes. 'Instead, we were fobbed off with inadequate, silly, and insultingly inferior things: one-room structures furnished with whatever was being thrown out by royal whiteness.'

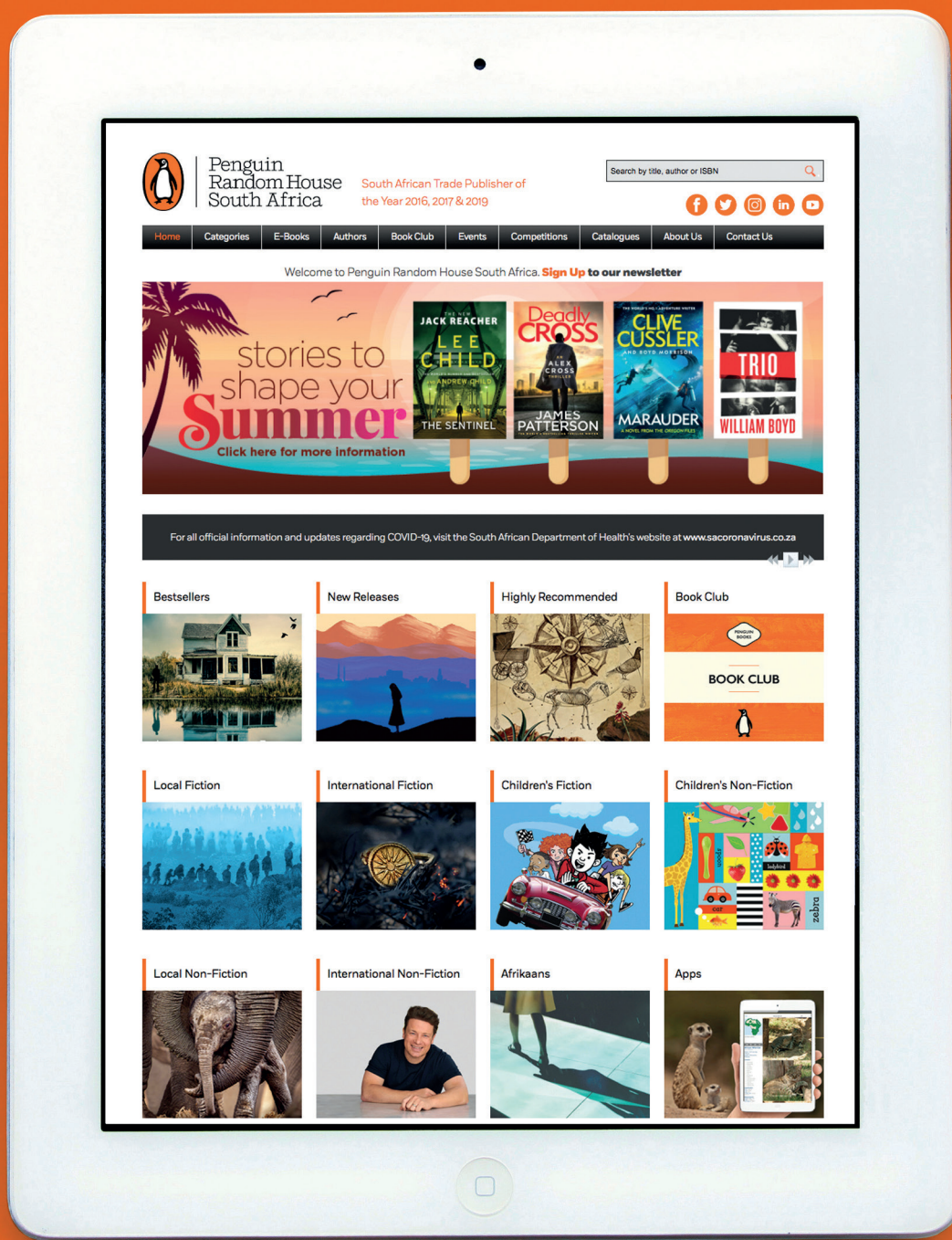
Trump's assault on truth comprises not so much newspeak as out-and-out lies. *The Washington Post* began tracking his 'tsunami of lies' from the moment he became president in January 2017. By July 2020, he had surpassed 20 000 'false or misleading claims'. The tone was set early on, when Trump's press secretary Sean Spicer announced, 'This was the largest audience ever to witness an inauguration, period' (a statement easily contradicted by photographs). White House aide Kellyanne Conway then defended Spicer, telling NBC that, far from lying, he had merely been offering 'alternative facts'. In 2018, Trump's lawyer, Rudi Giuliani, cut to the heart of Trumpism, when he announced, apropos the Mueller investigation, that 'Truth isn't truth.' Trump himself never flagged. During the second presidential debate, in October 2020, he declared that the United States was 'rounding the corner' in its fight against the Covid pandemic. In the weeks that followed, the country posted a series of new records for daily cases.

I don't have any unifying or concluding thoughts on the nature of truth in the twenty-first century. Except perhaps to say this: both Orwell and the apartheid government assumed that rewriting the present (along with the past) required diligence and effort, robust argument and vast substantiation – basically, the fleshing out of an entire narrative – whereas Trump has shown that it requires little more than a Twitter account and a cohort of incurious followers. ■

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