

# THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

**YOUR  
FREE  
COPY!**



## RACHEL JOYCE

“My new book  
is a story  
of renewal”

**WONDERFULLY  
WOMAN**  
Empowerment  
through words

**AT MY  
WRITING DESK**  
With thriller writer,  
Lisa Jewell

**TRAVEL ON  
THE PAGE**  
The remarkable  
Renosterveld

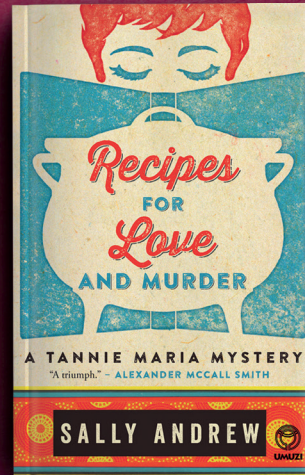
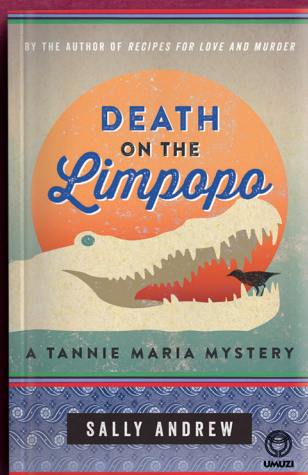
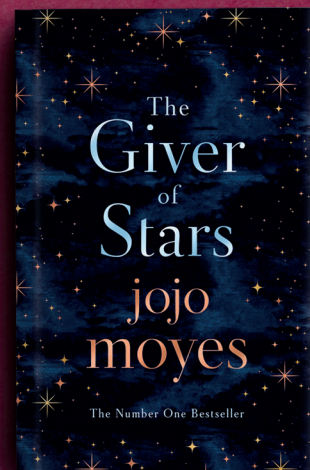
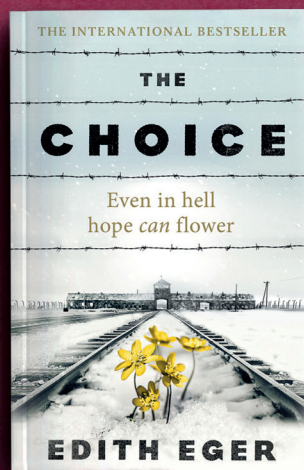
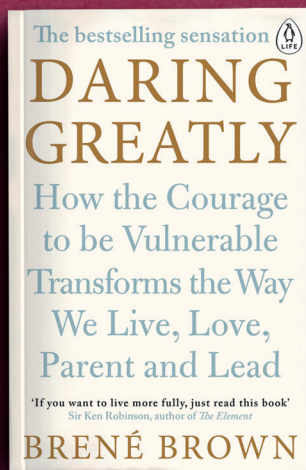
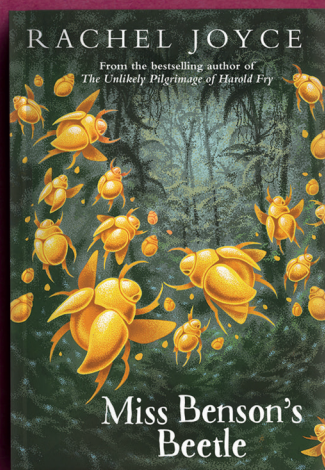
**EXCLUSIVE  
EXTRACT**  
Yes to Life  
by Victor Frankl

**HEARTY &  
HOME-COOKED**  
Recipes from our  
favourite foodies



# HEROINES

Uplifting and inspirational stories  
of and by incredible women



Now available at leading bookstores  
nationwide and online



Penguin  
Random House  
South Africa





**04 COVER**  
Bestselling author Rachel Joyce on the power of female friendship



# contents

**02 BOOKSCAPE** Bernardine Evaristo, Jordan Peterson and Jonathan Kellerman

**07 AT MY DESK** Lisa Jewell on writing, and the inspiration for her new thriller

**08 A GLIMPSE INTO** The Rise and Fall of the ANC Youth League

**10 NATURE** Fall in love with the enchanting Renosterveld of the Overberg



**09 WONDERFULLY WOMEN**  
We pay tribute to four authors

**12 ADVICE** Change your life with tips on negotiation from expert Chris Voss

**13 WELLBEING** Hoop, healing en harmonie, Malcolm de Roubaix

**14 EXTRACT** Yes to Life in Spite of Everything by Victor Frankl

**16 FOOD** Our favourite local food doyennes put together something delicious

**20 IN MY OPINION** Mashaba poses a threat to the political establishment

**Johannesburg** | Rosebank Office Park, Block D, 181 Jan Smuts Avenue, Parktown North, 2193 | 011 327 3550

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

**Lapa Uitgewers:** Bosmanstraat 380, Pretoria, 0002 | 012 401 0700

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

**Editor** Lauren Mc Diarmid **Designer** Sean Robertson **Sub Editor** Frieda Le Roux  
**Contributors** Belinda van der Merwe, Ellen van Schalkwyk, Frieda Le Roux, Neilwe Mashigo, Surita Joubert

# Welcome

...to our special women's month issue, and the second edition of *The Penguin Post*.

The response from you so far, dear readers, has been simply amazing. We're thrilled to hear that you're enjoying this brand new initiative as much as we've enjoyed bringing it to you.

By the way, for those of you who might have missed our debut, you can still check it out at Penguin Online. While you're there, you may want to sign up for our newsletter to make sure you're one of the first to have a peek at our latest digital edition each month. If, however, you prefer the feel of a book in your hand, you'll be happy to hear that the print version of *The Post* is available for free at selected bookstores nationwide.

Alright, on to the real reason we're here – the books!

Our lovely cover star, author Rachel Joyce, has written one of my most memorable reads. It's called *Miss Benson's Beetle*, and it's an intoxicating adventure novel, with two of the most unique and plucky characters you'll meet. I was lucky enough to get an advance copy, which I started reading shortly after lockdown began, and I must say, it was the key to the lock on my traveller's heart. It's out now, and I really recommend you grab yourself a copy. Or even better, enter our competition to win one of three. More on page 4.

Because it's women's month, we've also paid tribute to our most inspirational women writers, like *The Choice* author, Edith Eger, in our Wonderfully Women feature on page 9, and SA's very own doyennes of the dinner table on page 16. I can't wait to try Cariema Isaac's barley, red lentil and split pea soup – yum!

If you want to let us know what you like most about the mag, or what you want to see more of, then please send us a mail to the address below.

Otherwise, happy reading!

Lauren

**Lauren Mc Diarmid**

[ThePost@penguinrandomhouse.co.za](mailto:ThePost@penguinrandomhouse.co.za)





# bookscape

news | snippets | events | what's new?



## Everyone's talking about Bernardine Evaristo

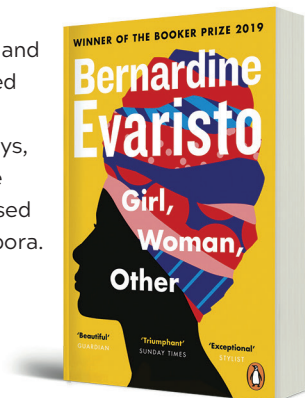
Recently, British writer Bernardine Evaristo was named Author of the Year at the 2020 British Book Awards, with her Booker-winning novel *Girl, Woman, Other* also being crowned Book of the Year in the Fiction category.

The acclaimed novel has won the Indie Book Award for Fiction, too, this year, and is currently nominated for the Australian Book Industry Awards, Orwell Prize for Political Fiction, Publishing Triangle Awards USA and the Women's Prize for Fiction.

Teeming with energy, humour and heart, *Girl, Woman, Other* is a love song to black Britain told by twelve very different people, including Grace, a Victorian orphan dreaming of the mysterious African father she will never meet; Winsome, a young Windrush bride, recently arrived from Barbados; and Amma, the fierce queen of her 1980s squatters' palace.

Evaristo is the author of eight books and numerous other published and produced works that span the genres of fiction, poetry, verse fiction, short fiction, essays, literary criticism, and radio and theatre drama. Her writing and projects are based around her interest in the African diaspora. She is Professor of Creative Writing at Brunel University London.

*Girl, Woman, Other* is out now.



## Scales of Injustice

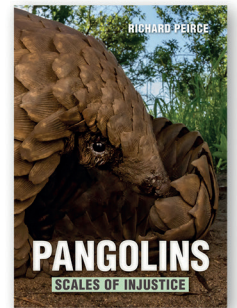
Pangolins were in the news even before the current Covid-19 pandemic took over news headlines. The world's most trafficked mammal, scientists have identified pangolins as the likely source of the coronavirus infection that has brought the world to its knees.

In *Pangolins - Scales of Injustice*, Richard Peirce traces the eight pangolin species - four in Asia and four in Africa - only to find that they are all facing extinction.

The irony is that the meat and scales have been harvested sustainably by local communities

for many generations.

Peirce believes that with meaningful amendments to China and other South East Asian countries' laws, it may be that the virus could save pangolins from extinction. E-book out now.



"The better ambitions have to do with the development of character and ability, rather than status

and power. Status you can lose. You carry character with you wherever you go, and it allows you to prevail against adversity."

Jordan B. Peterson, *12 Rules for Life: An Antidote to Chaos*

 Visit Penguin Online to read an extract.

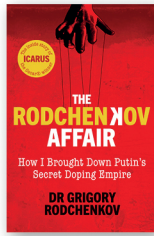


## RELEASE RADAR

You don't want to miss out this month



**Diep Spoor** deur Jeanette Stals. Katrien, Dina en Thabisa - vóór en tydens die Groot Trek



**The Rodchenkov Affair** by Grigory Rodchenkov. How Russia ran the biggest state-run doping programme for athletes.



**Plek van Poue** deur Henriëtte Linde-Loubser is 'n Gotiese riller met 'n stokou kasteel, dwerg - en poue.



Visit our Facebook page to find out about the latest events happening near you @PenguinRandomHouseSA

## Jonathan Kellerman in numbers

Ever wondered what's behind one of the world's most illustrious crime writers? We broke it down.

**1985**

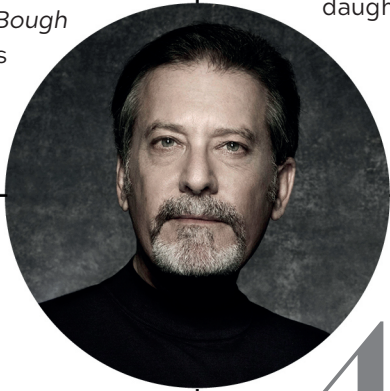
Jonathan's first novel, *When The Bough Breaks*, was released

**4**

the number of authors in his family, including his son Jesse and daughter, Aliza

**20**

the number of years Jonathan worked as a psychologist



**35**

Alex Delaware novels

**48**

The amount of years Jonathan's been married to wife and author, Faye Kellerman



*Lost Souls* is out now

## Q&A

### one minute with Margaret Atwood

We caught up with Margaret Atwood to find out more about her long-awaited sequel to *The Handmaid's Tale*.



#### What prompted your return to Gilead in *The Testaments*?

There have been many requests for a sequel. As time moved on, instead of moving further away from Gilead we started moving towards it. While I couldn't continue with Offred's narrative, I could continue with other characters.

#### *The Testaments* seems a lot more optimistic than *The Handmaid's Tale*, why is that?

*The Handmaid's Tale* is optimistic. I didn't kill off the central character and we have the symposium at the end which proves Gilead didn't last. It's the same with *The Testaments*. It's still clear that Gilead is over and it crumbled partly from within.

#### How much has your involvement in the TV series affected the way you wrote the book?

Bruce Miller [creator and lead writer] and I talk on the phone and we have important conversations. I read the scripts and make notes. I don't have any actual power to make changes, but *some* influence. We're in accord most of the time. He's now read the book and

has so much more whiteboard space!



#### Would you go back to Gilead again?

I never say never to anything. 📖

*The Testaments* is out now



An intoxicating  
adventure story of  
two unforgettable  
**WOMEN**





Bestselling British author Rachel Joyce tells us about the inspiration for her latest novel, the delightful *Miss Benson's Beetle*, and the story's two lead characters, the indefatigable Margery and Enid.

was in my car one day, listening to an interview on the radio about cryptozoology, which is, in essence, the search for animals whose existence has not yet been proved. The interviewer was giving the poor man a really hard time – almost laughing – so of course I felt empathy for him, especially when he said yes, he truly believed in the Yeti and the Loch Ness Monster. I began thinking about how you would look for a creature that hasn't yet been found. And it struck me that as well as imagination, it would also take knowledge, and tremendous courage.

I knew this was a story about renewal, and in Ancient Egyptian mythology the beetle is the symbol of exactly that. Just like the sun that sets in the dark and then rises again, the scarab lays its eggs in a ball of dung and rolls it to a burrow, until the new beetle finally slips out.

Bingo. I would send a woman on the trail of a golden beetle that no one had found.

The story is set in New Caledonia, which is rich in minerals, flora, fauna and insect life. Having said that, the book could have been set anywhere in the world – originally it was supposed to be set in the UK, but that felt too close to what I know. I wanted to put myself and my characters (and my reader) beyond the confines of what we knew. I wanted to make my imagination really work hard.

So, New Caledonia. Obviously.

I chose to set the book in 1950, a time of collective exhaustion after two terrible world wars. I began to read and think about all the women who went through the First World War as children, and lost fathers, brothers, uncles, only to be confronted by the Second World War, where they lost husbands, fiancés and friends.

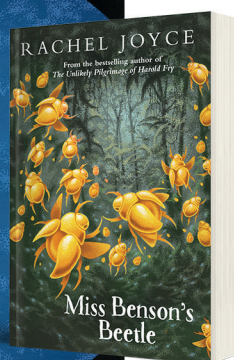
I had an Aunt Edith who wasn't really an aunt but who must have been one of my grandmother's unmarried friends. She would have been a similar age to Margery. I know her life was hard.

And it was these women who brought Margery and Enid to life. Who they are comes from where they began. Enid is cagey about her beginnings. We know she lost her parents at a young age. We know she was passed between families and possibly abused.

Margery has a mother in mourning, and an adored father who chose to kill himself. After that, she has only her mother's silence and her

**WIN**

one of three copies of *Miss Benson's Beetle*. To enter, visit Penguin online. Entries close 30 September 2020. Ts&Cs apply.





aunts' refusal to discuss anything whatsoever. She does not know how to say what she feels. She doesn't really even know how to feel it. But it is her instinct, her unconscious will to survive, that makes her pick up those great big boots and walk out of her awful life.

At the end of the novel, one of the characters has the thought that 'the real failure as a woman was not to try'. That need to try, to be brave, is essential not only for women, but for us all. But I think women have been behind on this one. I am not saying, *Live your dream!* But I am saying be true to the creative part of yourself, because no one else can do that for you. It takes tenacity and determination to bring about change and become who we truly are. In order to find the thing they want, Enid needs to find the Margery inside her, and Margery needs to find her Enid. They need one another in order to become who they want to be. This is true of all of us. In order to become who we truly are, we need to embrace the parts of ourselves that are hidden and underdeveloped.

I said from the beginning that I would write an adventure story for women. I looked at all the old classic male adventure stories and thought about how I might use and retell them.

I love writing male characters – though I would argue that my best ones are in touch with their feminine side. This time, I felt I owed it to myself, my daughters, my friends, to write about the things I live and breathe, and to celebrate them. And that is women.

“The need to be brave, is essential not only for women, but for us all. It takes tenacity and determination to bring about change and become who we truly are.”



## RACHEL ON WRITING

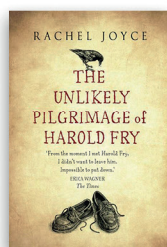
When I start to write a story it's like finding an empty house in the woods, where the doors and windows are barred, and there's no way in. So I circle it and I circle it, and eventually maybe I find a little crack, the smallest opening. When I am writing a book, it is with me all the time. It calls my attention, even when I'm asleep.

I don't write in a linear way. I can't. So I just listen to what comes up. And by the end I have a load of ideas and little scenes and observations and I begin to try to see how they might fit together. Finding the beginning is the milestone - the moment you understand how to guide the reader into a story. It's such a relief when you find that. And I often write the end way before I have arrived there. For me, the beginning and the ending are directly related; one is a call to the other. I just have no idea how I'm going to get there.

++++  
++++  
++++  
++++

## OTHER GREAT READS FROM RACHEL JOYCE

Dive into the backlist with some of her best



### THE UNLIKELY PILGRIMAGE OF HAROLD FRY

When Harold Fry nips out one morning to post a letter, leaving his wife hoovering upstairs, he has no idea that he is about to walk from one end of the country to the other. He has no hiking boots or map, let alone a compass, raincoat or mobile phone. All he knows is that he must keep walking. To save someone else's life. A novel of charm, humour, and profound insight into the thoughts and feelings we all bury deep within our hearts.



### THE MUSIC SHOP

It is 1988. On a dead-end street, there is a music shop, jam-packed with records of every kind. Frank, the shop's owner, has a way of connecting his customers with just the piece of music they need. Then, one day, into his shop comes a beautiful young woman, Ilse, who asks Frank to teach her about music. The journey that these two quirky, wonderful characters make in order to overcome their emotional baggage speaks to the healing power of music - and love - in this poignant, and joyful work of fiction. **12**





Ever wondered where authors get their ideas from? Lisa Jewell met one of the characters in *Invisible Girl* while walking down the street.

I would describe my writing routine in two words: predictable and repetitive. I need a clean sweep of empty days, nothing in my diary, no-one in the house. I'm also quite specific about where I write. I can't write in hotels, I can't write on tour, I can't write at home during the school holidays with children around the house, I can't write on trains. My writing space is, and always has been, my kitchen table. It has a nice view out of the window – and is very close to the biscuits.

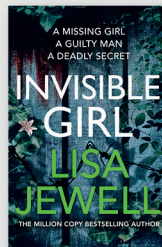
My routine is everything to me. It really helps the process flow, meaning that with it, I can easily reach my daily target of 1 000 words.

I don't read anything for research, I only read for pleasure. I read a lot of psychological thrillers and enjoy watching series; I'm curious about people's stories... It all creeps into my consciousness, subliminally stored away for days when I'm writing.

I vividly remember when the *Invisible Girl* first knocked on my door. I was walking through the snow one afternoon down a side street in London and a man appeared walking the opposite way. There were small children everywhere, and they were throwing snowballs around. It was such a joyous thing to see, but this guy just looked so fed up, so heavy hearted and disappointed. He looked like good stuff had been eluding him all his life. He captured my imagination and I wanted to know what it would feel like to be him, so I made a story for him. I've only ever wanted to write about one character twice, and that was Henry in *The Family Upstairs*. But usually I'm very happy to let go, mainly because I'm already excited about the next person I want to write about.

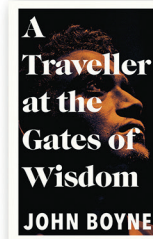
PHOTOGRAPH: Andrew Whitton

# at my desk



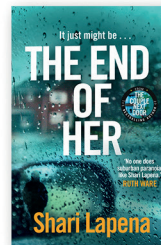
Owen Pick has never had a girlfriend; he's never even had a friend. He's invisible. But when Saffyre Maddox disappears from his street, suddenly the whole world is looking at him. Because he's just the type, isn't he? Meanwhile, Saffyre has her own secrets. An engrossing, twisty story of how we look in the wrong places for bad people while the real predators walk among us in plain sight.

## THIS MONTH'S TOP FICTION



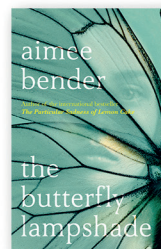
### A Traveller at the Gates of Wisdom by John Boyne

It starts with a father and a mother with two sons. One with his father's violence in his blood. One with his mother's artistry. One leaves. One stays. Their stories will intertwine over the course of two thousand years. They will meet again; it must play out as foretold. A glorious epic.



### The End of Her by Shari Lapena

Despite the effects of sleep deprivation, Stephanie knows she has everything she ever wanted - her new husband, Patrick, and their newborn twins. Then a woman arrives and makes a horrifying allegation about Patrick's first wife. An unputdownable thriller.



### The Butterfly Lampshade by Aimee Bender

Twenty years after the night her mother was taken to a mental hospital, Francie is compelled to make sense of why she drank in a dead butterfly floating in a glass of water. An unflinching and empathetic portrayal of a childhood touched by mental illness.



### Waar onthou begin deur Connie Luyt

Ná 'n ongeluk ly Elfrieda aan geheueverlies maar 'n terloopse opmerking deur 'n neuropsigiater bring 'n flits herinnering. Maar die onthou bring seer: Soos die tragedie van haar pa se dood en haar ma se kille verwy. Onderliggend aan haar verhaal loop nog 'n verbeeldingstog: Die grootliks onbekende storie van Mary Livingstone. 



A GLIMPSE INTO...

# The Rise and Fall of the ANC Youth League

The ANC Youth League has played a powerful role in the politics of the ANC and South Africa. Here, political analyst Rebone Tau gives a fascinating glimpse into this vital and volatile institution through an excerpt from her new book.

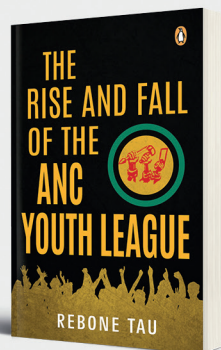


Once the ANC was banned in 1960, its Youth League ceased to operate in South Africa. In its place, African students formed a new ANC aligned formation known as the African Students Association (ASA), launched in Durban in December 1961. [Former president] Thabo Mbeki became ASA's first secretary. For all intents and purposes, ASA was the ANCYL by another name, and its leaders traversed SA to recruit students to take up scholarships the ANC had obtained from the Soviet Union. ASA's young leaders and recruits later joined the banned ANC in exile, where they played an integral part in the formation of the ANC Youth and Student Section (YSS).

The formation of the YSS, which would subsume ASA, was not straightforward. A strong sentiment of African nationalism, a carryover from the ANCYL's militancy of the 1940s, meant that ASA had restricted its membership to black Africans only. When Mbeki arrived in England at the start of his exile in 1962, he'd found this policy to be unsustainable, as students of all races were in solidarity with SA's antiapartheid struggle. Together with brothers Essop and Aziz Pahad, Mbeki formed the precursor to the YSS, known as the South African Students Association (SASA) in London. SASA admitted members of all races, a practice that was technically in contravention of established ANC policy. In 1965, Essop Pahad and Mbeki travelled to Lusaka, Zambia, to meet Oliver Tambo to discuss the matter. Tambo and the ANC leadership accepted Mbeki and Pahad's argument that a change of policy would strengthen international solidarity with the ANC. In any case, the young leaders argued,


“The formation of the YSS was not straightforward. A strong sentiment of African nationalism meant that ASA had restricted its membership to black Africans only.”

*The Rise and Fall of the ANC Youth League* is out now



the ANC and MK in Lusaka were already allowing nonblacks to become members. The ANC further took the decision to mobilise SA students spread across universities around the world under one structure. Mbeki, Essop Pahad and other students in London subsequently established the YSS in 1966.

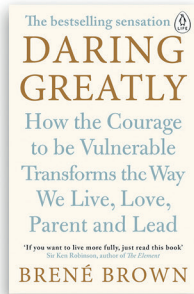
This was another example of youth leaders influencing a change of policy: at its 1969 consultative conference in Morogoro, Tanzania, the ANC took a formal decision to allow non-African membership. Not all ANC members accepted this decision. One dissident was Mongane Wally Serote, who had been recruited in Alexandra by Joyce Sikhakhane, a journalist and member of an ANC underground cell in SA. Serote had joined the ANC underground structures in 1964. At the time, the apartheid regime had imprisoned many ANC and former ANCYL leaders, such as Nelson Mandela and Walter Sisulu, who were sentenced to life imprisonment at the Rivonia Trial in 1964. The regime had succeeded in repressing political opposition and instilling a high level of fear within black communities. Serote and many other comrades felt strongly that the ANC was wrong to practise nonracialism and that the organisation should exclude all white people because they were associated with the brutality against black people.

On 5 June 1969, Serote was arrested in South Africa for belonging to a banned political organisation and was tortured in prison. He was kept in solitary confinement for nine months and apartheid police attempted to recruit him to work for them, which he refused to do. He was released in February 1970 and went on to become a leading Black Consciousness poet and writer. 

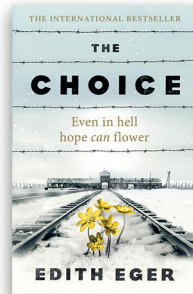


# wonderfully woman

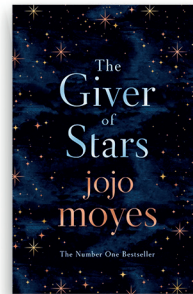
This month, we pay tribute to four authors who have not only inspired and entertained us, but combined experience with the power of words to change our very perception.



**Daring Greatly**  
by Brené Brown  
Being vulnerable is not the same as being weak. In fact, Dr. Brené Brown shows in this book how vulnerability is strength and when we shut ourselves off from vulnerability - from revealing our true selves - we distance ourselves from the experiences that bring purpose and meaning to our lives. Written with 12 years of social research, focusing on insight into the home, relationships, work, and parenting. This powerful read is an invitation to be courageous; to show up and let ourselves be seen, even when there are no guarantees.



**The Choice**  
by Edith Eger  
The author tells her story, right from being a young gymnast and ballerina in Hungary, to moving to America, and becoming an eminent psychologist who, at over 90 years of age, still consults and attends weekly dances. Eger shares stories of the Holocaust and the experiences of her clients, who range from survivors of abuse to soldiers suffering from PTSD. She explains how many of us live within a mind that has become a sort of prison and shows how freedom becomes possible once we confront our suffering. A journey of redemption and healing.



**The Giver of Stars**  
by Jojo Moyes  
Set in Depression era America, an unlikely sisterhood of women battle the elements and unforgiving terrain - as well as brave all manner of dangers and social disapproval - to ride hundreds of miles a week, delivering books to isolated families. Transforming lives through the power of words is all the impetus they need to take such risks. Inspired by a remarkable true story, this journey of five women living in extraordinary and perilous times is, at the same time, a love letter to the power of books and literature.



**Tannie Maria Mysteries**  
by Sally Andrew  
Maria van Harten is not your average murder-solving sleuth, just as the town of Ladismith in the Klein Karoo is not where you would expect to find sinister and brutal goings-on. Tannie Maria, who is also the agony aunt for the local paper, believes in giving advice as well as recipes to heal broken hearts, fractured friendships and life challenges. Using her feminine skills and relying on a whole cupboard full of tried-and-tested recipes, and with her faithful blue bakkie, she is often the adversary the *skelms* were too busy scheming to see. Start the series now.

PHOTOGRAPHS: Supplied

**WIN** a hamper of all these titles - plus more! To enter, visit [Penguin online](http://Penguin online). Entries close 30 September 2020. Ts&Cs apply.



# A CLOSER LOOK AT THE RENOSTERVELD

The beautiful Renosterveld of the Overberg in the Western Cape is teeming with life and wonder, as director of the region's conservation trust, and co-author of the brand new book on the subject, Dr Odette Curtis-Scott, explains.



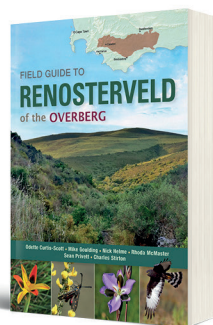
**T**he rolling lowlands of the Overberg are renowned for their bright yellow canola fields, contrasting with the blue-greens of adjacent barley and wheat fields. But, the 'action', in terms of biodiversity, really happens in the small remnants of grey, scrubby veld which lies between these gentle hills of agriculture: the overlooked and under-appreciated Renosterveld.

While this neglected habitat, often perceived as the *ugly sister* of Fynbos, has borne the brunt of much misunderstanding, on closer inspection, it's easy to see how wrong these attitudes have been.

This remarkable area is host to a diversity of plant species. It is known as the richest bulb habitat on earth and houses the widest range of plant variety, earning a place amongst only five Mediterranean-like ecosystems globally; a veritable biodiversity hotspot.

There are over 20 different types of Renosterveld found within the Fynbos

*Field Guide to Renosterveld of the Overberg* is out now



Biome. Four of these have been recognised within the Overberg. The three dominant types are Western- (Caledon area), Central- (Napier/Riviersonderend) and Eastern- (Bredasdorp/Swellendam/Heidelberg) Rûens Shale Renosterveld, while the fourth, the naturally-fragmented islands of Rûens Silcrete Renosterveld, are mostly concentrated within the Eastern Rûens Shale Renosterveld along the lower Breede River. At a glance, these vegetation types appear very similar, but in terms of the communities of endemic, rare and threatened species they contain, they are in fact substantially different from one another.

Because of its bulb diversity, many globally popular horticultural bulbs are derived from Renosterveld species, such as *Freesia*, *Sparaxis*, *Ixia* and *Gladiolus*. It also has a notable diversity of legumes (peas) and 'vygies' (stone plants), while it supports a number of rare and threatened birds, including the Black Harrier and the southern Black Korhaan,



species whose population declines are linked to habitat loss. It also supports many locally-threatened animals, many of which are unable to survive in the surrounding transformed landscape of monoculture crops. It is therefore the lifeblood of the Overberg wheat-belt.

The Overberg Renosterveld Conservation Trust was established in 2012 for the purposes of addressing the urgent and very worrying conservation issues facing Renosterveld: not only is there so little left, but much of what remains is in need of improved management.

Due to the fertile soils which support this wonderland, most Renosterveld has been converted to agriculture, with only an estimated five percent left in the Overberg. All that remains is on private land, scattered across commercial grain and livestock farms. So, it's crucial that we have buy-in from landowners in order to protect these biodomes.

Over the years, we have done our best to explore extensive areas of this habitat, and to share our findings with the landowners who



Odette is the director of the Overberg Renosterveld Conservation Trust (ORCT).

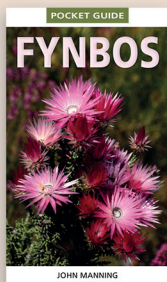
allow us free rein on their farms to search for biodiversity gems hidden in their Renosterveld patches. This exchange of knowledge has led to remarkable changes in attitudes amongst the farmers we've worked with. Our conservation easement programme enables landowners to commit their Renosterveld to conservation in perpetuity, in return for receiving assistance with the management and rehabilitation of the remnants and watercourses found on their properties. Currently, we have secured close to 3 000 hectares of Renosterveld for conservation through easements.

This book is the culmination of our first attempt to share as much as we can with broader botanical and conservation-minded communities. We hope that it will open the eyes of those who hold its future in their hands, while enhancing the time spent in Renosterveld for anyone interested in exploring this rich ecosystem, in which endless discoveries still await.

[overbergrenosterveld.org.za](http://overbergrenosterveld.org.za)

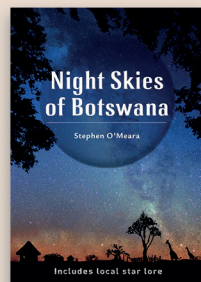
## OUT IN THE FIELD

Check out some of our other great nature guides



### **Pocket Guide to Fynbos** by John Manning

Featuring over 300 of the most spectacular and commonly seen species from SA's renowned floral kingdom, presented in great detail, with succinct descriptions, full-colour photos, and much more. For anyone interested in SA's astonishing floral treasures.



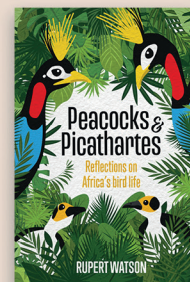
### **Night Skies of Botswana** by Stephen O'Meara

Ideal for amateur stargazers, with tips for stargazing and star charts, which offer supporting descriptions of the stars, constellations and deep-sky objects. A bonus is that all stars described can be seen with the naked eye.



### **Mushrooms and other Fungi of South Africa** by Gary B Goldman & Mariëka Gryzenhout

Neither plant nor animal, mushrooms make up a unique group of organisms. With 200 of the most distinctive mushrooms and other fungi found in SA, this is the perfect tool for identification in the field.



### **Peacocks & Picathartes: Reflections on Africa's Birdlife** by Rupert Watson

This delightful celebration of the diversity of African birds includes notes on unforgettable expeditions, quirky bird behaviour, and moments of rare good luck, like the surprise discovery in 1991 of a new partridge in Tanzania's Udzungwa Mountains. 📖



# How to negotiate like your life depended on it

Many of us stand to gain from improved negotiation skills, both in our careers and personal lives. Here, Chris Voss, a specialist on the topic with 24 years' experience as a negotiator with the FBI, shares his tips.



**T**he language of negotiation is primarily a language of conversation and rapport: a way of quickly establishing relationships and getting people to talk and think together. Which is why when you think of the greatest negotiators of all time, I've got a surprise for you – think Oprah Winfrey.

Her daily television show was a case study of a master practitioner at work: on a stage face-to-face with someone she has never met, in front of a crowded studio of hundreds, with millions more watching from home, and a task to persuade that person in front of her, sometimes against his or her own best interests, to talk and talk and keep talking, ultimately sharing with the world deep, dark secrets that they had held hostage in their own minds for a lifetime.

Look closely at such an interaction and suddenly you'll see a refined set of powerful skills: a conscious smile to ease the tension, use of subtle verbal and nonverbal language to signal empathy (and thus security), a certain downward inflection in the voice, embrace of specific kinds of questions and avoidance of others – a whole array of previously hidden skills that will prove invaluable to you, once you've learned to use them.

## KEY LESSONS TO NEGOTIATING

- **A good negotiator prepares**, going in, to be ready for possible surprises; a great negotiator aims to use her skills to reveal the surprises she is certain to find.
- **Don't commit to assumptions**; instead, view them as hypotheses and use the negotiation to test them rigorously.


There are a whole array of hidden skills that will prove invaluable to you in negotiating

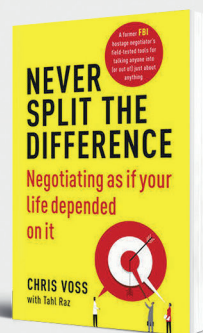
- **People who view negotiation as a battle of arguments** become overwhelmed by the voices in their head. Negotiation is not an act of battle; it's a process of discovery. The goal is to uncover as much information as possible.

- **To quiet the voices in your head**, make your sole and all-encompassing focus the other person and what they have to say.

- **Slow. It. Down.** Going too fast is one of the mistakes all negotiators are prone to making. If we're too much in a hurry, people can feel as if they're not being heard. You risk undermining the rapport and trust you've built.

- **Put a smile on your face.** When people are in a positive frame of mind, they think more quickly, and are more likely to collaborate and problem-solve (instead of fight and resist). Positivity creates mental agility in both you and your counterpart.

- **Mirrors work magic.** Repeat the last three words (or the critical one to three words) of what someone has just said. We fear what's different and are drawn to what's similar. Mirroring is the art of insinuating similarity, which facilitates bonding. Use mirrors to encourage the other side to empathize and bond with you, keep people talking, buy your side time to regroup, and encourage your counterparts to reveal their strategy. 

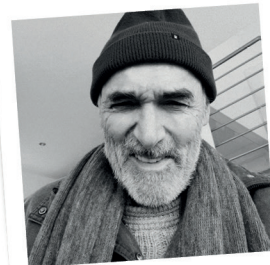


*Never Split the Difference: Negotiating As If Your Life Depended on It* is out now



# DINK VARS OOR DIE DOOD

Covid-19 is vir almal 'n skrikwekkende nuwe ervaring wat beklemtoon hoe broos die mensdom is. *Hoop, heling & harmonie* deur Malcolm de Roubaix, 'n anesthesioloog met 'n doktorsgraad in geneeskunde en in toegepaste etiek, is 'n tydige publikasie wat die besondere eise van die tyd vernuwend aanspreek.



**H**ierdie boek se sentrale tema is dat ons die geïkte beskouings (paradigmas) oor siekte – veral ernstige siekte soos kanker – moet herondersoek. Die sinvolste beskouing van siekte is om dit te sien as 'n natuurlike gebeurtenis sonder betekenis – ernstig, ja, maar bloot deel van menswees.

Die geneeskunde se doel is by uitstek om in wyd uiteenlopende opsigte menslike lewe positief te beïnvloed – in die woorde van Hippokrates: om soms te genees, dikwels te behandel en altyd te troos – maar soos met baie dinge in die lewe is die positiewe nie noodwendig onvoorwaardelik nie. Ons kyk ver terug in die geskiedenis om die huidige in perspektief te plaas, analiseer die taal en wese van siekte en geneeskunde, en kom oplaas uit by die kruis: hoop, heling en harmonie. Sonder hoop is die toekoms duister, sonder heling bly die sieke stukkend, al is sy gesond, en sonder harmonie te midde van die uiteenlopende eise wat siekte kenmerk kan daar geen vrede in die gemoed wees nie.


Die één sekerheid in die lewe is ons sterflikheid. Die enigste onsekerhede hieraan verbonde is dat ons die dag en datum nie ken nie; nie weet hoe, waaraan en in watter omstandighede ons die ewigheid tegemoet sal gaan nie, en wát die ewigheid sal behels nie. Dit kan eensklaps as gevolg van byvoorbeeld geweld of 'n hartaanval wees; of 'n chroniese, stadige kwyning en ontmensliking as gevolg van herhaalde klein bloedklontjies na die brein totdat daar oplaas net 'n bondeltjie biologies lewendende selle oorbly met oënskynlik geen bewuste breinfunksie nie en dit daarom nie meer 'n persoon is nie.

Die “voordeel” van die oombliklike is dat die oorledene geen pyn en lyding ervaar het nie en nie akuut hoef te getob het oor

• Hierdie boek is geskryf vir mense wat die moed het om vrae te vra oor die moeilike fasette van die lewe

die grondliggende “Wat nou?”-vraag nie; die “nadeel” is dat die familie in vele opsigte, dikwels ook finansiële, nie hierop voorberei is nie en trauma op trauma beleef. Die “voordeel” van die chroniese is dat daar tyd is vir die pasiënt om voor te berei; om sy/haar sake, testament en verhoudings in orde te kry en om 'n paar laaste wense uit te spreek, om te groet; vir die familie om hul liefde en toewyding te toon deur besoeke, en om eintlik al saam met die sterwende die rouproses te begin. Die “nadeel” van die chroniese is dat die pasiënt geleidelik geestelik en fisies afgetakel kan word wat vir die geliefdes pynlik is om te beleef; self erge pyn en lyding kan ervaar en werklik ten laaste kan hunker na verlossing. Soms is daar selfs 'n soeke na 'n “kunsmatige” verlossing deur hulp met selfdoding of meer aktiewe vorms van genadedood (bystandsdood). Daar is moeilike besluite wat oor behandeling geneem moet word; kommer oor finansies; kommer oor die welstand van 'n gade wat gaan agterbly. Daar is vrees vir 'n onseker toekoms, vir pyn en lyding wat wag; vir die gróót onbekende anderkant die Styx.

Dit is dán wat ons dikwels vra: Wat is die sin hiervan?

Hierdie boek is geskryf vir mense wat die moed het om vrae te vra oor die moeilike fasette van die lewe; wat bereid is om krities daarvoor na te dink en dit te bespreek. Ek glo persone wat self aan ernstige siekte ly, of 'n naasbestaande in daardie omstandighede het, mag baat vind daarby. Hier is hopelik genoeg pitkos in vir mediese studente, gesondheidsorgpersoneel, predikante en terapeute – kortom, enigen wat 'n bietjie dieper wil delf in hierdie faset van die menslike toestand. 

*Hoop, heling & harmonie* is nou beskikbaar







# YES TO LIFE, IN SPITE OF EVERYTHING

## BY VIKTOR FRANKL



Despite the unspeakable horrors of Auschwitz, the renowned psychiatrist learned from his fellow inmates that it is always possible to say 'yes' to life. This profound and timeless lesson is one of many from an extraordinary collection of talks he delivered, just months after his liberation.

**T**o speak about the meaning and value of life may seem more necessary today (1946) than ever; the question is only whether and how this is 'possible'. In some respects it is easier today: we can now speak freely again about so many things – things that are inherently connected with the problem of the meaningfulness of human existence and its value, and with human dignity. However, in other respects, it has become more difficult to

... speak of meaning, value and dignity. We must ask ourselves: can we still use these words so easily today? Has not the very meaning of these words somehow been called into question? Have we not seen, in recent years, too much negative propaganda railing against everything they mean, or once meant?

The propaganda of these last years was practically a propaganda against any kind of meaning and against the value of existence



It was no longer work that was the means to an end, a means for life or indeed a food for life - rather it was a man and his life, his vital energy, his 'man-power', that became this means to an end. 9

itself, which had been called into question! In fact, these years have sought to demonstrate the worthlessness of human life.

Since Kant, European thought has succeeded in making clear statements about the true dignity of human beings: Kant himself, in the second formulation of his categorical imperative, said that everything has its value, but man has his dignity – a human being should never become a means to an end. But already in the economic system of the last few decades, most working people had been turned into mere means, degraded to become mere tools for economic life. It was no longer work that was the means to an end, a means for life or indeed a food for life – rather it was a man and his life, his vital energy, his 'man-power', that became this means to an end.

And then came the war – the war in which the man and his life were now even made a means for death. And then there were the concentration camps. In the camps, even the life that was considered worthy only of death was fully exploited to its absolute limit. What a devaluation of life, what a debasement and degradation of humankind! Let us try to imagine – so that we can make a judgement – that a state intends somehow to make use of all the people it has condemned to death, to exploit their capacity for labour right up to the very last moment of their lives – perhaps considering that this would be more sensible than simply killing such people immediately, or even feeding them for the rest of their lives. And were we not told often enough in the concentration camps that we were 'not worth the soup', this soup that was doled out to us as the sole meal of the day, and the price of which we had to pay with the toil of digging through the earth? We unworthy wretches even had to accept this undeserved gift of grace in the required manner: as the soup was handed to him, each prisoner had to doff his cap. So, just as our lives were not worth a bowl of soup, our deaths were also of minimal value, not even worth a lead bullet, just some Zyklon B\*.

Finally, it came to the mass murders in mental institutions. Here, it became obvious that any person whose life was no longer 'productive', even if only in the most wretched manner, was literally declared to be 'unworthy of life'.

But, as we said earlier, even 'Non-Sense' was propagated at that time. What do we mean by this?

Today, our attitude to life hardly has any room for belief in meaning. We are living in a typical post-war period. Although I am using a somewhat journalistic phrase here, the state of mind and the spiritual condition of the average person today are most accurately described as 'spiritually bombed out'. This alone would be bad enough, but it is made even worse by the fact that we are overwhelmingly dominated, at the same time, by the feeling that we are yet again living in a kind of pre-war period.

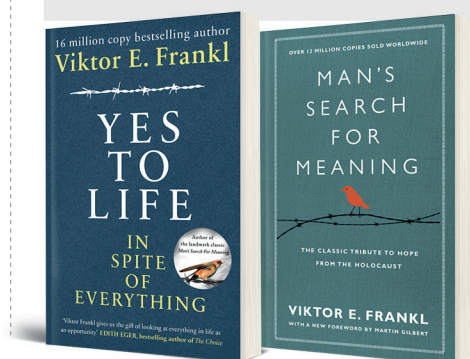
Footnote

\* Zyklon B (originally a pesticide) was the brand name of the highly poisonous gas, based on hydrogen cyanide, used by the Nazis for mass murder at Auschwitz and other death camps.

## HOW TO SAY YES TO LIFE

Sobering advice from the *Man's Search for Meaning* author.

- ▶ **Resilience** How you deal with the difficult times shows you who you are and how to live meaningfully.
- ▶ **Individuality** The meaning and value you place on life is unique to you
- ▶ **Fulfilment** You can find fulfilment in life through action, loving and suffering
- ▶ **Joy** To be content, you should view happiness not as a goal but a spontaneous outcome
- ▶ **Presence** You should work hard to live in the present as it holds all the promise and potential of life 📖



Yes to Life in Spite of Everything and Man's Search for Meaning are both out now



# Cooking from the heart

Happiness is a home-cooked meal, as these South African doyennes of the dinner table verify with some of their most delicious kitchen favourites.

**Z**ola Nene has become a force on the SA culinary scene, with a quest to show people that cooking great food needn't be pretentious or difficult. 'My food journey is ever evolving and a continuation of my life journey told through food.' Her dishes (and drinks) are simple to prepare and each is a taste sensation, because Zola doesn't do bland.



## Cola-Braised Beef Short Ribs

SERVES  
4

750ml cola  
a piece of ginger, sliced  
1 whole bulb garlic, halved  
1 red chilli, halved  
60ml brown sugar  
30ml Dijon mustard  
125ml tomato sauce  
60ml soy sauce  
60ml Worcestershire sauce  
2kg beef short ribs  
salt and pepper

Preheat the oven to 160°C.

Place the cola, ginger, garlic, chilli, sugar, mustard, tomato sauce, soy sauce and Worcestershire sauce in a roasting dish, then whisk until the sugar has dissolved.

Add the ribs, season to taste and cover with aluminium foil. Roast for three hours.

Remove the foil, then return to the oven for a further 30 minutes.

 Visit Penguin Online for more recipes from Zola



Simply Zola is out now





**R**ebecca and Kate Lund, aka The Delish Sisters, are inspired by the everchanging food industry and love to create beautiful food experiences for clients, friends and family. They enjoy experimenting with new and exotic spices and ingredients, encouraging people to be a bit adventurous and, in turn, see that it's so simple to do themselves too! Their recipes are fresh and wholesome, and while there are more indulgent dishes and treats, they keep the eating experience balanced and as inclusive as possible with plenty of sugar-free, gluten-free, vegetarian and vegan recipes.



“This recipe is always a crowd pleaser”

in a saucepan to get it reducing on the stovetop. Add 250–500 ml (1–2 cups) water if needed.

Let the juices bubble away for about 20 minutes on a medium to high heat until the sauce starts to thicken. Once thickened, taste for seasoning and then strain it through a sieve. Now it's ready to pour.

Pull the bones out of the meat and trim off any excess fatty bits. Place the deboned lamb neatly on a beautiful platter, drizzle liberally with the reduced lamb sauce and serve with roasted red onions and some fresh rosemary or mint. Serve the mint dressing on the side or drizzled over the lamb.



**SERVES**  
6-8

## Slow-Roasted Lamb & Mint Dressing

1 whole garlic bulb  
1 lamb shoulder  
2 red onions, peeled and quartered  
1 handful fresh rosemary  
1 bottle (750 ml) red wine  
1 litre lamb stock  
250 ml Worcestershire sauce  
Salt and black pepper

Preheat the oven to 120°C.

Slice the garlic bulb in half and place in a large roasting pan. On top of that, lay the lamb shoulder,

onion quarters and rosemary and pour in the red wine, lamb stock and Worcestershire sauce. Season with some salt and black pepper. Cover with tin foil.

Roast for eight hours.

Remove the lamb from the oven, take the meat out of the roasting pan and set aside to cool for a moment.

In the meantime, pour the gorgeous juices from the roasting pan into

### Mint Dressing

**Makes 400 ml dressing**

45 g fresh mint  
20 g fresh basil  
60 ml red wine vinegar  
125 ml lemon juice  
1 clove garlic, minced  
1 Tbsp (15 ml) Dijon mustard  
250 ml extra-virgin olive oil  
1 Tbsp (15 ml) honey  
salt and black pepper

Blend all dressing ingredients together in a blender or NutriBullet, and voila! Delish minty drizzle.



*Delish Sisters* is out now

Visit Penguin Online for more recipes from The Delish Sisters



**C**ariema Isaacs's affinity for spices emanates from her Cape Malay heritage and her time spent cooking and baking in her grandmother's kitchen in Bo-Kaap, the Cape Malay Quarter in Cape Town. It's because of this that from an early age, she's understood the tastes derived from cumin and coriander, the pungency of fennel, cloves and star anise, and the piquancy of chilli powder, cayenne pepper and masala blends. *Spice Odyssey* showcases a multitude of beautifully written recipes with some familiar spices from her Cape Malay heritage and fresh aromatics from her travels.



“Spices weaved their way into my kitchen and somehow my collection seems to flourish regardless of the homes and locations I’ve lived in.”



*Spice Odyssey* is out now



**SERVES**  
6

## My Ouma's Barley, Red Lentil and Split Pea Soup

Full of memories, this favourite was the perfect antidote to cold, wet afternoons as a child. Love in a bowl from Ouma's Bo-Kaap kitchen.

500 ml soup mix (containing barley, red lentils, split peas)  
 2 allspice berries  
 2 whole cloves  
 2.5 litres water  
 500-700 g beef shin or chuck, cubed with the bone in  
 1 leek, sliced  
 2 medium stalks celery, chopped  
 3 carrots, peeled and grated  
 3 Tbsp (45 ml) tomato paste  
 1 Tbsp (15 ml) sea salt or to taste  
 1 tsp (5 ml) freshly ground black pepper or to taste  
 handful fresh parsley, roughly chopped  
 2 Tbsp (30 ml) alphabet pasta (optional)

Place the soup mix in a large saucepan, add the allspice, cloves, 1 litre water and boil on high heat for about 40 minutes.

Stir in the beef, vegetables, tomato paste, salt and pepper.

Add another 1 litre water and cook on high heat for 15 minutes. Reduce the heat to medium and cook for a further 20 minutes.

Check the soup, as it should have thickened, and adjust the seasoning.

Add the parsley and alphabet pasta and the remaining 500 ml water.

Reduce the heat to medium and cook for another 20 minutes.

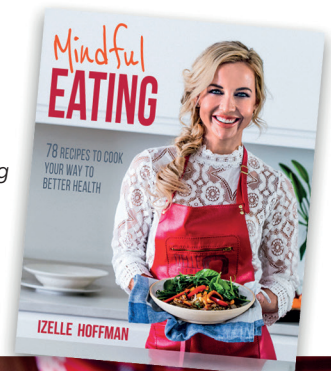
Remove from the heat and check seasoning again before serving piping hot.

 Visit Penguin Online for more yummy recipes from Cariema





Izelle Hoffman is on a mission to increase awareness of the benefits of eating the right foods and choosing a life of health and wellness. In *Mindful Eating*, she encourages us to rethink what we put in our body in a fun, healthy way, and demonstrates that living a healthy lifestyle doesn't mean your diet needs to be boring and restricted. By sharing her recipes for energising breakfasts, quick weekday meals, sweet baked goodies, classics with a healthy twist and family favourites, among others, Izelle aims to help you take back control of your wellbeing.



*Mindful Eating* is out now

## Sesame-Crusted Aubergine Steaks with Pomegranate and Wild Rocket

1 large or 2 medium aubergines  
 ¼ cup olive oil  
 1 heaped tsp paprika  
 ¼ cup raw honey  
 1 tsp salt  
 ½ tsp ground black pepper  
 2 heaped Tbsp sesame seeds  
 100 g baby spinach  
 1 Tbsp almond flour  
 15 g wild rocket  
 80 g pomegranate seeds

Cut the aubergines into steaks about 1.5 cm thick.

Combine the olive oil, paprika, honey, salt and black pepper in a large bowl.

Add the aubergine steaks and allow them to absorb the marinade. Coat the marinated aubergine steaks in the sesame seeds before cooking.

Heat a large frying pan until very hot and fry the sesame-coated aubergine steaks on both sides until golden brown.

Place the baby spinach on the bottom of a serving dish. Place the fried aubergine steaks on top, sprinkle with the almond flour and garnish with the wild rocket and pomegranate seeds. Serve immediately. 🍴

📖 Visit Penguin Online for more recipes from Izelle

SERVES  
4



🍴 Serve with quinoa for an ideal meat-free Monday dinner 🍴



# In my Opinion Mashaba poses a threat to the political establishment

During Herman Mashaba's three-year tenure, his chief of staff, Michael Beaumont, took to documenting the experiences that made this mayorship such a challenging and controversial one. It's these reflections that came together to become his explosive tell-all book, *The Accidental Mayor*.



**H**erman Mashaba walked into a packed press conference on 21 October 2020 to resign from the DA and, consequently, the mayoralty of Johannesburg. His approval ratings stood at almost 70 percent and calls for him to stay had trended on social media for 24 hours.

Little is known about the circumstances that led to Mashaba, a non-politician whose prospects for success were largely written-off, becoming one of South Africa's most popular mayors. Even less is understood about how it came to be that he would resign from the post that he described as the greatest privilege of his privileged life.

While serving as Mashaba's chief of staff in the City of Johannesburg, I began documenting the day-to-day dramas, the successes, the trials and the tribulations. I needed a personal outlet and I knew talking to people about it would not help – they wouldn't believe it – and so began many late nights of therapeutic typing. Before long, there was a chapter, and then another, and after a while I realised there was a story that had to be told. This is how *The Accidental Mayor* came to be.

Elected on 22 August 2016 with just 38 percent of the vote, in a seven-way minority coalition government, a political novice became the mayor of the most important city in South Africa and perhaps the African continent. I suppose this served as the inspiration for the title – *The Accidental Mayor*.

For a little more than three years I served alongside Mashaba, responsible for translating

In my time as Mashaba's chief of staff, I had a front-row seat to the unfolding of a political experiment.

his coalition government's agenda into a programme of governance. In this time, I had a front-row seat to the unfolding of a political experiment.

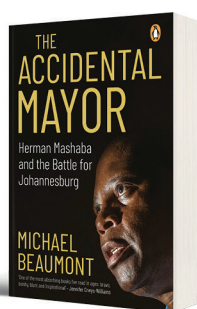
What I experienced, and what the book reveals, is how Mashaba was under siege on a daily basis. Whether it was the corrupt within the City, the provincial and national governments, ANC cadres or his own party, a war was waged against his efforts. As to why Mashaba posed such a threat to the political establishment, therein lies the real story.

If we are honest with ourselves, our political establishment has not served us well as a country at all. Career politicians have failed us with their low levels of skills, lack of experience in any endeavour outside of politics and well-documented self-interest. Where they have succeeded, with flying colours, is in keeping South Africans who have something real to contribute out of the political arena.

It was Charles de Gaulle who famously said, "Politics is too serious a matter to be left to the politicians." If South Africa is to be turned around, it is going to need a new kind of politics, one where different leadership comes forward.

This is precisely what makes the political experiment of a non-politician, assuming the most important role in local government in South Africa through a complex coalition arrangement, a crucial story to tell.

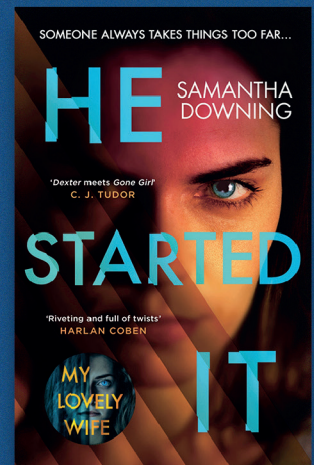
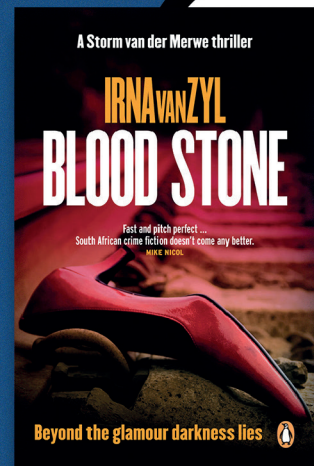
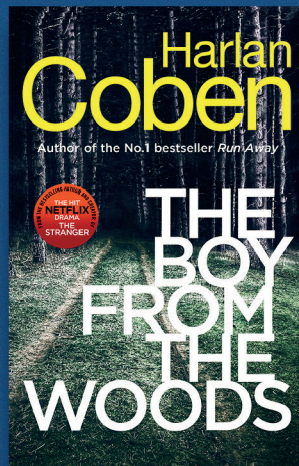
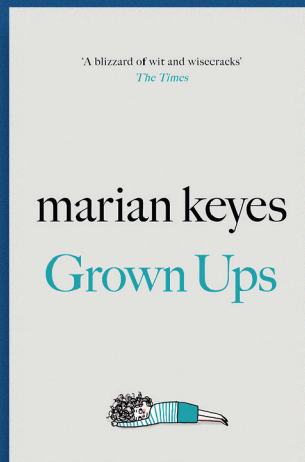
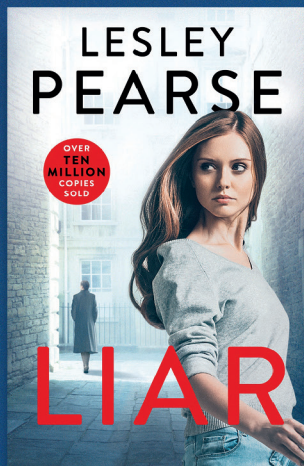
*The Accidental Mayor* goes where few have gone before, giving a behind-the-scenes view into local government, coalition politics and the rot that is our political system at present. **12**



*The Accidental Mayor: Herman Mashaba and the Battle for Johannesburg* is out now.



# Pick a Penguin

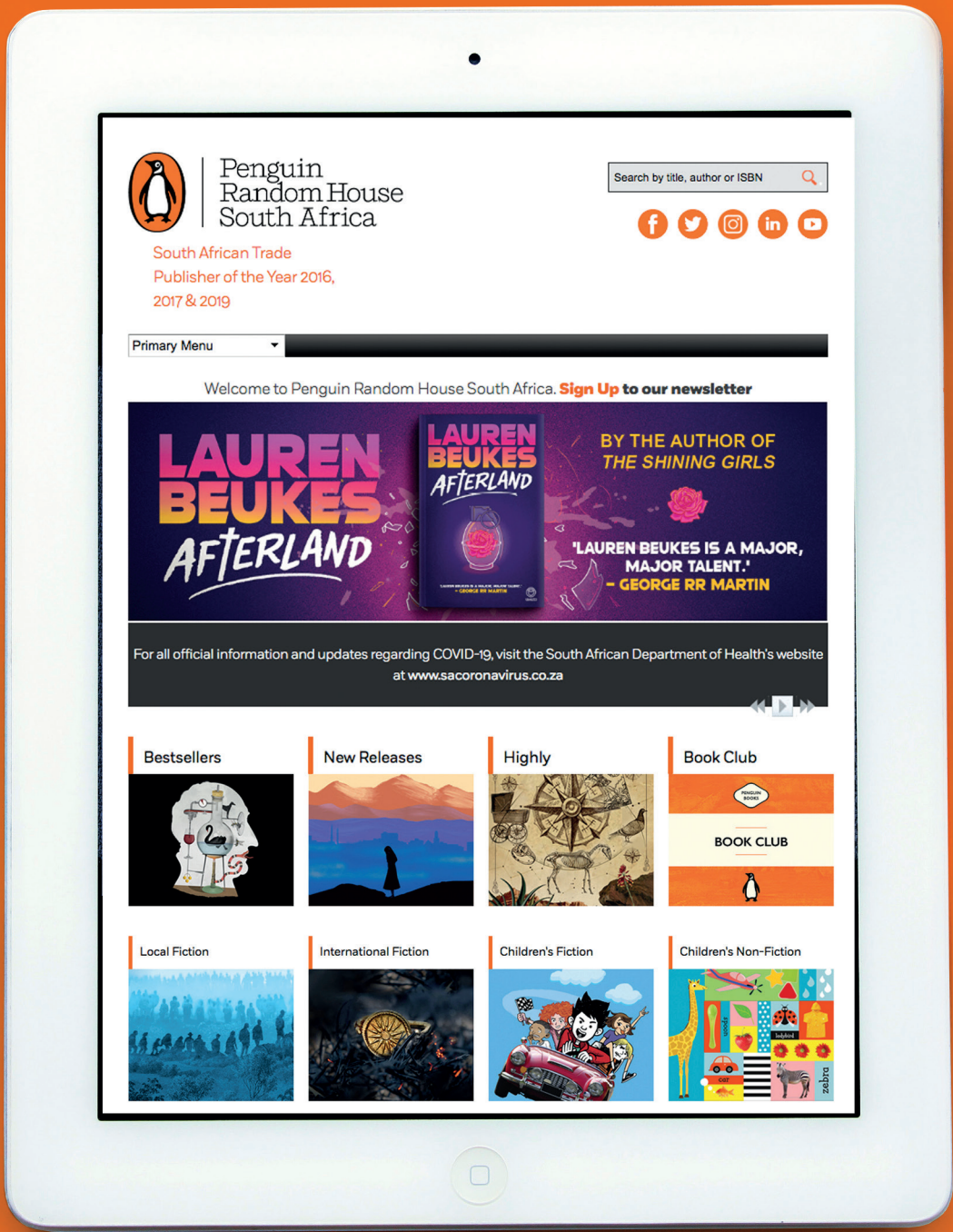


Now available at leading bookstores nationwide,  
online and as e-books



Penguin  
Random House  
South Africa





# We've got you covered

Visit [www.penguinrandomhouse.co.za](http://www.penguinrandomhouse.co.za) for the latest news, events, competitions, new releases and more

Follow us on



Penguin  
Random House  
South Africa

