

THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

JAMIE OLIVER

“Being busy
shouldn’t stop us
from having tasty,
nutritious meals”

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**NATURAL
HERITAGE**
Books that
capture
SA’s beauty
at its best

EXPERT ADVICE

How to make the
most of your pension

SHAKE THE SHAME

Edith Eger and
Brené Brown weigh in

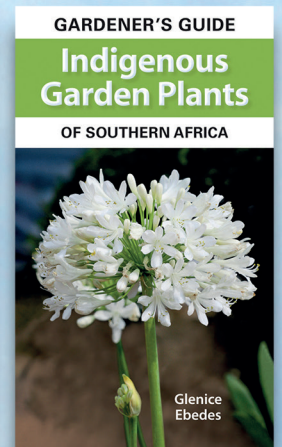
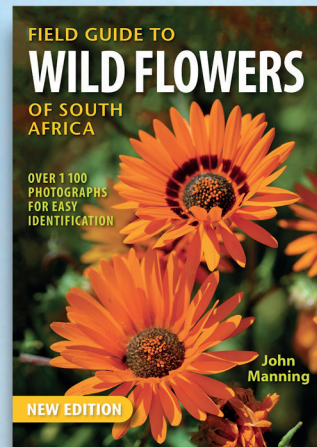
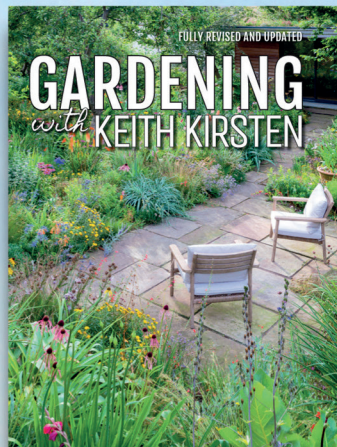
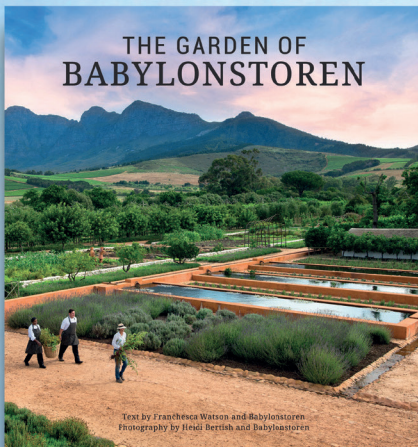
LIGHT THAT BRAAI

Recipes from the
pros at Weber

BOOK EXTRACT

How to be an Antiracist
by Ibram X. Kendi

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Welcome!

Heritage means something different to us all, from family traditions to treasured

heirlooms. My favourite portal to the past is through architecture, and I love the chance to wander through one of Joburg's beautiful heritage buildings. Some have been preserved as museums, like Mandela's house in Soweto, while others have been completely repurposed. Regardless, their walls heave with the history they hold, and I can't help feeling humbled by that. But not all of these monuments have positive connotations and, as Johan Swart, author of *Hidden Pretoria*, writes on page 20, it's important that we keep the conversation going around how heritage places can give greater meaning to more people in today's world.

Our food heritage is also so distinct – saucy bunny chow eaten by hand; a melktert shared with neighbours; potjiekos that took all day to cook... And braai. Now, show me a South African who doesn't like a braai, and I'll show you an imposter. Come Braai Day (also, incidentally, Heritage Day), the distinct aroma that fills the air will have the best of us reaching for our tongues. I'm sure you have some of your own favourites, but if you are looking for inspiration, particularly when it comes to steak, we have it: fillet steaks with mushroom-brand sauce from the brand new *Weber Ultimate Braai Book*, and Jamie Oliver's seared sirloin steak and red chimichurri from his latest, *7 Ways*. Find these recipes, plus more, from page 15.

While our personal definition of heritage might differ, it is our collective heritage that lets us eat, laugh and grieve together, but also, find where we belong. However you choose to celebrate your heritage, do so with pride and an open heart.

We hope you enjoy this issue. Happy reading!

Lauren

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bookscape

news | snippets | events | what's new



Everyone's talking about Netflix

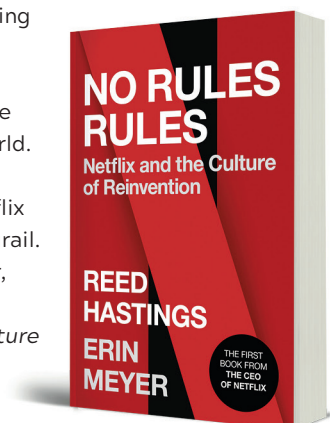
How do you build the most dynamic, disruptive business on earth? Be radically honest. Remember it's a team, not a family. And never, ever try to please your boss.

These are some of the ground rules if you work at Netflix. They are part of a unique cultural experiment that explains how the company has transformed itself at lightning speed from a DVD mail-order service into a streaming superpower - with 125 million fervent subscribers and a market capitalisation bigger than Disney.

Finally Reed Hastings, Netflix Chairman and CEO, is sharing the secrets that have revolutionised the entertainment and tech industries. With INSEAD business school professor Erin Meyer, he explores his leadership philosophy - which begins by rejecting the accepted beliefs under which most companies operate - and how it plays out in practice at Netflix.

From unlimited holidays to abolishing financial approvals, Netflix offers a fundamentally different way to run any organisation, one far more in tune with an ever-changing fast-paced world. For anyone interested in creativity, productivity and innovation, the Netflix culture is something close to a holy grail. This book will make it, and its creator, fully accessible for the first time.

No Rules Rules: Netflix and the Culture of Reinvention is out now.



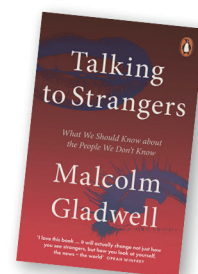
"My father, Fraser, taught me to work hard, laugh often, and keep my word. My mother, Marian, showed me how to think for myself and to use my voice. Together, in our cramped apartment on the South Side of Chicago, they helped me see the value in our story, in my story, in the larger story of our country. Even when it's not pretty or perfect.

Even when it's more real than you want it to be. Your story is what you have, what you will always have. It is something to own."

Michelle Obama, *Becoming*



Dominating the bestseller lists



In July 2015, a young black woman named Sandra Bland was pulled over for a minor traffic violation in rural Texas. Minutes later she was arrested and jailed. Three days later, she committed suicide in her cell. What went wrong?

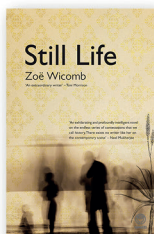
Talking to Strangers by Malcolm Gladwell is all about what happens when we encounter people we don't know, why it often goes awry, and what it says about us.

In his ground-breaking book *Blink*, the internationally bestselling author explored the role of first impressions in our lives. In *Talking to Strangers*, he goes deeper, zeroing in on how we make sense of the unfamiliar.

Talking to Strangers is out now.

RELEASE RADAR

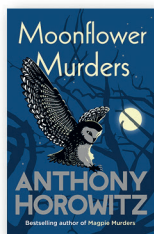
You don't want to miss out this month



Still Life

by Zoë Wicomb

Thomas Pringle, publisher, poet, abolitionist. In need of a biography. A spectre, ghost and time-traveller unite to finish this great task.



Moonflower Murders

by Anthony Horowitz

A labyrinth of clues. A mystery novel hiding a deadly secret. Featuring the famous literary detective Atticus Pünd, and loaded with twists.



Offers vir die vlieë

deur Fanie Viljoen

In 'n Afrikaanse interpretasie van Orwell se 1984, word temas van geweld, verlies van identiteit en boeliededrag ondersoek.



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Yuval Noah Harari in numbers

Ever wondered what's behind one of the world's bestselling historians and philosophers? We broke it down.



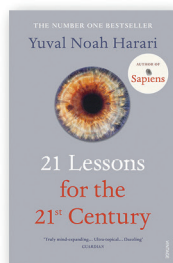
20 million copies of his books sold worldwide

60 the number of languages his bestseller, *Sapiens: A Brief History of Humankind*, has been translated into

2002 the year he got his PhD from the University of Oxford

3 books written, including *Homo Deus: A Brief History of Tomorrow*

21 Lessons for the 21st Century is out now



one minute with

Kate Rogan

What do you do when you love books, as in *really*? If your name is Kate Rogan, you open Love Books.



How would you describe your bookshop?

When I walked into Love Books after five weeks of hard lockdown, I think I experienced what a customer must feel walking into Love Books for the first time. It was a feeling of warmth (it's so cosy), of happiness (things feel right about the world), of excitement (which book am I going to pick up and take home?), of wonder (how am I going to choose between all these wonderful titles?), of anticipation (what revelations lie between all those pages?) and of home. Love Books feels like home.

What did you do before opening Love Books?

Before Love Books, which I opened 11 years ago, I was the producer of The Jenny Crwys-Williams Book Show at 702. I've also produced a number of other shows, and was once a commissioning editor at Zebra Press, which is now part of Struik.

What's your go-to book recommendation for a gift?

At the moment it has to be Charlie Mackesy's *The Boy, The Mole, The Fox and The Horse*. But this is a thing that changes all the time

Which forthcoming book are you most excited to put on the shelves?

I'm terribly excited about all the wonderful local fiction coming our way, but the one that has my heart beating fast with anticipation is Zoë Wicomb's *Still Life*. It's the story of the poet Thomas Pringle, but absolutely not told in the way you're expecting.

Love Books is at 53 Rustenburg Rd, Melville, Jhb. Call them on 011 726 7408, or visit lovebooks.co.za for more.





“More people
are
cooking
now
than ever
before”

From *15 Minute Meals* to *5 Ingredients to Veg*, Jamie Oliver has revolutionised home cooking. Now, in *7 Ways*, he reinvents favourite ingredients with 120 new, exciting and tasty recipes.

Jamie Oliver started cooking at his parents' pub at the age of eight. After leaving school he began a career as a chef that took him to London's River Café, where his career took off. Since then, he's developed an impressive arsenal of cookbooks, starred in numerous successful television shows, and set up a string of restaurants internationally. Jamie lives between London and Essex with his wife Jools and their children.

I think *7 Ways* is the most user-friendly cookbook I've ever written. This book is the first time I've ever looked at real data around what the public at large are actually buying most of the time. I've chosen 18 of those hero ingredients, that include chicken breasts, broccoli and mushrooms, and reimaged each one in seven exciting ways. The idea being that, if you already buy the hero ingredients and I give you new recipes for them, it's more likely that you're going to give them a go. It felt like a real opportunity to help people have fun and try new things in the kitchen.

My son, Buddy, is my little helper in the kitchen. He loves it. And I do try out some of the dishes at home for all the family. I'm not sure if Buddy wants to be a chef – he's only 10 – but he definitely loves cooking, growing veg, bugs and nature, along with football, rugby and anything else that seems a bit dangerous!

“It was a real pleasure to come up with ideas for these ingredients we already know and love.”

In a family of seven you just know we're not going to agree on that one favourite ingredient! I usually know exactly which order I want to put the chapters in when I write a cookbook, but with this one it was hard to choose what to put up front. I'm really proud of it, to be honest – I love them all.

Every chapter was a joy to write and test. It was a real pleasure to come up with the ideas for these ingredients we already know and love. I did have to control myself in the egg and avocado chapters, though, as I had so many things I wanted to do with them.

After a long day at the office, my cauliflower cheese pasta is guaranteed to hit the spot. It's quick, comfort food. The kids go mad for the crispy potato pie, and I do love a bit of my Essex hasselback hotpot. At the weekend, all of the roast chicken recipes are a joy. My Cumberland roast chicken, especially – it's got sausage meat stuffed under the skin. I mean come on, what's not to love?

If I can inspire people to keep cooking from scratch, I'll be really happy. During lockdown we've seen more people cooking than ever before, which is one thing we can take as a positive from this awful situation. It's given us an opportunity to reconnect with our food, rediscover our kitchens and to shop and support local. If we're eating more fresh food cooked from scratch and less ultra-processed food – that's only going to be a good thing. The recipes in the book use a wide range of fresh ingredients, and allow you to recreate restaurant-quality food at home.

Want to try out some of Jamie's recipes from *7 Ways*? Turn to page 18 for more.

Jamie's Storeroom Staples

As well as the cornerstones of all cooking – quality oils, vinegars, sea salt and black pepper – you'll find an array of condiments and jarred flavour bombs. Think mustards, harissa, miso, pesto, spice blends and seasonings. I've used ingredients like this in *7 Ways* because they allow you to add big flavour, fast, and mean you can avoid massive long ingredients lists, which I know can put people off, especially if they're in a rush to get dinner on the table. 🍴



at my desk

If you've ever wondered about the secrets of churning out a novel, read on to find out how some of our favourite authors tackle the task.



"When I start to write a book, I know that whatever setting I choose is a world I will be spending a lot of time in – so it's vital! For me, setting is often a way to enhance the plot. I love the irony in my book *I Owe You One* that the family shop is all about creating a harmonious, beautiful home – but the family running it is far from harmonious!"

SOPHIE KINSELLA, *Love Your Life* (out October)

"I write at the same table where my kids eat breakfast. The only essential pre-writing task, other than brewing coffee, is mopping up spilt milk and Rice Krispies. I can't write for long periods because of the dog. After two hours of being ignored, she'll jump onto my lap and start typing nonsense."

SAM LLOYD, *The Memory Wood*



"Before I sit down to write, I need a cup of coffee in front of me, my internet blocked on my computer via an app called SelfControl, and my headphones on to listen to music that puts me in the mood to write."

LARA PRESCOTT, *The Secrets We Kept*

"I write in a very structured way. I'm very firm with myself about deadlines. It's difficult for me to feel

good about my work if

I've not achieved what I set out to do in a day. I set daily goals, weekly goals; sometimes even hourly goals. I'm a pretty type-A person when it comes to work (although somehow not in anything else!)"

TAYLOR JENKINS REID, *Daisy Jones & The Six*



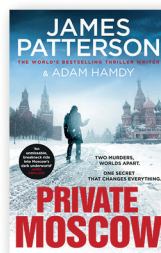
WIN Stand a chance to win a hamper with some of our newest novels, **PLUS** a R1 000 spa voucher from Sorbet. To enter, scan the code using your phone camera, or visit penguinrandomhouse.co.za/competitions. Entries close 30 September 2020.

THIS MONTH'S TOP FICTION



The Kingdom by Jo Nesbo

In the mountains of Norway a man lives a peaceful existence. Then one day his brother turns up to visit, accompanied by his new wife. It soon turns out that the little brother is not quite as angelic as he seems. Set in a small town filled with secrets, this is a compellingly atmospheric new thriller from the number one bestseller.



Private Moscow by James Patterson

On a cold January morning, Jack Morgan stands inside the New York Stock Exchange with his former US Marine comrade. But before the bell can ring, a bullet rips through the air and finds its mark. With powerful forces plotting against him, will Jack Morgan make it out alive? Filled with heart-stopping suspense.



One by One by Ruth Ware

Snow is falling in the alpine ski resort of Saint Antoine, as the shareholders and directors of Snoop gather to decide the future of the company. At stake is a billion-dollar dot com buyout that could make them all millionaires, or leave some of them out in the cold. The unmissable modern-day whodunit.



Transcendent Kingdom by Yaa Gyasi

As a child Gifty would ask her parents to tell the story of their journey from Ghana to Alabama. But when her father and brother succumb to the hard reality of immigrant life in the American South, the life Gifty dreamed of slips away. An epic novel from the heart of contemporary America. **18**

HOW TO BE AN ANTIRACIST

In this extract from his esteemed book, *How to be an Antiracist*, Ibram X. Kendi explains that when it comes to racism, neutrality is not an option.



"This is the consistent function of racist ideas—and of any kind of bigotry more broadly: to manipulate us into seeing people as the problem, instead of the policies that ensnare them.

The language used by the forty-fifth president of the United States offers a clear example of how this sort of racist language and thinking works. Long before he became president, Donald Trump liked to say, “Laziness is a trait in Blacks.” When he decided to run for president, his plan for making America great again: defaming Latinx immigrants as mostly criminals and rapists and demanding billions for a border wall to block them. He promised “a total and complete shutdown of Muslims entering the United States.” Once he became president, he routinely called his Black critics “stupid.” He claimed immigrants from Haiti “all have AIDS,” while praising White supremacists as “very fine people” in the summer of 2017.

Through it all, whenever someone pointed out the obvious, Trump responded with variations on a familiar refrain: “No, no. I’m not a racist. I’m the least racist person that you have ever interviewed,” that “you’ve ever met,” that “you’ve ever encountered.” Trump’s

“Until we become part of the solution, we can only be part of the problem.”

behaviour may be exceptional, but his denials are normal. When racist ideas resound, denials that those ideas are racist typically follow.

When racist policies resound, denials that those policies are racist also follow.

Denial is the heartbeat of racism, beating across ideologies, races, and nations. It is beating within us. Many of us who strongly call out Trump’s racist ideas will strongly deny our own. How often do we become reflexively defensive when someone calls something we’ve done or said racist? How many of us would agree with this statement: “‘Racist’ isn’t a descriptive word. It’s a pejorative word. It is the equivalent of saying, ‘I don’t like you.’” These are actually the words of White supremacist Richard Spencer, who, like Trump, identifies as “not racist.” How many of us who despise the Trumps and White supremacists of the world share their self-definition of “not racist”?

What’s the problem with being “not racist”? It is a claim that signifies neutrality: “I am not a racist, but neither am I aggressively against racism.” But there is no neutrality in the racism struggle. The opposite of “racist” isn’t “not racist.” It is “antiracist.” What’s the difference? One endorses either the idea of a

racial hierarchy as a racist, or racial equality as an antiracist. One either believes problems are rooted in groups of people, as a racist, or locates the roots of problems in power and policies, as an antiracist. One either allows racial inequities to persevere, as a racist, or confronts racial inequities, as an antiracist. There is no in-between safe space of “not racist.” The claim of “not racist” neutrality is a mask for racism. This may seem harsh, but it’s important at the outset that we apply one of the core principles of antiracism, which is to return the word “racist” itself back to its proper usage. “Racist” is not – as Richard Spencer argues – a pejorative. It is not the worst word in the English language; it is not the equivalent of a slur. It is descriptive, and the only way to undo racism is to consistently identify and describe it – and then dismantle it. The attempt to turn this usefully descriptive term into an almost unusable slur is, of course, designed to do the opposite: to freeze us into inaction.

The common idea of claiming “colour blindness” is akin to the notion of being “not racist” – as with the “not racist,” the colour-blind individual, by ostensibly failing to see race, fails to see racism and falls into racist passivity. The language of colour blindness – like the language of “not racist” – is a mask to hide racism. “Our Constitution is colour-blind,” U.S. Supreme Court Justice John Harlan proclaimed in his dissent to *Plessy v. Ferguson*, the case that legalized Jim Crow segregation in 1896. “The white race deems itself to be the dominant race in this country,” Justice Harlan went on. “I doubt not, it will continue to be for all time, if it remains true to its great heritage.” A colour-blind Constitution for a White-supremacist America.

The good news is that racist and antiracist are not fixed identities. We can be a racist one minute and an antiracist the next. What we say about race, what we do about race, in each moment, determines what – not who – we are.


I used to be racist most of the time. I am changing. I am no longer identifying with racists by claiming to be “not racist.” I am no longer speaking through the mask of racial neutrality. I am no longer manipulated by racist ideas to see racial groups as problems. I no longer believe a Black person cannot be

racist. I am no longer policing my every action around an imagined White or Black judge, trying to convince White people of my equal humanity, trying to convince Black people I am representing the race well. I no longer care about how the actions of other Black individuals reflect on me, since none of us are race representatives, nor is any individual responsible for someone else’s racist ideas. And I’ve come to see that the movement from racist to antiracist is always ongoing – it requires understanding and snubbing racism based on biology, ethnicity, body, culture, behaviour, colour, space, and class. And beyond that, it means standing ready to fight at racism’s intersections with other bigotries.

This book is ultimately about the basic struggle we’re all in, the struggle to be fully human and to see that others are fully human. I share my own journey of being raised in the duelling racial consciousness of the Reagan-era Black middle class, then right-turning onto the ten-lane highway of anti-Black racism – a highway mysteriously free of police and free on gas – and veering off onto the two-lane highway of anti-White racism, where gas is rare and police are everywhere, before finding and turning down the unlit dirt road of antiracism.

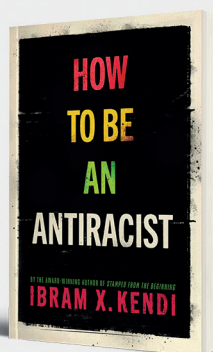
After taking this gruelling journey to the dirt road of antiracism, humanity can come upon the clearing of a potential future: an antiracist world in all its imperfect beauty. It can become real if we focus on power instead of people, if we focus on changing policy instead of groups of people. It’s possible if we overcome our cynicism about the permanence of racism.

We know how to be racist. We know how to pretend to be not racist. Now let’s know how to be antiracist.”

Ibram X. Kendi is one of America’s foremost historians and leading antiracist voices. He is an award-winning, #1 *New York Times* bestselling author, and the Founding Director of the Boston University Center for Antiracist Research. 

 To read the full extract, visit penguinrandomhouse.co.za

*How to be
an Antiracist
is out now*





AFRICA'S WILD DOGS

A SURVIVAL STORY

With only about 6 600 wild dogs left in Africa today, wildlife photographer Jocelin Kagan has made it her mission to bring the extraordinary lives of these often misunderstood and maligned animals into the spotlight. Here, she gives us a peek into her unique and unforgettable experience.



“It’s been a five-year adventure of lying in the dirt, racing across the bushveld and trekking through thick jess, not to mention the pre-dawn hours spent searching for the dogs... until I learned that you never find the dogs; they find you.

Being long legged, the canines are generally on the move, running rather than walking and making headway with speed. Of course I wanted to catch them standing shoulder to shoulder and dashing after each other in a game of chase, but more than that, I wanted a special look for the book. My dream was to design a creation around portraits.

But capturing that special look is far from easy. It takes patience, something the dogs have taught me. An attention flicker off the subject and wham, the shot is lost. Together with patience grew my love for these enigmatic animals. I’d sit for hours watching a family sleep, studying the patterns of their black,

Africa’s Wild Dogs: A Survival Story is out now

white and tan coats, the twitching of their satellite-dish shaped ears and their constant communication.

Their curiosity for understanding is high – they want to know who we are. I learned to read their eyes, their gaze and to have them come up close, look me in the eye with a deep sense of knowing and then to personally investigate my toes. All research to find out who I am. I’m still asking whether I know who they are.

Social norms and values, not attributes we would normally ascribe to an animal, are upright in wild dog families. Each pack member knows their role and sticks to it. They care for their little ones with dedication and everything in their power, raising less than 50 percent of the litter to maturity. Lion and hyena generally pick off the other half.

The dogs are possibly the most successful hunters of all. They are arc strategists, working

as a close-knit team to bring down their prey. Nature has designed their teeth and digestive system to eat fast, which they must do lest a pack of hyena scavenges the kill from them or a lion chases them off their dinner. They hunt to eat, leave no waste and carry their food in their bellies to the den to feed the lactating alpha female and her pups.

Despite there being no record of a wild dog attacking a human, either in folklore or in document, they have been hunted almost to extinction. My purpose in creating *Africa's Wild Dogs: A Survival Story* is to alert the world to what extraordinary animals they are. The book captures my adventure with the dogs, and my insights into their lives and their future. I've been joined by six eminent wild-dog scientists and researchers to tell how the dog packs are growing, the lengths people go to save those caught in snares, and to build an



 **Watch**
Jocelin's clips of
playful wild dogs
at [facebook.com/
StruikNatureClub](https://www.facebook.com/StruikNatureClub)

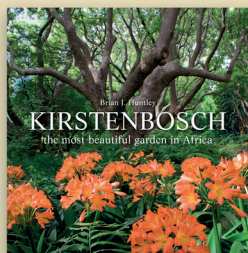
awareness of what we are finding out about this sophisticated animal.

I believe Africa's wild dogs hold their own in the animal kingdom, and that they deserve the respect and awe normally attributed to larger, more fearsome predators. As research has started to show, these four-legged, four-toed dogs have a great deal to teach us humans."



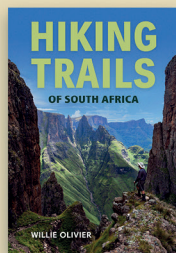
Join the Struik Nature Club at [struiknatureclub.co.za](https://www.struiknatureclub.co.za) for news on new releases, virtual launches and special pre-order discounts.

NATURAL HERITAGE Take your mind on a journey through the pages of these beautiful books.



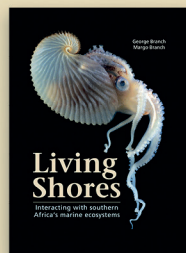
Kirstenbosch: The Most Beautiful Garden in Africa by Brian J Huntley

Kirstenbosch is a name that resonates around the world for its rich flora and unsurpassed beauty. With finely crafted text by the author, an acclaimed ecologist, and illustrations that tell the history and reflect the beauty of the garden, this is a quality keepsake for visitors and locals alike.



Hiking Trails of South Africa by Willie Olivier

Whether you want to explore the beautiful landscape of the Karoo, wander through fynbos in the Western Cape, see the lush indigenous forests of the Garden Route, admire the sandstone mountains of the Free State, or experience the majesty of the Drakensberg, you will find all you need to do so in this stunning book.




Living Shores by George and Margo Branch

This unique book looks at marine ecosystems and how humankind interacts with them, discusses the evolution of the sea and continents, and examines the ecology of coastal systems. Supported by gorgeous photography and detailed illustrations, it is the perfect book for anyone with a fascination for our marine world.

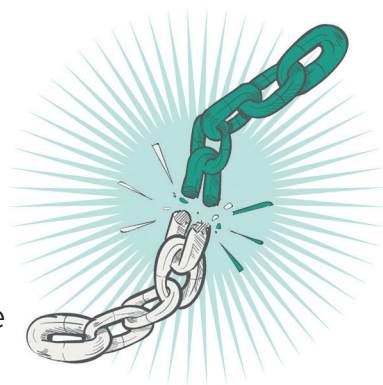


The Last Elephants by Don Pinnock

Shocking reports predict we may see the final demise of elephants in less than three decades, with one of these extraordinary animals killed every 15 to 20 minutes. This magnificent book offers contributions from the most prominent people in conservation, with striking pictures from some of Africa's best wildlife photographers. 

RELEASE YOURSELF FROM SHAME

Shame can bring on feelings of worthlessness, humiliation and anxiety, but it doesn't have to. Here, two experts on the matter weigh in to help you improve your self-perception.



Shame Resilience 101

Brené Brown is a research professor at the University of Houston, and has spent the last two decades studying courage, vulnerability, shame and empathy. Her books include *Braving the Wilderness*, *The Gifts of Imperfection*, *Daring Greatly* and *Rising Strong*.

Here are the first three things that you need to know about shame:

1. We all have it. Shame is universal and one of the most primitive human emotions that we experience. The only people who don't experience shame lack the capacity for empathy and human connection.
2. We're all afraid to talk about shame.
3. The less we talk about shame, the more control it has over our lives.

Shame is basically the fear of being unlovable – it's the total opposite of owning our story and feeling worthy. In fact, the definition of shame that I developed from my research is:

Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging, and connection.

Shame keeps worthiness away by convincing us that owning our stories will lead to people thinking less of us. Shame is all about fear. We're afraid that people won't like us if they know the truth about who we are, where we come from, what we believe, how much we're struggling, or, believe it or not, how wonderful we are when soaring (sometimes it's just as hard to own our strengths as our struggles).

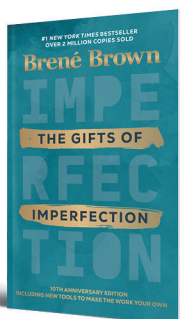
People often want to believe that shame is reserved for the folks who have survived terrible traumas, but this is not true.

Shame is something we all experience. And while it feels as if shame hides in our darkest

Shame is the most powerful master emotion. It's the fear that we're not good enough. — Brené Brown



The Gifts of Imperfection is out now



corners, it actually tends to lurk in all of the familiar places, including appearance and body image, family, parenting, money and work, health, addiction, sex, ageing, and religion. To feel shame is to be human.

The stories of our struggles are difficult for everyone to own, and if we've worked hard to make sure everything looks "just right" on the outside, the stakes are high when it comes to truth-telling. This is why shame loves perfectionists – it's so easy to keep us quiet.

In addition to the fear of disappointing people or pushing them away with our stories, we're also afraid that if we tell our stories, the weight of a single experience will collapse upon us. There is a real fear that we can be buried or defined by an experience that, in reality, is only a sliver of who we are.

One example that comes to mind is one of the first interviews I did on shame. It's the story of a woman who worked up the courage to tell her neighbour that she was a recovering alcoholic, only to have her neighbour say, "I'm not sure I'm comfortable with my kids playing at your house any more."

This brave woman told me that she pushed through her fear and said, "But they've played here for two years, and I've been sober for twenty years. I'm not any different than I was ten minutes ago. Why are you?"

If shame is the universal fear of being unworthy of love and belonging, and if all people have an irreducible and innate need to experience love and belonging, it's easy to see why shame is often referred to as "the master emotion." We don't have to experience shame to be paralyzed by it—the fear of being perceived as unworthy is enough to force us to silence our stories.

And if we all have shame, the good news is that we're all capable of developing shame resilience. Shame resilience is the ability to recognize shame, to move through it

constructively while maintaining worthiness and authenticity, and to ultimately develop more courage, compassion, and connection as a result of our experience. The first thing we need to understand about shame resilience is that the less we talk about shame, the more we have it.

Shame needs three things to grow out of control in our lives: secrecy, silence, and judgment. When something shaming happens

and we keep it locked up, it festers and grows. It consumes us. We need to share our experience. Shame happens between people, and it heals between people. If we can find someone who has earned the right to hear our story, we need to tell it. Shame loses power when it is spoken. In this way, we need to cultivate our story to let go of shame, and we need to develop shame resilience in order to cultivate our story.

Keys to Free Yourself from Shame

Edith Eger is a Holocaust survivor and eminent psychologist. She maintains a busy clinical practice in California and lectures around the world. She is the author of the bestselling memoir, *The Choice*, and her new book, *The Gift: 12 Lessons to Save Your Life*, is out now.

You made it. If there's a part of yourself you routinely resent or criticize, imagine yourself being very little, so tiny you can crawl inside your body and say hello to each of your organs, to each part of yourself. If you believe that everything is your fault, then gently hold your heart, hug that wounded part of you, and exchange it for a loving self. Tell yourself, "Yes, I made a mistake. It doesn't make me a bad person. My doing is not the entirety of my being. I am good." If your trauma is still living in your body, embrace it, because you survived it. You're still here. You made it. Find your vulnerable part and love it all over.

What you pay attention to grows stronger.

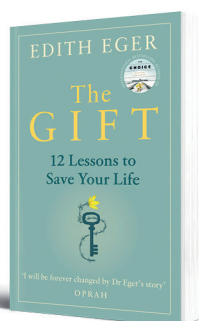
Spend a day listening to your self-talk. Is it full of "I should," "I shouldn't," and "yes, but"? Do you tell yourself, "It's my fault," or "I don't deserve it," or "It could have been worse"? Replace these messages of guilt or shame with a daily practice of kind and loving self-talk. As soon as you wake up in the morning, go to the mirror and look at yourself with loving eyes. Say, "I'm powerful. I'm kind. I'm a person of strength." Then kiss yourself on the back of each hand. Smile at yourself in the mirror. Say, "I love you."

Replace messages of guilt or shame with a daily practice of kind and loving self-talk.

— Edith Eger



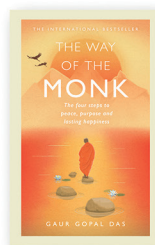
The Gift is out now



BE INSPIRED TO IMPROVE

The Way of the Monk by Gaur Gopal Das

Whether you are looking to find your purpose, strengthen relationships, discover inner calm, even in the stormiest of times, or give back to the world, this thought-provoking book will challenge you to change your outlook and align yourself with the life you want to live.



You're Not Listening by Kate Murphy

Listening has the potential to transform our relationships and our working lives, improve our self-knowledge, and increase our creativity and happiness. Drawing on fascinating research and interviews, this book will transform your conversations forever.



Tiny Habits by BJ Fogg

Research psychologist, Fogg has cracked the code of habit formation. His method reveals that the key to changing behaviour isn't about willpower, but about design. Try any habit, make it tiny, find where it fits naturally in your life and nurture it.



How to Make Your Pension Go Further

Most people in South Africa retire with too little money, including those who may have been members of retirement funds. But this doesn't mean that pensioners can't improve their lot.



OUR EXPERTS

Bruce Cameron is the semi-retired founding editor of personal finance at Independent Newspapers, and author of numerous books on money matters.

Wouter Fourie is a leading financial planner with more than 23 years' experience in comprehensive financial planning and wealth management.

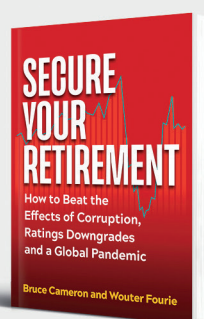
The day you retire is not the day your financial planning comes to an end. It is the end of saving for retirement, but the start of a new phase of financial planning.

This is the time to draw up a revised budget. Start by making two lists: one with your 'needs' and the other with your 'wants'. The needs section is for what you consider essential, but go through these expenses with a fine-tooth comb to see what you can trim. The wants section is for things you don't really need. This is one area where you can make severe cuts.

To keep a more steady hand on your retirement savings, you might want to consider some of these rules for smarter spending:


- **Think about how much you need your own transport.** It may be far cheaper to use an e-hailing taxi service, like Uber, or another form of public transport.
- **Avoid downgrading your medical aid option** - or worse, opting out of your medical aid. Always consider the savings of using generic medicines.
- **Consider your bank charges.** That prestige account may be costing more than it's worth to you; it might be time to adjust. Also, avoid loyalty clubs that encourage spending.
- **Carefully consider any advice to stop contributing to a retirement annuity.** There may be penalties, such as those imposed by life assurance companies if you don't maintain your contribution rates. There are lots of

A new phase of financial planning starts the day you retire.



Secure Your Retirement is out now

benefits to retirement annuities, including tax deductions against your taxable income, no tax on your returns, and no estate duty. But most of all, you will take account of problems such as the COVID-19 pandemic and future expense increases, particularly with regard to your health care.

- **Compare prices and watch for specials,** but be sure that a special is for something you actually need. For example, the price of an expensive product might be lower, but it is still high. Don't fall into the trap of thinking 'the more you spend, the more you save'.
- **Only go grocery shopping after you've eaten.** And take a list along to avoid impulse buys. It's also a good idea to get your groceries from supermarkets rather than the more expensive convenience stores.
- **Avoid cancelling your assurance risk policies,** particularly on what you own, without thinking about it very carefully. You should review this to make sure you are properly covered without being over-covered. You can also decide to exclude certain things, listing them for the insurance company. As part of the reaction to COVID-19, ASISA recently urged policyholders who are unable to pay their monthly long-term insurance premiums to contact their life insurers to explore possible options for premium relief rather than disputing their debit orders or allowing them to bounce.
- **Exercise at home** or outside instead of going to a gym.
- **Cut back on luxuries,** from going to the cinema and eating out to takeaway coffee or smoothies. You may also want to reassess what you spend on cigarettes and alcohol.
- **Check for pensioner discounts.** A wide range of places offer them, from beautiful spots like Kirstenbosch Botanical Garden in Cape Town to hardware stores. Spend time finding out where they are in your area, and if you don't know, simply ask the next time you take out your wallet. 

LET'S LIGHT UP THE BRAAI

Turn up the heat with these mouth-watering recipes from *Weber's Ultimate Braai Book*, the latest addition to the Weber family, the world's leading authority on braaiing.

Fillet Steaks with Mushroom-Brandy Sauce

Elegant, tender fillet meets its sophisticated match with this luxurious sauce.

4 fillet steaks, each 175–225 g and 3 cm thick
Extra-virgin olive oil
Sea salt and ground black pepper

Mushroom-Brandy Sauce

1 tablespoon extra-virgin olive oil
225–280 g brown button mushrooms, cleaned, stem ends trimmed, and cut into 5-mm-thick slices
1 small garlic clove, finely chopped
¼ cup brandy, Cognac or Calvados (apple brandy)
½ cup beef stock, plus more if needed
1 tablespoon Dijon mustard
¾ cup thick cream
2 fresh rosemary sprigs, each about 13 cm long, plus about



½ teaspoon finely chopped fresh leaves
¼ teaspoon sea salt
¼ teaspoon ground black pepper

Prepare the braai for direct cooking over high heat (230°–290°C). Brush the steaks on both sides with oil and season evenly on both sides with salt and pepper. Let stand at room temperature while you prepare the mushroom sauce.

To make the mushroom-brandy sauce, warm the oil in a large (25–30 cm) frying pan over medium high heat on the stove. Add the mushrooms and sear until lightly browned, 3–5 minutes, stirring only once or twice.

Add the garlic and cook until fragrant, about 30 seconds, stirring occasionally. Turn off the exhaust fan, if using, and carefully add the brandy (it may ignite, but it is fine if it doesn't).

Simmer, stirring to scrape up any browned bits, until reduced by about half; it should take less than 1 minute. Stir in the stock and mustard, then add the cream and rosemary sprigs.

Bring to a robust simmer, then reduce the heat to medium-low and simmer gently until thickened to a saucy consistency, 5–8 minutes, stirring frequently. Discard the rosemary sprigs and stir in the salt and pepper. Set aside and keep warm. If the sauce becomes too thick, thin with stock, 1 tablespoon at a time.

Brush the cooking grates clean. Cook the steaks over direct high heat, with the lid closed, until cooked to your desired doneness, 8–10 minutes for medium rare (51°–54°C), turning once or twice. Remove from the braai and let rest for a few minutes. Top the steaks with the sauce, garnish with the finely chopped rosemary and serve.

Sweetcorn with Chilli Oil and Lime

You want the cooking grates to be popping hot here so they sear and caramelize the corn kernels to the point that they develop dark brown spots. The squeeze of lime at the end ties all the flavours together.

Chilli-spiked Oil

¼ cup extra-virgin olive oil
1 teaspoon sea salt
½ teaspoon ground cumin
½ teaspoon chilli powder
¼ teaspoon paprika
4 sweetcorn cobs, husks and silk removed
1 lime, cut into 4 wedges
Chopped fresh coriander (optional)
Salt flakes (optional)

Prepare the braai for direct cooking over medium-high heat (200°–260°C). In a small bowl, whisk together the ingredients for the chilli-spiked oil. Brush the sweetcorn evenly with about two-thirds of the seasoned oil.

Braai the sweetcorn cobs over direct medium-high heat, with the lid closed, until browned in spots and tender, 10–15 minutes, turning occasionally.

During the last 1–2 minutes of braaiing, lightly baste the sweetcorn with the remaining seasoned oil. Remove from the braai and squeeze a lime wedge over each cob. Garnish with fresh coriander and salt flakes, if using, and serve.



SERVES
4

PREP:
10 MIN

BRAAI:
10–15 MIN

TRY Mexican Style Sweetcorn

Rub the sweetcorn very lightly with oil. Braai the corn as directed. While warm, spread mayonnaise over the corn, about 1 tablespoon for each cob. Sprinkle the corn with ½ cup finely grated parmesan cheese, 2 teaspoons chilli powder and 1 tablespoon chopped fresh coriander.

CHEF'S TIP Play with new ideas

There was a time when braaiing meant one thing: meat (and only meat) charred over open flames. Today's braaiers play with a much wider range of ingredients. The methods vary, too. Braaiing now also means using outdoor fires to roast, smoke, bake, simmer and stir-fry, among other techniques.

Braaiied Pineapple with Blackberry Sauce

SPECIAL EQUIPMENT:

4 metal or bamboo skewers
(soak bamboo in water 30 min)

350 g fresh blackberries (about 2½ cups), plus a handful more for garnish (optional)
1 tablespoon sugar
1 tablespoon water or rum
1 teaspoon fresh lemon juice
2 tablespoons raw shelled pistachios (optional)
4 peeled, fresh pineapple slices, each 2.5 cm thick and cored
Canola oil
4 large fresh mint leaves, very thinly sliced (optional)

In a food processor, combine the berries, sugar, water and lemon juice and purée until smooth. Do not over process or you'll break up the tiny seeds, which can be bitter. Using a spatula, force the purée through a fine mesh sieve set over a bowl. Discard the seeds. Cover and refrigerate until ready to serve.

If using pistachios, in a small frying pan over medium-high heat, stir the pistachios until they are lightly toasted, 1–3 minutes. Transfer to a cutting board, let cool, and then chop finely. Prepare the braai for direct cooking over medium heat (180°–230°C).

Cut each pineapple slice into six equal-sized chunks and thread onto four skewers, dividing the chunks evenly and making sure the flat side of each chunk faces out for optimal grill marks. Brush the pineapple chunks lightly with oil.

If using bamboo skewers, wrap pieces of foil around the ends of the skewers so they don't burn while braaiing. Brush the cooking grates clean.



SERVES
4

PREP:
15 MIN

BRAAI:
5–10 MIN

Place the skewers over direct medium heat and braai, with the lid closed, until the pineapple is well grill-marked and warm, 5–10 minutes, turning a couple of times to mark both sides. Remove from the braai.

Serve the skewers with the blackberry sauce. Top with whole blackberries, if using, and sprinkle with the mint and pistachios, if using. Serve right away.



WIN Stand a chance to win a copy of Weber's Ultimate Braai Book, in English or Afrikaans, **PLUS** a Weber Braai worth R2 600. To enter, scan the code using your phone camera, or visit penguinrandomhouse.co.za/competitions. Entries close 30 September 2020.

Weber's Ultimate Braai Book is out now. Ook beskikbaar as Weber se Beste Braaiboek



Same favourites, new flavours

Give your best-loved ingredients new life with these delicious recipes from Jamie Oliver's brand new cookbook

Moreish aubergine salad

Feta cheese, mint, olives, almonds, lemon & honey

SERVES
2

TOTAL TIME: 55 MINUTES

2 aubergines (250g each)
1 bunch of mint (30g)
20g skin-on almonds
1 lemon
1 tablespoon runny honey
8 mixed-colour olives
40g feta cheese
100g bag of mixed salad

Preheat the oven to 180°C. Place the whole aubergines directly on the bars of the oven and roast for 50 minutes, or until beautifully soft, tender and juicy.

Pick the baby mint leaves and put aside. Pick the rest of the leaves into a pestle and mortar, then add the almonds and roughly crush and pound together. Finely grate in the lemon zest, squeeze in the juice, and muddle in with the honey and 2 tablespoons of extra virgin olive oil. Squash and destone the olives, tear the flesh into the mix, and crumble in the feta. Mix it all together, then season to perfection with black pepper. Divide the salad and baby mint leaves between your plates.

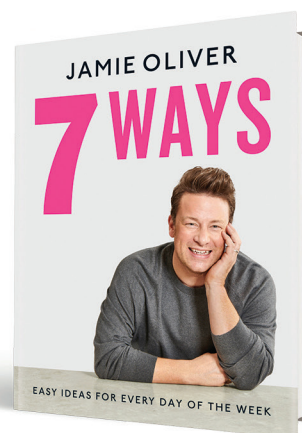
Slice the soft aubergines down the middle and place on top, then smother with the incredible, moreish pesto-style dressing. I like to attack the whole thing, chopping, tossing and mixing everything together as I tuck in. Delicious hot or cold.



ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
340kcal	24.1g	5.3g	9g	25.1g	15.7g	0.8g	9.3g



WIN Stand a chance to win a copy of 7 Ways, **PLUS** a gift voucher from Yuppiechef worth R1 000. To enter, scan the code using your phone camera, or visit penguinrandomhouse.co.za/competitions. Entries close 30 September 2020.



7 Ways is out now

Seared steak & red chimichurri

Smashed sweet potato, charred spring onions & crispy bits

SERVES
2

TOTAL TIME: 20 MINUTES

1 x 260g quality sirloin steak
2 cloves of garlic
2 sweet potatoes (250g each)
1 bunch of spring onions
2 fresh red chillies
½ x 460g jar of roasted red peppers
½ a bunch of flat-leaf parsley (15g)
extra-virgin olive oil
red wine vinegar

Remove and finely dice the fat from the steak. Put it into a non-stick frying pan on a medium-low heat with the unpeeled garlic cloves, turning

them every minute in the fat as it gently crisps up. Meanwhile, peel the sweet potatoes and chop into 4cm chunks. Cook in boiling salted water for 10 minutes, or until tender, then drain, smash, season and keep warm. Trim the spring onions, halve and deseed the chillies, and lightly brown on both sides in the steak fat. Remove 4 spring onions and the crispy fat bits to a dish, then place the rest of the spring onions and the chillies in a blender and squeeze in the soft garlic flesh. Drain and add the peppers, along with the parsley, and ½ a tablespoon each of extra-virgin

olive oil and red wine vinegar, then blitz until smooth, and season to perfection.

Turn the heat under the pan to high. Cut off the sinew, season the steak with sea salt and lots of black pepper, then cook to your liking, turning every minute. Let the steak rest for 1 minute on top of the spring onions, then slice. Spoon 2 tablespoons of sauce on to each plate (save the rest for future meals), sit the steak on top with any resting juices, then serve with the sweet potato, spring onions and crispy bits. **U**

ENERGY	FAT	SAT FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRE
487kcal	17.1g	7.4g	32.7g	51.6g	11.4g	1.2g	7.6g

In my Opinion

South Africa needs to be more inclusive when preserving its heritage buildings

In prioritising conservation of historic works of architecture, we stand to lose lesser-known but equally relevant architectural legacies for future generations, says *Hidden Pretoria* author, Johan Swart.



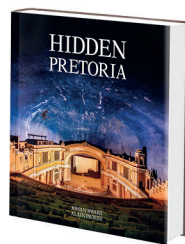
South Africa's heritage sites embody our stories, values and identities. Each holds special meaning for different individuals, serving as places of ritual, remembrance, inspiration, confrontation, education and enjoyment.

In contrast to sites where our nation's grand narratives are celebrated are everyday heritage locations, which, while smaller, are no less meaningful. Places of worship, modest landmarks, favourite meeting spots, neighbourhood parks, or memorials that recall lesser-known heroes with a simple plaque or place-name reflect local values and the ongoing care and improvement of these places shows a dedication to the wellbeing of communities.

And then there are heritage places that could affect us most profoundly, but are often nearly invisible. There are the sites where finely engraved surfaces mark the presence of early San wanderers, the caves of fossil discovery that reflect our ancient origins, or the tracts of veld hiding the foundations of large and long-abandoned Iron Age cities. Heritage places can even be defined by absence, such as District Six in Cape Town, a demolished neighbourhood that can now only be relived in archives, stories and memories.

But there is also a growing diversity of perspectives that guide the way in which we identify, interpret and conserve these sites. In our attempts to prioritise conservation of well-known and historic works of architecture, we stand to lose lesser-known but equally relevant architectural legacies for future generations. Examples include the disappearing traditions of vernacular place-making in rural SA,

Heritage places that confront us with difficult or contested histories can inspire important conversations.



Hidden Pretoria is out now. Also available are *Hidden Cape Town* and *Hidden Johannesburg*.

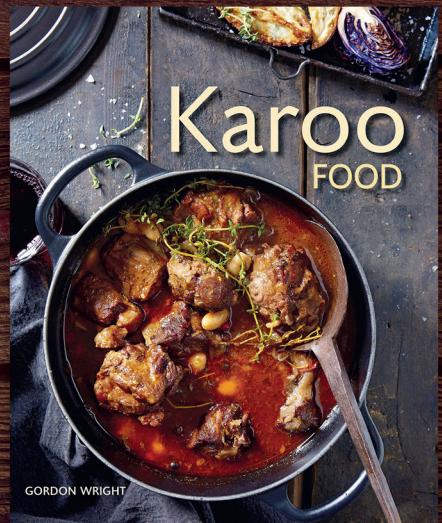
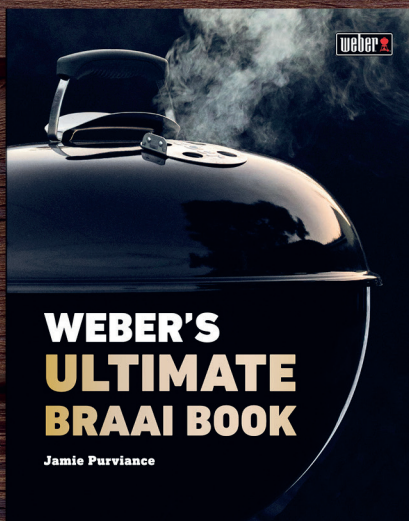
the often undervalued mid-twentieth century modernism found in our suburbs, or the station buildings dotted along our historic railway lines.

While there is certainly a case to be made for some heritage places to be preserved pristinely in their historical condition, many others offer opportunity for extensive architectural transformations that could positively alter both the place and its meaning. Perhaps the best example is the constitutional court in Johannesburg, where an old fort and prison complex has been symbolically transformed through the addition of new buildings, programmes, landscapes and public art.

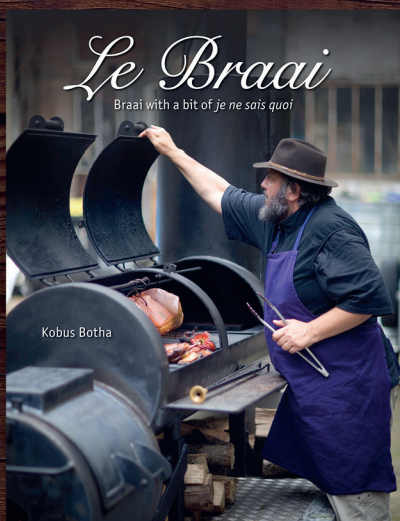
Conserving and making use of a wider range of heritage places offer opportunities for positive contributions to socio-economic agendas or environmental sustainability. Sparsely visited heritage sites and museums could be more active in their educational programmes, declining neighbourhoods can be revived to avoid the need for new developments, and underused government buildings could be renovated to accommodate clinics or small businesses.

Some heritage places confront us with difficult or contested histories, but inspire important conversations. This should encourage us to place new layers of dialogue with the old, to experiment with new forms of memorials and to create inclusive spaces of reflection.

South Africa's architectural legacy deserves to be cherished to allow more of us the meaningful experience of stepping into the past, both now and for generations to come. But to secure the preservation of more of these sites, we need to expand our definitions of heritage and reconsider the best intentions for these pillars of history. 



LET'S BRAAI



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