



THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

EXCLUSIVE

ZAKES MIDA

His triumphant
new novel,
Wayfarers'
Hymns

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LATEST RELEASES

From Richard Powers
& Jo Nesbo to
Amor Towles &
Sophie Kinsella



EVOCATIVE EXTRACT

From Kate Bowler's
No Cure for Being Human

WITTY BOOK CLUB PICK

*The Man who Died
Twice* by Richard Osman

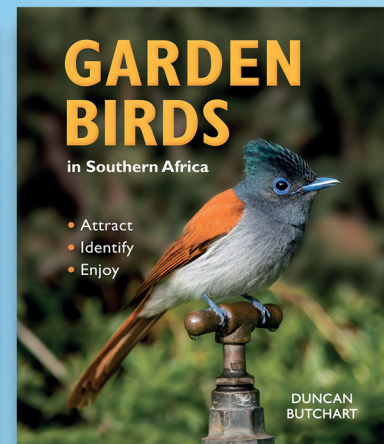
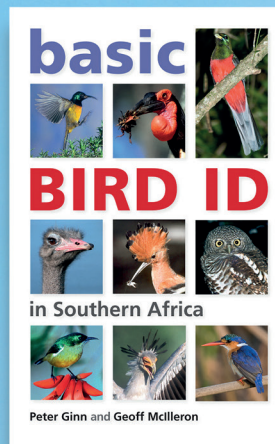
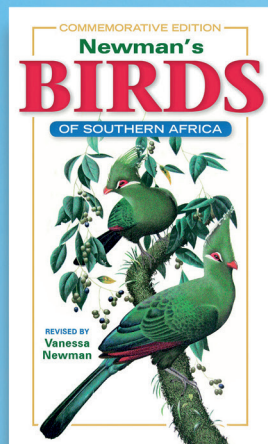
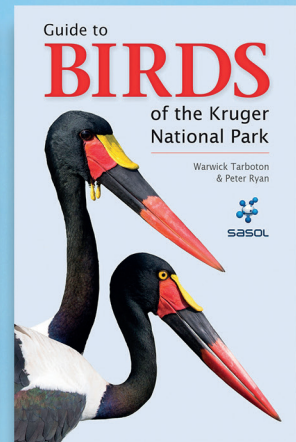
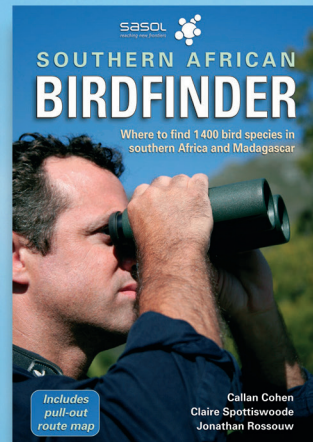
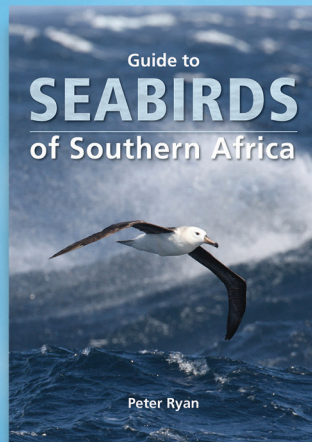
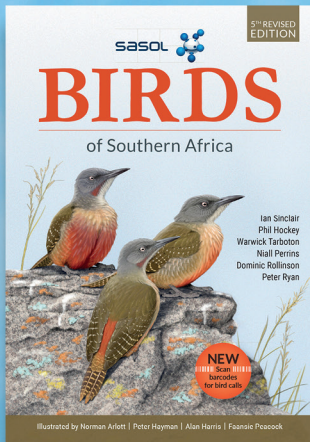
GANSBAAI'S GREAT WHITES

Richard Peirce reflects
on their disappearance

OTTOLENGHI'S NEW COOKBOOK

His fuss-free
recipes inside

Birds of a feather flock together



Available now at leading bookstores
nationwide and online



Penguin
Random House
South Africa



STRUIK
NATURE



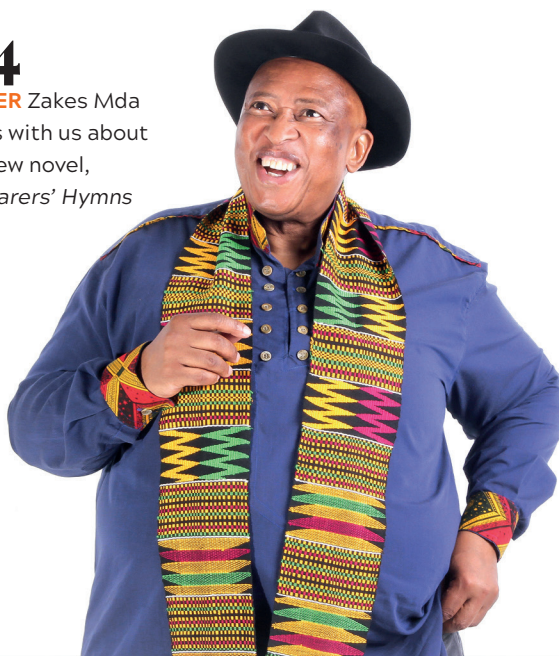
STRUIK
NATURE CLUB



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Thula Simpson

Welcome!

Our cover author, South African writer **Zakes Mda** is known for his a prolific work across novels, plays, poems and articles for academic journals and newspapers. We didn't think there'd be another novel from him, after he essentially retired from writing books, but thank goodness that changed! His new novel, *Wayfarers' Hymns*, is musical, evocative, and simply unforgettable. We were lucky to chat with him about the novel, and you can read more on that on page 4.

If you loved *The Thursday Murder Club*, you'll be thrilled to hear that Richard Osman has just released the second book in the series, *The Man who Died Twice*. Like his first, it features the feisty four septuagenarians, this time on the case of a massive £20 million-worth of missing diamonds – with an angry mobster, out for blood, who's hot on their tail. It's filled with funny moments and loads of charm; just all-round, a fabulous mystery.

In 2017, Gansbaai's shark population started to decrease at a rapid rate. The main cause: a pair of Orcas. The event inspired shark expert, Richard Peirce, known for his work on wildlife issues, to write a book about it, and in our nature feature this month, he shares why, as well as his very personal experience of doing so.

Also in this issue, read an extract from Kate Bowler's touching memoir, learn more about yourself and those around you with advice from *Surrounded by Idiots* author, Thomas Erikson, and start planning your next get-together with recipes from this month's bumper food feature.

Happy reading!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

+++++



Everyone's talking about ... DOLLY PARTON AND JAMES PATTERSON TO CO-AUTHOR A NOVEL

The internationally beloved entertainer Dolly Parton and the world's bestselling author, James Patterson, will publish a novel they have written together. The first novel Dolly Parton has ever written, *Run, Rose, Run* will be published in March 2022. Parton will simultaneously release an album of the same name, consisting of twelve original songs she was inspired by the book to write, record, and produce. The novel also includes lyrics to the songs, which are essential to the story. This dual release will mark the first time a number one bestselling author and an entertainment icon, who has sold well over 100 million albums worldwide, have collaborated on a book and an album.

Dolly Parton said, "I cannot be more excited about the release of my very first novel *Run, Rose, Run* with the great James Patterson. I also have a new album to go along with the book. All new songs were written based on the characters and situations in the book. I hope you enjoy the book and the songs as much as we've enjoyed putting it all together!"

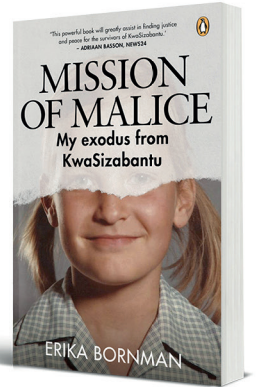
James Patterson said, "It's been an honour – and a hell of a lot of fun – to work with the inimitable Dolly Parton, whom I've long admired for her music, her storytelling, and her enormous generosity. The mind-blowing thing about this project is that reading the novel is enhanced by listening to the album and vice versa. It's a really unique experience that I know readers (and listeners) will love."

Run, Rose, Run hits shelves in March 2022.

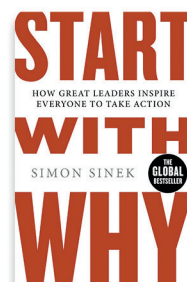
DOMINATING THE BESTSELLER LISTS

Mission of Malice by Erika Bornman

Escaping a cult is difficult, but rehabilitation into 'normal' life after a decade of ritual humiliation, brainwashing and abuse is much more painful, as Erika Bornman discovered. Not being able to ignore her knowledge of the grievous human-rights abuses allegedly being committed at KwaSizabantu Christian Mission, she embarks on a quest to expose the atrocities. *Mission of Malice - My Escape from a Fundamentalist Cult* chronicles Erika's journey from a fearful young girl to a fierce activist determined to do whatever it takes to save future generations and find personal redemption and self-acceptance.



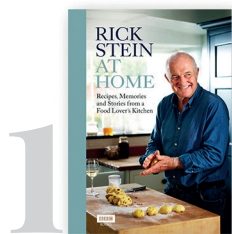
“When you
compete
against
everyone else,
no one wants to



help you. But when
you compete against
yourself, everyone
wants to help you.”
– Simon Sinek, author
of *Start with Why*

RELEASE RADAR

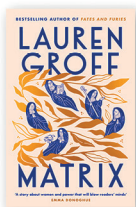
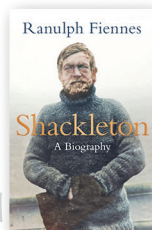
Don't miss out this month...

**Rick Stein at Home by Rick Stein**

A collection of all-time favourite recipes, such as Cornish Bouillabaisse and Apple Charlotte and Spiced Pears Poached with Blackberries and Red Wine, as well as essays that celebrate the rhythms and rituals of home cooking.

Shackleton by Ranulph Fiennes

An engaging account of the adventurer, his life and his incredible leadership under the most extreme of circumstances. Written by polar adventurer Sir Ranulph Fiennes who brings his own unique insights to bear on these infamous expeditions.

**Matrix by Lauren Groff**

Born from a long line of female warriors and crusaders, yet too coarse for 12th-century courtly life, Marie de France is cast out and sent to the muddy fields of Angleterre to take up her new duty as the prioress of an impoverished abbey.

WIN!

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

Steven Pinker **in numbers**

Ever wondered what's behind the cognitive psychologist, linguist, and popular science author? We break it down.



2 the number of times Pinker has been a finalist for a Pulitzer Prize Award

11 books, including his bestseller, *The Stuff of Thought*

1954 Born Steven Arthur Pinker in Montreal, Canada

2004 Pinker is named in *Time* magazine's "The 100 Most Influential People in the World Today"

718.5K followers on Twitter

Q&A

One minute with...

Chinenye Emezie

Set in Lagos, *Glass House* tells the secrets of one family - and how they play out.

**Where did the idea for *Glass House* come from?**

I was watching the early morning news and a particular story involving a little baby caught my attention. Some years later, I read a similar story to that of the little girl, this time about a family in Australia. The idea to tell my own fictional version of these two stories grew from there. I sought to tell the story of the product of the trauma survivor rather than the direct victim's story. In this sense, I wanted it to be Udonwa's story rather than Adaora's because Udonwa is a unique character whose story isn't that very familiar yet.

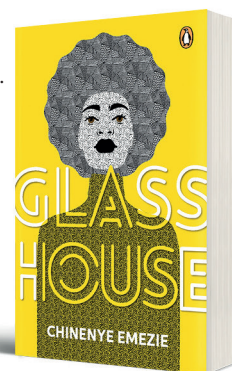
Is Lagos special to you?

Very. It's the land of my birth and the only Nigerian city I've ever lived in for longer than three weeks. I love the hustle and bustle of Lagos. It's a fast-paced city and us Lagosians are always on the move trying to keep up with its spirit and vibe. It's also the commercial centre of the country.

Which of the characters surprised you?

Mama, or Obianuju's character, is one that annoyed me the most while writing, especially early on. But I had to stay true to the narrative of many women and mothers like her who are married to, or living with, men like Rev. Leonard. However, her revelation of her reason for not standing up to her husband for years is what surprises me most about her, because no one would expect her to be capable of doing that.

Glass House is out now.



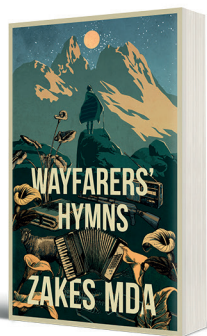
‘FAMO WAS THE MUSIC I GREW UP LISTENING TO.’

Known for his vivid and memorable characters, Mda’s new book, *Wayfarers’ Hymns*, is set in the fascinating world of famo music.

He chatted to Lauren Mc Diarmid about the novel, his years living in Lesotho and stories that demand to be told.

“**T**he story in *Wayfarers’ Hymns* came after I had decided to retire from writing novels. I was determined that *The Zulus of New York* was going to be my last novel, and I had announced that to the world. The story assailed me, grabbed me by the scruff of my neck and demanded that I narrate it. I had no say. The story decides when it should be told, and how it should be told. If it tells me that it can only be a song, or in some other instance a poem, or a play, or a painting, I never force it to be a novel. I tell it exactly as it demands to be told. So finally, I had to obey.

Wayfarers’ Hymn travels from Lesotho’s Mountain Kingdom to the City of Gold through the history of famo. It follows our boy-child, a wandering musician and a weaver of songs. His own story is intertwined with the social history of the music: the Time of the



Wayfarers’ Hymns is out now.

Concertina and the Accordion, the wars of the famo gangs, and the battle for control of illegal mines.

Famo music was born in the drinking dens of migrant mineworkers in Lesotho, where the men would sing to unwind after work, accompanied by the accordion, a drum and sometimes a bass. This was the music I grew up listening to. From my years living in Lesotho, I remember a concertina man called Pshoatla, who was famous throughout Lesotho. Those were the days of the concertina. And then came the organ, which was immediately followed by the accordion.

I did not know most of these famo musicians personally until I researched this novel, but as a professor at the University of Lesotho, I used to invite some of these musicians to perform for my theatre class, as our mode of theatre-for-development used



popular forms of artistic expression, including music. One of those musicians was a woman called Mmalitaba, a fierce famo singer and dancer. The Puseletso Seema that I write about in *Wayfarers' Hymns*, who is still very active to this day, wouldn't have been the performer she became if Mmalitaba had not lived.


So the book brings in some of my own memories and experiences. Village life, for instance. Though I lived in the town in Lesotho, my father being a lawyer, I interacted with the rural culture a lot. The music of course spilled into the urban areas. It is also my third novel featuring professional mourner, Toloki.

The decision to bring Toloki into this story was made many years ago; in 2006, after I completed *Cion*, which also features Toloki, but without his partner, Noria because it is mentioned there in passing that she died in Lesotho. I knew then that the next time I wrote a novel set in Lesotho, whatever the story would be, it would have to account for the death of Noria. It had to be a Toloki Trilogy. Of course, at the time I didn't know that the novel would be about these musicians and gangsters.

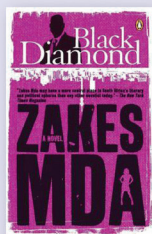
I hadn't known of the involvement of the

I hadn't known of the involvement of the musicians in illegal mining and police corruption in South Africa, in gang warfare, in Lesotho politics, until I spoke with the musicians themselves.

musicians in illegal mining and police corruption in South Africa, in gang warfare, in Lesotho politics, and so forth, until I spoke with the musicians themselves. The main person who led me to the musicians, and therefore on this journey, was Sebonomoea Ramainoane, a radio station owner, pastor, farmer, newspaper editor and musician in his own right, whom I have known from the early days of his youth. The journey led me to the history of MaRussia, the gangs of Basotho men that were active in those townships of Soweto that were predominantly Sesotho. I wrote about MaRussia in my second novel, *She Plays with the Darkness*, some years back. These musicians and their gangs are descendants of the MaRussia gangs, named after the Russians who were held in awe by Basotho warriors as fierce soldiers.

I could never say what I hope readers will gain from reading *Wayfarers' Hymns*. Anyone who reads the book will take from it what they will. My role is to tell the story; the reader's is to fill in the gaps through the lens of their own life's experiences. That is why a reader can tell me that "this book changed my life", even though I had no intentions of changing anyone's life. The story must speak for itself." 

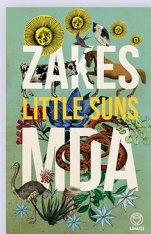
OTHER BOOKS BY ZAKES MDA



Black Diamond

Kristin Uys is a tough magistrate on a one-woman crusade to wipe out prostitution in Roodepoort. After she nails

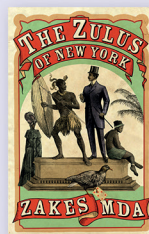
one of the Visagie Brothers for contempt of court and gives him a six-month sentence, Kristin receives menacing phone calls and her home is invaded and vandalised. The chief magistrate insists on assigning a bodyguard to protect her and, to Kristin's consternation, security guard Don Mateza moves into her home and trails her everywhere. Don soon finds that his new assignment has unexpected complications.



Little Suns

It is 1903. A frail Malangana searches for his beloved Mthwakazi after many lonely years in Lesotho. Twenty years

earlier, it was the assassination of Hamilton Hope that ripped the two of them apart. Hope was a colonial magistrate who, in the late nineteenth century, was undermining the kingdoms of the Eastern Cape in order to bring them under British control. It was he who wanted to coerce Malangana's king and his people into joining his battle - a scheme Malangana's conscience could not allow. A touching story of love and perseverance.



The Zulus of New York

The Great Farini would stride on to the stage and announce, 'Ladies and gentlemen, and now for the

highlight of the day, the ferocious Zulus.' It was he who introduced Em-Pee and his troupe to this kind of show business, and now they must earn their bread. In 1885 in a bustling New York City, they are the performers who know the true Zulu dances, while all around them fraudsters perform silly jigs. What the gawking spectators don't know is that Em-Pee once carried nothing but his spear and shield, when he had to flee his king.

It's the following Thursday...



The biggest debut novelist in recent history, Richard Osman writes on building up the courage to write his bestseller, *The Thursday Murder Club*, the inspiration behind it and the exciting second novel in the series.

“I was inspired to write *The Thursday Murder Club* while visiting a relative who lives in a beautiful retirement community in the heart of the British countryside. This place had it all: green fields, gleaming lakes, ancient woodland and a state-of-the-art gym and swimming pool. It even had a steam room and Jacuzzi, for goodness' sake. You have to be over 65 to live there, but I promise, if you visited today, you'd want to stay.

Now, we were having lunch on the restaurant terrace. It was early (they eat *very* early there) and I looked down at my phone and saw that I had no reception. So there I was, sitting in this beautiful place with no mobile reception, and I suddenly thought, 'Well *this* would be an amazing place for a murder.'

Rather than commit one, I thought I should probably write about one instead. Then, as I looked around at my fellow diners, these incredible people who had led incredible lives, I had another thought. If there *was* a murder here, I bet this lot would solve it. And so 'The Thursday Murder Club' was born. Four people in their seventies and eighties – Elizabeth, Joyce, Ibrahim and Ron – who would meet up once a week to try and crack unsolved murder cases. They would talk over these cold cases, usually with a bottle of wine or two, until one fateful day a real-life murder falls into their laps.


I knew I liked the idea. It had been waking me up early, keeping me company on the

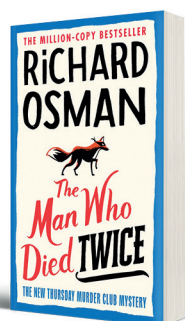
bus, and interrupting me during meetings. However, I would only have to read a wonderful novel by crime novelists Kate Atkinson or Ian Rankin to lose heart. I could never write like them.

But then I made a deal with myself: I chose to ignore the voice of doubt for a month. Just one month. I made myself sit down for two hours a day and write. For me it was 1,000 words at a time. I didn't go back and revise the previous day's work. I didn't fuss over the opening sentence. And then, after 18 months there it was: 90,000 words; an actual novel.

Quite possibly the proudest – and hardest – creative achievement of my life. It was a long, difficult, painful, frustrating, exposing process but taking it two hours at a time, 1,000 words at a time made it a little closer to manageable.

Of course, as lots of people will tell you, you really don't have to write your novel at all. No one is walking into the book shop and saying: "I tell you what this place needs... another book." But no one else is going to write the book that's in your head right now, which seems a shame. So why not have a go? I can't begin to describe the buzz, which should give you an idea of my skills as a novelist.

As for those retirees who inspired the series, fortunately, it was enjoyed by all. Phew! But I am sworn to secrecy as to where this retirement community is..." 



The Man Who Died Twice is out now.

at my desk

Sophie Kinsella is the bestselling author of the Shopaholic series, and her new book, *The Party Crasher*, is just as charming. She chats about the novel, finding inspiration and coffee, coffee, coffee.

“I love to hate Krista! She is Effie’s dad’s new girlfriend. Krista is selfish and toxic but kind of magnificent, too. She was such fun to write, being so vivid and outrageous.

I think *The Party Crasher* was subconsciously inspired by lockdown – I was desperate to write about a party as a kind of escapism! I had the idea of an estranged family member hiding at the party, which I thought had a lot of potential for comedy – but also the pain of family dysfunction. I then read a lot of books and articles on adults going through their parents’ divorce, which helped me create Effie’s character and point of view.

I like to let ideas come to me, which they do at random, but I always have my writers’ radar on for good stories or funny characters. I often go to sit in coffee shops and let the buzz of surrounding people inspire me.

When I’m planning a novel, I will wander round from coffee shop to coffee shop, sitting in the corner, making notes and just thinking. But I never sit down to my actual writing until I have the first line complete in my head. That way, I will never have to stare at a blank screen, which is far too scary. I sit down, quickly type out the first line and boom! I’ve begun. From that point, I am pretty disciplined. I get started first thing and aim to write at least 1,000 words a day. But I must have coffee to write. It’s essential.

For those trying to find their own voice




The Party Crasher is out now.

as a novelist: Write the book that you would love to read yourself. Imagine going into a bookshop and seeing the perfect book, right there on the shelf. Imagine what it’s about. Imagine how it starts. Think about why you are excited to read it and can’t wait to dive in. Now, write that book!

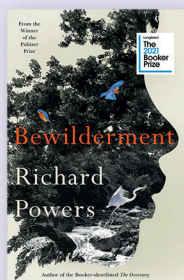
ABOUT THE BOOK

The Party Crasher by Sophie Kinsella

Effie’s still not over her parents splitting up a year ago. Now her dad and his new girlfriend are selling the family home and holding a ‘house-cooling’ party. Effie decides to give it a miss, until she remembers her precious Russian dolls, safely tucked away up a chimney. She’ll just creep in, grab the dolls and make a swift exit. No one will know she was ever there. Of course, nothing goes to plan, and what follows is a series of misadventures, including a brush with her ex-boyfriend (who she’s very much not over), and the discovery of unexpected truths about her family. A book about family – about the assumptions that we make about those that we love and how wrong we can be, and about how we piece ourselves back together when things go awry. 

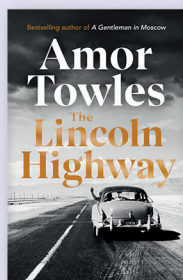
TOP FICTION

OUT THIS MONTH



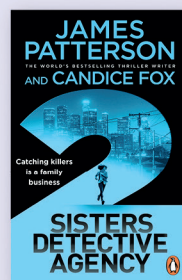
Bewilderment by Richard Powers

Astrobiologist Theo Byrne has found a way to search for life on other planets light years away. He is also the widowed father of an unusual nine-year-old. His son Robin is funny, loving, and filled with plans. He thinks and feels deeply, adores animals, and can spend hours painting elaborate pictures. He is also on the verge of being expelled from third grade, for smashing his friend's face with a metal thermos. The only thing for it is to take the boy to other planets, while all the while fostering his son's desperate campaign to help save this one.



The Lincoln Highway by Amor Towles

June, 1954. After serving fifteen months on a work farm for involuntary manslaughter, eighteen-year-old Emmett returns home. Without parents, and the family farm foreclosed upon by the bank, Emmett plans to pick up his eight-year-old brother Billy and head to California to start a new life. But when the warden drives away, Emmett discovers that two friends from the work farm have stowed away in the trunk of the warden's car. They have a very different plan for Emmett's future. Bursting with life, charm, richly imagined settings and unforgettable characters.



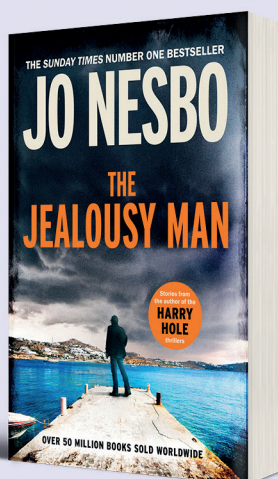
2 Sisters Detective Agency by James Patterson

Attorney Rhonda Bird returns home to LA to bury her estranged father, and discovers that he left her two final surprises. The first is a private detective agency; the second is a teenage half-sister named Baby. When Rhonda goes into her father's old office to close down the business, she gets drawn into a case involving a young man who claims he was abducted. The investigation takes Rhonda and Baby to dark and dangerous places, and they become the target of a criminal cartel seeking revenge...



Die duisend en eerste nag deur Francois Bloemhof

Nà die dood van Herma, sy tweelingsuster gaan Herman Swart se gesondheid vinnig agteruit. Hy onttrek homself in 'n wêreld van ou films en sien sy suster oral waar hy homself opmerk, hoor haar op ongeleë tye. Dan verval hy in 'n diep koma. Binne-in 'n avontuur, 'n nagmerrie, 'n wêreld waarin droom, fantasie, film, vervolgverhale, musiek en die gotiese ineenvleg, sweef Herman rond. In 'n vreemde, magiese realisme beweeg hy tussen plekke en karakters, en word weggelok deur die prinses, 'n meisie wat baie aan Herma herinner.



The Jealousy Man and Other Stories by Jo Nesbo

In his first ever collection of short stories, this master of crime writing skilfully draws in the reader as we watch the potentially fatal outcomes of humanity's most powerful emotions play out on the page. We meet a detective who has become an expert on jealousy thanks to some hard-earned lessons from his private life. A taxi driver who finds his wife's earring in a car belonging to his boss. And a woman on a plane to London, about to end her own life in the wake of her husband's affair with her best friend. Filled with dark thrills, twisted minds and vengeful hearts. **12**

WHAT COLOUR IS YOUR PERSONALITY?

Using the DISC model, Swedish behavioural expert and author of *Surrounded by Idiots*, Thomas Erikson highlights unique behaviours, where different archetypes of demeanour and communication are categorised as red, green, yellow or blue. Take this quiz to discover your dominant personality type.

1 In a meeting, you are presented with a new idea that you absolutely do not agree with. How do you react?

- A** You know it's a bad idea, and you tell everyone right away. ☐
- B** You don't say anything during the meeting, but afterwards, you tell a friend exactly what you think. ☐
- C** You tell everyone how you could do it better and include some funny anecdotes. ☐
- D** You ask some questions to see if you understand it correctly, and in doing so quietly point out why it won't work. ☐

2 Your boss gives you some harsh criticism at work. How do you react?

- A** You get mad at them and reject what they have to say. ☐
- B** You get very quiet and promise you'll never do that again. ☐
- C** You're annoyed that they're criticising you, because you think that they've misunderstood your intentions. You spend longer explaining why they're wrong than they did giving you their feedback. ☐
- D** You request additional information about the specific situation your boss has a problem with, and then assess whether or not you agree with them. ☐

3 You already have too much to do and feel overwhelmed when you're asked to take on a new assignment. What do you do?

- A** You take on the new project and work even harder, but become aggressive if someone questions the quality of your work. ☐
- B** You take on the task without protesting, but your body language shows that you have serious misgivings. ☐
- C** You take on the task but tell everyone about how many hours you had to spend working over the weekend. ☐
- D** You analyse the scope of the task and express great skepticism about whether it's possible to perform it within the given framework. ☐

4 You must set up a meeting to discuss the introduction of a new computer system. What do you write in the notice?

- A** "Notice of meeting about introduction of new computer system. Meet exactly..." ☐
- B** "It looks like we need to introduce a new computer system. We must discuss this, hope time is right for everyone." I order in coffee and snacks. ☐
- C** "Hi everyone, we seem to need a new computer system. I think this can be terrific and offer many new challenges. Welcome to the meeting!" ☐
- D** "Invitation to a meeting. Theme: Introduction of new computer system. Agenda: Brief Introduction, background. Demonstration of the new system. Questions." ☐

5 You have bought flat-packed furniture and need to assemble it. What are you doing?

- A** You command a cohabitant to do it for you, but monitor the process and point out any mistakes they make. ☐
- B** You are very unsure about how to do it, postpone it to the next day, and hope that your neighbour may be able to help. ☐
- C** You take a quick look at the instruction manual, throw it aside, hope for the best, and entertain everyone at work the next day with a report on the task, complete with missing screws and skew angles. ☐
- D** You carefully read the assembly instructions, and count and sort all the screws before you methodically start the process. ☐

Your boss has purchased the book *Surrounded by Idiots* and wishes to use it in the department. How do you react?


A Okay, but I'll do whatever I want. ☐

B Yes, only that can help us to do better work; it will certainly be good. ☐

C Great fun! In my previous job, I did a similar test and know what kind of results I got? ☐

D Hm. This is so grossly simplified that you cannot count on it being correct. ☐



Now that you've taken the quiz, take a look at your results 

YOUR RESULTS

These are only likely characteristics. Most people have a combination of colours in their personality.

Mostly As

RED! You are case-oriented, impatient, competitive, determined and clear. You may also be perceived as selfish, assertive, and fierce. Famous Reds: Hillary Clinton, Barack Obama and Mother Teresa.

Mostly Bs

GREEN! You are calm, restrained, patient, a good listener and a distinguished team player. You may also be perceived as cautious and not so fond of change. Famous Greens: Mahatma Gandhi, Nicole Kidman and Michelle Obama. And then maybe Jesus.

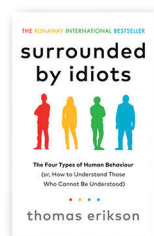
Mostly Cs

YELLOW! You are outgoing, verbal, open, creative and inspiring. You may also be perceived as attention-seeking, curious, and sometimes a little tiresome. Famous Yellows: George W. Bush, Dolly Parton and Jim Carrey.

Mostly Ds

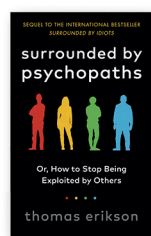
BLUE! You are conscientious, logical, quality-conscious and systematic. You may also be perceived as inward. Famous blues: Albert Einstein, Bill Gates, Al Gore, Henry Kissinger and C-3PO.

BOOKS BY THIS AUTHOR



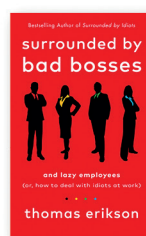
Surrounded by Idiots

After a meeting with a successful entrepreneur, who was convinced he was 'surrounded by idiots', Erikson dedicated himself to understanding how people function and why we often struggle to connect with certain types of people. The book will help you understand and influence those around you, even people you currently think are beyond all comprehension.



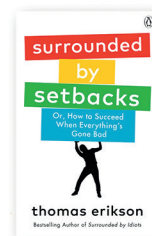
Surrounded by Psychopaths

Some people can convince anyone about anything and lure them with their charm. They enjoy controlling others and will do anything to get what they want. You can't really escape psychopaths, but you can beat them at their own game. Erikson shows how to see through their manipulation and fend off their attempts to wreak havoc into your life.



Surrounded by Bad Bosses and Lazy Employees

Erikson shows how understanding your boss's behavioural tendencies as well as your own will lead to a more harmonious and productive workplace. Because there are two sides to every coin, Erikson also looks at employees themselves and why some colleagues frequently underachieve and what you can do to change this.



Surrounded by Setbacks

Starting by reminding us that life is as it is, Erikson helps us see that it is in fact useless to try to control everything happening around you. Instead of protesting when life throws you curveballs, focus instead on how to handle them by adopting an approach to adversity that works for you and will give you the chance to turn everything into success.

A STORY OF SURVIVAL

Its flourish of Great Whites is Gansbaai's claim to fame, and a large part of its success. So when its sharks started to disappear, the Western Cape town faced a conundrum. Shark conservationist and author of wildlife books, including *Orca*, Richard Peirce, investigated the sudden retreat.

“My book *Orca* is the story of several struggles for survival. The struggle when two apex predators met, and there could only be one winner, so one had to become prey and the other predator. The struggle of a small South African town when one of its main revenue sources dried up. And the challenge the scientists faced when they struggled to understand why the Great White sharks had disappeared from the Dyer Island area.

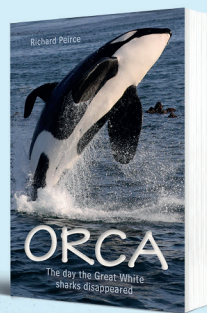
For me as a storyteller, *Orca* was a fascinating project. I was telling the story of Gansbaai, which I had known well for over twenty years, and all the characters in the story were people I knew. We are all conditioned to think of Great White sharks as the ultimate ocean predators, *Jaws*, the stuff of nightmares, then the narrative had to be re-evaluated when two offshore killer whales (Orcas) appeared, and started predating on the Great Whites. Not surprisingly, the sharks fled, and this left the Western Cape town of Gansbaai in a very vulnerable position.

Since the turn of the century, shark eco-tourism had grown and grown, and for most shark fans, being in the water with a Great White was the ultimate experience. Since the late 1990s Gansbaai had been building

a global reputation as the “Great White Capital of the World”, which was how the town styled itself. Then early in 2016, the ceiling crashed in on Gansbaai when their sharks disappeared. The tourists dried up, and the dream turned into a nightmare. As the months went by, it was noted that when two particular Orcas arrived in the area, the sharks left. The pair were given the names Port and Starboard because one had a dorsal fin which flopped to the left (portside), and the other to the right (starboard). Dead Great White carcasses started to wash up, and after investigation, scientists clearly linked the Orcas to the shark's disappearances.

The pattern became set, and those engaged in Great White cage diving started to dread the arrival of Port or Starboard. Nature abhors a vacuum and bronze whaler sharks began turning up around Gansbaai's cage diving boats. The “bronzies” were a lifeline for the beleaguered shark tourism industry, but bronze whalers are not Great Whites, and would never have the same iconic allure as Benchley's famous fish.

Months became years, and the memories of Gansbaai's assured good times faded into the past. Port and Starboard were the culprits that were initially identified as being behind the disappearance of Great Whites from both the Gansbaai area and False Bay, but as time passed,



Orca is out now.




other factors were identified as affecting Great White populations along South Africa's coasts.

Overfishing, and particularly demersal longlining, was certainly a reason for decline in numbers. Trawling and longlining weren't just killing Great Whites they were also taking large numbers of the smaller sharks, and other fish that Great Whites need to feed on. Port and Starboard were the first bad guys to be named and identified, but they weren't alone in their specialist eating habits, because other offshore Orcas were also recorded taking Great Whites and other large sharks.

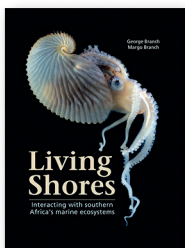
Orcas have been in earth's oceans for approximately 11 million years, and are generally accepted as being the most widespread mammal species after humans. Females live up to 100 years, and males probably around 60 years. Relative to size, they have the largest dorsal fins of any cetacean, and their intelligence is



evidenced by their hunting cooperatively and changing strategies to suit circumstances.

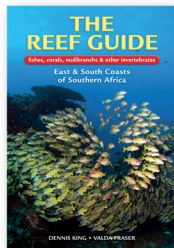
For me, *Orca* was a very personal journey. I really enjoyed chronicling an area I love, as well as the experiences of many of my friends there. But in many ways, the most exciting thing about this continuing saga is that we are watching natural (or perhaps *unnatural*) history evolve in front of our eyes." 

MORE EYE-OPENING MARINE GUIDES



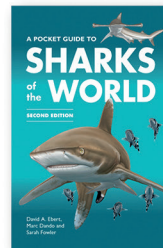
LIVING SHORES
by George Branch and Margot Branch
This book examines the different

marine ecosystems and how humankind interacts with them. It discusses the evolution of the sea and continents and looks at the ecology of coastal systems, including intertidal zones, beaches, dunes, estuaries, islands, kelp forests and reefs. It also unpacks the relationship between humans and the marine environment, and the consequences thereof, and addresses the impact of climate change, highlighting what can be done to protect our environment.



THE REEF GUIDE: EAST AND SOUTH COASTS OF SOUTHERN AFRICA
by Dennis King and Valda Fraser

The Reef Guide documents some 800 reef fishes and invertebrates found along the east and south coasts of southern Africa, including sections on anemones, starfish, snails, crabs and shrimps. Full-colour photographs and descriptive text for each species, along with useful and interesting information, make for easy identification. Indispensable for divers, snorkelers and rock-pool enthusiasts, as well as fishermen and marine aquarists.



A POCKET GUIDE TO SHARKS OF THE WORLD
by David A. Ebert, Marc Dando and Sarah Fowler
Sharks are more seriously

threatened with extinction and in greater need of conservation and management than any other major group of vertebrates. The only field guide to identify, illustrate and describe every known shark species. It's handy for many situations, including recognising living species, fishery catches, or parts sold at markets. Lavishly illustrated, it also takes a look at shark biology, ecology and conservation. The essential resource and definitive reference.

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EXTRACT

No Cure for Being Human



Kate Bowler used to accept the idea that life is an endless horizon of possibilities, until she was diagnosed with stage IV colon cancer at thirty-five. Now she has to ask one of the most fundamental questions of all: How do we create meaning in our lives when the life we hoped for is put on hold indefinitely? This extract from her book, *No Cure for Being Human*, describes a day in her life with cancer.

“I had heard the phrase “spending time” again and again without grasping its meaning. But since my diagnosis, I see that a well-spent day is a feat of accounting.

I set my alarm for 6 A.M. when the house is still because some truths are only bearable alone. I lock myself in the bathroom, hold my breath and try not to look as I unfurl the long strip of gauze folded in my abdomen wall like origami, stained in a patchwork of bright crimson, milky yellow and a wet blush. I carefully cut out a new dressing, stuff it back into the wide hole where my belly button once was, unpackage a syringe and swiftly press the needle into my stomach near the incision. There are injection sites every few inches in an uneven row. I shake my head, pulling a baggy shirt over my stomach. *That’s okay. You were never going to win any swimsuit competitions anyway.*

I start a pot of coffee to clear the mental fog of last night’s medication, pile dirty clothes in the washing machine, and wait for Zach to stir. I love to be the one to find him puttering in his crib. In the calm of the almost dawn,

everything is ahead of us. I will read him stacks of books about tractors and make sock puppets to demonstrate the love shared between two pieces of farm equipment. After that, we will spend a good while pretending that the apple sauce on his spoon will somehow make it to his mouth, but nothing will be accomplished because he is committed to making engine sounds instead.

The house is stirring as Operation Remove Apple Sauce is already underway. Zach sits in a warm bath demanding that his boats negotiate some kind of treaty while I ease myself carefully onto the floor next to the toilet to read a book about the history of women’s ordination for my next academic project. Every book during my maternity leave had needed to be dried off with considerable apologies to the university librarian, but it was a suitable trade for a few stolen moments of productivity and the chance to sculpt Zach’s hair into a soapy mohawk while he laughs and makes everything impossible.

But now I hold the library book in my hand for a long moment, confused. *Am I still a writer?* My mind is whirring, counting and recounting

the months ahead. I have a year and a half left to author a substantial volume that will secure me a permanent place at Duke University, but I may die in... October, November, December, January, February, March, April, May... June. Nine months? I set the book aside.

By mid-morning I have put Zach down for a nap and turned my mind back to this brokered day. I received good news from the hospital which has made everyone in the house a little sick with hope. I am among the 3 percent of patients with magical cancer. The remote possibility of a cure feels like helium, dizzying, surreal.

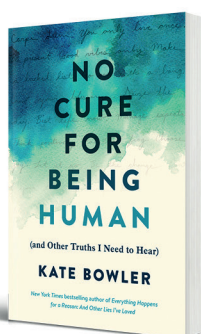
My oncologist was positively giddy when he handed me the information about the course of treatment for this magic cancer. Most cancer patients receive a cocktail of chemotherapies which fight cancer cells with blunt and terrible force. I am eligible to receive chemotherapy with an additional immunotherapy drug called Keytruda, but the medicine is still in the “trial phase” so I can only access it through a “clinical trial” in Atlanta, Georgia, a six-hour drive south. I feel unbearably lucky. This is the best medicine has to offer and it is within my reach.

“Will my Duke insurance cover this?” I asked, trying to suppress my excitement before I became too hopeful.

He slapped his forehead. “I thought I had thought of everything!” Was this a joke? Toban glanced over at me, wide-eyed, but we quickly realized this was an Irony Free Zone. Still, nothing can dampen our spirits. Any step feels like a step forward. And so Zach’s mid-morning naptime is now devoted to dead-end phone calls about insurance and thank you notes to all the generous church friends and colleagues who are trying to help me afford weekly flights to Georgia if, by some miracle, I manage to be accepted into the trial.

I try to resume my role as the cheerful and tireless go-getter, but I fool no one. I am like a pocket watch that must be wound up again every few hours. I start confidently, but if I stand, someone in my family will immediately set a chair behind me. Every third hour I must take a small, round pill and, every fourth, some yellow pills wide enough to choke a pony. One makes my nose itch and the other makes

“I am like a pocket watch that must be wound up again every few hours.”




No Cure for Being Human is out now.

me woozy, and none will make me eat. But this is the *tick, tick, tick* of cancer.

I have loudly decreed that rest is a “complete waste,” so people attempt to trick me into leisure. Oh, what a coincidence, a puzzle happens to be out on the coffee table. My father suddenly needs my opinion on a book he is finishing, would I mind skimming a chapter? My mother is at the stove, preparing sustenance for the winter months ahead like a doomsday bear, but there is absolutely no need for me to help her by stirring the pot. In fact, she’d rather I were sitting in the living room, where Toban attempts to swaddle me into a straightjacket of blankets.

In this new economy of scarcity I am skipping arguments, holding my tongue, sorting through the unfinished past for things that need to be said before it’s too late. I am writing down internet passwords and canceling subscription services. In all my years learning the biorhythms of the “perfect day,” conquering the morning routine and charting my workflow, I had been racing toward the future along a single mental track. But now I must lay an entirely separate mental path headed straight for a cliff, and I find myself weighing each decision based on when I believe the road will end.

When Zach is finally in bed for the night, I live according to two rules. The first I borrowed from my father who, when he saw the 1971 classic film *The Trojan Women* – a not-so cheery romp through the enslavement of a fallen ancient city – declared that he would never, never, never pay money to be sad again. So the No Unnecessary Sadness Decree takes effect after dinner every night, and television, movies, songs and books are carefully screened for content. I try to balance this with a second rule, the Gratitude Decree. I make lists of every good thing that has happened since the diagnosis: cousins, aunts and uncles who came to visit, friends who sent cards, and tidbits about my health that feel like progress. I count my blessings with a blue dry-erase marker on a giant whiteboard and place it over the fireplace for all to see. I will try to remember these blessings at 2 A.M. when I am wide awake and my mind lurches toward the obvious: this is not enough.” 

BRUNCH, ANYONE?

Put together a feast with flair and wow your guests with these delectable recipes taken from *Ottolenghi Test Kitchen: Shelf Love* by Noor Murad and Yotam Ottolenghi.

Sticky miso bananas with lime and toasted rice

This dessert ticks all our flavour boxes - sweet, salty, tangy and umami - and all our texture boxes - sticky, crunchy and creamy. The bananas you use should have almost completely yellow skin, with only the tiniest bit of brown spotting.

40g unsalted butter
70g soft light-brown sugar
½ tsp ground star anise
3 tbsp crème fraîche
1½ tbsp white miso
4 medium bananas (*medium ripe*),
peeled and halved lengthways
1 lime: *finely grate the zest to get*
1 tsp and then juice to get 1½ tsp

TOASTED RICE TOPPING

1 tbsp Thai sticky rice (*raw*),
or jasmine rice
2 tsp black sesame seeds
½ tsp ground star anise

Set the oven to its highest grill setting.

Make the topping. Toast the rice in a small frying pan on a medium heat for 12–15 minutes, shaking the pan from time to time, until deeply golden. Blitz in a spice or coffee grinder until fine, then transfer to a small bowl. Return the pan to a medium-high heat and add the sesame seeds. Toast for 1 minute, then stir into the rice bowl along with the star anise. Set aside.

SERVES
4

PREP TIME
5 minutes

COOK TIME
30 minutes



Put the butter, sugar, star anise and half the crème fraîche into a large, ovenproof cast-iron pan (or a large sauté pan) on a medium heat. Stir the mixture frequently, until the butter has melted and the sugar has dissolved, then, off the heat, whisk in the miso until smooth. Add the bananas, cut side up, using a spoon to coat the tops with some of the caramel, then transfer to the oven and grill for about 8 minutes (this will vary, depending on

your grill, so check them at the 7-minute mark), or until the bananas have softened and are lightly browned.

While the bananas are grilling, mix the remaining crème fraîche with the lime juice. When ready, spoon this all over the bananas, then sprinkle with the lime zest and a tablespoon of the rice topping. Serve immediately and directly from the pan, with the extra rice topping alongside.

Sweet potato shakshuka with sriracha butter and pickled onions

A far cry from a classic shakshuka, yes, but we've found that sweet potatoes provide just the right amount of moisture and heft to serve as a base for these eggs. Serve this vibrant dish as a weekend brunch; it sure looks the part.

1kg sweet potatoes, skin on and scrubbed clean
1 small red onion, thinly sliced into rounds (100g)
2 tbsp lemon juice
3 tbsp olive oil
150g mature cheddar, roughly grated
3 garlic cloves, crushed
1 tsp cumin seeds, roughly crushed with a pestle and mortar
8 medium eggs
25g unsalted butter
 $\frac{1}{2}$ tbsp sriracha
2 tbsp picked fresh coriander leaves, with some stem attached
salt and black pepper

Preheat the oven to 200°C fan. Poke the sweet potatoes all over with a fork (about 8–10 times) and place them on a medium, parchment-lined baking tray. Bake for 45–50 minutes, or until cooked through and softened. Set aside to cool and turn the oven temperature down to 180°C fan.

Meanwhile, in a small bowl mix together the onion, 1 tablespoon of lemon juice and a pinch of salt and set aside to pickle.

Remove the cooked potato skins and tear them into roughly 4cm pieces. Transfer the potato flesh to a large bowl and set aside. Place the skins

SERVES
4

PREP TIME
20 minutes

COOK TIME
1 hour
20 minutes

back on the baking tray and toss with 1 tablespoon of oil, $\frac{1}{4}$ teaspoon of salt and a good grind of pepper. Bake for 8 minutes, or until nicely coloured and starting to crisp up. Set aside to cool and crisp up further.

Use a fork to mash the potato flesh until smooth, then add the cheddar, garlic, cumin, another tablespoon of oil, the remaining tablespoon of lemon juice, 1 teaspoon of salt and a generous grind of pepper, and mix to combine.

Put the remaining tablespoon of oil into a large frying pan, for which you have a lid, and swirl around to coat the bottom. Spoon the mashed potato mixture into the pan, using your spoon to distribute it evenly. Place on a medium-high heat and leave to cook for about 7 minutes, for the bottom to start to colour. Turn the heat down to medium and use a spoon to make eight wells in the potato mixture, breaking an egg into each. Sprinkle lightly with salt and pepper, cover with the lid and cook for 4–5 minutes,

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Test Kitchen:
Shelf Love
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rotating the pan, or until the whites are set and the yolks are still runny.

While the eggs are cooking, put the butter and sriracha into a small saucepan on a medium heat and cook until the butter has melted, whisking constantly to emulsify. Remove the mixture from the heat before it starts to bubble – you don't want it to split.

When ready, spoon the sriracha butter all over the eggs, then top with a good handful of the crispy potato skins, half the pickled onion and all the picked coriander leaves. Serve right away, with the rest of the potato skins and pickled onion to eat alongside.

Extracted from *Ottolenghi Test Kitchen: Shelf Love* by Noor Murad and Yotam Ottolenghi (Ebury Press)

SASSY SALADS

As author Chantal Lascaris says, it's time for the salad to take centre stage! Try this decadent Green Pea and Lamb Salad taken from her latest cookbook, *The Ultimate Salad Book*.



Green Pea and Lamb Salad

Peas aren't normally recognised as a salad ingredient, but I believe they're undervalued. You can always rely on them to provide a glorious bolt of colour to your plate. Botanically speaking they're actually a fruit, because they contain seeds.

They also provide a surprising amount of nutrients, are high in fibre and protein, and have a low glycaemic index. Peas always taste extra good with mint, and lamb and mint are great companions, so combining all three is sure to be a winner.

DRESSING

¼ cup olive oil
2 tsp lemon zest
3 Tbsp lemon juice
1 clove garlic, finely chopped
salt and pepper to taste

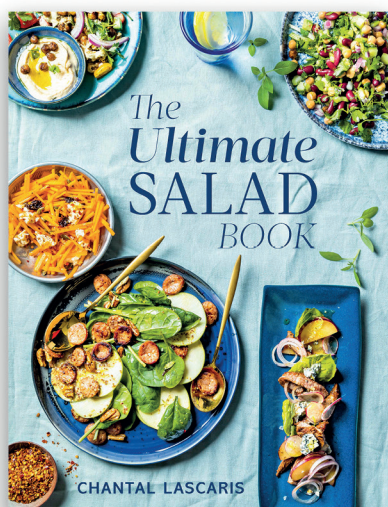
Mix the marinade ingredients in a bowl. Cut the lamb into cubes and add to the marinade, stirring to ensure the lamb is well coated. Leave to marinate for 30–60 minutes.

Blanch the frozen peas in boiling water for 1–2 minutes, then remove and refresh in cold water.

Heat a frying pan over medium–high heat and sauté the lamb cubes until just cooked.

Combine the peas with the rest of the salad ingredients in a serving bowl and add the lamb.

Whisk the dressing ingredients, pour over the salad and toss well to combine.



The Ultimate Salad Book is out now.

500–600g lamb chump chops, deboned and fat removed
1 cup frozen peas
2 baby marrows, sliced into thin rounds
2 rounds feta, crumbled
16 olives, pitted and halved
2 Tbsp roughly chopped fresh dill
2 Tbsp roughly chopped fresh parsley
2 Tbsp roughly chopped fresh mint
2 spring onions, thinly sliced

MARINADE

2 Tbsp olive oil
1 tsp chopped fresh thyme
4 tsp lemon juice
1 clove garlic, finely chopped

SNOEKTYD!

Voorgereg óf hoofgereg - hierdie happie uit Herman Lensing se kinderdae is steeds 'n gunsteling.

Snoekkoekies met somersous

Herman Onthou...

Kyk, vis het ek in my grootwordjare in die Noord-Kaap nie eintlik geken nie. Ek spot altyd en sê al vis wat ons geken het, was vismotte! Maar snoek was 'n ander storie. Snaaks genoeg, in my kop dink ek nooit aan snoek as vis nie. My pa het die snoek oor warm kole gebrui met sy kenmerkende botter en appelkooskonfyt. Maar elke nou en dan was daar gerookte snoek by die supermark op die dorp en dan het ons viskoekies gemaak. My ander grootwordma, Anna Malgas, het dié koekies gemaak. Sy sou dit eenvoudig maak en in die loutond los vir ná skool. Die beste bederf

oort. Ek maak steeds viskoekies met snoek, maar deesdae in klein happiegrootte-balletjies en sit dit voor as voorgereg of hoofmaal.

SNOEKKOEKIES

30 ml botter
1 ui, fyngekap
2 knoffelhuisies, fyngekap
400 g gerookte snoek, grate
verwyder en baie fyn gevloek
4 takkies tiemie, fyngekap
50 ml koekmeel
2 eiers
sout en vars gemaalde swartpeper
100 g droë broodkrummels
60 ml olyfolie vir braai



Huiskos is nou beskikbaar.
Also available as *Home Cooking*.


SOMERSOUS

2 ansjovisfilette
60 g-bakkie Italiaanse pietersielie
80 ml olyfolie
100 ml koue water
sap en gerasperde skil van 2
suurlemoene

SNOEKKOEKIES

Verhit die botter in 'n middelslag-pot tot warm. Voeg die ui en knoffel by en braai sowat 5 minute liggies of tot dit begin verkleur. Voeg die uienmengsel by die snoek, tiemie, meel en 1 eier in 'n mengbak. Geur met sout en peper en meng goed saam. Vorm koekies in happiegrootte-balletjies of die grootte van jou keuse. Klits die orige eier in 'n vlak bak. Doop die koekies eers in die eier en rol dit dan in die broodkrummels. Verhit die olyfolie in 'n middelslag-pan tot warm. Vlakbraai die koekies sowat 5–8 minute per kant of tot goudbruin. Sit warm voor saam met die somersous.

SOMERSOUS

Pols die ansjovis, pietersielie, olyfolie, water, suurlemoensap en -skil in 'n voedselverwerker tot 'n gladde puree. Geur met sout en peper. Sit voor saam met die snoekkoekies. 



GENOEG
VIR
6



On my mind South Africa's history neither begins nor ends with apartheid

History shows an optimistic pattern to how South Africans overcome challenges similar in scale and difficulty, says Thula Simpson, associate professor at the University of Pretoria and author of *History of South Africa*.

“I began working on *History of South Africa* hoping to be proven wrong about the need for such a book. The 1990s witnessed the last great wave of general histories of South Africa, and it remains customary for the literature to adopt 1994 as its terminus. This has informed a widespread understanding that South African history involves the gradual overcoming of past division and conflict on a sometimes rocky but ultimately victorious road to democracy.


But beyond the End of History lies more history, in a process that constantly throws up new centres of interest from which to view the past. South Africa offers no exception in this regard, but public discourse remains fixated on eradicating ‘apartheid’ and its legacies. South Africa’s history neither begins nor ends with apartheid, however, and my book offers an in-depth exploration of developments before, between and after the great watersheds of 1948 and 1994. It begins when ‘South Africa’ ceased to be a mere geographical expression and became the name for the country, while it explores the layered meanings acquired by the term through its association with the successive dispensations – of colonialism, segregation, apartheid and democracy – that have risen and fallen between the end of the Second Anglo-Boer War and the present.

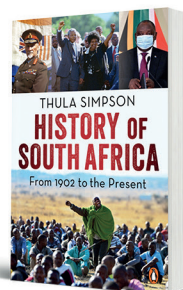
My first book on the ANC’s armed struggle created a platform for exploring these topics. It rested on archives that were first opened to

“The challenges of now are neither unique nor invincible”

researchers after apartheid. The new material both offered fresh insights on the origins of the present, while also highlighting the inherent fascination of South Africa’s past, which is replete with episodes that would be disbelieved by the most credulous reader, bar the existence of documentary proof. A general history offered a sufficiently broad canvas on which to illustrate that larger story.

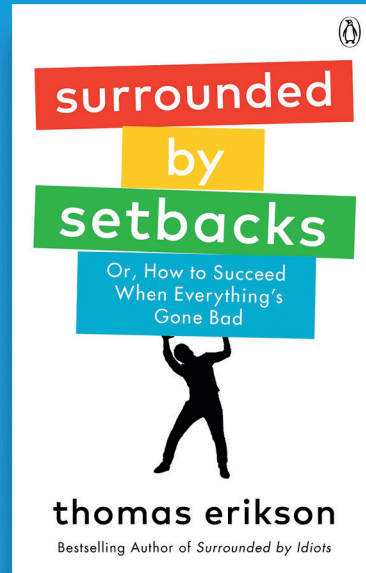
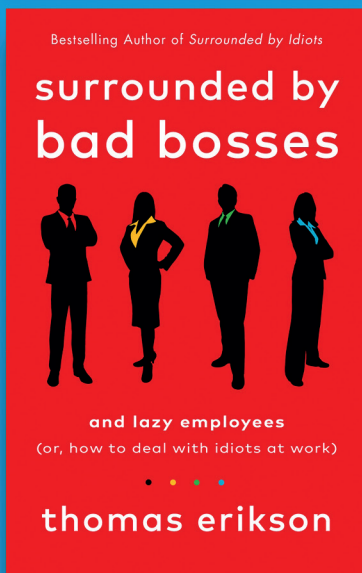
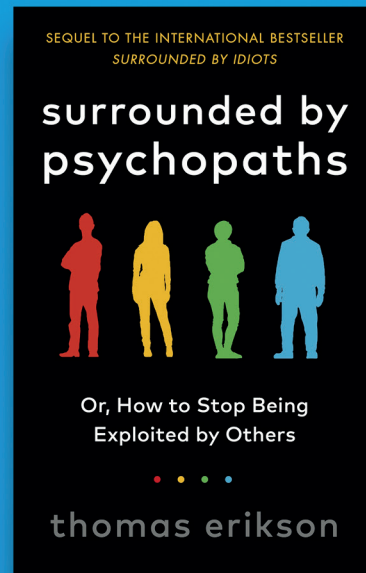
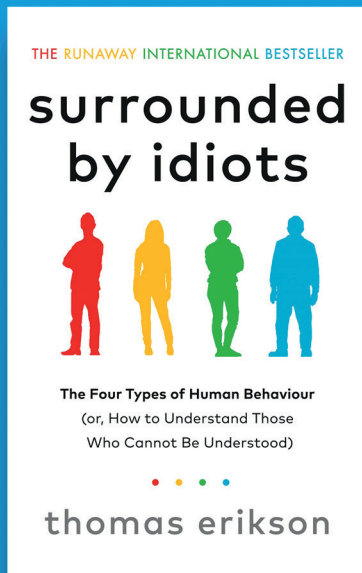
Events since the mid-2010s confirmed, alas, the need for the book, in that the inexorable accumulation of social, economic and political stress since then has emphasised the value of having a longer-term historical perspective. The book’s later chapters consider recent events, and the discussion of them is informed by the numerous parallels that they share with earlier periods, showing that the challenges of now are neither unique nor invincible.

I submitted my book proposal early in 2020, just before the imposition of the COVID-19 lockdown, which has served as a great accelerator of the trends that initially motivated the writing of the work. By now, it is conventional to say that South Africa is poised on a precipice. The book retraces the long road to the current juncture, culminating with the terrible events of July 2021. Along the way, the journey traverses the many times in which previous generations of South Africans have encountered and overcome challenges similar in their scale and difficulty, and in that sense it offers a message of hope amid the darkness of our times.” 



History of South Africa is out now.

Want to improve your understanding of the people around you?

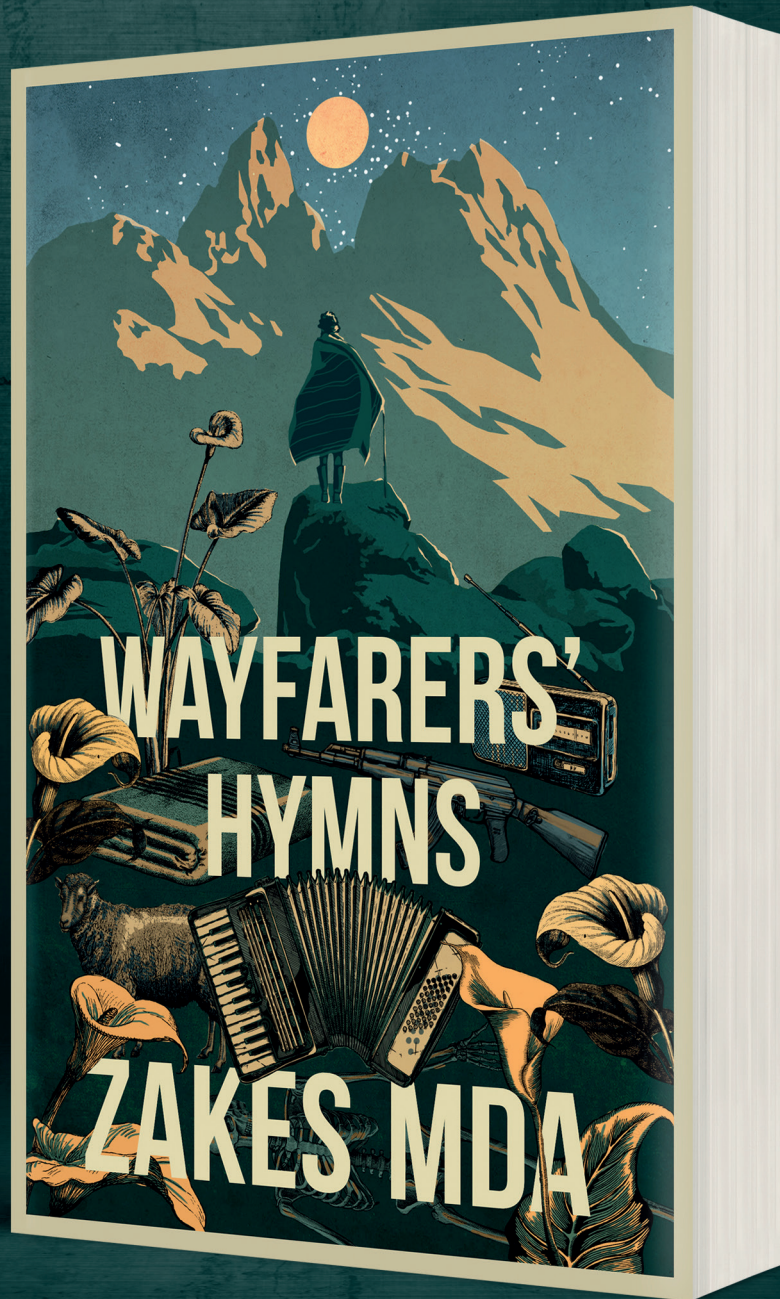


"The key is self-awareness. If you know yourself, you'll come to understand why people act the way they do."

– Thomas Erikson



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