

# THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

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**CJ TUDOR**  
“I think we’re all  
intrigued  
by the  
dark side”

**AN EXCLUSIVE  
INTERVIEW**  
with the mistress  
of suspense

**THE  
THRILL  
ISSUE**

James Patterson,  
Belinda Bauer, Gregg  
Hurwitz & more  
**PLUS win a  
book hamper**

**OUR BOOK  
CLUB PICK**

*The One Hundred Years  
of Lenni and Margot*

**EMOTIONAL  
EXTRACT**

*From The Auschwitz  
Photographer*

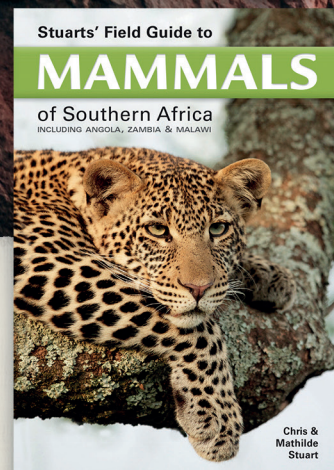
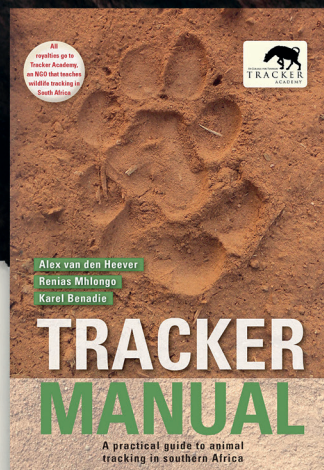
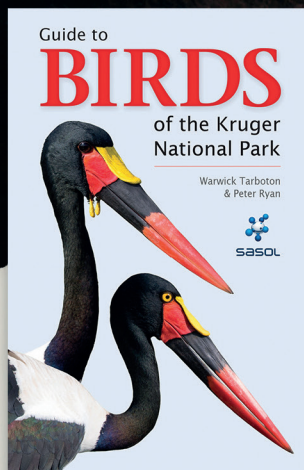
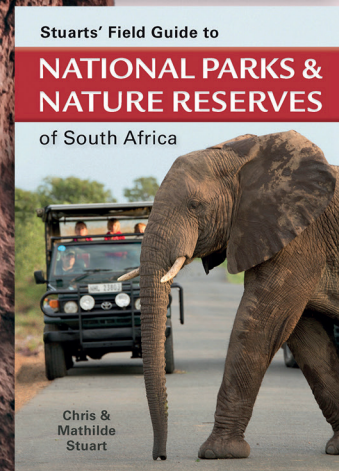
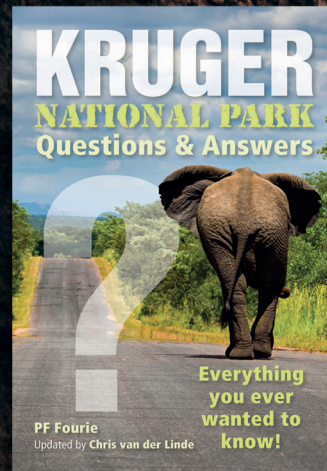
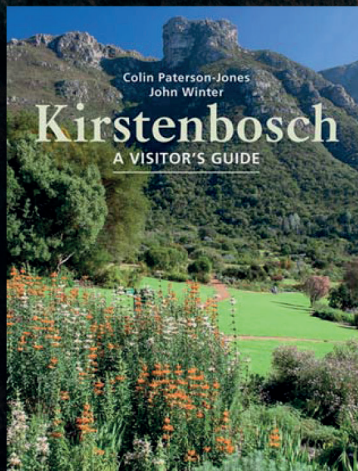
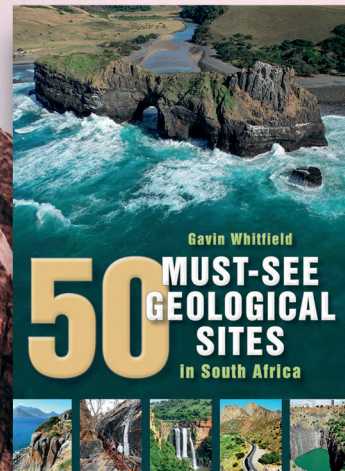
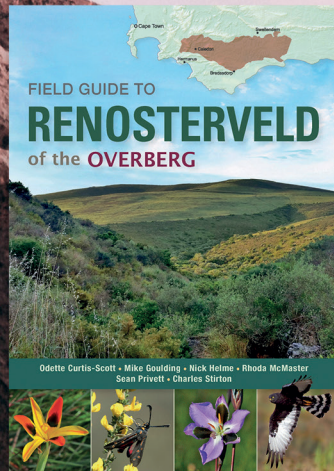
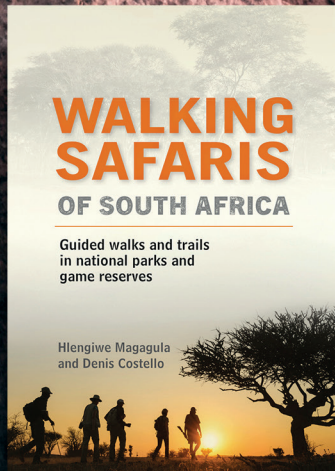
**HEARTY &  
WHOLE SOME**

Recipes from our  
local health fundis

**INCREDIBLE  
INSECTS**

The environment's  
true experts

# TAKE A WALK *ON THE* WILD SIDE



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

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

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

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

## Welcome!

We honestly couldn't not have labelled this our thrill issue, with so many riveting new titles hitting shelves this month.

Think James Patterson, Belinda Bauer, and the latest Orphan X instalment from Gregg Hurwitz to keep you on the edge of your seat.

One of my favourite thriller writers is CJ Tudor, and with her new book out this month, she was the obvious choice for cover. I love how CJ was living a very ordinary life before getting her first book deal for her 2018 debut *The Chalk Man*, which changed everything for her and her family. CJ's books explore the light and dark sides of human nature, with lashings of pulse-pounding suspense, and her latest, *The Burning Girls*, is no different.

As I write this, life itself feels a bit like a thriller novel, as I'm sure many of you will agree, but there's something so cathartic in being able to close the book on a storyline far worse than our own, or reach a satisfying resolution, when we can breathe a sigh of relief before grabbing the next book. Reading has always been a kind of escapism, but it has no greater value than when times are tough.

So grab a cuppa and read on for more on this month's book club pick, a powerful extract from *The Auschwitz Photographer*, and lip-smacking low-carb recipes from Vickie de Beer's new book.

And, until next month, happy reading!

*Lauren*

**Lauren Mc Diarmid**

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



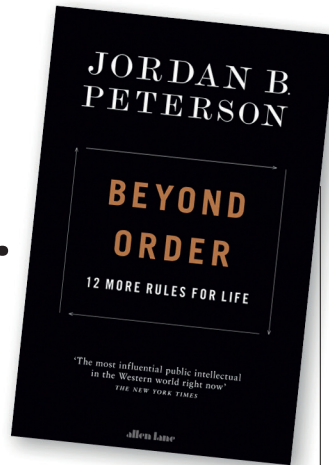
# bookscape

news | snippets | events | what's new

+++++

## Everyone's talking about ...

### THE NEW BOOK FROM JORDAN B. PETERSON, *BEYOND ORDER*



The long-awaited sequel to *12 Rules for Life*, which has sold over five million copies around the world.

In *12 Rules for Life*, acclaimed public thinker and clinical psychologist Jordan B. Peterson offered an antidote to the chaos in our lives: eternal truths applied to modern anxieties. His insights have helped millions of readers and resonated powerfully around the world.

Now in this much-anticipated sequel, Peterson goes further, showing that part of life's meaning comes from reaching out into the domain beyond what we know, and adapting to an ever-transforming world. While an excess of chaos threatens us with uncertainty, an excess of order leads to a lack of curiosity and creative vitality. *Beyond Order* therefore calls on us to balance the two fundamental principles of reality - order and chaos - and reveals the profound meaning that can be found on the path that divides them.

In times of instability and suffering, Peterson reminds us that there are sources of strength on which we can all draw: insights borrowed from psychology, philosophy, and humanity's greatest myths and stories. Drawing on the hard-won truths of ancient wisdom, as well as deeply personal lessons from his own life and clinical practice, Peterson offers twelve new principles to guide readers towards a more courageous, truthful and meaningful life.

*Beyond Order* is available at bookstores nationwide and online.



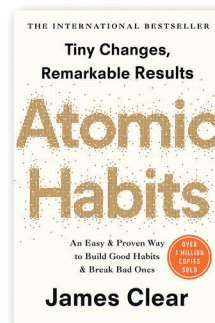
## DOMINATING THE BESTSELLER LISTS

*Becoming* is a work of deep reflection and mesmerising storytelling from former FLOTUS, Michelle Obama. In it, she invites readers into her world, chronicling the experiences that have shaped her. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it - in her own words and on her own terms. Out now in paperback, with new features such as a letter to her younger self, a book club guide with discussion points and an author Q&A.



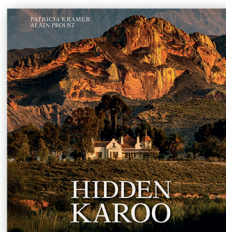
"Can one tiny change transform your life? It's unlikely you would say so. But what if you made another? And another? And another? At some point, you will have to admit that your life was transformed by one small change. The holy grail of

habit change is not a single one percent improvement, but a thousand of them." James Clear, author of *Atomic Habits*

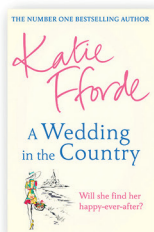


## RELEASE RADAR

Don't miss out this month...

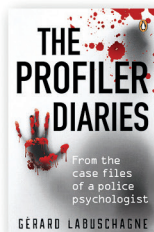
**Hidden Karoo**by Patricia Kramer  
& Alain Proust

A snapshot of the region, offering a glimpse into towns and villages, farms and churches, public buildings and private homes, all against a backdrop of awe-inspiring landscapes.

**A Wedding in the Country**

by Katie Fforde

Romance, friendship, joy and the possibility of happy endings: It's 1963, and Lizzie is determined to make the most of life before she's forced to marry a man she barely knows. Heartwarming.

**The Profiler Diaries**

by Gerard Labuschagne

Former head profiler for the South African Police Service recalls some of the 110 murders and countless other bizarre crimes he analysed during his career.



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Bill Gates  
in numbers

Ever wondered what's behind this technopreneur and philanthropist? We broke it down.

**50**

the amount of books Gates reads in a year

**2015**

the year he founded Breakthrough Energy for carbon-free and alternate energy solutions

**7 million**

the number of views that Gates's 2010 Innovating to Zero! TedTalk has

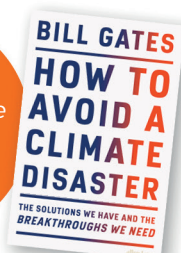
**1975**

the year he dropped out of Harvard to devote himself to Microsoft

**\$50 billion**

donated to charity since 1994

How To Avoid a Climate Disaster is out now.



Q&amp;A

een minuut met...

SJ Naudé

'n Taai, soet storie, met tye morsig maar deurentyd vars. Dít is *Dol heuning*, SJ Naudé se nuwe verhaalebundel.



Jy het gedebuteer met korter verhale, daarna 'n roman. Nou is jy weer terug by die eerste vorm, waar dieselfde karakters soms op verskillende plekke opduik. Watter formaat verkies jy? Ja, die korter vorm(s) - die uitwoed van energie oor 'n korter span - pas my beter. Hoe afgesaag dat daar kwansuis net kortverhale en romans, en dalk novelles, bestaan. Sou 'n sekere soort kortverhaal nie dalk langer kan wees as 'n sekere soort roman nie?

Jy vertaal self jou werk van Afrikaans na Engels - is dit samelopend met die skryfproses of hoe werk dit? Die twee tale is rofweg gesamentlik in die gedagtestroom teenwoordig hoewel ek die eerste weergawe oorwegend in Afrikaans skryf. Alles gaan eers Afrikaans toe, en van daar af weer na Engels. Dan word die twee tale gelyk geredigeer... Dit is arbeidsintensief.

*Dol heuning* - wat kan ons uit die titel aflei?

Laat ek daarby volstaan om te sê *dol heuning* is 'n soort bedwelmende - en giftige - heuning uit die Himalajas. En die stories word waarskynlik heel dig bevolk deur karakters wie se verhoudings gekenmerk word deur sowel soete bedwelmings as gevaar.

Dis jou eerste boek sedert jy pa geword het - hoe het dit jou skryfproses beïnvloed? 'n Groot deel van hierdie boek is inderdaad geskryf voor ek 'n ouer geword het. Die mees kenbare praktiese impak is seker die gebrek aan beskikbare tyd om te skryf. Wat die dieper effekte is - hoe die

tekstuur van die sinne self verander - sal ek dalk later eers self begin verstaan.

*Dol heuning* is nou beskikbaar. Also available as *Mad Honey*.



# MOST OF MY BOOKS START WITH A

## '...WHAT IF?'

CJ Tudor, author of brand new thriller *The Burning Girls*, chats to Lauren Mc Diarmid about finding ideas, dark curiosities and life before getting published.

CJ's love of writing, especially the dark and macabre, started young. When her peers were reading Judy Blume, she was devouring Stephen King and James Herbert. Over the years she has had a variety of jobs, including trainee reporter, radio scriptwriter, voice over artist, dog walker, television presenter, copywriter and, now, author. *The Burning Girls* is her fourth novel, behind her equally riveting thrillers, *The Chalk Man*, *The Taking of Annie Thorne*, and *The Other People*. CJ lives in Sussex with her husband and their daughter.

“I think we're all fascinated with the dark side of human nature. That's why genres such as crime and horror are so popular. We like to peek through the crack in the door to see what lies in the forbidden room. That's natural, I think. To be fascinated by the forbidden. Certainly, as a writer, I'm able to

Very few of us are completely good or bad. We can all be pushed to do terrible things and I like to examine that.

explore my own fears and curiosities. Personally, I'm interested in the grey areas of the human psyche. Very few of us are completely good or bad. We can all be pushed to do terrible things and I like to examine that.

My own affinity for thrillers began when I was a little girl. It's strange because, back then, I was scared of everything and had terrible night terrors, but I was still drawn to reading creepy ghost stories. I think the appeal for me was, and still is, enjoying that feeling of being scared but in a safe way. To be honest, I still feel like that scared child sometimes, writing out my own fears!

On that note: zombies, heights and the dark...

I'm always inspired by a great book. It makes me want to be a better writer. But mostly, inspiration comes from small things that happen in my own life; things I see or hear. *The Chalk Man*, for example, was inspired by chalk drawings my little girl did, and being stuck in a traffic jam sparked the idea for *The Other People*.



The plot for *The Burning Girls* came two years ago, when we moved from a big city in the north of England to a small rural village in the south. On the day we came to view what is now our home, I spotted a strange little chapel on the outskirts of the village. It was white and square and looked so out of place. Very American Gothic. As soon as I saw it, I knew I had to write a book about it. After we moved in, I started to research the area and found it had a very macabre history. In the sixteenth century, eight villagers were burnt at the stake during Queen Mary's purge of the protestants. All of that fed into the novel.

I have loads of ideas I'm keen to still explore, like a slasher in a holiday park and a really scary, modern day vampire novel, and I feel incredibly fortunate that I am a full-time writer now, so I can. Before *The Chalk Man* was published, writing was a guilty pleasure for me. I was walking dogs for £10 an hour and juggling that with looking after my little girl, which meant I was short on both money and time. Getting the book deal in 2016 changed my life completely, not least financially. For the first time in 10 years, my bank account was in the black and I no longer had to sell stuff on eBay to buy my little girl Christmas presents!

I very rarely think back to that life any more. I've been lucky to have loads of incredible experiences since then – making truly wonderful friends, meeting my writing

CJ Tudor at the launch for *The Chalk Man*.

heroes and travelling to some amazing places – so why would I? I'm finally doing what I always dreamt of, and what a thrill it is."

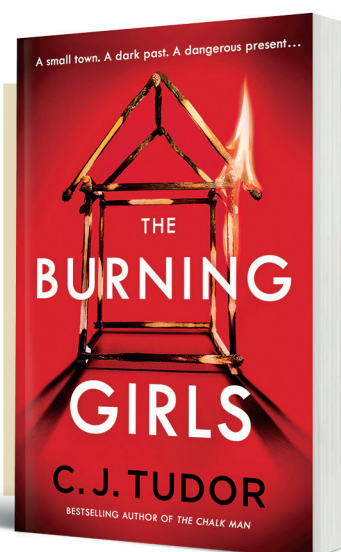
🐦 @CJTudor

📘 @CJTudorOfficial

*The Burning Girls* is out now. 📖

Visit [www.penguinrandomhouse.co.za/penguinbooksblog](http://www.penguinrandomhouse.co.za/penguinbooksblog) for more from CJ Tudor on writing tips, building suspense and her own personal creep-out story.

**WIN** a copy of *The Burning Girls*! Turn to page 8 for more.



### ABOUT THE BOOK

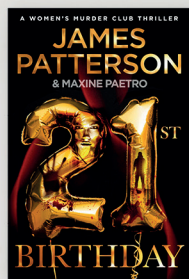
Welcome to Chapel Croft. For Rev. Jack Brooks and teenage daughter Flo it's supposed to be a fresh start. New job, new home. But, as Jack knows, the past isn't easily forgotten. And in a close-knit community where the residents seem as proud as they are haunted by Chapel Croft's history, Jack must tread carefully. Ancient superstitions as well as a mistrust of outsiders will be hard to overcome. Yet right away Jack has more frightening concerns. *Why is Flo plagued by visions of burning girls? Who's sending them sinister, threatening messages? And why did no one mention that the last vicar killed himself?*



# READING FOR THE THRILL OF IT



If twisty, edge-of-the-seat plots that keep you turning pages till the early hours of the morning are your thing, then you're in for a treat with this month's brand new thrillers.



## **21st Birthday** by James Patterson

The thrilling latest instalment in the globally bestselling Women's Murder Club series,

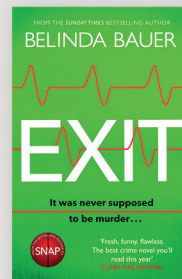
starring SFPD Sergeant Lindsay Boxer. When a distraught mother pleads with reporter Cindy Thomas to investigate the disappearance of her daughter, Linda, and baby granddaughter, Lorrie, Cindy immediately loops in SFPD. But Linda's schoolteacher husband, Lucas Burke, tells a conflicting story that paints Linda as a wayward wife, not a missing person. If what Lucas tells law enforcement has even a grain of truth, there isn't a woman in the state of California who's safe from the reach of such an unspeakable threat.



## **The Dare** by Lesley Kara

When friends Lizzie and Alice head off for a walk in the countryside, they are blissfully unaware that

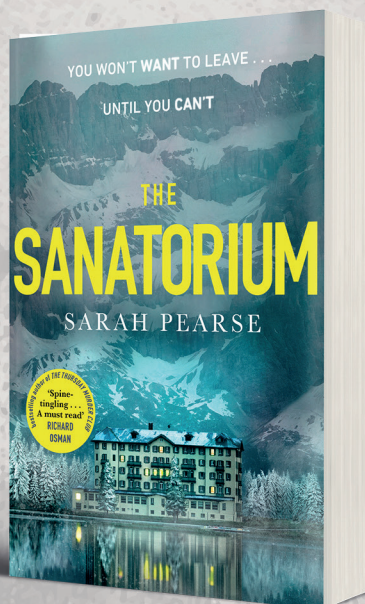
this will be their final day together - and that only Lizzie will come back alive. Lizzie has no memory of what happened in the moments before Alice died, until twelve years later, when long-buried memories suddenly start surfacing. Is the trauma of the accident finally catching up with her, or could someone be trying to threaten her new-found happiness? Twelve years is a long time to wait, when you're planning the perfect revenge... The twisty new thriller from the author of *The Rumour*.



## **Exit** by Belinda Bauer

Pensioner Felix Pink is about to find out that it's never too late... for life to go horribly wrong. When

he lets himself in to Number 3 Black Lane, he's there to perform an act of charity: to keep a dying man company as he takes his final breath... But just fifteen minutes later Felix is on the run from the police - after making the biggest mistake of his life. Now his world is turned upside down as he must find out if he's really to blame, or if something much more sinister is at play. All while staying one shaky step ahead of the law. Another page-turner from the bestselling author of *Snap*.



## **The Sanatorium** by Sarah Pearse

An isolated hotel, recently converted from an abandoned sanatorium, is the setting for this chilling debut. When Elin Warner receives an invitation out of the blue to celebrate her estranged brother's engagement, she has no choice but to accept. Arriving in the midst of a storm, Elin immediately feels on edge. And when they wake the following morning to discover Isaac's fiancée Laure has vanished without a trace, Elin's unease grows. With the storm cutting off access to and from the hotel, the longer Laure stays missing, the more the remaining guests start to panic. Dripping with suspense.

“*The Sanatorium* will keep you checking over your shoulder. This spine-tingling, atmospheric thriller has it all: an eerie Alpine setting, sharp prose, and twists you'll never see coming. A must-read.”

**RICHARD OSMAN, *THE THURSDAY MURDER CLUB***



### **Dangerous Women** by Hope Adams

July, 1841. A group of young women sits on the deck of a ship headed to the colonies of Australia, heads bent, busy stitching a beautiful quilt together, sunlight glancing from silver needles, overseen by their young matron Kezia Hayter. Until a piercing shriek tears the fabric of their small society apart - a woman has been brutally stabbed, her life hanging in the balance. But this is no ordinary ship: the Rajah is transporting female prisoners. Inspired by a true story, *Dangerous Women* is a devastating, deftly spun and thought-provoking tale about female anger, subservience and ultimately, strength.

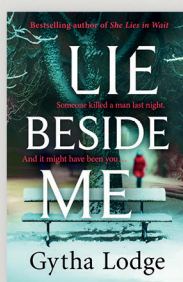
Beautifully written, an epic sea voyage with an intriguing murder mystery... an unputdownable read. **KATIE FFORDE**



### **Evan Smoak 06: Prodigal Son** by Gregg Hurwitz

As a boy, Evan Smoak was pulled out of a foster home and trained off

the books as a government assassin, codenamed Orphan X. Forced into retirement, Evan gets an urgent request from someone he never expected - his mother. She needs his help protecting Andrew Duran, a man in the wrong place at the wrong time, with no safe place to hide. Running from a brutal assassination team, Duran's only hope lies with Evan. But when a hidden cabal catches on to what Evan is doing, everything he's fought for is on the line - including his own life. Filled with action-packed suspense.



### **Lie Beside Me** by Gytha Lodge

Louise wakes up. Her head aches, her mouth is dry, her memory is fuzzy. She rolls over towards her

husband, Niall. The man who, until recently, made her feel loved. But it's not Niall who's lying beside her. In fact, she's never seen this man before. And he's not breathing... As Louise desperately struggles to piece her memories back together, it's clear to Detective Jonah Sheens and his team that she is their prime suspect - though they soon find she's not the only one with something to hide. Did she do it? And, if not, can they catch the real killer before they strike again? A gripping thriller.



### **The Rabbit Hole** by Mike Nicol

Tons of money is being funnelled into a government tender snagged by family-owned

Amalfi Civils. Which would be great for business if CEO Angela wasn't fighting with her CFO brother Rej. Where Angela sees corruption, Rej sees cabinet ministers, politicians, officials eager to lend a hand. For a fee. It's a big pot so he's happy to oblige. And if needs be he'll take out his sister to keep the lucre. There are other players in this game. One of them a black op using lawyer and spy Vicki Kahn as a honeytrap to ensnare Rej's middleman - the very same middleman that her lover, PI Fish Pescado, is investigating.



# WIN

Stand a chance to win a hamper of these eight titles, plus CJ Tudor's *The Burning Girls*, valued at R3 000. To enter, scan the code using your phone camera, or visit [www.penguinrandomhouse.co.za/competitions](http://www.penguinrandomhouse.co.za/competitions). Entries close 31 March 2021. Ts & Cs apply.

# A STIRRING DEBUT OF UNLIKELY FRIENDSHIP & LIVING LIFE TO THE FULL

Marianne Cronin's *The One Hundred Years of Lenni and Margot*, explores the bond that blossoms when a terminally ill 17-year-old girl meets a fellow patient, 66 years her senior.



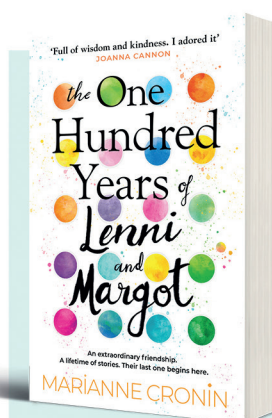
**“**I think all good stories have a truth to them, even if they're fiction. For me, writing *The One Hundred Years of Lenni and Margot* started with my own fear of dying. There were two things that really got me thinking about death. (I'm so fun!) The first was at a routine medical appointment when a doctor found (to her alarm) that my resting heart rate was around two hundred beats per minute. I had scans and tests (including one where I had to run on a treadmill stripped down to my bra while connected to an ECG machine – not my finest hour), and while I was at the hospital for these appointments, I found myself thinking about how scared I am of dying.

Around the same time, a fellow student passed away. I didn't know her well, but she had spent years living in the face of death and her courage was another thing that led me to think about what it might be like to know you were going to die. In my own writing, I'm drawn to characters who are missing something, and I'm especially drawn to loneliness. When we meet Lenni, she's very lonely – she's not only without her parents, but she's without any true friends. And it's not necessarily a reflection of her, it's just the

way things worked out. I think Lenni's journey out of loneliness shows who she is as a person – she assembles a 'found family' in Margot, Arthur and New Nurse.

I love the idea of people becoming friends despite being at completely different points in their lives. I think inter-generational friendships offer so much opportunity for sharing. It's not just the case that Lenni is learning from Margot, but Margot is learning from Lenni. I remember years ago someone telling me that they felt the same inside at forty as they had at eighteen – their body was ageing, but who they were essentially as a person remained the same. I thought that was really interesting. Although Lenni and Margot have 66 years separating them, who they are fundamentally is unchanging and their personalities are inherently compatible. Each is exactly what the other needs in a friend. The same is true of Arthur and Lenni. There is a big age gap between them and they have completely different world views, but they become friends without even trying. It's a natural reaction.”

*The One Hundred Years of Lenni and Margot* is out now.



## ABOUT THE BOOK

Life is short – no one knows that better than 17-year-old Lenni Petterssen. On the Terminal Ward, the nurses are offering their condolences, but Lenni still has plenty of living to do. Then she meets fellow patient, 83-year-old Margot Macrae, and Lenni's life begins to soar in ways she'd never imagined. As their bond deepens, a world of stories opens up: of wartime love and loss, of misunderstanding and reconciliation, of courage, kindness and joy. Stories that have led Lenni and Margot to the end of their days. Fiercely alive, disarmingly funny, and brimming with tenderness, *The One Hundred Years of Lenni and Margot* unwraps the wondrous gift of life even when it is about to be taken away, and revels in our infinite capacity for friendship and love when we need it most. **P**



# between books

Claire Robertson, winner of the *Sunday Times* Fiction Prize and a South African Literary Award, is the author of the novels *The Spiral House*, *The Magistrate of Gower*, *Under Glass* and her latest, *Isle*. Here, she writes about being between books.

“As I write, *Isle* has been seen by perhaps a dozen people; it is barely able to stand alone. Until it is in the reader’s hands, and becoming something in their thoughts, it is more the idea of a book.

I deeply enjoy this in-between time – one book done, the idea for the next one not yet showing itself. To be between ideas must in one sense be the closest we get – outside of meditation or prayer – to a wiped mind. But behind this freedom is the search for the next story.

I know that, when I begin the next one, a mountain of work will lie ahead. Two years of it, at least. Two years when it can feel like the most potent sort of teenage crush – periods of elation and something that resembles miserable flu. Despair, and the altogether more adult feeling of bending to the work, of day by day doing what you have undertaken to do. Turning to the same books on writing for the same reassurance. The comfort, when you admit how lost you are, of a loved one pointing out that this happens with every book, and will pass. Two years of engaging with a superb and satisfying puzzle. After the hard and solitary work of the first draft, the energy and satisfaction (and elation and despair) of the editing process, alongside the second mind in which the book exists, that of your editor.

I know how hard it will be, and so from among the stories suggesting themselves to me, I have to choose carefully. We’re on the hunt for a story, my mind and I, and it is a delicate business. I am almost deliberately in ‘receptive

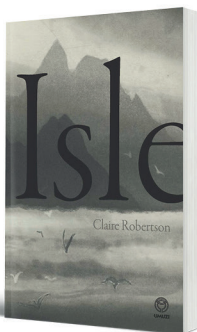
“We’re on the hunt for a story, my mind and I, and it is a delicate business.”

mode’. The conscious mind intervenes all the time, confronting the imagination, scaring it away with hard-nosed questions. It’s as though a young poet has brought her work into an advertising agency: the conscious mind wants to take her ephemeral, barely existing poem and turn it into jingles. It wants 30-second spots and taglines and elevator pitches. It’s an unequal battle.

But the mind that is tuned to the story can (quite literally) outwit this self... and so, slowly at first, gathering pace, it allows the conscious mind to notice coincidences. Huge, distant events whose essence is echoed in small, intense, local ones. Things slotting into place. Glimpses spinning off into whole narrative lives. Thoughts you had about an interesting neighbour months ago are suddenly perfect for this story. And a book you read in childhood, something in the news this morning, the thing your brother said that time. It can feel like magic, when the connected thing swims in and out of focus, partly visible, hinting at the parts of itself that are still submerged.

It is best not to look too hard at it. Let it rest in the corner of your eye. It will, after a while – more long walks, more reading – be robust enough to bear scrutiny (let us say, the sort of questions you would get from a theatre owner rather than an adman). Questions about time frames and eras and conflict, protagonists, their names, inherent problems, immediate solutions, more realistic solutions.

And after another while you’ll be ready to ask the question, the only question: What happens? And begin again.”



*Isle* is out now.

# BUILDING EXCEPTIONAL RELATIONSHIPS

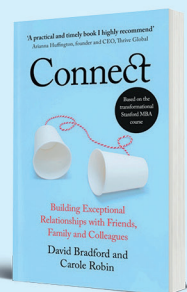
Exceptional relationships can be developed, say interpersonal and leadership experts David Bradford and Carole Robin, in this extract from their book, *Connect: Building Exceptional Relationships with Friends, Family and Colleagues*.



**“T**his book is about a special type of relationship we call exceptional. You may have one or two exceptional relationships already – maybe even more. In these relationships, you feel seen, known, and appreciated for who you really are, not an edited version of yourself. Your hundreds of Instagram friends might know what you ordered for dinner at that fancy restaurant last week, but the person you have an exceptional relationship with knows that you’ve actually been struggling with food issues for years, or that this was the dinner when you and your partner talked about starting a family, or that the impetus for the evening was to discuss the pros and cons of leaving your job. Those subjects are off-limits to the friend you haven’t seen since high school who follows your feed. They rarely come up with the person you carpool with. They are not germane to the aunt you check in on every so often. But someone you’re in an exceptional relationship with knows what’s really going on for you because that someone really knows you.

Relationships exist on a continuum. At one end you experience contact without real connection, while at the other end you feel known, supported, affirmed, and fully accepted.

**“In an exceptional relationship, it’s easier to raise and resolve issues.”**



*Connect is out now.*

In the middle of the continuum, you feel attached to people in your life, but with many, you want closer connection. The question is, How? How do you move along this continuum? We have dedicated our lives to answering this question for thousands of students and clients, and now, for you.

Exceptional relationships *can* be developed. They have six hallmarks:

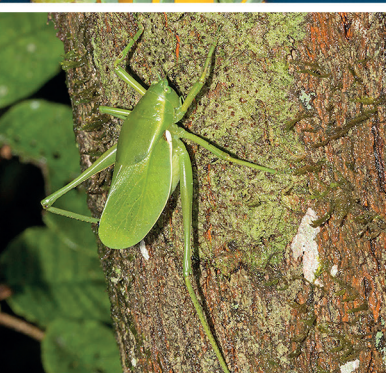
1. You can be more fully yourself, and so can the other person.
2. Both of you are willing to be vulnerable.
3. You trust that self-disclosures will not be used against you.
4. You can be honest with each other.
5. You deal with conflict productively.
6. Both of you are committed to each other’s growth and development.

Fights happen, even in the best of relationships. But a fear of conflict can lead you to bury irritants that, if raised and successfully dealt with, could actually deepen the relationship. Conflicts left unspoken can still cause harm. In an exceptional relationship, it’s easier to raise and resolve issues so that they don’t lurk and result in long-term damage. You see such challenges as opportunities to learn, which decreases the chance that these same difficulties will appear again.”



# SMALL BUT MIGHTY

Insects arguably play the most important roles in the functioning of the Earth's ecosystems, as expert authors Clarke Scholtz, Jenny Scholtz and Hennie de Klerk reveal in their exciting new book, *Pollinators, Predators & Parasites*.



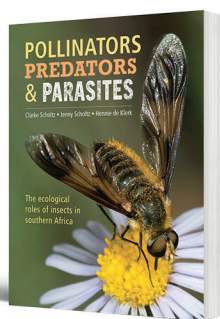
**“**Insects are the dominant organisms in any terrestrial ecosystem and southern Africa has amongst the richest insect diversity of any equivalent area in the world. Yet the fascinating stories about them have mostly remained hidden in scientific papers. *Pollinators, Predators & Parasites* reveals for the first time the importance of insects to southern Africa's natural environment and features staggering statistics – for instance, 70 percent of the region's world-famous flora is entirely dependent on insects for pollination, and dung beetles bury in excess of 500 000 tonnes of animal dung per day.

Although larger vertebrates and plants may generate more interest, approximately 80 percent of all multicellular organisms are invertebrates, and of these, about 75 percent are insects. In southern Africa, about 50 000 insect species have been named, but it is thought that this represents less than half

of the actual number still to be discovered and described. In comparison, there are roughly 23 000 species of plant, about 860 species of bird, and only 354 mammal species in the region.

Furthermore, most insects go through four totally different developmental stages – egg, larva, pupa and adult – and the two feeding stages (larva and adult) usually feed on different food types, often in different habitats (e.g. butterflies feed on nectar from flowers, while their larvae feed on plant tissue, usually of quite different plants), so in ecological terms they could be considered completely different entities.

*Pollinators, Predators & Parasites* features the most ecologically important and interesting insects in the region. It is structured around southern Africa's 13 distinct biomes, and covers insects endemic to each system as well as those more widely distributed. It reflects the essential roles insects play in most ecological



*Pollinators, Predators & Parasites* is out now

processes, from pollination, predation, parasitism, soil modification and nutrient recycling to becoming food for multitudes of other organisms including bacteria and fungi, as well as specially-adapted plants, insect-feeding arthropods, reptiles, birds and mammals.

The stories reveal interactions between soil engineers and the landscape, pollinators and plants, insect predators and their prey, parasites and their hosts, and the sophisticated lives of social insects, as well as many other interesting aspects of their biology. This interdependence is key to the perpetuation of life: every plant species has an array of different insect species dependent on each of its parts, and most are, in turn, dependent on insects




## INSECT APP

*Insects of South Africa* from Mike Picker, Charles Griffiths & Alan Weaving

Available for download from the App Store and Google Play for R299,99

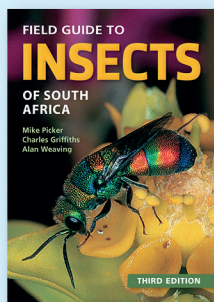
for pollination. Mammals and birds also have a wide range of associated insects: internal and external parasites; blood, fur and feather feeders; insects that feed on their dung; and in the end, specialists that consume every part of the remains of their bodies, leaving only bones.

Most of the phenomena and insects described are illustrated in some 1 600 photographs that accompany the accessible text. A guide to each of the 25 insect orders found in southern Africa is included, with images showing their diagnostic characters.

We hope that providing an intimate insight into the beauty and importance of insects will help to emphasise their value and promote conservation of these key players of the natural world.” 

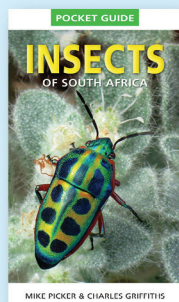
## INSIDE THE INSECT KINGDOM

These invaluable guides are perfect for anyone with a keen interest in the natural world, from amateur enthusiasts to professionals.



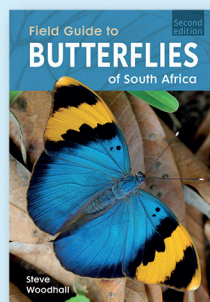
*Field Guide to Insects of SA* by Mike Picker, Charles Griffiths and Alan Weaving

A trusted best-seller with accounts of over 1 500 species and insect groups. Included are the most common, most economically and ecologically important, interesting and attractive insects in the region, with vivid photography.



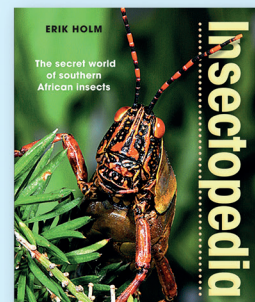
*Pocket Guide: Insects of South Africa* by Charles Griffiths and Mike Picker

Features 260 common and rare insects from South Africa, each described with its key identification features, a colour photograph and distribution map, plus a guide on the inside front and back covers, which makes for quick reference.



*Field Guide to Butterflies* by Steve Woodhall

The only comprehensive field guide to South African butterflies, featuring all 671 species. Illustrated with over 1 800 full-colour photos of mostly live specimens in their habitat, images show male and female forms and upper- and undersides (where possible).



*Insectopedia: The Secret World of Southern African Insects* by Erik Holm

Uncovering the fascinating and infinitely varied world of insects, this astonishing guide explores their intriguing behaviour and biology - from mating and breeding, metamorphosis and movement to sight, smell, hearing. Ook beskikbaar in Afrikaans.

As a Struik Nature Club member, you'll be the first to hear about new releases, offers and special editions. You'll also receive invites to our launches and author events and have the chance to win great prizes. Visit [www.struiknatureclub.co.za](http://www.struiknatureclub.co.za) to join.



# EXTRACT FROM **THE AUSCHWITZ PHOTOGRAPHER**

A book based on the experiences of a photographer at the world's most infamous concentration camp is a sobering account of one of history's most shameful offences.



Born in Poland, Wilhelm Brasse was a professional photographer and a prisoner in Auschwitz during World War II. He arrived as a 22-year-old man and became known as the “famous photographer of Auschwitz concentration camp”, photographing between forty- and fifty thousand prisoners between 1940 and 1945. *The Auschwitz Photographer* is based on his story.

In the following extract taken from the book, the authors describe how Brasse came to witness footage of one of the first gassing experiments to be

CLOCKWISE FROM TOP LEFT: Birkenau, Poland, May 1944. Jewish prisoners wait near gas chamber number 4; Jewish women wearing camp uniform at Birkenau, May 1944; Brasse in 1938, before his imprisonment at Auschwitz.

carried out. The “Russians” mentioned were soldiers who’d arrived as prisoners of Auschwitz in 1941. At the time, Russians were detested by Poles after Soviet ruler Joseph Stalin collaborated with Adolph Hitler in 1939, allowing him to take Warsaw and annexing half of Poland “without firing a shot”.

At the time the events played out in this extract, Brasse had been at Auschwitz for almost two years as part of the *Erkennungsdienst* - the camp Identification Service - and a kind of familiarity had grown between him and his boss, SS Oberscharführer Bernhard Walter.

“You want to know why I’ve brought you to the Political Department, do you, Herr Brasse?”

Brasse nodded without looking up.

‘Wait and you’ll see. In the meantime, enjoy the film.’

Brasse couldn’t calm his nerves. He couldn’t possibly be there just to watch one of the Oberscharführer’s old films, but only Walter could answer his questions, so he tried to concentrate on the images before him, vivid on the white wall of the room.

The footage now was of a few smiling SS men who saluted the camera as they went around the camp. They were wearing gas masks slung over their shoulders and Brasse well remembered the terror that had spread among the prisoners at the sight of them. For days, everybody thought that the Germans were preparing to liquidate Auschwitz by dropping bombs on it containing some lethal substance. Anybody who suggested that the gas chambers and the crematoria at Birkenau could do the job of exterminating everybody, without the need for bombing, was mocked. Soon, all the prisoners were convinced that the apocalypse was near. They were so sure of it, and so sure they couldn’t escape, that they began to work more slowly. It was the resulting beatings from the kapos that proved that the SS did actually want to keep their deportees alive: they wouldn’t allow them to loaf about. When nothing happened, the fears of a mass slaughter dissipated but didn’t disappear entirely, even when the gas masks disappeared from the SS men’s uniforms.

‘We had a good laugh at how scared you all were. You were like mice in a cage – terrified but unable to escape. Now, look at this, Herr Brasse.’

Men in uniform were sealing up the doors and windows of a building, but it wasn’t one at Auschwitz. Skeletal prisoners – Russians on the point of death – were being dragged out of their blocks. Elsewhere, large numbers of sick people were being pulled out of their bunks. There must have been several hundred in total. They were taken to the sealed building and shut inside. None of them protested, none tried to escape: they were too weak to

RIGHT: Brasse in 2009 at home in Żywiec, Poland, with some of the many thousands of photographs he risked his life to save before Auschwitz was liberated.



do either. Then, before closing the doors, SS soldiers threw in baskets full of big black tin canisters...

The images faded out and Brasse was dazzled by the sudden brightness of the wall.

Half a second later the footage started up again.

It showed the interior of the building. Walter had set up his little film camera against one of the window panes.

‘I don’t want to see, Herr Oberscharführer!’

Brasse screwed his eyes shut and clutched the arms of his chair.


‘If you don’t watch, you won’t make it to roll call this evening alive.’

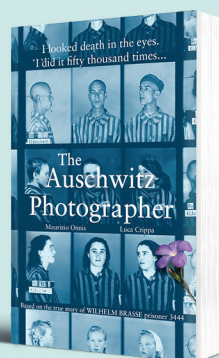
Seeing that the photographer was keeping his head bowed, Walter repeated his threat in an icy tone. He took his pistol from its holster.

‘Do as I say, Brasse, if you want to save your skin.’

Brasse obeyed, looking at the wall through his tears.

The prisoners in the building were moving about, anticipating the worst. Disoriented, they scurried here and there, like ants under attack. When the gas began to seep from the black canisters, they moved away as far as they could, piling themselves up against the opposite wall, and then kept swarming from one side of the room to the other, unable to find a way out.

The film was silent, its only soundtrack the rumble of the projector, but Brasse could hear the cries of these poor people in his mind. They weren’t human screams, but the yelps and whines of injured, bleeding animals.” 



Extracted from *The Auschwitz Photographer*, available now.

# SOUTH AFRICA'S ROGUES OF YORE



With countless books on corruption in South Africa today, *Rogues' Gallery*, about some of the most corrupt figures in the colonial and apartheid eras, is a humorous and irreverent take on the country's scandalous past, writes co-author of the book, Matthew Blackman.

“One myth that *Rogues' Gallery* relegates to the historical dustbin is that of Jacob Zuma's Nkandla and its uniqueness in the story of South African corruption. With Nkandla and its firepool so fresh in our minds, it's easy to fall into the trap of thinking that JZ's KwaZulu-Natal bolthole was somehow matchless in the country's history. Expense scandals, in fact, run thick and fast in our records and building and/or embellishing one's private residence at government expense has always been the done thing in SA. *Rogues' Gallery* brings to a modern audience the stories of South Africa's most corrupt *skelms* from 1652 to today. The book busts the myth that the *Zuptas* were the first to capture the South African state, proving that corruption has graced our (un)fair shores since written records began.”

## DID YOU KNOW?

- Dutch governor of the Cape Colony, Willem Adriaan van der Stel in many ways set the ball rolling in 1700 when he didn't just gift himself the land on which the wine estate Vergelegen was built, but used Dutch East India Company labour, materials, seed and livestock to build a grand manor, plant magnificent gardens and set up by far the largest agricultural operation at the Cape. If this wasn't enough, he sold the fruits of all this labour back to the Company at prices he determined!
- One of the first British governors, Sir George Yonge, used his limited time on Cape soil to access the public purse to deck out his official residence with Moroccan leather and close off Cape Town's Company's Garden for his own private use. His successor, Lord Charles Somerset, built himself a mansion in Newlands at His

Expense scandals run thick and fast in SA's records. ”

Majesty's expense, money he was ordered to pay back after it was revealed.

- Former Prime Minister of the Cape, Cecil John Rhodes was not one to bother with such trifles as free homes or farms. Instead, he got the colonial and imperial governments to pay for a railway to serve his business interests. And while Paul Kruger lived in a decidedly modest home on Church Street in Pretoria, he certainly didn't pay for it himself – it was gifted to him by a businessman who stood to gain a lot from being in the president's good books.
- Dr Piet Meyer, chairman of the Broederbond and the SABC, managed to sell his family home to the state broadcaster (at a heavily inflated price, of course), while the head of apartheid's ministry of information, Dr Eschel Rhoddie, amassed a veritable portfolio of state-funded properties everywhere from Clifton to Miami and paid for the renovations to his own house in Bantry Bay with government-got cash.
- The Matanzima brothers, founders of the Transkei National Independence Party, and Bophuthatswana homeland leader Lucas Mangope, both pulled off the age-old trick of farming state land for personal gain. Mangope was also found guilty of spending almost R20 million (in today's money) of taxpayer funds on improvements to his personal residence.
- And then there was former head of special operations, Dr Wouter Basson, whose R68-million (in today's money) renovation to a mansion in Arcadia was alleged in court (although never proved) to have come from money supposedly set aside for SA's chemical and biological weapons programme. P



*Rogues' Gallery* is out now

# FABULOUSLY FLEXITARIAN

Eating a semi-vegetarian diet is a simple yet impactful way to make a difference, says Jax Moorcroft. Here, she shares with us a quick and easy recipe taken from her brand-new book *The Flexitarian Foodie*.

## GARLIC LETTUCE STIR-FRY

olive oil  
butter  
1 cup finely sliced mushrooms  
½ cup chopped outdoor-reared bacon  
1 clove garlic, minced  
1 tablespoon tamari or good quality soy sauce  
¼ cup chicken bone broth stock  
¼ cup fresh cream  
3 cups finely sliced lettuce

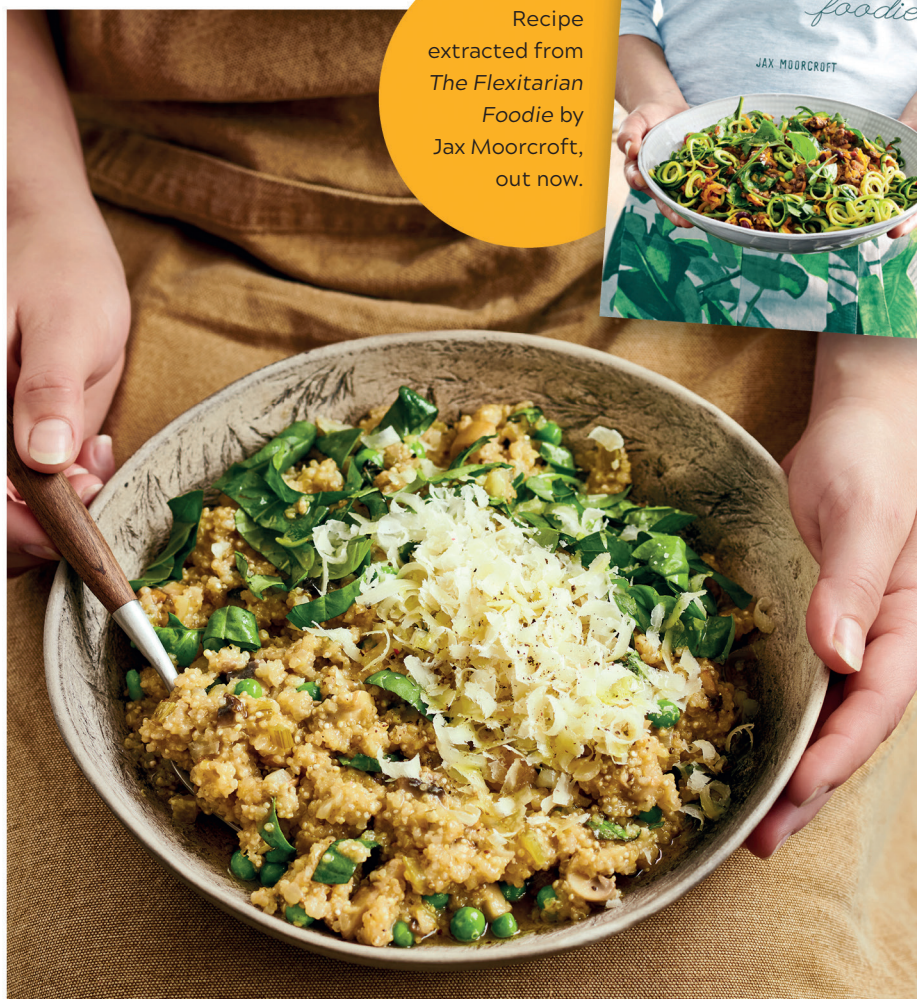
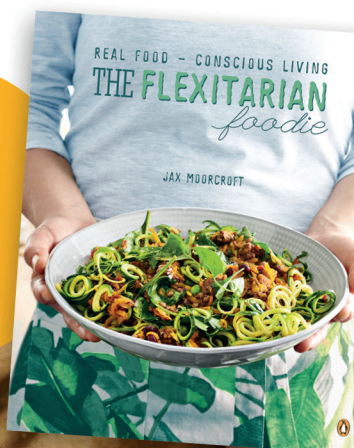
1. In a frying pan or wok heat up some olive oil and butter and fry the mushrooms and bacon until browned.
2. Add the garlic and tamari or soy sauce and fry for a couple more minutes before adding the stock and cream.

3. Simmer until it starts to reduce and thicken.

4. Add the lettuce, stirring to coat, and cook until the lettuce just begins to wilt and become soft.

**SERVES:**  
4

Recipe extracted from *The Flexitarian Foodie* by Jax Moorcroft, out now.



**JAX SAYS:** “We all want to eat healthy food, we all want to do the best for the environment, and we all have the greatest intentions. But somewhere between lack of awareness and life getting in the way, we find ourselves falling short, resorting to quick fixes that aren’t doing us or the planet any favours.

I’ve been dabbling in growing my own food and experimenting with environmentally and family friendly flexitarian meals over the years. I’m trying my best to tread more gently while still navigating through real life, doing my best to make living a sustainable life attainable.

In *The Flexitarian Foodie*, you will find simple yet impactful ways to make a difference, from the food we consume (and the process it goes through before it reaches our plates) to being more mindful of a less-waste lifestyle. I’m hoping that you will be inspired enough along the way to start making tiny little penguin wobbles of change of your own. We don’t have to take huge drastic steps to be able to participate in change. It’s those small, consistent tweaks performed by millions of people who choose to shift their mindset that truly transform the world.” 🐧

# ALL ABOARD THE LOW-CARB EXPRESS

After Vickie De Beer's son was diagnosed with Type 1 diabetes, she completely transformed her family's favourite meals to low-carb. Now, out with her third book on the subject, she presents even more delicious and nutritious recipes.

## PAN PIZZA

We love eating low-carb pizza, but to roll out so many pizzas takes a lot of time. Enter the pan pizza: one large pizza for the whole family! When it comes to toppings, let your imagination run wild. You can even distribute the toppings in such a way that each person gets the topping they prefer.

### BASE

500 g skinless and boneless chicken thighs, quartered  
40 g Parmesan cheese, grated  
60 g mozzarella cheese, grated  
1 garlic clove  
5 ml salt

### SAUCE

30 ml olive oil  
1 red chilli, finely chopped  
150 ml Italian passata

### TOPPINGS

100 g spicy salami, sliced  
100 g black olives, pitted  
2 large ripe tomatoes, sliced  
a small handful of fresh basil  
150 g mozzarella cheese, grated

1. Preheat the oven to 200 °C. You will need a 40 x 30 cm oven pan.
2. Combine the chicken, parmesan, mozzarella, garlic and salt in the bowl of a food processor and process until smooth.

SERVES:  
4

Why low carb? The really simple answer: We were never meant to eat such a large amount of refined carbohydrate!



3. Spoon the chicken mixture onto a large sheet of baking paper, top with another sheet of baking paper and roll into a rectangle to fit your tray. Remove the top sheet of baking paper and lift the pizza onto the oven pan using the bottom sheet. Use your fingers to evenly spread the chicken mixture over the baking paper and into the corners.
4. Bake for 10 minutes until firm and golden on the edges.
5. In the meantime, heat the olive oil for the tomato sauce in a large saucepan over medium heat. Fry the chilli for 1 minute and add the passata. Heat through.
6. Spread the tomato sauce over the pizza base and top with all the toppings, ending with the mozzarella. Return to the oven and bake for another 10 minutes, then switch on the grill and grill for 2 minutes. Serve warm, sliced into squares.

# FABULOUS EGG MUFFINS

These egg muffins are delicious and so quick to prepare. This makes a big batch to enjoy for breakfast, but they are also perfect for lunchboxes. They will keep in the fridge for up to three days. Experiment with flavour combinations, starting with the suggestions in the short cuts below.

30 ml olive oil  
1 red onion, quartered  
1 red pepper, quartered and deseeded  
½ jalapeño chilli  
100 g chorizo, sliced  
50 g baby spinach  
6 eggs  
5 ml smoked paprika  
125 ml cream  
salt to taste  
100 g Cheddar cheese, grated

1. Preheat the oven to 210 °C and grease a muffin pan.
2. Heat the olive oil in a large frying pan over medium to high heat.
3. Place the onion, red pepper and chilli in the bowl of a food processor and pulse to chop roughly.
4. Fry the chopped vegetables for 2–3 minutes until fragrant. Add the chorizo and fry for a further 2 minutes.
5. Add the spinach and remove from the heat (the spinach will wilt).
6. Whisk the eggs, paprika and cream in a jug and season with salt.
7. Half-fill the muffin cups with the egg mixture. Divide the chorizo mixture and grated Cheddar evenly between the cups and mix through using a teaspoon. Top with a bit more of the egg mixture if there is any left.

MAKES  
12



Low-carb eating means having fewer digestive problems, less heartburn, more energy and endurance, normalising blood sugar and supporting weight loss, amongst a host of other benefits.

8. Bake for 12 – 15 minutes or until set in the middle and golden on top.

## SHORT CUTS

Using the basic egg mixture of 6 eggs with 125 ml cream, seasoned with a pinch of salt, add:

- 100 g chopped smoked salmon, 100 g cubed feta cheese, 50 g baby spinach and a small handful of chopped fresh dill; or
- 100 g crispy fried bacon bits, 100 g cooked sliced mushrooms, 50 g baby spinach and 100 g mozzarella cheese; or
- 100 g halved cocktail tomatoes, a small handful of shredded fresh basil, 100 g sliced Parma ham, 50 g baby spinach and a mixture of 50 g mozzarella and 50 g Cheddar cheese.



Recipes extracted from *Low-Carb Express* by Vickie de Beer, out now.



## On my mind **PAEDOPHILES CAN TAKE ON MANY FORMS**

But the destruction they sow is devastatingly similar, writes **Deon Wiggert**, author of *My Only Story: The Hunt for a Serial Paedophile*.

**A**s last year ended, I spent my birthday avoiding people I love. Facebook posts were left unliked; moving WhatsApps were ignored; determined phone calls diverted to the voicemail I never listen to. Some very dear people, these were, but any celebration of me leaves me feeling overwhelmed. To be fair to myself, I have done a few things for which, reluctantly, I will accept congratulation. But making it through another year is the very least that is expected of a human being; does it really warrant such outpourings of praise?

And it's not just me. There are many who feel unworthy of celebration, riddled with self-doubt and feelings of inadequacy from intimate past trauma. For me, it was being raped by my teacher as a high-school boy.

In months since *My Only Story* was published, I have redoubled on a realisation: Paedophiles take on many forms, but the destruction they sow is devastatingly similar. In the book, I try to help other survivors realise how deep the deceit has delved. To my therapist, I ask, *What's the big deal?* Sure, being raped is distressing, but so is being mugged. But rape – in all its forms – destroys intimacy. If you are raped as a child, then and there you lose the ability to feel safe in your own skin. How is that for a life sentence?

Trying to deal with this anxiety leads to a litany of struggles. Drinking to numb your fear; nervously chain-smoking; seeking refuge in the dissociation of being stoned, or taking much harder stuff still. What you do not do is take care of your body. It only gets you into trouble, and so you try to divorce your soul from it. Some survivors become asexual, while others become hypersexualised. *If there is nothing private about my privates, anyone is welcome to help themselves.*


“Trying to deal with this anxiety leads to a litany of struggles”

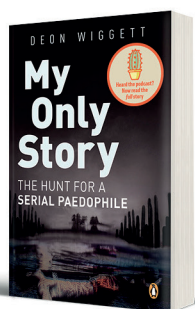
You may develop a strange relationship with food, eating much too fast (people feel vulnerable when they eat) or much too little, or much too much (you may feel safe by becoming unattractive).

You will undoubtedly have relationship issues, because you remember what happened the first time you trusted someone intimately. You may always be looking for a reason to reject your partner, hopefully before they reject you, as they must, for people can't be trusted. If you are lucky enough to have a loving partner, your attempts to cope will challenge them too. It can be hard to understand why someone needs to drink *and* smoke countless joints every night.

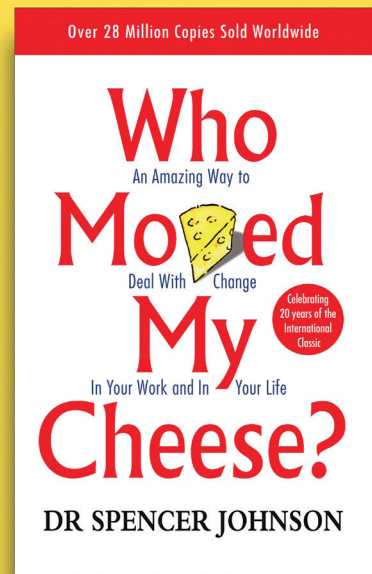
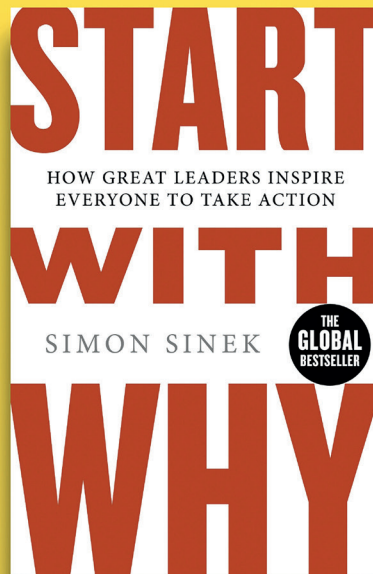
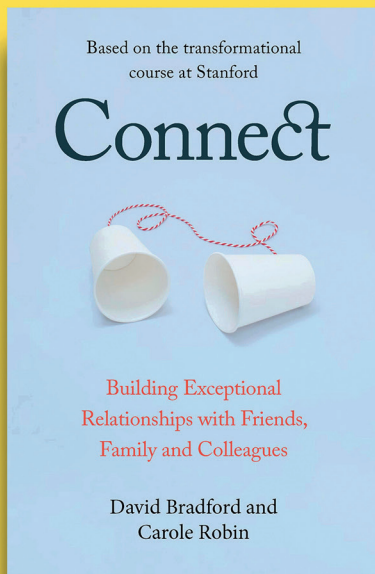
If you are a survivor, you will almost certainly not become a rapist yourself. Maybe one in every eight survivors of child rape becomes an offender; the rest of us want to do better. For even in the desert, beauty must bloom. And so we often end up as care professionals, because it is our instinct to keep people safe. We become teachers and prosecutors, nurses and doctors, journalists and activists, psychologists and security experts.

The upside of boundary issues is extremely colourful conversation. The upside of vigilance is astuteness. The upside of deep foundational trauma can be adeptness at seeing many angles, which can unleash incredible creative expression. ‘One must yet have chaos in oneself to be able to give birth to a dancing star,’ said Nietzsche.

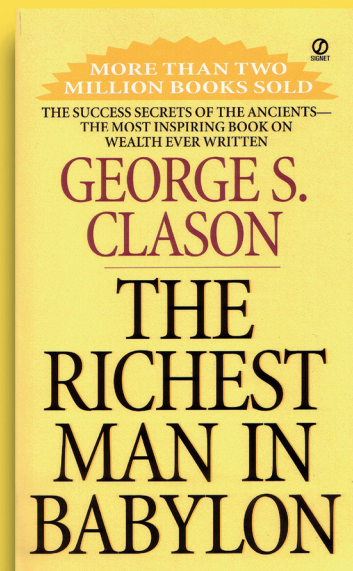
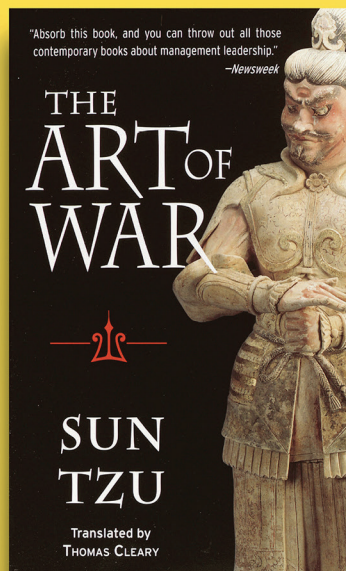
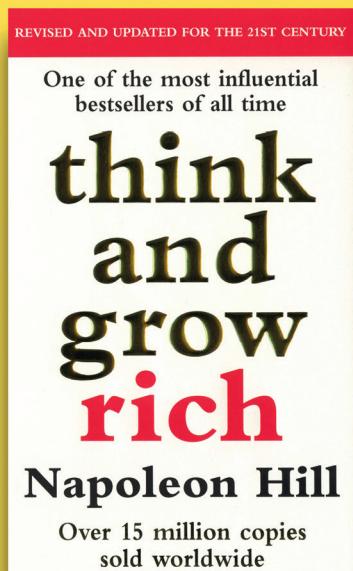
If you have ever phoned me for a birthday or anniversary: thank you so much for your wishes. They mean the world to me. I am trying to become a person more present, but nevertheless I'll probably miss your special day. I beg your forgiveness, and happy birthday to you. 

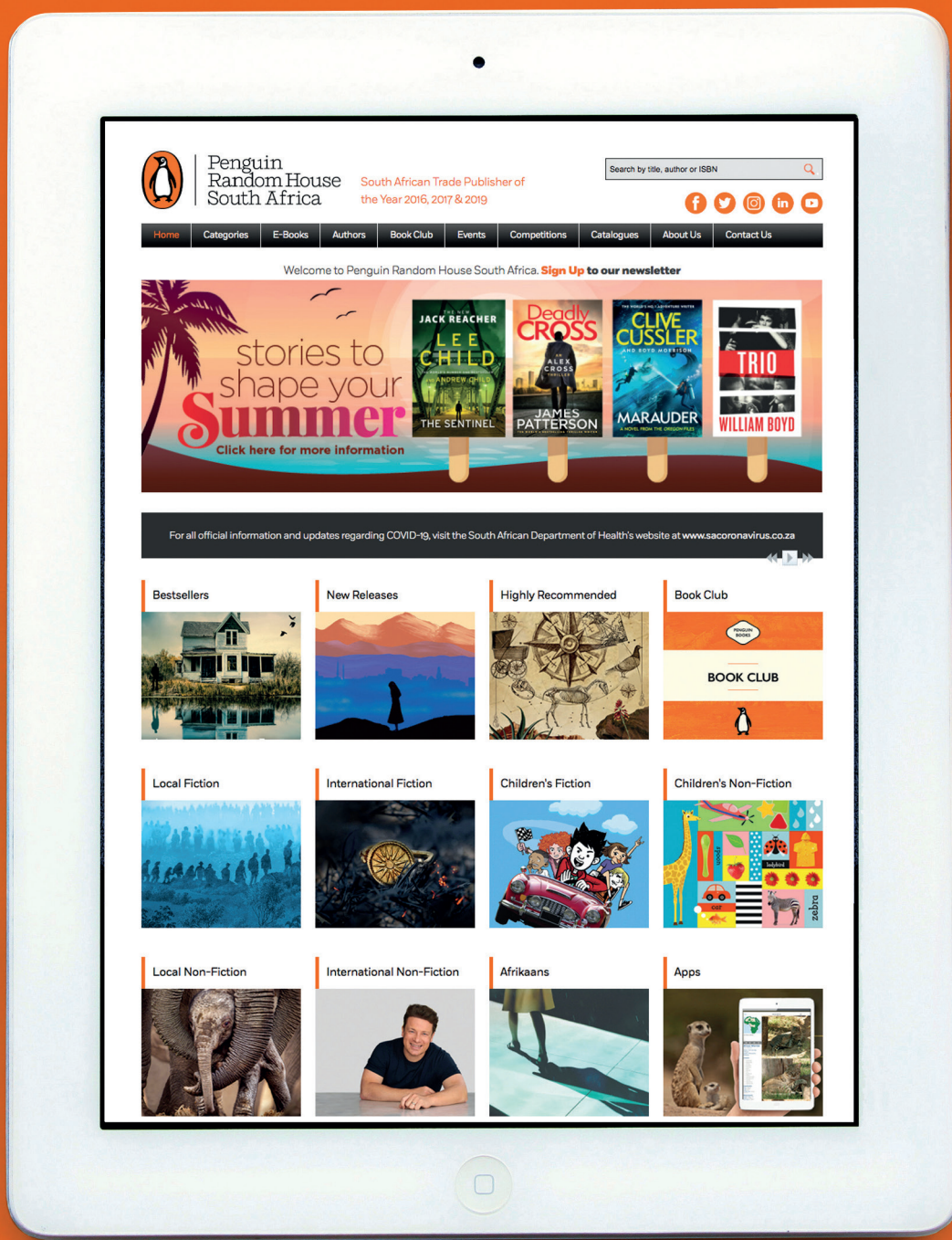


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