

THE PENGUIN POST

THE MAGAZINE ABOUT BOOKS FOR BOOK LOVERS

WIN

A TANNIE
MARIA
STARTER
PACK
WORTH
R7 000!

**SALLY
ANDREW
IS BACK ...**

**... WITH THE
COOKBOOK
WE'VE BEEN
WAITING FOR**

**YOUR
FREE
COPY!**

**LATEST
RELEASES**

From Sven Axelrad
and Harlan Coben
to Emily Henry
and John Boyne

FLIGHT OF COLOUR

The revival of a lifelong
passion for birds

FUELLING HEALTH

Delicious gluten-free
and keto inspiration

LIVING LONGER

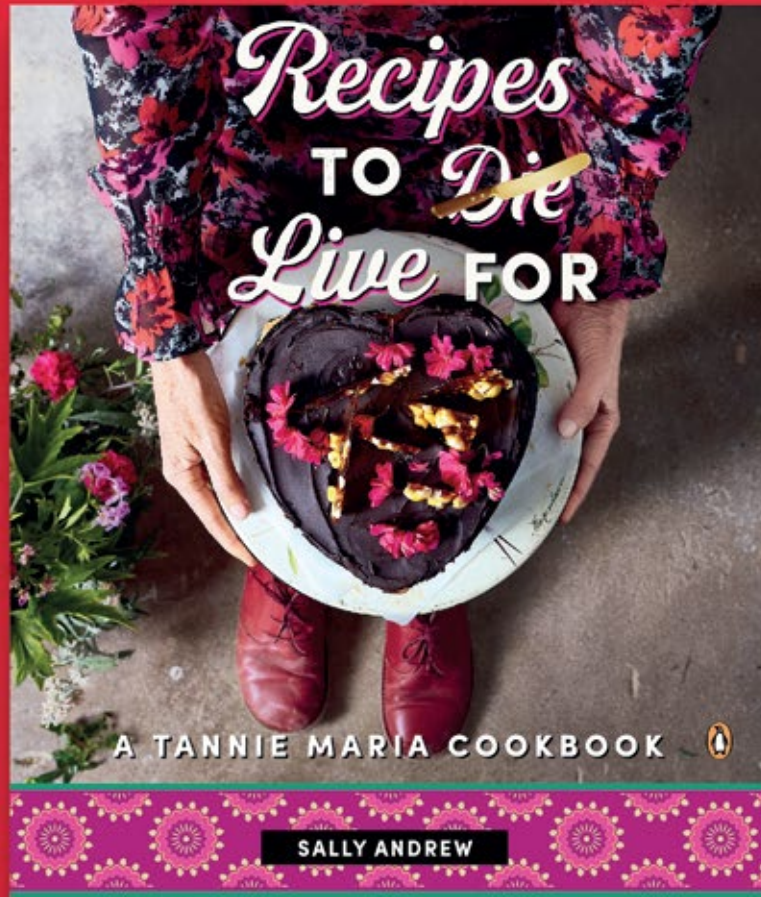
Unlock the secret to
longevity and fulfilment

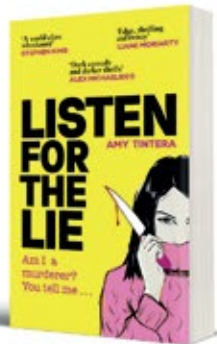
ON MY MIND

James-Brent Styan
on Steinhoff's downfall



EVERYONE'S FAVOURITE
amateur detective and agony aunt
HAS FINALLY HEEDED THE
CALL OF HER FANS ...





contents

- | | |
|---|---|
| <p>02 BOOKSCAPE The novel from Keanu Reeves, the novel topping the charts, and five minutes with Sven Axelrad</p> <p>06 COVER The Tannie Maria cookbook we've all been waiting for</p> <p>11 AT MY DESK Amy Tintera on balancing humour and romance with crime and mystery, and the best in new fiction</p> <p>14 BOOK CLUB A retelling of the ancient Greek tragedy, <i>Medea</i>, from author, Rosie Hewlett</p> <p>15 AFRIKAANS Lieflike literatuur deur skrywers soos Lucia Prinsloo, Francois Bloemhof, Leon van Nierop en Elizabeth Wasserman</p> | <p>16 HEALTH The key takeaways that can help us unlock the secrets to living longer and better</p> <p>18 INSIDER An enchanting illustrated fable inspired by thousands of years of Chinese thought</p> <p>19 WELLBEING Challenge your conventional notions of success</p> <p>22 NATURE Nick Newman didn't initially share his father Kenneth's passion for all things feathered</p> <p>26 FOOD Gluten-free and keto recipes to help you live your best life</p> <p>32 ON MY MIND James-Brent Styan reflects on his encounter with the man central to Steinhoff's collapse</p> |
|---|---|

Johannesburg | Growthpoint Business Park, Unit 12A, 162 Tonetti Street, Halfway House Ext 7, Midrand, 1685 | 011 327 3550

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

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

Editor Lauren Mc Diarmid **Designer** Sean Robertson **Sub Editor** Frieda Le Roux
Contributors Jennifer Malec, Sven Axelrad, Sally Andrew, Tannie Maria, Dave Lambkin, Nick Newman, James-Brent Styan

Welcome!

In this issue, we delve into the intricate tapestry of human experience through stories that captivate, enlighten, and inspire.

We begin with a glimpse into the life of Sven Axelrad, a figure seldom seen without his faithful companion and notepad, chronicling the comings and goings of the town of Vivo. His dedication to capturing the essence of daily life reminds us of the beauty found in the ordinary.

Turning the pages, we discover the story behind *Recipes to Die Live For*, the cookbook we've been yearning for since book one of Sally Andrew's Tannie Maria Mysteries hit shelves. We're so excited to share it with you! We hear from both Sally and Tannie Maria on the book that is a delightful blend of recipes and storytelling, interspersed with tales of mystery and intrigue.

Meanwhile, Amy Tintera shares insights into her latest work, *Listen for the Lie*, where she masterfully balances humour, romance, and mystery within the framework of a podcast. Rosie Hewlett sheds light on the resurgence of female voices reclaiming their narratives in Greek mythology, and Regina Linke's enchanting fable, *The Oxherd Boy*, invites us to find joy and meaning in the everyday.

As we explore the secrets to longevity and fulfilment, we are reminded that true wealth lies not in material possessions but in the richness of our experiences and relationships. And in food, we have keto and gluten-free recipes to help you live your best life.

And finally, James-Brent Styan reflects on the legacy of Markus Jooste and the cautionary tale of corporate greed.

So, grab a cuppa, snuggle in, and happy reading!

Lauren

Lauren Mc Diarmid

ThePost@penguinrandomhouse.co.za



bookscape

news | snippets | what's new

+++++

Everyone's talking about ... The Novel by Keanu Reeves and China Miéville

Written in collaboration with acclaimed, award-winning author China Miéville, *The Book of Elsewhere* is the first novel by Keanu Reeves.

Set in the world of the BRZRKR comic series Reeves created with writer Matt Kindt and artist Ron Garney, published by BOOM! Studios, *The Book of Elsewhere* follows an immortal warrior on a millennia-long quest to discover the key to his immortality – and perhaps, a way to free himself from it.

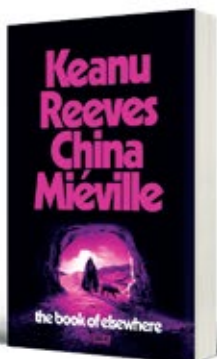
The BRZRKR comic was the number one bestselling debut of a new comic property in over 25 years, and the number one bestselling comic of the decade. The immortal saga of BRZRKR will soon expand further with a live-action Netflix film starring Keanu Reeves, and an anime spinoff series, also in development at Netflix.

'It was extraordinary to have the opportunity to collaborate on *The Book of Elsewhere* with one of my favourite authors, China Miéville,' said Keanu Reeves. 'China did exactly what I was hoping for – he came in with a clear architecture for the story and how he wanted to play with the world of BRZRKR, a world that I love so much. I was thrilled with his vision and feel honoured to be a part of this collaborative process.'

'Sometimes the greatest games are those you play with other people's toys,' said China Miéville. 'It was an honour, a shock and a delight when Keanu invited me to play. But I could

never have predicted how generous he'd be with toys he's spent so long creating, how glad to experiment together, how open to true collaboration. I hope readers get to experience even a fraction of the pleasure reading *The Book of Elsewhere* that I experienced in the writing – in the serious business of play.'

The Book of Elsewhere hits shelves in August 2024.

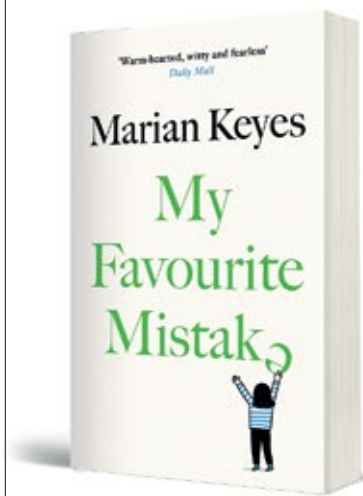


DOMINATING THE BESTSELLER LISTS

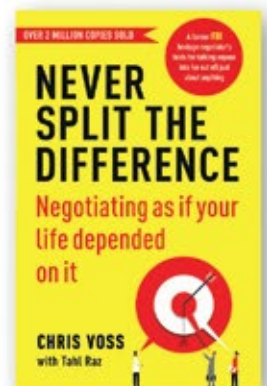
My Favourite Mistake by Marian Keyes

'A great, big mystery romance that will make you laugh on every page. A marvel.'

Catherine Newman, author of
We All Want Impossible Things

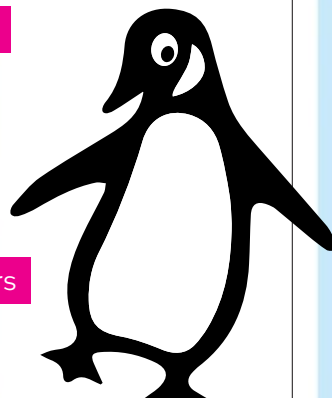


“The person across the table is never the problem. The unsolved issue is. So focus on the issue.”
Christopher Voss,
Never Split the Difference,
with Tahl Raz



PHOTOGRAPHS: Brian Bowen Smith, Barney Cokeliss

#bookstagram MUST of the MONTH



WIN! WIN! WIN!

A hamper of books from this issue valued at R1 000 is up for grabs to one lucky reader. To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Ts & Cs apply. Entries close 15 July 2024.

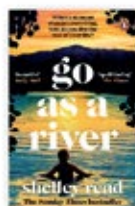


OUT IN PAPERBACK



Betrayal by Lesley Pearse

Eve escapes her abusive husband Don, but struggles as he remains bitter. A dangerous incident complicates matters, leaving Eve questioning her choices and their impact on her children.



Go As a River by Shelley Read

In 1948 Colorado, Victoria Nash's encounter with a stranger sets her on a journey of self-discovery. This captivating coming-of-age drama explores her choices amidst love, loss, and resilience.



The Collected Regrets of Clover by Mikki Brammer

Clover, a death doula in NYC, struggles to live fully until meeting Claudia, an elderly woman with a final wish. Through helping Claudia, Clover rediscovers living her own life.

Bookworm Faves

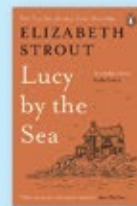
Jennifer Malec is the editor of The Johannesburg Review of Books, an independent literary review that publishes literature, reviews and so much more from South Africa, Africa and beyond. She is also the publisher of The Reading List, a news website for books and the publishing industry. Here are two of the many novels Jennifer has read recently, that she's enjoyed the most.



The Fraud by Zadie Smith

This is Smith's first foray into historical fiction, and while it may be a little uneven, it does mark a commanding return to form.

It's set around the time of the Tichborne case, a case of stolen identity that gripped 1870s London, but it's the vivid portraits of the novel's two central characters - Mrs Touchet, Scottish housekeeper and cousin to a famous novelist, and Andrew Bogle, former slave and star witness in the trial - that set the book apart. Lively and expansive.



Lucy by the Sea by Elizabeth Strout

While my favourite Elizabeth Strout character is the spiky, formidable, entrancing Olive Kitteridge, her series encircling the life of Lucy Barton is equally compelling. This latest is set during the familiar post-apocalyptic scenes of the pandemic (and the accompanying political upheaval of those years), with Lucy retreating from New York to a beach house in Maine with her long-ex-husband. It's Strout at her most nuanced, moving, impossibly observant best.

Find Jennifer's work on X, @readinglist_, and on Instagram @JoburgReview.

Five minutes with ... SVEN AXELRAD

Sven Axelrad is seldom seen without his dog. His dog and a pen and piece of paper.

How else will he be able to write down what is happening in the town of Vivo?

Many readers describe your debut, *Buried Treasure*, as one of 2023's literary gems. Was that a surprise to you?

It was a surprise. I knew I had made something that I loved but to have everyone else love it too was a beautiful gift.

In *God's Pocket*, there are some familiar people and places from your first book. Is this a sequel? And the God referred to in the title is actually ...?

God's Pocket is set in the town of Vivo. It has the same narrator, but it isn't a sequel. This time, we follow a new cast of characters - a group of five close friends about to start university. Anyone who has read *Buried Treasure* will notice when we cross paths with the first book, but it isn't necessary to start with *Buried Treasure*. As for the God in the title, sadly no, it isn't the big, black dog who guards the Treasury, but there are many dogs in Vivo and rest assured we will meet a few of them in the new book. One is a Yorkie, worthy of God, I promise.

Tell us more about Filo. He sounds a bit like you?

I'll admit there are similarities. Filo's parents are pressuring him to study Accounting, but he wants to be a writer. In one of my first auditing jobs, my desk looked out a window onto an abandoned quarry. I used to spend a large portion of my days wondering how deep the water was. Filo is one of five close friends, half of them secretly in love with each other, all young and full of hope. I had a group of friends like that. I think as a writer you unwittingly write yourself into all of it, but the result, thankfully, is better than I am/was. My characters become an amalgamation of my friends (past and present), the people I meet, all their best qualities inseparable from my worst.

Please tell us more about the picture on the cover?

The cover is an old photograph of a young woman full of her own hopes and dreams. She is sitting on a wall in Cape Town with no concept of dramatic irony and no idea of what

the future might bring.

The young woman is my mother. I am so proud to have her grace the cover of this book. It feels fitting since this is a story laced with nostalgia. I issue a warning, a sentiment echoed by the two old men that sit outside the best café in Vivo and comment on what they see: 'A knife can kill a man, but nostalgia can obliterate him'.

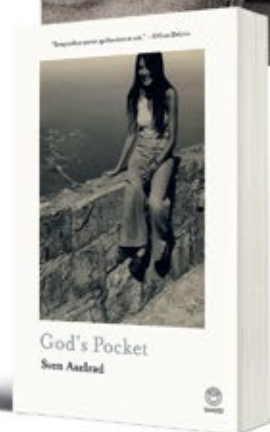
What is the Big Question you are trying to answer through your writing?

If I knew the answer to this, I would be cured of writing altogether. I suspect that it's a philosophical exercise. I'm looking for a way to make sense of the chaotic, infinitely painful, oftentimes wonderful experience of being alive. That, and I'm having a bit of literary fun.

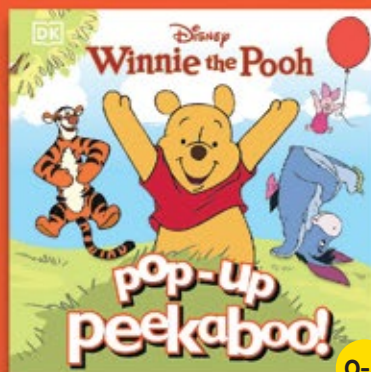
Can you imagine a world without dogs?

When there are no longer dogs in the world, I will quietly take my leave and hope to follow wherever those good souls have gone to. 🐾

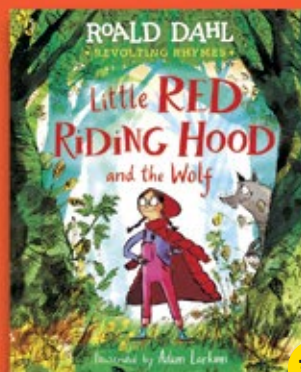
God's Pocket is out now.



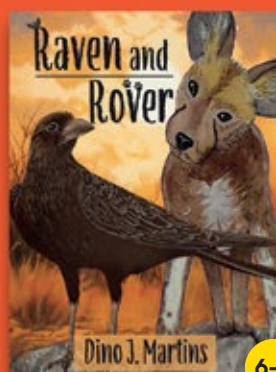
For the Budding Bookworms



0-3



3-6



6-9



9-12



YA



YA



YA



YA





PHOTOGRAPH: Ed O'Riley

MURDER, *Love* ... and *Malva Pudding*



Tannie Maria and Sally Andrew both agree that magical things happen when you take time out to sit under a tree. For example, the weaving of the final threads that pulled together the cookbook we've all been waiting for, from our favourite food-obsessed agony aunt and amateur sleuth.

LEFT: the team behind the cookbook. From back to front, Ed O'Riley (photographer), Bowen Boshier (assistant and photographer), Ashley Brownlee and Andre Hagan (Wolverfontein Karoo Cottages), Elizma Voigt (assistant to food stylist), Helen Henn (designer), Sally Andrew (author) and Caro Alberts (food stylist).

Dear Tannie Maria,

I have just been informed that I am going to die. I didn't want to believe it at first, but now I am facing up to it, and drawing up a bucket list.

On my bucket list is making and eating all your recipes. Do you think this will make me very fat? I don't mind a little fat, but very fat may not be such fun.

I have cut out some of the recipes from your Gazette column, but I know there are lots more. Are you planning on bringing out a cookbook anytime soon? Which of your recipes should I start with?

And then, since you are such a wise agony aunt, maybe you can give me some other advice. What do you think I should do with my remaining time on earth?

I have already decided to spend more time on my stoep with coffee, beskuit and my husband, admiring the view.

Yours sincerely,
Woman Wondering

P.S. I haven't got an illness or anything. It's just that I turned fifty and when I spoke about a midlife crisis, my husband told me I was more than halfway through my life.

TANNIE MARIA'S LOVE ADVICE & RECIPE COLUMN

Dear Woman Wondering,

Your timing is perfect. I have just collected many of my recipes together in a cookbook. I hope you get to try each one.

The dishes will only make you very fat if you eat them all yourself. Share them with others. If you don't already have lots of friends, this delicious food will quickly help you make them. I would start with the amazing Venus Cake. It will go well with coffee and your stoep view. And then the muesli rusks, of course.

As for your other question ... If you sit quietly under a gwarrie tree for a while, and listen, you might realise that you already know what to do with your remaining time on earth.

But some things I suggest are: Always be willing to learn, not just new recipes, but also new ways. This will keep you growing. And it is more fun to grow than to stay the same.

But the most important thing, I think, is to be kind. To yourself and others.

And of course, don't forget, whatever you are doing:

Enjoy life.

With love,
Maria



TANNIE MARIA SAYS ...

“So here it is, at last, my recipe book! Which is what I wanted to do all along, but murders kept taking over my stories.

“And love. But I guess there's no escaping love and death. We're all going to get some. Although the size and flavour of our servings will differ.

But for now, food can take its proper place at the centre of the table. Recipes to live for.

Here are some of my favourite dishes. Most are from my four other books, but there are a few extras. Some of the recipes are named after my friends or the people who wrote me letters. I have spiced the cookbook with some enjoyable sayings from these four books, and also letters written to 'Tannie Maria's Love Advice and Recipe Column'. And then I've seasoned everything with photographs of the food, the beautiful Karoo and other places I have explored, in South Africa and across the great Limpopo River.

Enjoy cooking. Enjoy eating. Enjoy life.
Why not?



SALLY ANDREW SAYS ...

What makes this cookbook special?

It is unusual in that Tannie Maria is not a real-life cook, but a fictional character: an agony aunt and an amateur sleuth who is obsessed with food. In her agony-aunt letters, Maria provides sage advice, as well as a recipe that will help solve the writer's problem. She also uses food to get clues in the solving of murder mysteries. And she just loves to cook and eat.

The recipes are all non-fiction, however. They are so real you can taste them.

This book is also special because it's the most beautiful book I've ever seen. It contains fantastic photographs of the sublimely styled dishes, as well as letters to and from 'Tannie Maria's Love Advice and Recipe Column'. There are also exquisite shots capturing the Karoo world of Tannie Maria, including veldskoene, gwarrie trees, ostriches, kudu, Towerkop, Ladismith cemetery, the Spar, the NGK and lots more.

Where did the idea for a Tannie Maria cookbook come from?

In the very first novel in the Tannie Maria mystery series, Maria wants to write a cookbook, but she is distracted by murder and love. Each of the four novels in the series has about fifteen recipes at the back of it, that are referred to within the course of the story. This cookbook contains most of these, with a few additions. I had decided that after four novels (each set in a different season), I'd produce a full cookbook. But the concept for the feel and message of the cookbook was something that I came up with while sitting under a giant shepherds bush tree in Botswana. The outline of each of my books has been conceived under various ancient trees in the wilderness.

Does the book have a theme or message?

Yes: 'Enjoy Life.'

Maria had a particularly hard time in my most recent novel, *The Milk Tart Murders*, and she really needs to have a break and just enjoy life. The quotes and the letters selected

also support this message. But they go a little deeper into how to achieve the enjoyment of life. Not only with cooking and eating delicious meals, but also how to manage the challenges of the heart. How to find, and build trust and love, even when the heart has been broken. The overarching philosophy of Maria is to be kind to yourself and others. Her messages are articulated with her unique quirky humour and poignancy.

What are your favourite flavours as a cook and how do they differ from Tannie Maria's?

I am glad you asked that question because many people seem to forget I am separate from Tannie Maria. For many years, I was very ill and part of my healing was eating raw food, and avoiding sugar, wheat and dairy. So in the early days, everything Maria ate was on my 'don't touch' list. Now I am better and I enjoy all her food (in moderation). I really do find her recipes, especially her sweet treats, moan-out-loud delicious. We share a love for citrus, ginger and coriander. She is particularly fond of buttermilk, peanut butter, apricot jam and coffee.

How do you think your Tannie Maria readers will respond to the cookbook?

I think they will gobble it up. It is much more convenient to have one cookbook you keep in the kitchen, rather than searching for recipes from the back of the novels. The book is visually such a celebration of Tannie Maria's world. And making and eating the recipes allows one to physically enter (in a magical realism kind of way) into this world. It is also a lovely introduction to Tannie Maria, for those who haven't yet met her, as it not only contains fabulous recipes, but is also Maria's agony-aunt letters and her beautiful Karoo home.

"Many people forget that I am separate from Tannie Maria."



Recipes to Die Live For is out now.

Aunt Sandra's Malva Pudding

SERVES
8-10

½ cup white sugar
1 T butter, at room temperature
1 egg
1 cup (140 g) cake flour
1 t bicarbonate of soda
½ t salt
½ cup milk

1 T vinegar
1 T apricot jam

SAUCE
1 cup milk
¾ cup white sugar
6 T butter
¾ t vanilla extract

Preheat your oven to 180 °C and grease an ovenproof dish, about 23 × 23 cm.

Cream the sugar and butter in a large bowl, then beat in the egg.

In a separate bowl, sift together the flour, bicarbonate of soda and salt, and alternate adding this and the milk to the creamed mixture. Then add the vinegar and apricot jam and mix well.

Pour the mixture into the greased dish and bake for 40-45 minutes. It will have a golden crust when done.

To make the sauce, bring the milk, sugar and butter to the boil in a saucepan, stirring all the time. Boil for about 5 minutes, then remove from the heat and add the vanilla extract.

Pour the hot sauce over the pudding as it comes out of the oven. Let it stand to absorb the syrup.

Serve hot with cream or yoghurt. 

READ THE SERIES



WIN A TANNIE MARIA STARTER KIT TO THE VALUE OF R7 000!

This one-of-a-kind hamper comprises a Staub heart-shaped, cherry red casserole, an apron and an oven glove set, all valued at R4 200, courtesy of Culinary Direct; a R1 000 voucher from FatFrank to go towards your very own pair of Vellies; a signed Tannie Maria Mysteries book bundle; a copy of *Recipes to Die Live For*, and a R400 Woolworths voucher to start you on your cooking journey.

Sign up to our mailers, and you could win!

To enter, scan the code using your phone camera, or visit www.penguinrandomhouse.co.za/competitions. Entries close 30 June 2024.





AT MY DESK

Amy Tintera is the *New York Times* bestselling author of numerous novels for young adults. *Listen for the Lie* is her adult debut. She chats here about structuring the book around a podcast, and balancing humour and romance with crime and mystery.



“This is a book structured around a podcast. Honestly, I was thinking about the story as an audiobook from the very beginning. I love it when books have sections that are really well-suited for audio – *Daisy Jones and The Six* by Taylor Jenkins Reid is an example of this. But even in print, I thought that a podcast was a really engaging way to play out a cold case for the reader.

I listen to true crime podcasts myself. I got into them with *Serial*, like so many others. My feelings about true crime podcasts are complicated – they can be an excellent way to shine light on cases that would otherwise be ignored, but also, with social media these days, it's very easy for things to get twisted or spun out of control, and for conspiracy theories to run wild. The thing I try to remember is that there are real people behind the stories, people who maybe never wanted the big spotlight a podcast can bring, and to try and be respectful of that.

I'd just watched *Fleabag* when I first started writing *Listen for the Lie*, so certainly a bit of that humorous tone influenced me when creating Lucy Chase. But truthfully, I've always had a bit of a sarcastic voice! I'm not sure I could ever write a book without humour and sarcasm, because it just comes naturally to me.

Savvy, who is Lucy's friend, has as distinctive a voice in the book as Lucy does. I really liked the idea of two friends who were really different from one another, so I just started thinking about what that would look like, and let the characters guide it from there. *Listen for the Lie* is very much a book that came

“Prior to writing this novel, I'd rely heavily on inspiration in an 'as the spirit leads' sort of way.
”

from the characters – there are sections of the first draft where I just wrote pages and pages of dialogue, letting them tell the story.

There is a strong romantic thread running through the book, and it was hard at times to balance that with the investigative and thriller elements. I occasionally had to pull myself back a bit from the romance in order to make sure it didn't overwhelm the mystery. But I love writing ill-timed romances, and the romance in *Listen for the Lie* is certainly not at a convenient time for either character! In my first Young Adult book, my editor had to point out that my characters were often kissing when they were supposed to be, like, running for their lives. I'm obsessed with characters in bad situations who decide they still have time for romance. To me, it's realistic, and also a lot of fun to read (and write!).”

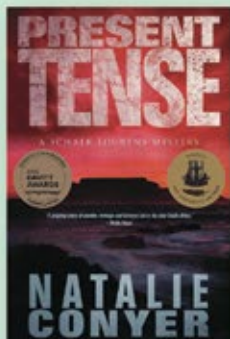


Listen For the Lie is out now.

ABOUT THE BOOK

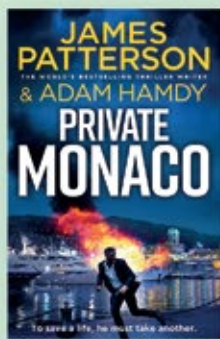
You probably already know about me. Lucy Chase, the woman who doesn't remember murdering her best friend. You probably think I did it, too. That's OK, I get it. Being found wandering the streets covered in her blood wasn't a great look. Believe me, I'm as frustrated as you are. I'd love to know if I'm a murderer – it's the sort of thing you really should know about yourself. And now, thanks to true-crime podcast *Listen for the Lie*, I finally have the chance to find out. But will I be able to live with myself if it turns out it was me?

TOP FICTION



Present Tense by Natalie Conyer

Veteran cop Schalk Lourens strives to move on from his past, but when his former boss is murdered, history resurfaces. Amidst an election year, tensions rise as charismatic ANC candidate Gideon Radebe faces opposition. Schalk navigates a precarious balance between the new and old regimes, personal and professional obligations, and justice versus revenge in a gripping hard-boiled police procedural set in contemporary South Africa.



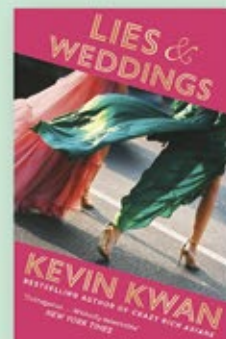
Private Monaco by James Patterson & Adam Hamdy

The latest instalment of the Private series, set against the backdrop of Monaco's prestigious Grand Prix. Jack Morgan races against time to rescue his abducted partner, Justine. Threatened by her captors, Jack must make a harrowing decision: take a life to save hers. As the clock ticks down, Jack navigates a perilous conspiracy, culminating in a showdown at the Monaco Grand Prix, where lives hang in the balance.



Table for Two by Amor Towles

Towles' trademark wit and sophistication shine in this collection of shorter fiction, including six stories set in New York City and a novella in Golden Age Hollywood. The New York tales, circa 2000, explore the consequences of fleeting encounters and the compromises in modern marriages. "Eve in Hollywood," a noirish novella, follows Evelyn Ross's journey from New York to Los Angeles in 1938, revealing a new future for herself and others.



Lies and Weddings by Kevin Kwan

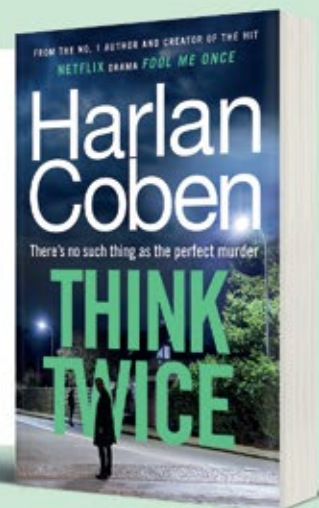
Rufus Leung Gresham, son of a Hong Kong supermodel, faces debt. To solve it, he must woo a wealthy woman at his sister's wedding. Options include a French heiress, a billionaire, or confessing his love to his best friend, Eden. Amidst scandals and volcanic eruptions, Rufus navigates love and family reputation from Hawaii to Marrakech, in a tale of love, money, and deception. Book two in Kwan's Cities trilogy.

Think Twice by Harlan Coben

Sports agent Myron Bolitar is confronted by FBI agents claiming his deceased former client, Greg Downing, is a murder suspect. Despite Greg's death three years ago, his DNA implicates him in a recent double murder. As Myron investigates with his friend Win, they uncover a dangerous conspiracy. Coben weaves a tale of secrets and deception, raising questions about Greg's supposed demise and the true motives behind the killings.

"Harlan Coben is unbelievably brilliant."

- Richard Osman, author of the *Thursday Murder Club* series

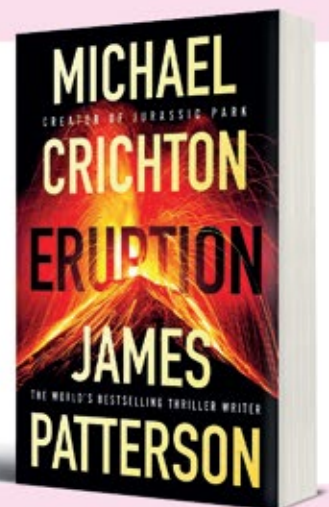


Eruption by Michael Crichton & James Patterson

In the blockbuster thriller of 2024, the talents of two of our greatest storytellers combine to craft an enthralling narrative set in Hawaii. As a once-in-a-century volcanic eruption threatens the Big Island, a chilling military secret emerges, amplifying the danger. Only a select few heroes stand between the island's destruction and global catastrophe, making it a gripping tale of bravery and suspense.

“No one gets this big without amazing natural storytelling talent - which is what Jim has, in spades.”

- Lee Child, author of the Jack Reacher series



Funny Story by Emily Henry

Daphne finds herself stranded in a small town after her love story with Peter takes an unexpected turn. Desperate for a fresh start, she moves in with Peter's childhood best friend Petra's ex, Miles, sparking an unlikely friendship. As they navigate the town's charm, Daphne wrestles with her feelings for Peter and Miles, questioning if her past love was merely a footnote in her quest for true happiness. A shimmering, joyful novel.



The Gathering by C. J. Tudor

In Deadhart, Alaska, a grisly murder echoes a decades-old killing. Detective Barbara Atkins joins Sheriff Jensen Tucker to investigate. Locals suspect a nearby vampyr colony, advocating for their culling. As Barbara and Tucker delve into the town's secrets, they uncover darker truths. With another teen missing and body parts discovered, time is critical. Are they pursuing a murderer or a monster? And which is the greater threat?




Earth by John Boyne

A gripping tale unfolds as Evan Keogh, a young man, finds himself entangled in a scandal involving two footballers accused of sexual assault. Reflecting on his journey from his island home to this pivotal moment, Evan confronts his hidden truths: a talented footballer longing to be an artist, a gay man in a sport intolerant of diversity, and a defendant questioning his identity. As the trial progresses, Evan faces a profound reckoning with himself.



Mrs Quinn's Rise to Fame by Olivia Ford

Jennifer Quinn has a secret. Her love of baking has just won her a spot as a contestant on a primetime TV show. It's only the second time in fifty-nine years that she's kept something from her beloved husband Bernard. As Mrs Quinn's quiet ambitions turn into unexpected stardom, the other secret she's been keeping is in danger of resurfacing. It was supposed to stay hidden forever. Will Mrs Quinn's success become a recipe for disaster? 



MEDEA UNVEILED

Women in Greek Mythology have historically been relegated to roles as villains or victims due to the patriarchal society of Ancient Greece, but the recent resurgence of myth retellings by female voices is reclaiming their stories and allowing them to be seen as heroes, says Rosie Hewlett.

“**T**hough there are many incredible women in Greek Mythology, they are never depicted as the heroes of their stories – they are either the villains or victims (sometimes both, as in Medea’s case). This is hardly surprising, considering Ancient Greece was a patriarchal society that viewed women as second-class citizens, and all these stories were written by men for a male audience. Indeed, we must remember that, for centuries, history survived solely through men. As such, women have fallen victim to the male gaze, casting them to the sidelines of stories whilst the men take centre-stage.

Even in recent times we can see this happening: just look at the 1963 film *Jason and the Argonauts*. In it, Medea is depicted as the vapid love interest, having all her agency assigned to Jason (he slays the dragon, defeats Talos, and rescues Medea from nearly drowning). Medea’s role as a witch is distilled down to a provocative dance in honour of Hecate, painting Medea as a sexualised figure rather than the powerful sorceress she truly was. This film demonstrates gender stereotypes during the sixties: women were the passive damsels in distress, whilst men were the valiant heroes. This movie is still regarded as a cult classic and is the reason many people today think of Jason as the hero of his myth and have all but forgotten Medea.

This is exactly why the recent resurgence of myth retellings is so important, because it means these stories are finally being reclaimed by female voices, allowing women


“**W**omen were the passive damsels in distress, whilst men were the valiant heroes.”



Medea is out now.

from the Ancient World to be the heroes of their own stories and take their rightful places in history.

I have studied Classical Literature and Civilisation for many years, and the story of the formidable ‘Witch of Colchis’ has always undoubtedly been my favourite. It is hard *not* to be captivated by Medea, she is, after all, the most powerful and controversial woman in Greek Mythology, and the scope of her life is simply epic. Yet, despite this, Medea has been remembered by history as just Jason’s ‘vengeful ex-wife’, forcing her to exist in his shadow. I wanted to rectify this injustice and to write a book that would go back to the very beginning of Medea’s story and shed new light on her notorious ending, allowing readers a deeper understanding of this fascinatingly complex woman. As some may know, Medea makes some *questionable* decisions throughout the course of her life, and though I did not want to excuse these flaws, I wanted to explore the thread of humanity woven within them, to give readers the opportunity to decide for themselves whether Medea truly was deserving of the title of ‘villain’.

As well as researching the various depictions of Medea, I also wanted to ensure I allowed myself the space to create *my* version of her. Though I have stayed true to Medea’s life, I have also enjoyed adding my own colour and detail, bringing new elements to her story that slot into place with the original narrative. This is what I love about Greek Mythology, its ability to be adapted and changed, allowing these stories to find new life and continue captivating us time and time again.” 

Lieflike literatuur



Donkertyd: My naam is Tina deur Mariël le Roux

Tina, die vyfde geslag Joubert op hul Bolandse plaas, word groot in 'n huis vol donkerte: Daar is haar bullebakpa, Servaas, haar sagte, maar swakkelingma, Annie, en haar outboet, Sarel, die "sondekind". Wanneer Servaas sy woede op hulle uithaal, paai haar ma: "Vergewe hom maar. Sy kindertyd was donker." In 'n poging om te vlug, word Tina uiteindelik 'n verpleegster. Sy probeer genesing bring maar kom gou agter dis nie so maklik om van jou verlede te ontsnap nie. Die donker het 'n manier om jou in te haal.



Solank as die aarde deur Lucia Prinsloo

'n Jagongeluk op die familieplaas Soetkloof verander alles: die 15-jarige De Viljee is dood en die 18-jarige tweeling Cornél en Ragel, se lewe is verwoes. Cornél slaan op die vlug - die koeël het immers uit sy jaggeweër gekom. In die nasleep van die tragedie moet Ragel meisie-alleen red wat te redde is op Soetkloof. 'n Groot droogte laat die Opkomsrivier, hul reddingsboei, verdor. Boonop wil 'n bewaringsgroep al die plase in die distrik op koop. Gaan Ragel aanhou veg vir haar erfgrond? En gaan Cornél ooit lewend na Soetkloof terugkeer?



Oor jou dooie liggaam deur Francois Bloemhof


Hoe kleiner die plek, hoe groter sy geheime. Lekespeurder Ludo Labuschagne sit saam met 'n vriendin af na die Overberg. Kort voor lank verdwyn mense daar tussen neus en ore. Net om weer hul opwagting te maak. As lyke ... Die spanning kring uit. Aanvalle. Afpersing. 'n Berekende blik agter 'n gemoedelike plattelandse glimlag. Kan die bose vastrapplek in so 'n idilliese landskap kry? En sal Ludo oorleef om die waarheid oop te krap?



Droomjagter deur Leon van Nierop

Lucas Jordaan sluit sy bosveldlodge nadat sy meisie onder raaiselagtige omstandighede verdwyn. Dan stop joernalis Renske du Toit voor Jagtersrus se hekke, gestuur om oor die lodge te skryf. Die aantrekking tussen hulle is tasbaar, al probeer albei dit ontken. Wanneer Renske stories hoor van die duivel-in-die-bos wat glo sy eks uit die weg geruim het, ontdek sy 'n donker kant aan Lucas wat haar bang maak, maar ook bedwelm. 'n Erotiese spanningsverhaal vol kinkels wat jou om meer as een rede uitasem sal laat.

Die nege lewens van Mevrou Smit deur Elizabeth Wasserman

Aronspoort hou bruilof en die dorp bewe behoorlik van opwinding. Maar op die troudag verloop niks volgens plan nie. Nie met Mevrou Smit in die omtrek nie ... Net voordat die bruid kansel toe stap waar haar aanstaande blouoogdokter vir haar wag, slaan dié se eksvrou morsdood neer. Pandemonium! Was dit moord? En wie sal so 'n verskriklike ding op so 'n heuglike dag doen? Boonop loop die dorp onder 'n reeks boewery deur. Wie of wat skuil agter al hierdie boosheid en wat het dit met Mevrou Smit se eie donker verlede te doen? 





Unlocking the Secrets to Longevity

From Peter Attia's groundbreaking book, *Outlive*, to the wisdom shared by other renowned health authors, we explore the key takeaways that can help us unlock the secrets to living longer and better.

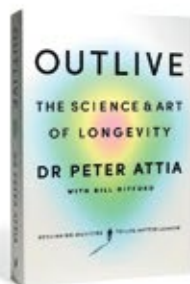


“Why does the world need another book about longevity? I've asked myself that question often over the last few years. Most writers in this space fall into certain categories. There are the true believers, who insist that if you follow their specific diet (the more restrictive the better), or practice meditation a certain way, or eat a particular type of superfood, or maintain your 'energy' properly, then you will be able to avoid death and live forever. What they often lack in scientific rigor they make up for with passion.

On the other end of the spectrum are those who are convinced that science will soon figure out how to unplug the aging process itself, by tweaking some obscure cellular pathway, or lengthening our telomeres, or 'reprogramming' our cells so that we no longer need to age at all. This seems highly unlikely in our lifetime, although it is certainly true that science is making huge leaps in our understanding of aging and of the Horsemen diseases. We are learning so much, but the tricky part is knowing how to apply this new knowledge to real people outside the lab — or at a minimum, how to hedge our bets in case this highfalutin science somehow fails to put longevity into a pill.

This is how I see my role: I am not a laboratory scientist or clinical researcher but more of a translator, helping you understand and apply these insights. This requires a

6
We are learning so much, but the tricky part is knowing how to apply this new knowledge.”




Outlive is out now.

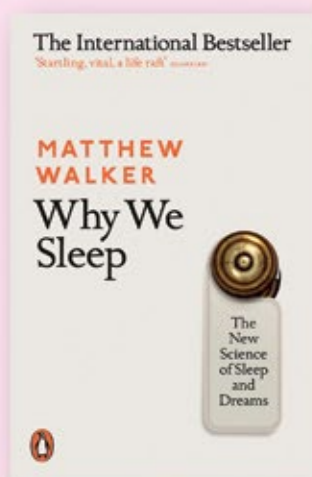
thorough understanding of the science but also a bit of art, just as if we were translating a poem by Shakespeare into another language. We have to get the meaning of the words exactly right (the science), while also capturing the tone, the nuance, the feeling, and the rhythm (the art). Similarly, my approach to longevity is firmly rooted in science, but there is also a good deal of art in figuring out how and when to apply our knowledge to you, the patient, with your specific genes, your history and habits, and your goals.

I believe that we already know more than enough to bend the curve. That is why this book is called *Outlive*. I mean it in both senses of the word: live longer and live better. Unlike Tithonus, you can outlive your life expectancy and enjoy better health, getting more out of your life.

My goal is to create an actionable operating manual for the practice of longevity. A guide that will help you *Outlive*. I hope to convince you that with enough time and effort, you can potentially extend your lifespan by a decade and your healthspan possibly by two, meaning you might hope to function like someone twenty years younger than you.

But my intent here is not to tell you exactly what to do; it's to help you learn how to think about doing these things. For me, that has been the journey, an obsessive process of study and iteration that began that day on the rocky shore of Catalina Island.” 



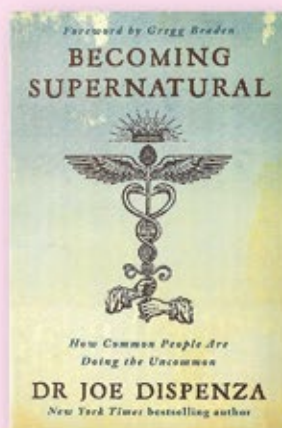


Adults forty-five years or older who sleep fewer than six hours a night are 200 percent more likely to have a heart attack or stroke during their lifetime, as compared with those sleeping seven to eight hours a night.

- **Matthew Walker,**
Why We Sleep

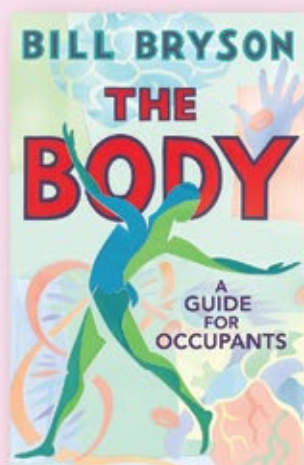
The only way we can change our lives is to change our energy – to change the electromagnetic field we are constantly broadcasting. In other words, to change our state of being, we have to change how we think and how we feel.

- **Dr Joe Dispenza,**
Becoming Supernatural



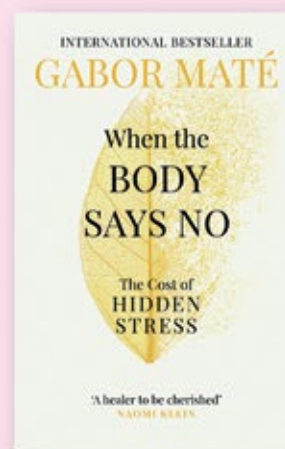
All that is really going in your mouth is texture and chemicals. It is your brain that reads these scentless, flavourless molecules and vivifies them for your pleasure. Your brownie is sheet music. It is your brain that makes it a symphony.

- **Bill Bryson,**
The Body: A Guide for Occupants



The key to optimum breathing, and all the health, endurance, and longevity benefits that come with it, is to practice fewer inhales and exhales in a smaller volume. To breathe, but to breathe less.

- **James Nestor,** *Breath*

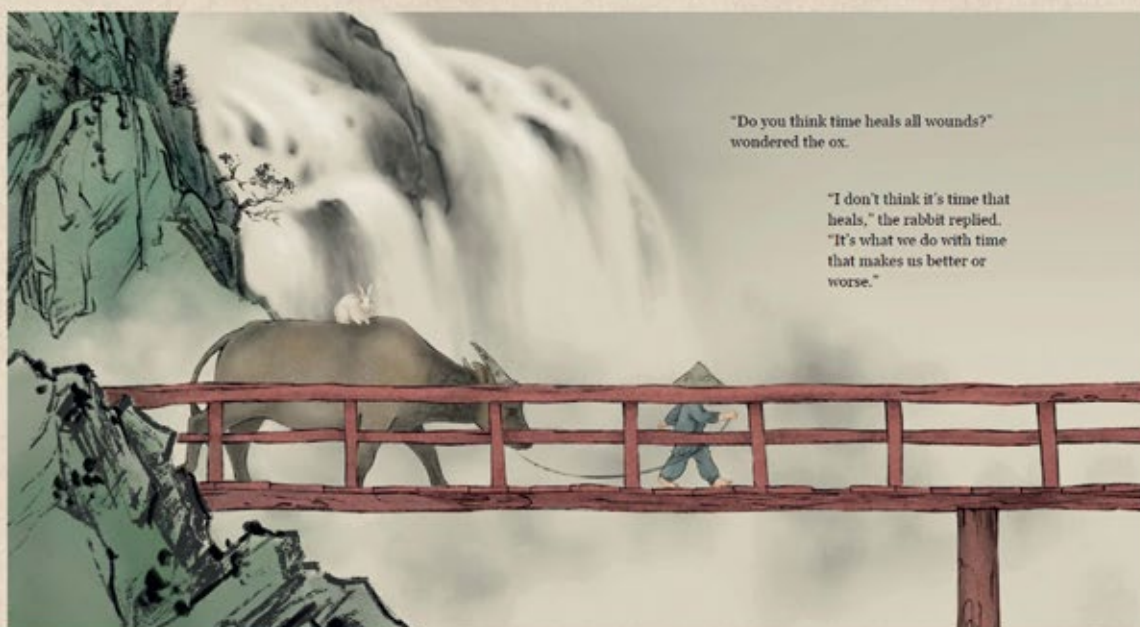


Our bodies are constantly adapting to our emotional landscape, it is up to us to create a positive environment.

- **Gabor Maté,**
When the Body Says No

ONE SMALL THING CAN MAKE ALL THE DIFFERENCE


Inspired by thousands of years of Chinese thought, *The Oxherd Boy* by Regina Linke is an enchanting and heart-opening illustrated fable about a young boy who explores the many ways to make meaning and find joy in the everyday.



In this exquisitely illustrated parable grounded in the three pillars of Chinese philosophy, a young boy, his family ox, and a rabbit living in his garden help each other navigate the daily work of love, compassion, and community. Examining the world through the lenses of Taoism, Buddhism, and Confucianism, their conversations convey tender, uplifting messages for life's various crossroads.

As they adopt a sparrow, bathe in rivers, comfort their neighbours, and tend to their chores, the characters' different perspectives are reflected in their conversations: the boy's Taoist love of nature and all it entails, the ox's

Buddhist compassion for others, and the rabbit's Confucian practice of mutual respect and care. While they don't always agree, the friends settle on the basic truth that purpose comes from simply engaging with life – and with each other.

Painted in a contemporary gongbi style, one of the oldest continuous art forms in the world, the atmospheric illustrations from Taiwanese American artist, Regina Linke, conjure a timeless, mystical land where the friends have made their home. The potent combination of magnificent art and gentle revelations will capture the hearts of readers, whatever their age. 



The Oxherd Boy is out now.
www.oxherdboy.org
[@oxherdboy](https://twitter.com/oxherdboy)

Finding Fulfilment Beyond the Material



In a world that often measures success by wealth and possessions, it's easy to lose sight of the true ingredients of a fulfilled life.

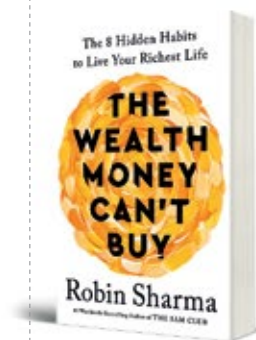
In his thought-provoking book, *The Wealth Money Can't Buy*, Robin Sharma challenges our conventional notions of success and invites us to explore the other forms of wealth that truly matter.

“Oh, what a world we live in! We are trained to measure whether we are winning by the amount of money we have, the size of the possessions we own and how well we have used our best days in pursuit of fame, fortune and influence. This causes too many of us, deep within our souls, to feel bad about our lives, sad about ourselves and mad that the dreams we once had such faith in have been destroyed, dying a quiet death as we replaced them with adult responsibilities, life's stresses and human struggles.

Sure, money is important. Having a reasonable amount allows us to lead easier lives, live life on our own terms and do good things for the people we love. Having enough opens more windows of possibility and doorways of choice. Yet money is only one form of wealth – there are actually seven other forms I'd like you to focus on, so we get you to a life that you feel is honestly rich, deeply alive, and everything you once hoped it would be. I'll teach you these, along with a very powerful method, with all the enthusiasm I have, as we move ahead together.

Sometimes we're so busy looking at what others own that we forget all the blessings we have. And I'm not only writing about material things when I say this. I'm writing more about the essential elements of a human life beautifully lived. Ones that are just too easy to neglect in this fast, overly complex and continuously messy world you and I now

“It's about how to think and live like a friction fixer who makes the right things easier and the wrong things harder.”



The Wealth Money Can't Buy is out now.

find ourselves in. Things that may now seem unimportant yet when you're at your final hour of your last day come into clear focus as being the most important.

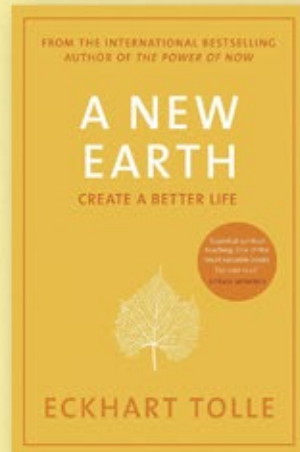
One of the reasons I wrote *The Wealth Money Can't Buy* is that so many people – across this planet – are suffering. Suffering from thinking and feeling that they don't have enough. Enough money. Enough material possessions. Enough likes, followers and social status. This, in turn, causes what I call in my mentoring work The Suffering of Unworthiness. Too many among us have a profound sense that we just don't matter and that we just aren't successful and that our lives are too small, when compared to lives we are told are perfect and big.

Here's the truth: You are absolutely and uniquely and undeniably enough. You have such gifts, talents and goodness. And so very much to be grateful for, right now. Yet so many have a sort of hole within us. And here's the trap: We push ourselves mercilessly to seek more and more external things to fill that hole. Falsely telling ourselves that when we have overflowing cash and flashy cars and fashionable clothes and online followers, one day, we will magically wake up feeling okay. And lastingly happy. Yet you and I know that day will never come. Because nothing in the outer world will ever make you feel better on the inside. As the Zen proverb confirms: 'Wherever you go, there you are.' 📖

the path to happiness

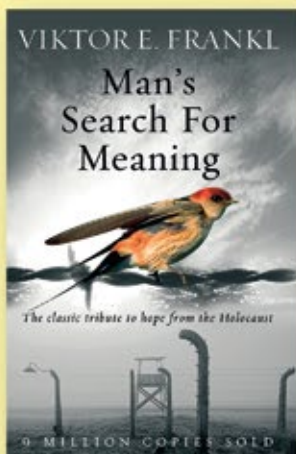
"If peace is really what you want, then you will choose peace. If peace mattered to you more than anything else and if you truly knew yourself to be spirit rather than a little me, you would remain nonreactive and absolutely alert when confronted with challenging people or situations. You would immediately accept the situation and thus become one with it rather than separate yourself from it."

- Eckhart Tolle,
A New Earth



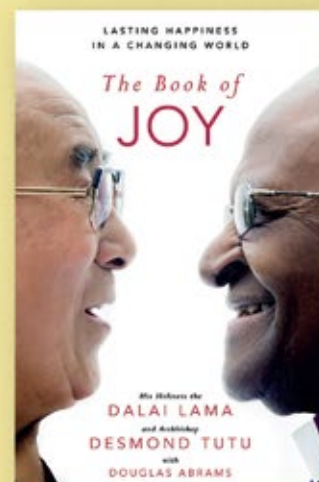
"Discovering more joy does not, I'm sorry to say, save us from the inevitability of hardships and heartbreaks. In fact, we may cry more easily, but we will laugh more easily, too. Perhaps we are just more alive. Yet as we discover more joy, we can face suffering in a way that ennobles rather than embitters. We have hardship without becoming hard. We have heartbreak without being broken."

- Dalai Lama & Desmond Tutu, *The Book of Joy*



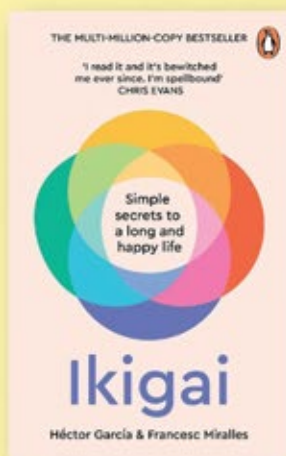
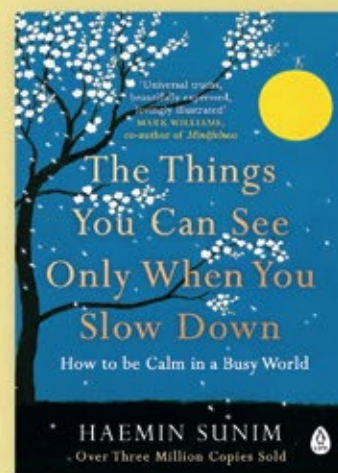
"Don't aim at success – the more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's personal dedication to a cause greater than oneself, or as the by-product of one's surrender to a person other than oneself."

- Viktor E. Frankl, *Man's Search for Meaning*



“There is a saying in an early Buddhist scripture: ‘Paper wrapped around incense smells of incense, and string binding fish smells of fish.’ Whether we like it or not, we naturally become influenced by our surrounding. Ask yourself, ‘Who do I want to emulate? Is that person physically or mentally nearby?’”

- Haemin Sunim, *The Things You Can See Only When You Slow Down*

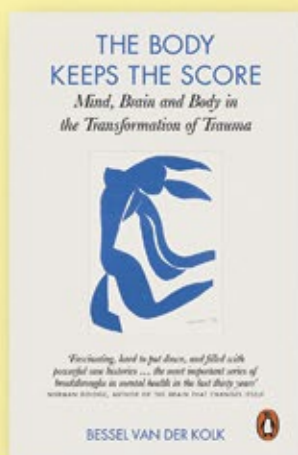
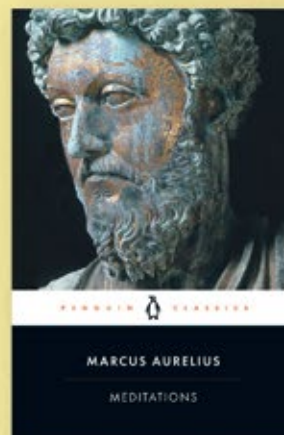


“There is a tension between what is good for someone and what they want to do. This is because people, especially older people, like to do things as they’ve always done them. The problem is that when the brain develops ingrained habits, it doesn’t need to think anymore. Things get done very quickly and efficiently on automatic pilot, often in a very advantageous way. This creates a tendency to stick to routines, and the only way of breaking these is to confront the brain with new information.”

- Hector Garcia & Francesc Miralles, *Ikigai*

“If someone is able to show me that what I think or do is not right, I will happily change, for I seek the truth, by which no one was ever truly harmed. It is the person who continues in his self-deception and ignorance who is harmed.”

- Marcus Aurelius, *Meditations*



“Imagination gives us the opportunity to envision new possibilities—it is an essential launchpad for making our hopes come true. It fires our creativity, relieves our boredom, alleviates our pain, enhances our pleasure, and enriches our most intimate relationships.”

- Bessel van der Kolk, *The Body Keeps the Score*



REVIVING A PASSION FOR BIRDS

Despite growing up in a bird-loving household, Nick Newman didn't initially share his father Kenneth's passion for all things feathered. However, as time went on, nature was victorious and Nick made the journey from a bored child driving through the Kruger Park to revising *Newman's Birds by Colour*, and honouring his father's legacy.



“Growing up with a father named Kenneth Newman and a household steeped in birds didn’t automatically kindle my love for these feathered creatures. I remember countless hours spent in Kruger National Park, lying upside down in the back seat of my parents’ station wagon, bored out of my mind while my father paused to examine another bird’s feet or bill. Birds, with their fleeting movements, failed to captivate me. I was more drawn to butterflies—slow-moving, approachable, and adorned with captivating colours that my eyes could linger on. Despite this initial disinterest in birds, my passion for nature persisted, and those ‘forced’ outings to the bush eventually led me to appreciate and admire the natural world and its avian inhabitants.

When the opportunity arose to revise *Newman’s Birds by Colour*, I found myself intrigued. With a young family of my own, I was drawn to the book’s principles as a tool

“I was reminded of my early days when colourful birds drew me in and set me on the path of the avian world.”



to introduce more people to birding and make this fascinating hobby accessible to beginners and nature enthusiasts alike. I was reminded of my early days when colourful birds drew me in and set me on the path of the avian world.

The aim of *Newman’s Birds by Colour* has always been clear and focused: to serve as a quick reference guide for beginner birdwatchers and those further along the birding path who struggle with quickly identifying common birds. As my father said, ‘How many times have we all heard someone say, “It flew away before I could get a better look at it, but it was red”’ (or blue, or green, or yellow)?

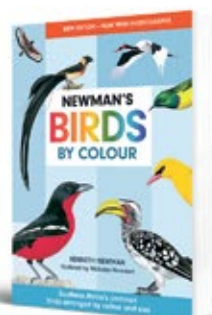
From the outset, my goal was to update the existing resource, focusing on the predominant first impression of colour, size, or other easily noticed identifying characteristics of a bird. I wanted to broaden the reader audience by including regional bird names in local languages, including Zulu, Sesotho, Twana, Xhosa, English, Afrikaans, Nama, German, and Ndebele. My mission was to make bird



identification not just accurate but also enjoyable, fostering a growing community of birders, naturalists, citizen scientists, and photographers who care deeply about and understand the world we live in.

Creating this book was an incredibly enriching experience, albeit a challenging one. It demanded countless hours of research, meticulous attention to detail, and a relearning of how a first-time birder would view a bird. What impression did they take from the bird they just saw? How easily could I translate the importance of habitat to the reader? Every bird species featured in the book underwent rigorous scrutiny to ensure accurate representation between the illustration and photograph and information. Many a test group was asked for feedback on how a colour seen on a bird in differing light or action translated to their ability to narrow down and identify the species.

The fourth edition of *Newman's Birds by Colour* brings several updates and

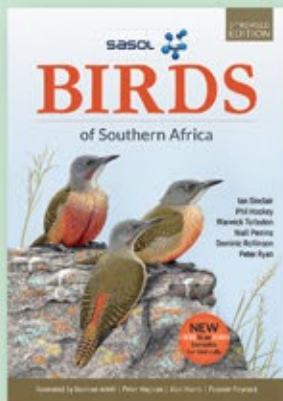


Newman's Birds by Colour is out now. Ook beskikbaar in Afrikaans.

improvements. I've incorporated the latest common names to align with current ornithological nomenclature. The habitat information has been expanded to offer readers a more comprehensive understanding of where each bird can be found, and updated distribution maps provide valuable insights into the geographical range of each species. With the amazing support of the photographic community, each species now has an accompanying photograph to assist with contextual identification.

In conclusion, *Newman's Birds by Colour* is not just a bird identification guide; it's a reflection of my lifelong journey from a bird-disinterested child to a passionate advocate for birding and nature conservation. Whether you're a novice birder looking to get started or an experienced enthusiast seeking a handy reference, I hope that this book will inspire you to look up, explore, and marvel at the fascinating world of birds that surrounds us. Happy birdwatching!"

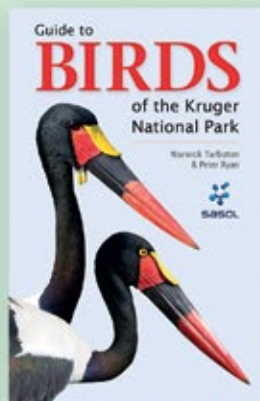
MORE BIRDING GUIDES



SASOL BIRDS OF SOUTHERN AFRICA

Ian Sinclair et al

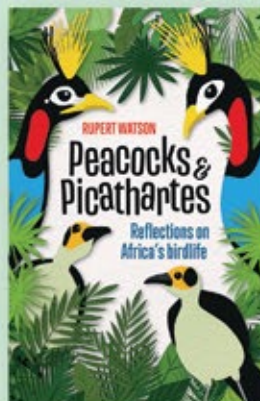
The fifth edition of this bestseller, updated by two new birding expert authors and two new contributors, remains a trusted field guide in Africa. Enhanced with over 800 new illustrations, a free app for bird calls, revised text, maps, and annotations, it provides comprehensive coverage of regional birds.



GUIDE TO BIRDS OF THE KRUGER NATIONAL PARK

Warwick Tarboton & Peter Ryan

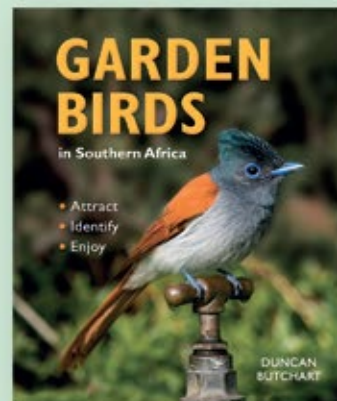
The Kruger National Park hosts a rich bird diversity. This compact field guide showcases over 500 species found here, with vivid photos, distribution maps, and concise details on 400 species commonly seen. An intro outlines the park's geology, vegetation, climate, and their influence on bird habitats.



PEACOCKS & PICATHARTES

Rupert Watson

A beautiful book that celebrates African bird diversity, spotlighting unique families and iconic species. Watson's anecdotes vividly depict encounters with prized birds like the White-necked Picathartes and Congo Peacock, alongside surprises like discovering a new partridge in Tanzania. Guaranteed to entertain and inform any bird enthusiast.



GARDEN BIRDS IN SOUTHERN AFRICA

Duncan Butchart

A showcase of southern Africa's 101 most common garden birds, aiding readers in identification and understanding of their habits. It doubles as a guide for creating bird-friendly gardens, and promoting biodiversity. Featuring vibrant layouts and numerous images, it includes descriptions, tips, and advice on garden design for optimal wildlife attraction.



CHECK OUT OUR **NEW** WEBSITE!

OVER 300 TITLES IN YOUR ONE-STOP NATURE BOOKSHOP

www.struiknature.co.za



BIRDS • REPTILES • TREES • GEOLOGY • MAMMALS • POPULAR SCIENCE • GENERAL WILDLIFE • CHILDREN'S BOOKS & MORE

KETO DONE RIGHT

Within his own life, Hendrik Marais has unlocked the power of the ketogenic diet, and now with his second book on the subject, he shares even more great advice on the diet followed by thousands around the world, along with delicious recipes to fuel your journey.

“Over the years Keto Lifestyle® has, without a doubt, become the largest keto community in South Africa. And, following the success of my first book, it has made keto and fasting more accessible and understandable to the lay person. However, I believe that this way of eating can be beneficial for the majority of the population, but its penetration is still relatively low – either because people are unaware of it and/or its benefits, or they have a huge misconception about what it is and what it does and does not involve or require.

As a member, or future member, of the Keto Lifestyle® community, I need your help. Help me spread the word about keto and fasting. Help me educate people on the proper way to do a ketogenic diet and intermittent fasting. Help me make it clear that it is, and should always be, a method of eating clean that does not have to be complicated or expensive.

There are a lot of people in the keto industry who we should not listen to and brands that purport to be keto-safe products, which simply aren't. We need to sift through the noise and help those who are interested in doing keto adopt a healthy way of doing it. If we allow keto to become what some mainstream movements are making it out to be – only eating one meal a day for the rest of your

life, consuming tons of fat, eating bacon all day and decreasing our intake of whole plant foods and fibre – we run the risk of it being demonized and cast aside, especially by those who have an agenda against keto and low-carb diets.

Facing challenges and adversity is the spice of life. Being in the trenches and suffering to achieve a worthwhile outcome is the golden thread that runs through everything you do in life, whether it's work, training, meditation, dieting – anything. Face your adversity and build your equanimity. It's like a muscle in your brain that gets stronger and stronger the more you do it; the more you

sweat, bleed, fight, say no and take the right path instead of the left.

The mind will always try to find excuses for you not to do something, but the more you persist the lamer the excuses become and the stronger your ability to fight and persevere becomes. Keep fighting that voice in your head which tells you that it's okay to quit, that it's okay to be mediocre. That voice might always be there, but the more you fight it the more it fades and weakens until one day what you think is hard right now becomes second nature, and the bigger the battles become that you can face and overcome. Run towards adversity. You have what it takes.”

WHAT IS KETOSIS?

Ketosis is a process that occurs when the body has insufficient carbohydrates to burn for energy. Instead, it burns fat to produce ketones, which it can use as fuel. Your body converts the carbohydrates you consume into glucose (blood sugar), which it uses as its primary source of fuel, or stores it in the muscles or liver as glycogen. When you are deprived of carbohydrates for extended periods of time, your body no longer has a steady supply of glucose to use for energy. Once it has used up all the glycogen in the liver, converting it back to glucose and releasing it into the bloodstream, the body runs out of fuel. As an alternative, it then converts either the dietary fat that you consume or your stored body fat, to ketones to use as fuel.



Biltong Cauli Risotto

750g cauliflower florets
 200g biltong slices (90% lean)
 350ml cream
 2 Tbsp (30ml) butter
 1 tsp (5ml) each of onion powder
 and garlic powder
 2 Tbsp (30ml) lemon juice
 80g parmesan, grated or shaved

Place the cauliflower florets in a food processor and process to a rice-like consistency. Alternatively, use a grater.

Chop half the biltong into smaller pieces and set aside.

To a large pan over a medium heat, add the cream, butter, onion and garlic powders, as well as the lemon juice. Heat until simmering.

Stir in the cauliflower rice. Continue stirring while it cooks for another 10-12 minutes.

Stir in the parmesan (perhaps keep a few shavings to garnish) until it melts, then add the chopped biltong.

Serve immediately with the remaining pieces of biltong scattered over the top.

NOTE: If preparing beforehand, store in 4 individual airtight containers in the fridge for up to 5 days. Add a touch more cream and parmesan when reheating, if desired, to avoid it drying out. Reheat to piping hot before serving.



PREPARATION
TIME
20 minutes

COOKING TIME
20 minutes

SERVINGS
4

NUTRITION (per serving)

Protein	Net Carbs	Fibre	Fat	Calories
38.6g (25%)	10.7g (8%)	1.5g	47g (67%)	622kcal

Grilled Hake with Zucchini Chips

Juice of ½ lemon
Small handful of fresh parsley,
chopped
2 Tbsp (30ml) mayonnaise

CHIPS

2 zucchinis (baby marrows),
cut into chip-style strips
½ Tbsp (7.5ml) olive oil
Salt and pepper, to taste

FISH

150g hake fillet
Tiny pinch each of garlic
powder and fish spice
Salt and pepper, to taste
1 Tbsp (15ml) almond flour
1 Tbsp (15ml) butter

Preheat the oven to 180°C. Line a
baking tray with baking paper.

Arrange the zucchini chips on the
prepared tray. Drizzle with olive
oil and toss gently to ensure even
coating without breaking them.
Season with salt and pepper. Bake
for 25 minutes or until the chips
turn golden brown.

Meanwhile, season the hake with
garlic powder, fish spice, salt and
pepper. Sprinkle with almond flour
on both sides.

Heat the butter in a pan and fry the
fish for 2-3 minutes on each side or
until cooked through.

Serve the hake with the zucchini
chips, fresh lemon juice, chopped
parsley and a dollop of mayonnaise.
Garnish as desired.

NOTE: This meal can be prepped
ahead of time and reheated.



PREPARATION
TIME
10 minutes

COOKING TIME
30 minutes

SERVING
1

NUTRITION (per serving)

Protein	Net Carbs	Fibre	Fat	Calories
35.6g (25%)	5.9g (5%)	3.1g	48.2g (70%)	607kcal



Keto Lifestyle: Simple is out now.
Ook beskikbaar in Afrikaans.

GLUTEN-FREE GOODNESS

Six years ago, faced with rheumatoid arthritis, poly-cystic ovarian syndrome, and irritable bowel syndrome, Zorah Booley Samaai embraced a gluten-free lifestyle. Having been a passionate baker all her life, it was only natural that Zorah recreate her favourites, but with a gluten-free element, which is what led to her gorgeous new cookbook.

“switched to a gluten-free lifestyle about six years ago, at which time I was managing rheumatoid arthritis, poly-cystic ovarian syndrome and irritable bowel syndrome. My doctors told me that removing gluten from my diet could alleviate some of the symptoms I’d been suffering from, namely swelling and bloating. After some time, my body became used to the absence of gluten and I started to feel much lighter, less swollen and puffy in my joints, and a lot less bloated after every meal.

Going gluten free did not really scare me or make me think that my life as a foodie was over. While it does feel like this for some, I approached the

challenge with enthusiasm. I wanted to create recipes that I could enjoy, and hopefully eliminate some of the negative connotations associated with gluten-free baked goods. And so, this cookbook was born.

Baking has been a passion of mine from a very young age, so, naturally, I wanted to create a book that is focused more on baking than cooking. Most people who attempt gluten-free baking give up quite quickly, either because it requires specific ingredients or they can’t quite land the taste they are looking for, or both. I wanted to make this book accessible and easy to follow, so that bakers and non-bakers alike can enjoy delicious baked goods without any worry or hassle about how the recipe will turn out. The recipes are a combination of what followers of my blog, *In the Midnight Kitchen*, already enjoy and what I love, made into delectable gluten-free treats. While testing the recipes for this book over the last year, many of my non-gluten-free friends and family members enjoyed these desserts. I wanted to see if they could tell that they were, in fact, gluten free. Most of them had absolutely no idea, which is why I think this cookbook actually works for everyone – when you bake a recipe from this book, you can be sure it will be appreciated by both your gluten-free community and those in your life who are not gluten free. Bon appetit, Zorah Booley Samaai @inthemidnightkitchen

WHAT IS A GLUTEN-FREE DIET OR LIFESTYLE?

A gluten-free diet excludes gluten completely. So, all the foods that you consume do not contain gluten. People opt to follow a gluten-free diet for different reasons.

Coeliac disease is an autoimmune disease in which the immune system attacks the body’s tissues when you consume gluten. This damages your gut, or the lining of the small intestine, so your body cannot take in nutrients, which ultimately leads to a host of adverse symptoms. Someone who has coeliac disease has to follow a strict gluten-free diet, as well as avoid products, food or otherwise, with any cross-contamination that might have occurred during production and manufacturing.

Sometimes, people choose to avoid gluten because they might be gluten intolerant. Gluten intolerance is a sensitivity to gluten-containing foods. While it can cause unpleasant symptoms like gastrointestinal upset, it does not have a severe negative impact on overall health like coeliac disease does.



Classic Cheesecake Swirl Brownies

"If you like cheesecake and brownies, like me, this recipe is the perfect combination of the two. There is a chewy, chocolatey brownie layer at the base, covered with a creamy cheesecake top. They not only look gorgeous but are absolutely delicious!"

FOR THE BROWNIE LAYER

140g 70% dark chocolate, chopped
175g butter, melted
300g castor sugar
3 eggs, room temperature
1 tsp vanilla extract
145g gluten-free all-purpose flour
1 tsp xanthan gum (omit if flour contains)
35g cocoa powder, sifted

FOR THE CHEESECAKE LAYER

270g cream cheese, room temperature
2 Tbsp white sugar
1 large egg, room temperature
1½ tsp sour cream
2 Tbsp Nutella or chocolate-hazelnut spread

Preheat the oven to 170°C on the fan setting. Spray a 20 x 20cm square baking tin with nonstick spray, line with baking paper and spray the paper with nonstick spray. Set aside.

To make the brownie layer, add the dark chocolate and butter to a small pot. Melt over a medium heat, stirring every 2 minutes, until smooth and glossy. Remove from the heat and set aside until needed.

To a large bowl, add the castor sugar and eggs. Stir with a wooden spoon or spatula until combined and the mixture is a pale yellow colour. Stir in the vanilla extract. Pour in the melted chocolate and butter mixture, and stir again until combined.

Sift together the flour, xanthan gum (if needed) and cocoa powder. Add the dry ingredients to the wet, and stir until smooth and there are no lumps of flour. Scoop out a quarter cup of the brownie batter and set aside. Pour the rest of the batter into the prepared baking tin and set aside.

To make the cheesecake layer, add the cream cheese to the bowl of a stand mixer fitted with a creaming attachment, and mix until smooth and creamy. Alternatively, use an electric hand mixer or whisk. Add the sugar and whisk again until just combined. Mix in the egg, then the sour cream. The mixture should be very pale and runny.

To assemble the cheesecake brownies, pour the cheesecake mixture over the brownie batter in the baking tin and smooth out the top using a spatula. Using a spoon, dollop the remaining a quarter cup

of brownie batter randomly over the cheesecake layer, and drizzle with the Nutella. Then, to create the 'swirl', use a knife or skewer to draw figure-8 patterns through the layers of batter. Only do this once or you will mix the layers together entirely and lose the 'swirl' effect.

Bake for 50-55 minutes, or until a toothpick inserted into the centre comes out clean. Remove from the oven and allow to cool in the tin for 15 minutes. Then, transfer to a wire rack to cool completely before cutting into squares.

NOTES AND TIPS

Can I place the cheesecake batter first?

Unfortunately not. The brownie batter has more weight than the cheesecake batter, so if you place the cheesecake first, the brownie layer will sink all the way through it, and leave you with a very confused and messy dessert.

MAKES
12-16

PREP TIME
30 minutes

BAKING TIME
50-55
minutes



My Favourite Banana Bread Ever

"I love a banana bread; as soon as my bananas are soft, I can't wait to use them. This classic banana loaf is firm and moist, and is the perfect addition to any tea party or snack time."

170g brown sugar
 2 Tbsp maple syrup or runny honey
 50ml vegetable oil
 60ml coconut milk (first stir well to combine the cream and liquid before measuring out)
 3 medium-sized bananas, mashed (280-300g mashed banana)
 2 large eggs, room temperature
 1 tsp vanilla extract
 160g gluten-free oat flour
 1½ tsp baking powder
 ½ tsp bicarbonate of soda
 1 tsp ground cinnamon
 200g milk or dark chocolate chips, or chopped chocolate
 1 extra banana, to decorate (optional)

Preheat the oven to 175°C. Grease a loaf tin with nonstick spray, then line it with baking paper and set aside.

In a bowl, whisk together the brown sugar, maple syrup or honey, vegetable oil and coconut milk. Once combined and smooth, add the mashed bananas, eggs and vanilla extract, and whisk well to combine.

In a separate bowl, whisk the oat flour, baking powder, bicarbonate of soda and cinnamon until there are no lumps. Fold the

PREP TIME
20 minutes

BAKING TIME
50-55
minutes

dry ingredients into the wet ingredients until just combined, then gently fold in the chocolate chips or chopped chocolate (reserve some to decorate).

Add the batter to the prepared loaf tin and smooth the top with a spatula. If using, cut the extra banana in half lengthwise and place the halves on top, pressing them down gently into the batter. Sprinkle with the reserved chocolate chips or chopped chocolate.

Bake for 50-55 minutes, until the top is golden-brown and a toothpick inserted into the centre comes out clean. Remove from the oven and

allow to cool for 15 minutes in the tin, then transfer to a wire rack to cool completely. 🍌



The Ultimate Guide to Gluten-Free Baking is out now.

The
Hungry
Penguin



Introducing The Hungry Penguin, your go-to for mouth-watering recipes for every taste – from celebratory starters to divine desserts, meaty to meat-free and budget-friendly to over-the-top – from Penguin's expert cookbook authors.

Follow us on Instagram @thehungrypenguin_sa



On my mind UNRAVELING THE TRUTH

James-Brent Styan reflects on his encounter with Markus Jooste, the man behind the Steinhoff crash. Styan also writes about the dark side of capitalism, which is the central theme of his new book, *The Dirty Secrets of the Rich and Powerful*.

“**M**arkus Jooste appeared in public once after the spectacular crash of Steinhoff, the multi-billion-rand company he had built up over a period spanning more than twenty years.

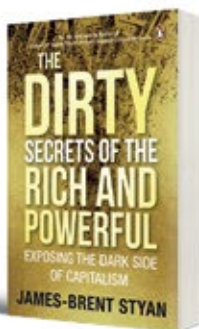
On 5 September 2018, the former CEO of Steinhoff appeared in person in parliament in Cape Town, with four legal experts in tow. I went up to him, shook his hand and had a collegial conversation. He then faced a room full of MPs who (fruitlessly) tried to get him to admit to anything for just under three hours.

During the meeting Jooste never once appeared contrite, nervous or ashamed. Instead, he remained calm and collected and didn't have to call on his team of legal experts to protect him from any of the questions aimed at him. He placed on the record that day his version of what had happened at Steinhoff. While Steinhoff chairman Christo Wiese had famously stated the crash, that wiped out an estimated R300 billion in value, had come as a bolt out of the blue, Jooste denied all wrongdoing, adamant about one thing: there had been no financial irregularities at Steinhoff.

Today Markus Jooste is dead. He ended his life on a rocky shoreline in the seaside town of Hermanus, the sanctuary he had retreated to following his fall from grace. Jooste never further elaborated on his statements made in parliament that day and instead goes to the grave bearing all his secrets, denying thousands of victims of the Steinhoff crash the closure many would have been hoping to receive.

I began working on *The Dirty Secrets of the Rich and Powerful* shortly after my book on the

Jooste denied all wrongdoing.”



The Dirty Secrets of the Rich and Powerful is out now.

Steinhoff crash was released in 2018. There were just so many thoughts still swirling through my mind and I was at different periods astounded, outraged, impressed, angry and fascinated by what had happened. I was curious about the way the super-rich and powerful operate globally and the impact this may have on society at large. A society that often is unaware of the way things can and are being orchestrated and the resultant impact on their lives. The book unpacks those issues in detail and shines a light on the way the world is run.

It is important for people to become more aware of how things work, things that may affect everyday lives, to ask who is really in charge and how do people ensure their best interests are being looked after.

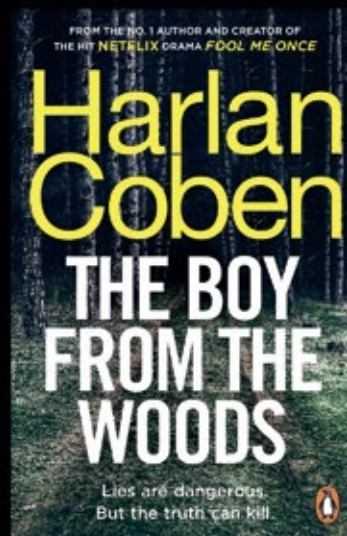
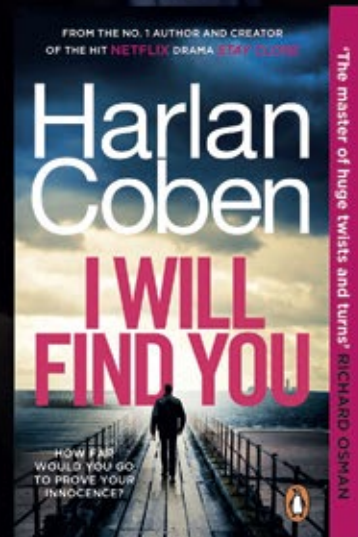
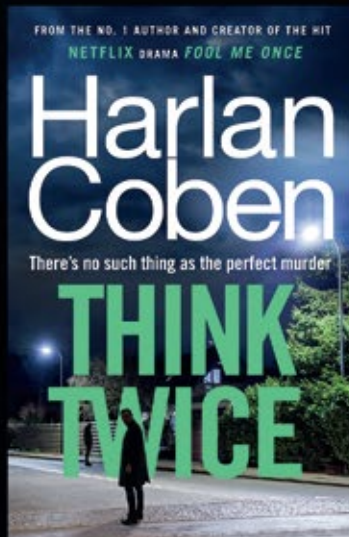
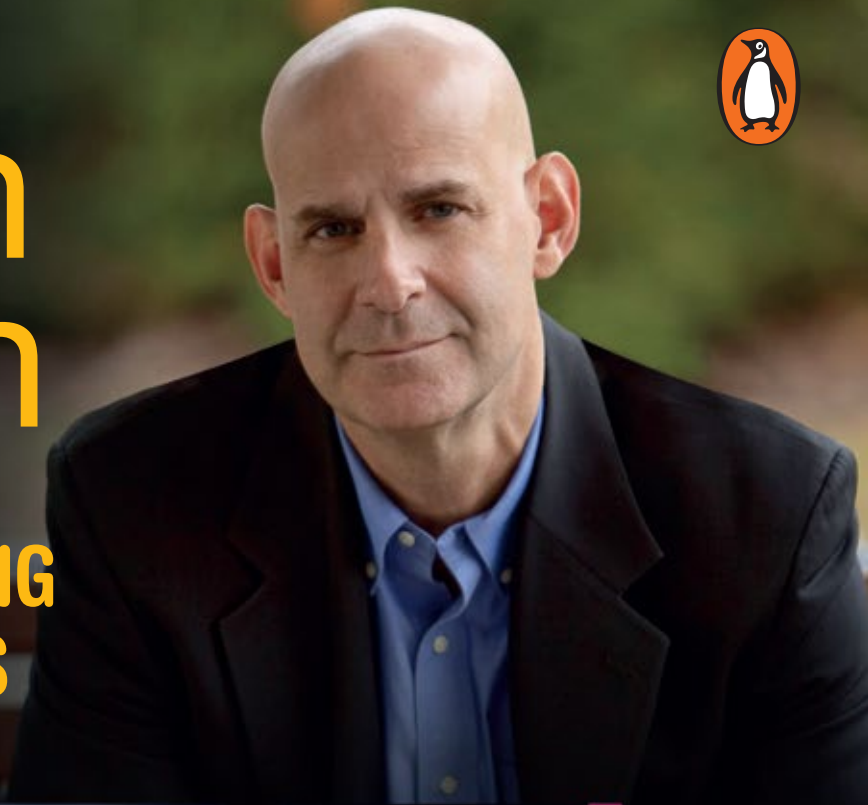
With Steinhoff – for twenty odd years – people including shareholders, auditors, analysts and managers didn't pay much attention to what was really going on at the company, they were happy to ride the wave of success and make a lot of money as the share price went up. Then it all went belly-up overnight. The losses were enormous and the outrage justifiably so, but for so many years, the hard questions had simply never been asked and the behaviour of Jooste as a CEO simply tolerated.

The result: many families destroyed and immense losses experienced, losses that will continue to be felt for years to come. To what extent are people today happy to simply ride the waves in their lives while remaining oblivious to the real risk that things may go belly-up overnight? This is something that is weighing on my mind.”



Harlan Coben

ONE OF THE
WORLD'S LEADING
STORYTELLERS





THE BLOCKBUSTER THRILLER OF 2024

