

Emotional Success

The Motivational Power of Gratitude,
Compassion and Pride

David DeSteno

9781509807178

Non-Fiction > Psychology | Bluebird

Rs 599 | 320pp | TPB | Royal

January 11, 2018

A pioneering psychologist reveals the most effective route to success relies on just three emotions

“EMOTIONAL SUCCESS is as inspiring as it is practical. DeSteno shows us how to [...] improve our lives - and the world.” - **Arianna Huffington, author of *Thrive* and *The Sleep Revolution***

“If you think the key to self-control is overriding your emotions, think again. Moral emotions can strengthen your willpower - and this fascinating book uses the latest social science to explain how.” - **Adam Grant, author of *GIVE AND TAKE*, *ORIGINALS*, and *OPTION B* with Sheryl Sandberg**

Kick-start your motivation using **gratitude**, employ **compassion** to build your network, and take **pride** to maximise success.

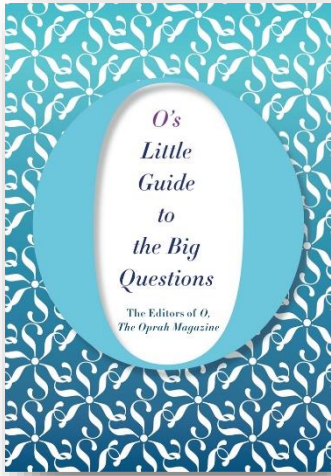
Using cutting-edge research, world-leading psychologist David DeSteno shows you how positive emotions are far more powerful than willpower and self-denial in achieving your goals. Willpower is quickly depleted, but our prosocial emotions become stronger the more we use them. Even better, they're contagious.

- Cultivating gratitude, compassion, and pride leads to better cardiovascular health, immune function and sleep
- Students who feel proud of their work will work 40% harder and longer than others
- Empathy and compassion are the best predictors of team success

Our prosocial emotions evolved specifically to help us resist immediate temptations in favour of long-term gains. But they can also be adapted to strengthen our bonds with our own future selves - who will benefit most from the grit we need to succeed in life.

Author Bio:

David DeSteno is a professor of psychology at Northeastern University. He is a fellow of the American Psychological Association, where he is editor-in-chief of the journal *Emotion*. His work has appeared in the *New York Times*, *Wall Street Journal*, *Pacific Standard*, and more. He is the author of *The Truth About Trust* and co-author of *The Wall Street Journal* spotlight psychology bestseller *Out of Character*. David received his Ph.D. in psychology from Yale University.



O's Little Guide to the Big Questions

The Editors of O, the Oprah Magazine

9781509832552

Non-Fiction > Self Help; Mind, Body & Spirit
Macmillan | Rs 499 | 192pp | HB | B Format

January 11, 2018

A collection of thought-provoking stories and essays on the wisdom to be gleaned from asking (and answering) life's biggest questions.

The sixth and final instalment in our series of small, inspirational books from the editors of *O, the Oprah Magazine*, *O's Little Guide to the Big Questions* is a collection of thought-provoking stories and essays on the wisdom to be gleaned from asking (and answering) life's biggest questions.

What matters most?

What is my purpose?

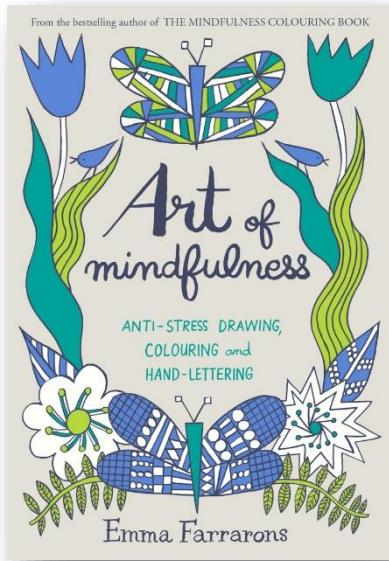
When is the right time to make a change?

Who is most important to me?

Asking (and answering) the big questions can be terrifying - but it is the only way to put yourself on the path towards living your best life. Big questions can be forces of empowerment, motivation and clarification. The editors at *O, The Oprah Magazine* have combed through the magazine's extensive archives to assemble *O's Little Guide to the Big Questions*, a collection of stirring, motivating, thought-provoking pieces from great writers and celebrated thinkers, that offers wise guidance and inspiration to anyone feeling lost or in need of a reset.

Author Bio:

Since its record-breaking launch in 2000, *O, The Oprah Magazine* has been a trusted and beloved source of compelling stories and empowering ideas. Reaching twelve million readers each month, the content of *O. Magazine*, stamped with Oprah Winfrey's unique vision, encourages confident, intelligent women to reach for their dreams and make the choices necessary to lead happier, more fulfilling lives. Their range of *O's Little Books* include such topics as Happiness, Friendship and Starting Over.



Art of Mindfulness

Anti-stress drawing, colouring and hand lettering

Emma Farrarons

9780752265940

Non-Fiction > Self Help; Mind, Body & Spirit
Boxtree | Rs 350 | 112pp | PB | B Format
January 11, 2018

A mindful art activity book from the international bestseller Emma Farrarons.

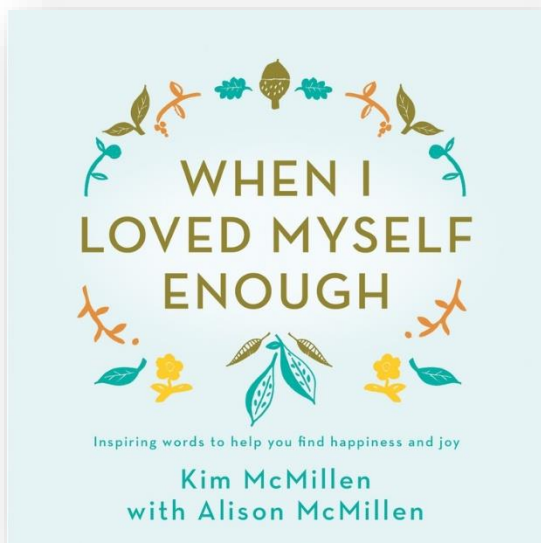
From the bestselling author of *The Mindfulness Colouring Book* comes a pocket-sized creative art therapy book to soothe anxiety and eliminate stress.

In her trademark chic and sophisticated style, Emma Farrarons offers beautiful templates for you to colour and complete with your own hands. Offering more than colouring in, there are drawings to imitate in perfect symmetry, patterns to create, lettering to copy and pages of guided sketching and doodling. *Art of Mindfulness* contains everything you can do with a pen and paper to achieve a creative mindful moment during a busy day.

Making the most of art-making as a mindful activity, and small enough to carry around in your bag, *Art of Mindfulness* is your perfect antidote to the stresses of modern living. So pick up a pen and lose yourself in this pocket-sized book of peace and calm.

Author Bio:

Creator of the bestselling *The Mindfulness Colouring Book* and *More Mindfulness Colouring*, **Emma Farrarons** is a French illustrator and graphic designer based in London.



When I Loved Myself Enough

Inspiring words to help you find
happiness and joy

Kim McMillen

9781509867974

Non-Fiction > Self Help; Mind, Body & Spirit
Sidgwick & Jackson | Rs 450 | 176pp | HB
January 11, 2018

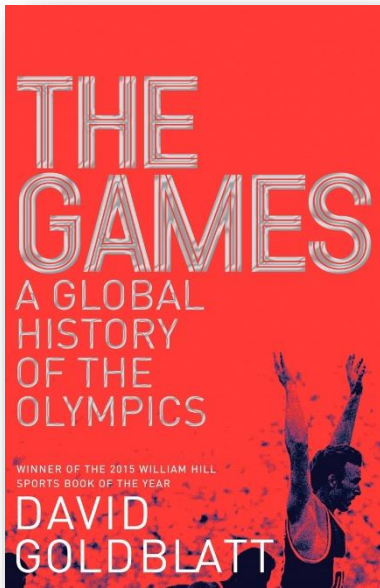
A beautiful, inspirational book that teaches the key to true happiness.

When I Loved Myself Enough is a beautiful collection of wisdom that is startling in its simplicity. By the end of the book the message becomes clear: loving yourself holds the key to loving others and having others love you. By sharing her insights, the author also shows us how to feel the same sense of peace and quiet joy that illuminated her life.

This book began as one woman's gift to the world, hand-made by Kim McMillen and handed out to friends. After Kim's death her daughter Alison continued making the books - and word of mouth turned this into an underground bestseller in America. Today, over two decades later, it brings comfort and inspiration to readers around the world.

Author Bio:

Kim McMillen was a writer, teacher, consultant in organizational development and a volunteer chaplain at Boulder Community Hospital.



The Games

A Global History of the Olympics

David Goldblatt

9781447298878

Non-Fiction > Sports & Leisure

Sidgwick & Jackson | Rs 499 | 528pp | PB | B Format

January 11, 2018

The definitive sporting, social and political history of the modern Olympic Games, the world that made them and the world they helped to shape.

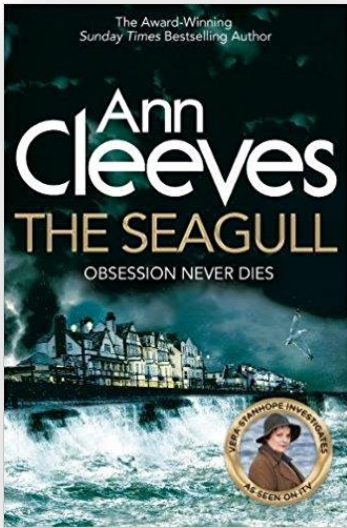
The Olympic Games have become the single greatest festival of a universal and cosmopolitan humanity. Seventeen days of sporting competition watched and followed on every continent and in every country on the planet. Simply, the greatest show on earth. Yet when the modern games were inaugurated in Athens in 1896, the founders thought them a "display of manly virtue", an athletic celebration of the kind of amateur gentleman that would rule the world. How was such a ritual invented? Why did it prosper and how has it been so utterly transformed?

In *The Games*, David Goldblatt - winner of the 2015 William Hill Sports Book of the Year Award - takes on a breathtakingly ambitious search for the answers and brilliantly unravels the complex strands of this history. Beginning with the olympics as a sporting side show at the great Worlds Fairs of the Belle Epoque and its transformation into a global media spectacular, care of Hollywood and the Nazi party, *The Games* shows how sport and the olympics been a battlefield in the global Cold War, a defining moment for social and economic change in host cities and countries, and a theatre of resistance for women and athletes colour once excluded from the show.

Illuminated with dazzling vignettes from over a century of olympic completion - this stunningly researched history captures the excitement of sporting brilliance and the kaleidoscopic experience of the Games. It shows us how this sporting spectacle has come to reflect the world we hope to inhabit and the one we actually live in.

Author Bio:

David Goldblatt was born in 1965 and inherited, for his sins, Tottenham Hotspurs from his father. He has published three highly acclaimed books of football: *The Ball is Round*: (2006), an astonishingly ambitious global history of the game, *Futebol Nation* (2014), a footballing history of Brazil, and *The Game of Our Lives* (2014) about the meaning and making of English football. He has also edited the World Football Yearbook, made sporting documentaries for BBC Radio, reported for the Guardian and the New York Times and teaches at De Montfort University, Leicester and Pitzer College, Los Angeles.



The Seagull

Ann Cleeves

9781447278368

Fiction > Crime, Mystery & Thrillers

Pan | Rs 399 | 416pp | PB | B Format

January 25, 2018

The Seagull is Ann Cleeves' searing eighth novel in the Vera Stanhope series, about corruption deep in the heart of a community, and about fragile, and fracturing, family relationships.

A visit to her local prison brings DI Vera Stanhope face to face with an old enemy: former detective superintendent, and now inmate, John Brace. Brace was convicted of corruption and involvement in the death of a gamekeeper - and Vera played a part in his downfall.

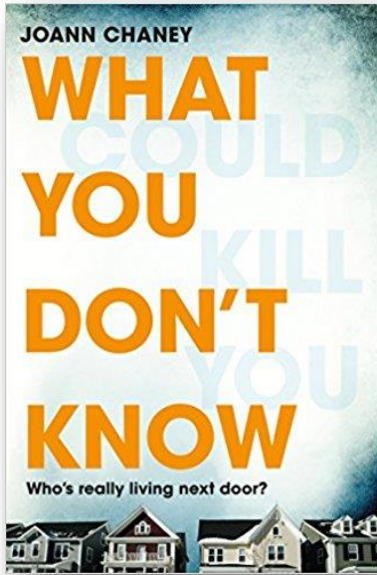
Brace promises Vera information about the disappearance of Robbie Marshall, a notorious wheeler-dealer, if she will look out for his daughter and grandchildren. He tells her that Marshall is dead, his body buried close to St Mary's Island in Whitley Bay. However, when a search team investigates, officers find not one skeleton, but two.

This cold case takes Vera back in time, and very close to home, as Brace and Marshall, along with a mysterious stranger known only as 'the Prof', were close friends of Hector, her father. Together, they were 'the Gang of Four', and Hector had been one of the last people to see Marshall alive. Vera must confront her prejudices and unwanted memories to dig out the truth, as the past begins to collide dangerously with the present . . .

Author Bio:

Ann Cleeves is the author behind ITV's *Vera* and BBC One's *Shetland*. She has written over thirty novels, and is the creator of detectives Vera Stanhope and Jimmy Perez - characters loved both on screen and in print. Her books have now sold millions of copies worldwide.

Ann worked as a probation officer, bird observatory cook and auxiliary coastguard before she started writing. She is a member of 'Murder Squad', working with other British northern writers to promote crime fiction. In 2006 Ann was awarded the Duncan Lawrie Dagger (CWA Gold Dagger) for Best Crime Novel for *Raven Black*, the first book in her Shetland series. Some of her other novels include the popular Shetland series, *Raven Black*, *White Nights*, *Red Bones*, *Blue Lightning*, *Dead Water* and *Thin Air*. In 2012 she was inducted into the CWA Crime Thriller Awards Hall of Fame and is the 2017 recipient of the CWA Diamond Dagger, the highest honour in British crime writing. Ann lives in North Tyneside.



What You Don't Know

JoAnn Chaney

9781509824304

Fiction > Crime, Mystery & Thrillers

Pan | Rs 399 | 384pp | PB | B Format

January 11, 2018

JoAnn Chaney's twisted debut, *What You Don't Know*, tells the story of the three victims a murderer didn't kill but whose lives he ruined all the same . . .

Catching the killer is just the beginning in the outstandingly dark debut, *What You Don't Know*, from rising grip-lit star, JoAnn Chaney.

Do you really know your neighbours?

Jacky Seever was a beloved local businessman and pillar of the Denver community. Until thirty-one bodies were discovered in the crawlspace of his house.

Detective Paul Hoskins was lauded for bringing down one of the most ruthless serial-killers of the decade.

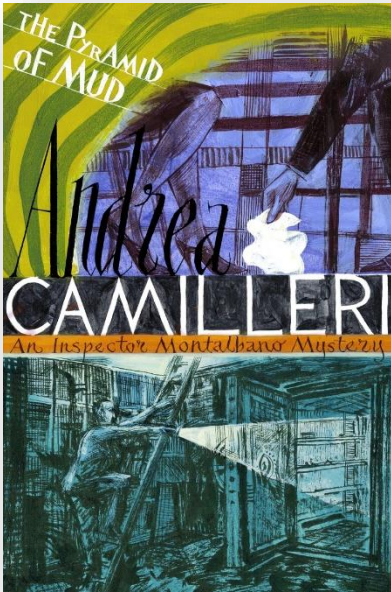
Sammie Peterson, the lead reporter on the case, finally obtained the success she craved.

And Seever's wife, Gloria? Well, she claimed to be as surprised as everyone else.

But when you get that close to a killer, can you really just move on?

Author Bio:

JoAnn Chaney is a graduate of UC Riverside's Palm Desert MFA program. She lives in Colorado with her family. *What You Don't Know* is her first novel.



The Pyramid of Mud

Andrea Camilleri

9781447298359

Fiction > Crime, Mystery & Thrillers
Mantle | Rs 650 | 288pp | TPB | Royal

January 11, 2018

Inspector Montalbano must unravel the mystery of a dead body discovered in a sewage tunnel in the twenty-second novel in Andrea Camilleri's critically acclaimed series.

The Pyramid of Mud is the twenty-second Montalbano mystery from Italy's finest crime writer, Andrea Camilleri.

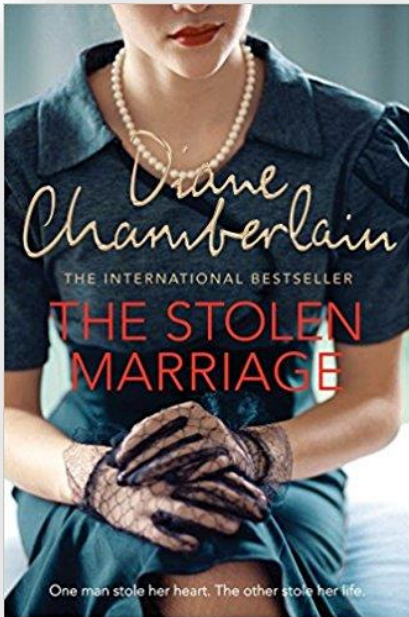
It's been raining for days in Vigàta, and the persistent downpours have led to violent floods overtaking the Inspector's beloved hometown, sweeping across the land and leaving only a sea of mud behind. It is on one of these endless grey days that a man - a Mr Giuglù Nicotra - is found dead. His body discovered in a large sewage tunnel, half naked and with a bullet in his back.

The investigation is slow and slippery to start with, but when Montalbano realizes that every clue he uncovers and every person he interviews is leading to the same place: the world of public spending - and with it, the Mafia - the case begins to pick up pace.

But there's one question that keeps playing on Montalbano's mind: in his strange and untimely death, was Giuglù Nicotra trying to tell him something?

Author Bio:

Andrea Camilleri is one of Italy's most famous contemporary writers. His books have sold over 65 million copies worldwide. He lives in Rome. The Inspector Montalbano series, which began with *The Shape of Water*, has been translated into thirty-two languages and was adapted for Italian television, screened on BBC4. *The Potter's Field*, the thirteenth book in the series, was awarded the Crime Writers' Association's International Dagger for the best crime novel translated into English. In addition to his phenomenally successful Inspector Montalbano series, he is also the author of the historical comic mysteries *Hunting Season* and *The Brewer of Preston*. *The Pyramid of Mud* is his twenty-second novel in the Inspector Montalbano series.



The Stolen Marriage

Diane Chamberlain

9781509808557

Fiction > General Fiction

Pan | Rs 399 | 400pp | PB | B Format

January 11, 2018

A young woman must unravel her husband's secrets and win over a hostile community in 1940s North Carolina, in this gripping mystery.

The *Stolen Marriage* is a compelling novel from Diane Chamberlain, the bestselling author of *The Silent Sister*, *Pretending to Dance* and *The Midwife's Confession*.

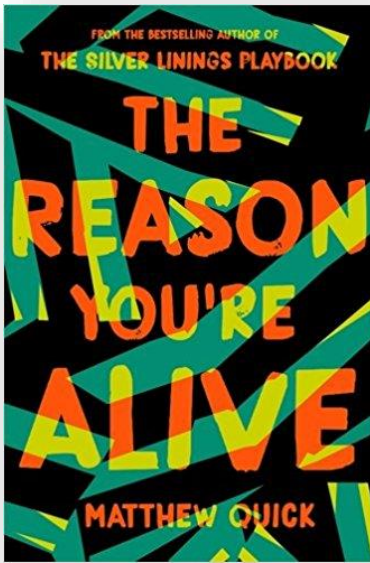
In 1944, twenty-three-year-old Tess DeMello abruptly ends her engagement to the love of her life when she marries a mysterious stranger and moves to Hickory, North Carolina. Hickory is a small town struggling with racial tension and the hardships imposed by World War II. Tess's new husband, Henry Kraft, is a secretive man who often stays out all night, hides money from his new wife, and shows no interest in making love. Tess quickly realizes she's trapped in a strange and loveless marriage with no way out.

The people of Hickory love and respect Henry and see Tess as an outsider, treating her with suspicion and disdain, especially after one of the town's prominent citizens dies in a terrible accident and Tess is blamed for the death. Tess suspects people are talking about her, plotting behind her back, and following her as she walks around town. What does everyone know about Henry that she does not? Feeling alone and adrift in a hostile town, Tess turns to the one person who seems to understand her - a local medium who gives her hope but seems to know more than he's letting on.

When a sudden polio epidemic strikes the town, taking the lives of some of its children, including a boy well known to the Kraft family, the townspeople band together to build a polio hospital in less than three days. Tess, who has a nursing degree, bucks Henry's wishes and begins to work at the hospital, finding meaning in nursing the young victims. Yet at home, Henry's actions grow more baffling and alarming by the day. As Tess works to save the lives of her patients, can she untangle her husband's mysterious behavior and save her own life?

Author Bio:

Diane Chamberlain is the bestselling author of numerous novels including *Necessary Lies*, *The Silent Sister* and *Pretending to Dance*. Her storylines are often a combination of romance, family drama, intrigue and suspense. She lives in Northern Carolina with her partner, photographer John Pagliuca, and her shelties, Keeper and Cole.



The Reason You're Alive

Matthew Quick

9781509840786

Fiction > General Fiction

Picador | Rs 399 | 240pp | PB | B Format

January 11, 2018

The *New York Times*-bestselling author of *The Silver Linings Playbook* offers a timely novel featuring his most fascinating character yet, a Vietnam vet embarking on a crusade to track down his nemesis from the war.

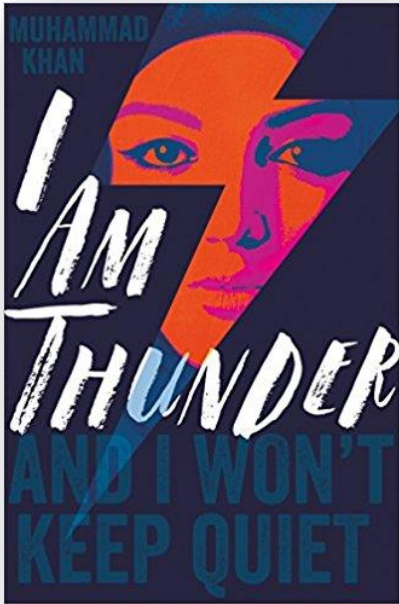
After sixty-eight-year-old David Granger crashes his BMW, medical tests reveal a brain tumor that he readily attributes to his wartime Agent Orange exposure. He wakes up from surgery repeating a name no one in his civilian life has ever heard - that of a Native American soldier whom he was once ordered to discipline. David decides to return something precious he long ago stole from the man he now calls Clayton Fire Bear. It might be the only way to find closure in a world increasingly at odds with the one he served to protect. It might also help him finally recover from his wife's untimely demise.

As David confronts his past to salvage his present, a poignant portrait emerges: that of an opinionated and goodhearted American patriot fighting like hell to stay true to his red, white, and blue heart, even as the country he loves rapidly changes in ways he doesn't always like or understand. Hanging in the balance are Granger's distant art-dealing son, Hank; his adoring seven-year-old granddaughter, Ella; and his best friend, Sue, a Vietnamese-American who respects David's fearless sincerity.

Through the controversial, wrenching, and wildly honest David Granger, Matthew Quick offers a no-nonsense but ultimately hopeful view of America's polarized psyche. By turns irascible and hilarious, insightful and inconvenient, David is a complex, wounded, honorable, and ultimately loving man. *The Reason You're Alive* examines how the secrets and debts we carry from our past define us; it also challenges us to look beyond our own prejudices and search for the good in our supposed enemies.

Author Bio:

Matthew Quick is the *New York Times* bestselling author of several novels, including *The Silver Linings Playbook*, which was made into an Oscar-winning film, *The Good Luck of Right Now*, and *Love May Fail*. His work has been translated into more than thirty languages and has received a PEN/Hemingway Award Honorable Mention. Matthew lives with his wife on North Carolina's Outer Banks.



I Am Thunder

Muhammad Khan

9781509874057

Children > Juvenile Fiction | 12+ Years

MCB | Rs 399 | 320pp | PB | B Format

January 25, 2018

I am thunder . . . and I won't keep quiet.

A shy girl trying to find her place in the world is forced to stand up and be heard when she uncovers a dangerous secret.

Fifteen-year-old Muzna Saleem is passionate about writing and dreams of becoming a novelist. There's just one problem - her super-controlling parents have already planned her life out for her:

Step 1) Get educated

Step 2) Qualify as a doctor

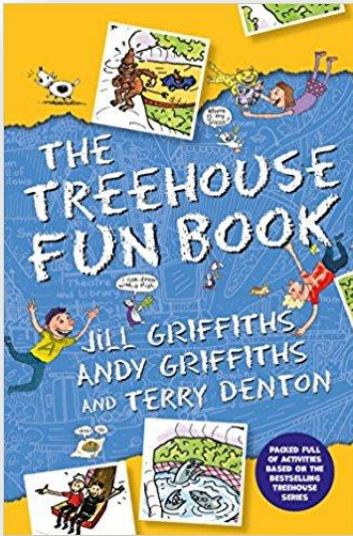
Step 3) Marry a cousin from Pakistan. Oh, and boyfriends are totally *haram*.

No one is more surprised than humble Muzna when high school hottie, Arif Malik, takes an interest in her. But Arif and his brother are angry at the West for demonizing Islam and hiding a terrible secret. As Arif begins to lead Muzna down a dark path, she faces a terrible choice: keep quiet and betray her beliefs, or speak up and betray her heart?

I Am Thunder is the debut novel from stunning YA voice, Muhammad Khan, which questions how far you'll go to stand up for what *you* believe.

Author Bio:

Muhammad Khan is a maths teacher in a secondary school in Tooting and takes his inspiration from the children he teaches, as well as his own upbringing as a British-born Pakistani. He lives in South London and will be studying for a creative writing MA next year at Roehampton.



The Treehouse Fun Book

Andy Griffiths & Jill Griffiths

9781509860449

Children > Juvenile Fiction | 7-12 Years

MCB | Rs 299 | 192pp | PB | B Format

January 11, 2018

Climb into the world of the bestselling Treehouse series and join Andy, Terry and Jill in a Fun Book packed with activities, games and treehouse trivia.

Stuff to write! Pictures to draw! Puzzles to solve! And so much more . . .

Plunge into the crazy world of the bestselling Treehouse series by Andy Griffiths and Terry Denton in *The Treehouse Fun Book* - an activity book like no other. Andy, Terry and Jill have brought you all their favourite treehouse things to do: create your own treehouse levels; imagine some amazing ice-cream flavours; draw yourself with Andy, Terry and Jill; spot the difference; find your way out of the Maze of Doom and and answer treehouse trivia. So what are you waiting for? Come on up!

Author Bio:

Jill Griffiths is a very talented editor, and also Andy's wife. She is a key member of the Treehouse team and helps to brainstorm the fantastical adventures. She lives in Melbourne, Australia.

Andy Griffiths is Terry's best mate. He is also Australia's number one children's author! His books, including the popular Treehouse books, have been hugely successful internationally, winning awards and becoming bestsellers in the UK and the USA as well as in his homeland, Australia. Andy thrives on having an audience: he has worked as a high school teacher, been the lead singer in a rock band and a stand-up comedian. He is a passionate advocate for literacy, has two daughters and lives in Melbourne, Australia.

Terry Denton is Andy's best mate. He is also a bestselling and award-winning writer and illustrator based in Melbourne, Australia. Among other things, he worked on the Horrible Science series for Scholastic UK. He lives by the beach with his wife and three kids.

Pre-School & Picture Books

