

Books of the Month

February 2020



minimal
how to
simplify
your life
and live
sustainably



madeleine olivia

MINIMAL

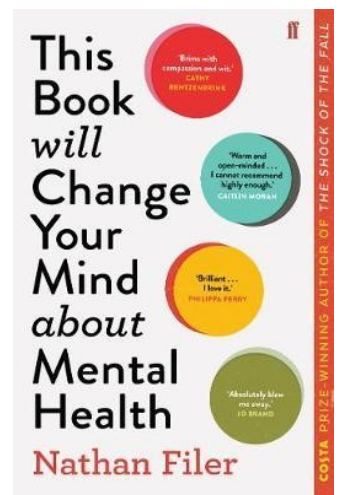
Madeleine Olivia £12.99

We are facing an urgent climate crisis and we must all take action now. However, it can be difficult to know where to start when bombarded with overwhelming facts and statistics every day. We all want to make a difference, but what can we do? *Minimal how to simplify your life and live sustainably* makes simple and sustainable living attainable for everyone, using practical tips for all areas of everyday life to reduce your impact on the earth. Leading environmentalist Madeleine Olivia shares her insights on how to care for yourself in a more eco-friendly way, as well as how to introduce a mindful approach to your habits.

THIS BOOK WILL CHANGE YOUR MIND ABOUT MENTAL HEALTH

Nathan Filer £8.99

A journey into the heartland of psychiatry - This book debunks myths, challenges assumptions and offers fresh insight into what it means to be mentally ill and what it means to be human. 'I cannot recommend it highly enough.' Caitlin Moran. 'Brimms with compassion and wit.' Cathy Rentzenbrink. 'Absolutely blew me away.' Jo Brand. *This Book Will Change Your Mind About Mental Health* was previously published in 2019 in hardback under the title *The Heartland: Finding and Losing Schizophrenia*.



THE NEW TESTAMENT FOR EVERYONE

Tom Wright £12.99

The New Testament for Everyone is the result of a passionate conviction that scripture should be something that everyone can read, understand and enjoy. Broken up into easy-to-read, bite-sized chunks and now including helpful introductions to each biblical book, informative maps and a substantial glossary of key words, here is a new rendering of ancient wisdom that can be read like a novel, studied in sections or used as an aid to daily devotion.

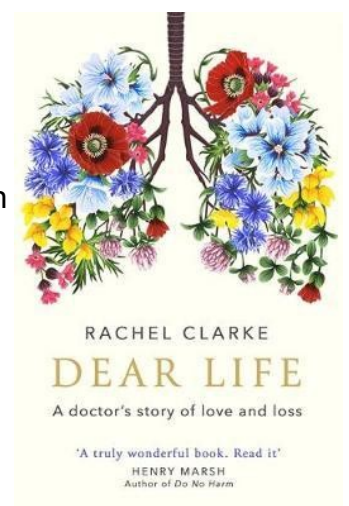
The
**NEW
TESTAMENT**
for Everyone

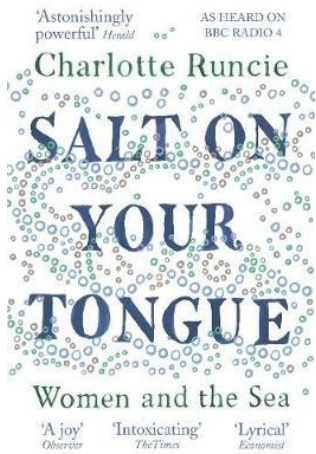
Translated by Tom Wright

DEAR LIFE: A DOCTOR'S STORY OF LOVE AND LOSS

Rachel Clarke £16.99

'What a remarkable book this is; tender, funny, brave, heartfelt and radiant with love and life. It brought me often to laughter and - several times - to tears. It sings with joy and kindness' Robert Macfarlane. From the Sunday Times bestselling author of *Your Life in My Hands* comes this vibrant, tender and deeply personal memoir that finds light and love in the darkest of places. As a specialist in palliative medicine, Dr Rachel Clarke chooses to inhabit a place many people would find too tragic to contemplate. Every day she tries to bring care and comfort to those reaching the end of their lives and to help make dying more bearable.





SALT ON YOUR TONGUE

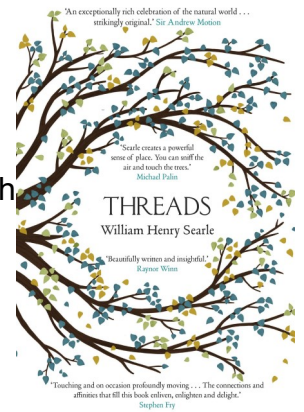
Charlotte Runcie £9.99

In Salt On Your Tongue, Charlotte Runcie explores what the sea means to us, and particularly what it has meant to women through the ages. In mesmerising prose, she explores how the sea has inspired, fascinated and terrified us, and how she herself fell in love with the deep blue. This book is a walk on the beach with Turner, with Shakespeare, with the Romantic Poets and shanty-singers. It's an ode to our oceans - to the sailors who brave their treacherous waters, to the women who lost their loved ones to the waves, to the creatures that dwell in their depths, to beachcombers, swimmers, seabirds and mermaids.

THREADS

William Searle £9.99

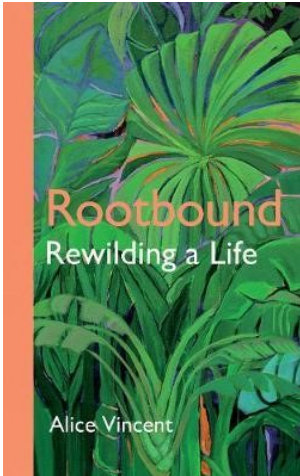
A lyrical journey through life, love and nature. It is a deep exploration of the encounters that lend quiet networks of grace to our busy lives. William Henry Searle casts an eye back to episodes spent in close and tender relationships with members of his family, childhood friends, animals and loved ones, in places that range from his father's scrap metal yards, to the jungles of Borneo, an Oregon river and the Swiss Alps.



ROOTBOUND: REWILDING A LIFE

Alice Vincent £14.99

When she was a girl, Alice Vincent loved her grandfather's garden - the freedom, the calm, the beauty of it. Twenty years later, living in a tiny flat in South London, that childhood in the garden feels like a dream. When she suddenly finds herself uprooted, heartbroken, living out of a suitcase and yearning for the comfort of home, Alice starts to plant seeds. She nurtures pot plants and vines on windowsills and draining boards, filling her new space with green, and with each unfurling petal and budding leaf, she begins to come back to life.



| Title | Quantity | Price |
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