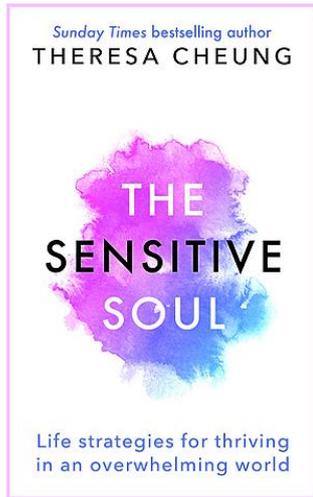


# Non-Fiction Highlights List

Frankfurt Book Fair  
October 2021



## The Sensitive Soul Theresa Cheung

For fans of Brené Brown and Susan Cain

Sunday Times bestselling author

### Editor's Note

The Sensitive Soul will be one of the launch titles for the new non-fiction imprint in Spring 2020. An incredibly timely book, there is a huge and growing appetite for books focussed on personal growth. Theresa's background is in spirituality, paranormal and the afterlife. She is also passionate about scientific research in this area and has collaborated with scientists and doctors on various projects. It's this combination of science and spirituality which is what makes her work so distinctive and her previous books have had over 17 translation rights deals including in China, Japan and Russia. The Sensitive Soul is Theresa's first book targeted at a more mainstream audience.

### Retail Description

The Sensitive Soul explores what it means to be highly sensitive and how to cope in an insensitive world. Simply acquiring knowledge about the reality, biology and psychology of emotional intensity can change the way highly sensitive individuals see the world and their important role in it.

The Sensitive Soul offers that empowering knowledge alongside true-life stories and life-changing advice for people who feel too much. Punctuated throughout with the diaries of highly sensitive individuals from all walks of life, this powerful and practical book will show that although being highly sensitive can be an extremely challenging genetic trait, it is also a wonderful gift.

### Reviews for Theresa Cheung

'Theresa Cheung provides a timely guide for individuals, who feel life deeply, to take a step back, and reflect upon sensitivity and how it fits in the modern world's emotion paradigm.' Goodreads Reviewer ★★★★★

'I found this book absolutely fascinating. As someone who has been told to "toughen up" a lot I could relate to it so much.' Goodreads Reviewer ★★★★★

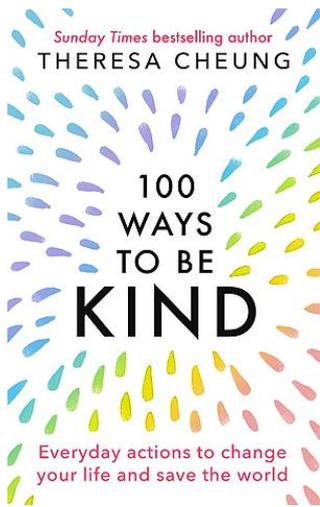
### Author Biography

Theresa Cheung is a Sunday Times bestselling author. She has over two decades experience, both personal and professional, with a Master's degree in Theology and English from King's College Cambridge. Theresa has had her work featured in the Daily Mail, most recently with her latest book The Premonition Code and bestseller Answers from Heaven. Theresa has also set up her own podcast, White Shores, interviewing some of the world's greatest minds and sharing inspiration on personal growth.



Self-Development

232 pages | Pub Date 15/5/2020 | 9781838885137 | Jane Graham-Maw, Graham Maw Christie Literary Agency



## 100 Ways to Be Kind Theresa Cheung

For fans of Brené Brown and Susan Cain

**Sunday Times bestselling author, her previous books have had over 17 translation rights deals including in China, Japan and Russia.**

### Editor's Note

In *100 Ways to be Kind* Theresa Cheung offers readers a roadmap of practical and simple ways to be kind. We have all lost our old way of life and the global crisis is giving us a period of global reflection as never before. Theresa shows readers how the power of kindness can not only heal but help us rebuild lives of true meaning and purpose. This book is incredibly timely and centred around a topic that will have universal appeal. Theresa Cheung is a Sunday Times bestselling author and her previous books have had over 17 translation rights deals including in China, Japan and Russia.

### Retail Description

Acts of everyday kindness can boost your mood and immunity, lower blood pressure, ease anxiety, make you look and feel younger, improve all your relationships (including the one you have with yourself) and give you a sense of deep meaning and purpose.

*100 Ways to be Kind* is a road map of practical and simple ways to be kind including how to be kinder to yourself, to others and to nature.

Often the simplest solutions are the best ones. Kindness is the simple and scientifically proven remedy that everyone needs to administer right now. Contrary to what you may believe, it is not anger or aggression that brings out your true inner grit, but kindness. Kindness gives our lives meaning.

So, if you want to find your meaning and purpose and help save the world at the same time but aren't quite sure how - this book is for you.

### Reviews for Theresa Cheung

'This is exactly the book I needed to read right now. So much insight on kindness... I love this book, it's great to pick up when needed a little inspiration on how to be kind, or if you need a reminder to be kinder to yourself and laugh a little.' Goodreads reviewer

'This beautiful new book by Theresa Cheung is as timely as it is uplifting... the first book I have seen that offers solid ways to get your mind re-focused on what is important in life...' Goodreads reviewer

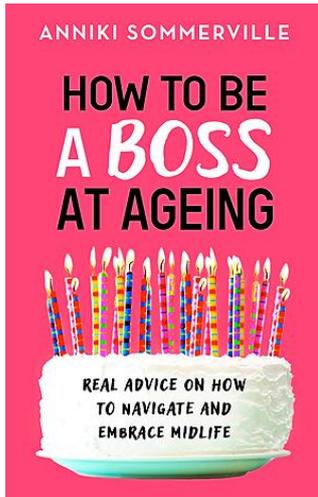
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Self-Development

218 pages | Pub Date 11/9/2020 | 9781800190900 | Jane Graham-Maw, Graham Maw Christie Literary Agency



## How to Be a Boss at Ageing Anniki Sommerville

For fans of Ruby Wax, Nora Ephron, Caitlin Moran, Samantha Irby

### Editor's Note

Anniki talks candidly about all aspects of ageing, covering everything from cosmetic surgery, parenthood, relationships and work in such a refreshing and inclusive way. Funny, honest and packed with advice including interviews with experts, I want to press this book into the hands of all the incredible women I know and say, 'read immediately!' Anniki has a highly-engaged following on social media and a rapidly growing platform for her How to Be a Boss at Ageing podcast. Previous guests have included Meg Matthews, Clover Stroud, Sam Baker and Dr Karen Arthur.

### Retail Description

Do you find yourself fighting the urge to go to bed at 8pm? Do you listen to the charts and have no clue who's singing? Do images of celebrities over forty in swimsuits just make you want to drink more wine? If you answered yes to any of these, then this is the book for you.

Funny, honest, and packed with advice, this is a must-read for any woman experiencing – and not particularly relishing – the effects of ageing. Anniki Sommerville shares her own experiences with those of other women, as well as advice from experts – Sali Hughes, Cariad Lloyd, Meg Mathews, Emma Gannon and Dr Karen Gurney among others – to help you navigate this journey including:

- Demystifying the menopause and how to deal with fluctuating moods and hormones.
- Breaking the taboo of cosmetic surgery and why we need to start having honest conversations about ageing and beauty.
- Exploring the reality of fertility treatment and motherhood including what happens when you're peri-menopausal and parenting small kids.
- How feeling bad about our bodies can often be a barrier to feeling good about sex and tips on how you can change that.
- Why ambition is not a dirty word in middle age and how to stop feeling invisible in the workplace.
- How to deal with grief and losing loved ones as we age.

### Reviews for Anniki Sommerville

'I loved this book. Full of wit and wisdom, Anniki tells it like it is.' Clover Stroud

'I LOVED this book...a book I couldn't put down...so refreshingly honest...The language used made the book feel like I was talking to a friend...really helpful and full of useful advice...such a brilliant read!' NetGalley reviewer ★★★★★

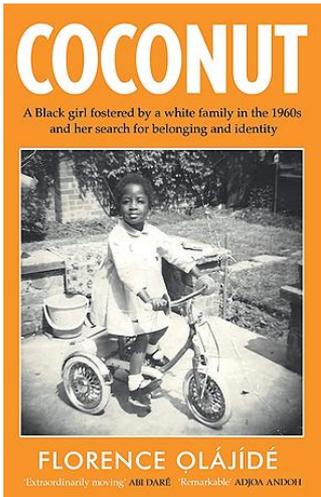
### Author Biography

Anniki Sommerville is a podcaster, writer and journalist. She is the author of 'Motherwhelmed' a fiction book that was released in 2019, and 'More Orgasms Please,' which she co-wrote with Lisa Williams - a non-fiction book about sex and modern relationships. She co-hosts the podcast The Hotbed and is the creator of 'How to Be a Boss at Ageing,' - which is currently a podcast series, FB community, events company that also offers online courses with a view to inspiring and supporting women in their forties and fifties. She speaks at events on subjects such as ageing



Self-Development

290 pages | Pub Date 31/3/2021 | 9781800195165 | Louise Buckley, Zeno Agency



## Coconut Florence Olájídé

For fans of Lemn Sissay and Tara Westover

### Editor's Note

As soon as I started reading Florence's memoir I was immediately swept up in her writing. Her story is deeply personal and shines a light on a piece of British history that need to be told and we know very little about. In the fifties and sixties, a generation of Nigerian children were fostered to white families and then taken to Nigeria by their families. Florence was one of those children. Florence's story is heartbreaking, one of loss and loneliness, surviving poverty, maltreatment and fighting to get an education but most of all, it's an incredibly uplifting and inspiring account of one woman's self-determination to discover who she is and find her way to a place she can call home.

### Retail Description

A generation of Nigerian children were born in Britain in the fifties and sixties, privately fostered by white families, then taken to Nigeria by their parents. Coconut is the story of one of those children.

1963, North London. Nan fosters one-year-old Florence Olájídé and calls her 'Ann.' Florence adores her foster mother more than anything but Nan, and the children around her, all have white skin and she can't help but feel different. Then, four years later, after a weekend visit to her birth parents, Florence never returns to Nan. Two months after, sandwiched between her mother and father plus her three siblings, six-year-old Florence steps off a ship in Lagos to the fierce heat of the African sun.

Swapping the lovely, comfortable bed in her room at Nan's for a mat on the floor of the living room in her new home, Florence finds herself struggling to adjust. She wants to embrace her cultural heritage but doesn't speak Yoruba and knows nothing of the customs. Clashes with her grandmother, Mama, the matriarch of the family, result in frequent beatings. Torn between her early childhood experiences and the expectations of her African culture, she begins to question who she is. Nigerian, British, both?

Florence's story is an unputdownable tale of loss and loneliness, surviving poverty, maltreatment and fighting to get an education. Most of all, it's a moving, uplifting and inspiring account of one woman's self-determination to discover who she is

### Reviews for Florence Olájídé

'Extraordinarily moving...a stunning read, beautifully written with searing honesty and humor about the complexities of race and identity, about culture and belonging, about the discernible quest for self-discovery. This is a testimony of faith, resilience and determination, a wonderful achievement.' Abi Daré, international bestselling author of *The Girl with the Louding Voice*

'A piece of poetic resilience, Coconut is an integral intervention in our understanding of race, identity and belonging.' David Lammy

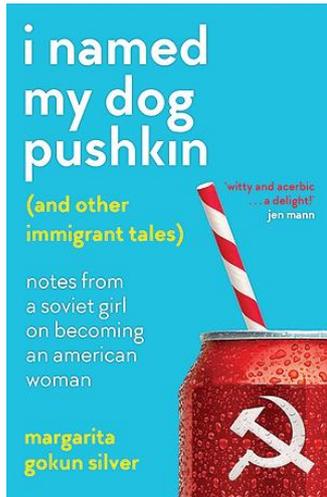
### Author Biography

Florence is an educator and her passion is improving children's lives. In 1981, she graduated from the University of Lagos with a Nigerian Certificate in Education. She was a headteacher of a London inner city primary school. She is the co-founder of Inspired Futures and has a passion for seeing children achieve the best they can and ensuring that schools provide them with a first-class education. Florence was shortlisted to attend Penguin Random House's WriteNow London workshop in 2018.



Inspirational Memoir

384 pages | Pub Date 13/7/2021 | 9781800194656 | Unagented



## I Named My Dog Pushkin (And Other Margarita Gokun Silver)

For fans of Samantha Irby, Jenny Lawson and David Sedaris

### Editor's Note

This proposal immediately jumped out at me, and I found myself rereading the sample material over and over again, audibly chuckling. Margarita's writing is simply hilarious and fits in naturally among the heavyweights in this genre like Samantha Irby and Jen Mann. But this book is more than just a series of observations – Margarita shows us a unique perspective on life as an immigrant escaping an oppressive regime and religious intolerance, gives us an insight into a little-known part of history, and shows us – with a sharp sense of humour – what it is like to grow into your newly forged identity.

### Retail Description

Buy a pair of Levi's, lose the Russian accent, and turn yourself into an American. Really, how difficult could it be?

Fake an exit visa, fool the Soviet authorities, pack enough sausage to last through immigration, buy a one-way Aeroflot ticket, and the rest will sort itself out. That was the gist of every Soviet-Jewish immigrant's plan in the 1980s, Margarita's included. Despite her father's protestations that they'd get caught and thrown into a gulag, she convinced her family to follow that plan.

When they arrived in the US, Margarita had a clearly defined objective – become fully American as soon as possible, and leave her Soviet past behind. But she soon learned that finding her new voice was harder than escaping the Soviet secret police.

She finds herself changing her name to fit in, disappointing her parents who expect her to become a doctor, a lawyer, an investment banker and a classical pianist – all at the same time, learning to date without hang-ups (there is no sex in the Soviet Union), parenting her own daughter 'while too Russian', and not being able to let go of old habits (never, ever throw anything away because you might use it again). Most importantly, she finds that no matter how hard you try not to become your parents, you end up just like them anyway.

Witty, sharp and unflinching, *I Named My Dog Pushkin* will have fans of Samantha Irby and Jenny Lawson howling with

### Reviews for Margarita Gokun Silver

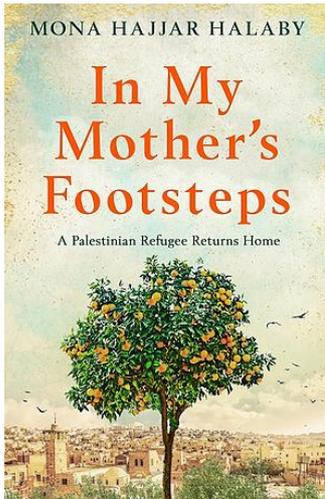
'I thoroughly enjoyed Margarita's witty and acerbic voice. This book was a delight!' Jen Mann, New York Times Bestselling Author of *People I Want to Punch in the Throat*

'Hilariously funny, whip-smart and absolutely fascinating...Just amazing.' Caroline Leavitt, New York Times bestselling author of *Pictures of You and With or Without You*

### Author Biography

Margarita Gokun Silver is a freelance journalist, essayist, and novelist. Her articles and essays have been published in *The New York Times*, *The Washington Post*, *The Guardian*, BBC, NPR and *The Atlantic*, among others. Her debut novel *Who Is Mr. Putin?* (under the pseudonym Rebecca Strong) was published in 2015. Find out more about her work on <http://www.margaritagokunsilver.com/> and follow Margarita on Twitter @MGokunSilver.





## In My Mother's Footsteps Mona Hajar Halaby

For fans of *The Bookseller of Kabul* and *The Beekeeper of Aleppo*

### Editor's Note

As soon as I started reading Mona's beautifully written and evocative story woven together with her mother's letters and I was completely swept away. It's such an intimate and tender account of Palestinian life as never seen before. It's at once a deeply personal account and a story with universal themes of family, belonging and identity.

### Retail Description

'Refugees are like seeds that scatter in the wind, and land in different soils that become their reluctant homes' my mother once told me. As a small child, I looked up at my mother and clutched her hand. The puffiness of her palm reminded me of a loaf of warm pita bread, and when she laced her fingers into mine like a pretzel, I felt safe. I would have walked with her to the ends of the earth.

When Mona moved from California to Ramallah to teach conflict resolution in a school for a year, she kept a journal. Within its pages, she wrote her impressions of her homeland, a place she had only experienced through her mother's memories.

As she settled into her teaching role, getting to know her students and the challenges they faced living in a militarized, occupied town, Mona also embarked on a personal pilgrimage to find her mother's home in Jerusalem.

Mona had dreamed of being guided by her mother down the old souqs, and the leafy streets of her neighborhood, listening to the muezzin's call for prayer and the medley of church bells. But after fifty-nine years of exile, it was Mona's mother who held her daughter's hand as they visited Jerusalem together, walking the narrow cobblestone alleys of the Old City. Their roles were reversed. Mona had become her Mama's legs and her memory – and the one to tell her story going forward.

### Reviews for Mona Hajar Halaby

'Utterly heart-breaking, absorbing, and tender...will stay with you long after you finish the last page.' Christy Lefteri, bestselling author of *The Beekeeper of Aleppo*

'With poignant tenderness, Halaby explores the weight of inherited loss...This is an intimately detailed and moving account of what's lost and found when human beings are displaced.' Sahar Mustafah, author of *The Beauty of Your Face*, a 2020 New York Times Notable Book

### Author Biography

Mona Hajar Halaby is a Palestinian-American educator, writer and social historian. In order to preserve Palestinian culture and heritage, she has created "British Mandate Jerusalem Photo Library" on FaceBook, and "The Palestine Ethnographic Society." She collaborated on an interactive documentary "Jerusalem We Are Here". which takes participants on a walking tour of a neighborhood in Jerusalem past and present, and presents a map that documents the houses in the neighborhood with their documents, photos, and stories.



Inspirational Memoir

290 pages | Pub Date 5/8/2021 | 9781800196117 | Unagented