

Book Group Collection 2019

Askew, Claire

All the hidden truths

This is a fact: Ryan Summers walked into Three Rivers College and killed thirteen women, then himself. But no one can say why. The question is one that cries out to be answered - by Ryan's mother, Moira; by Ishbel, the mother of Abigail, the first victim; and by DI Helen Birch, put in charge of the case on her first day at her new job. But as the tabloids and the media swarm, as the families' secrets come out, as the world searches for someone to blame... the truth seems to vanish. A stunningly moving novel from an exciting new voice in crime, ALL THE HIDDEN TRUTHS will cause you to question your assumptions about the people you love, and reconsider how the world reacts to tragedy.

Barry, Sebastian

Days without end

2016 Costa book of the year. 2017 Walter Scott Prize.

The novel is narrated by Thomas McNulty, an Irish émigré who flees to Canada and then America to escape the Great Famine. In America he befriends John Cole and the two form a close relationship, working first, as young boys, as cross-dressing entertainers and then enlisting in the army and taking part in both the Indian Wars and the American Civil War. The novel was awarded the Costa Book Award 2016. The judges of the prize called it "A miracle of a book – both epic and intimate – that manages to create spaces for love and safety in the noise and chaos of history." It won the 2017 Walter Scott Prize, and was selected by Time magazine as one of its top ten novels of 2017.

Black, Madeleine

Unbroken (NF)

Violently gang-raped when she was thirteen years old, and raped three more times before the age of eighteen, Madeleine has experienced more trauma in her life than most ever will.

Living in a state of shock and self-loathing, it took her years of struggle to confront the buried memories of that first attack and begin to undo the damage it wrought, as men continued to take advantage of her fragility in the worst possible way.

Yet, after growing up with a burden no teenager should ever have to shoulder, she found the heart to carry out the best revenge plan of all: leading a fulfilling and happy life. But the road to piecing her life back together was long and painful. For Madeleine, forgiveness was the key. True forgiveness takes genuine effort. It takes a real desire to understand those who have done us so much harm. It is the ultimate act of courage.

In *Unbroken*, Madeleine tells her deeply moving and empowering story, as she discovers that life is about how a person chooses to recover from adversity. We are not defined by what knocks us down - we are defined by how we get back up.

Black, Sue

All that remains: a life in death (NF)

Sue Black confronts death every day. As Professor of Anatomy and Forensic Anthropology, she focuses on mortal remains in her lab, at burial sites, at scenes of violence, murder and criminal dismemberment, and when investigating mass fatalities due to war, accident or natural disaster. In *All That Remains* she reveals the many faces of death she has come to know, using key cases to explore how forensic science has developed, and what her work has taught her.

Do we expect a book about death to be sad? Macabre? Sue's book is neither. There is tragedy, but there is also humour in stories as gripping as the best crime novel. Our own death will remain a great

unknown. But as an expert witness from the final frontier, Sue Black is the wisest, most reassuring, most compelling of guides.

Botton, Alain de
Course of love

Modern love is never easy. Society is obsessed with stories of romance, but what comes *after* happily ever after? This is a love story with a difference. From dating to marriage, from having kids to having affairs, it follows the progress of a single ordinary relationship: tender, messy, hilarious, painful, and entirely un-Romantic. It is a love story for the modern world, chronicling the daily intimacies, the blazing rows, the endless tiny gestures that make up a life shared between two people. Moving and deeply insightful, *The Course of Love* offers us a window into essential truths about the nature of love.

Brook, Rhidian
The killing of butterfly Joe

'I killed Joe once, in a manner of speaking. But not twice. Not in the way you mean.'

Llew Jones wanted to see the States and write about the experience. Then he met Joe Bosco, a butterfly salesman as charismatic as he is infuriating, and they were soon hurtling across 1980s America together, caught up in an adventure that got way, way out of control. Now Llew is in jail, his friend is gone, and he has to give his side of the story if he's ever going to get free . . .

Part existential road trip, part neo-gothic thriller, part morality tale, *The Killing of Butterfly Joe* by Rhidian Brook is a dazzling and propulsive novel full of characters you'll never forget. An epic story of friendship, desire, and participating in the Great American Dream – 'the one that leads from rags to riches via pitches' – whatever the consequences.

Bythell, Shaun
Diary of a bookseller (NF)

Love, Nina meets Black Books: a wry and hilarious account of life in Scotland's biggest second-hand bookshop and the band of eccentrics and book-obsessives who work there. 'The Diary Of A Bookseller is warm (unlike Bythell's freezing-cold shop) and funny, and deserves to become one of those bestsellers that irritate him so much.' (Mail on Sunday)

'Utterly compelling and Bythell has a Bennett-like eye for the amusing eccentricities of ordinary people ... I urge you to buy this book and please, even at the risk of being insulted or moaned at, buy it from a real live bookseller.' (Charlotte Heathcote Sunday Express)

Shaun Bythell owns The Bookshop, Wigtown - Scotland's largest second-hand bookshop. It contains 100,000 books, spread over a mile of shelving, with twisting corridors and roaring fires, and all set in a beautiful, rural town by the edge of the sea. A book-lover's paradise? Well, almost ... In these wry and hilarious diaries, Shaun provides an inside look at the trials and tribulations of life in the book trade, from struggles with eccentric customers to wrangles with his own staff, who include the ski-suit-wearing, bin-foraging Nicky. He takes us with him on buying trips to old estates and auction houses, recommends books (both lost classics and new discoveries), introduces us to the thrill of the unexpected find, and evokes the rhythms and charms of small-town life, always with a sharp and sympathetic eye.

Cannon, Joanna
Three things about Elsie

84-year-old Florence has fallen in her flat at Cherry Tree Home for the Elderly. As she waits to be rescued, she considers the charming new resident who looks exactly like a man she once knew – a man who died sixty years ago. His arrival has stirred distant memories she and Elsie thought they'd laid to rest. Lying prone in the front room, Florence wonders if a terrible secret from her past is about to come to light.

Fergie, Natalie

Sewing Machine

It is 1911, and Jean is about to join the mass strike at the Singer factory. For her, nothing will be the same again. Decades later, in Edinburgh, Connie sews coded moments of her life into a notebook, as her mother did before her. More than 100 years after his grandmother's sewing machine was made, Fred discovers a treasure trove of documents. His family history is laid out before him in a patchwork of unfamiliar handwriting and colourful seams. He starts to unpick the secrets of four generations, one stitch at a time.

Fields, Helen

Perfect remains

Detective Inspector Luc Callanach has barely set foot in his new office when Elaine's missing persons case is escalated to a murder investigation. Having left behind a promising career at Interpol, he's eager to prove himself to his new team. But Edinburgh, he discovers, is a long way from Lyon, and Elaine's killer has covered his tracks with meticulous care. It's not long before another successful woman is abducted from her doorstep, and Callanach finds himself in a race against the clock. Or so he believes ... The real fate of the women will prove more twisted than he could have ever imagined. Fans of Angela Marson, Mark Billingham and M. J. Aldridge will be gripped by this chilling journey into the mind of a troubled killer.

Finn, A J

Woman in the window

It's been ten months since Anna Fox last left her home. Ten months during which she has haunted the rooms of her old New York house, lost in her memories, too terrified to step outside. Anna's lifeline to the real world is her window, where she sits, watching her neighbours. When the Russells move in, Anna is instantly drawn to them. A picture-perfect family, they are an echo of the life that was once hers. But one evening, a scream rips across the silence, and Anna witnesses something horrifying. Now she must uncover the truth about what really happened. But if she does, will anyone believe her? And can she even trust herself?

Fuller, Claire

Our endless numbered days

1976: Peggy Hillcoat is eight. She spends her summer camping with her father, playing her beloved record of The Railway Children and listening to her mother's grand piano, but her pretty life is about to change. Her survivalist father, who has been stockpiling provisions for the end which is surely coming soon, takes her from London to a cabin in a remote European forest. There he tells Peggy the rest of the world has disappeared. Her life is reduced to a piano which makes music but no sound, a forest where all that grows is a means of survival. And a tiny wooden hut that is Everything.

Gowar, Imogen Hermes

Mermaid and Mrs Hancock

One September evening in 1785, the merchant Jonah Hancock finds one of his captains waiting eagerly on his doorstep. He has sold Jonah's ship for what appears to be a mermaid. As gossip spreads through the docks, coffee shops, parlours and brothels, everyone wants to see Mr Hancock's marvel. Its arrival spins him out of his ordinary existence and through the doors of high society, where he meets Angelica Neal, the most desirable woman he has ever laid eyes on... and a courtesan of great accomplishment. This meeting will steer both their lives onto a dangerous new course. What will be the cost of their ambitions? And will they be able to escape the legendary destructive power a mermaid is said to possess?

Haig, Matt

How to stop time

Tom Hazard has a dangerous secret. He may look like an ordinary 41-year-old history teacher, but he's been alive for centuries. From Elizabethan England to Jazz-Age Paris, from New York to the South Seas, Tom has seen it all. As long as he keeps changing his identity he can keep one step ahead of his past - and stay alive. The only thing he must not do is fall in love . . .

Haywood, Sarah

Cactus

Age 45, she thinks her life is perfect, as long as she avoids her feckless brother, Edward - a safe distance away in Birmingham. She has a London flat, which is ideal for one; a job that suits her passion for logic; and a personal arrangement providing cultural and other, more intimate, benefits. Yet suddenly faced with the loss of her mother and, implausibly, with the possibility of becoming a mother herself, Susan's greatest fear is being realised: she is losing control, and things can only get worse ... at least in Susan's eyes.

Herron, Mick

Spook Street

Twenty years retired, David Cartwright can still spot when the stoats are on his trail. Jackson Lamb worked with Cartwright back in the day. He knows better than most that this is no vulnerable old man. 'Nasty old spook with blood on his hands' would be a more accurate description. 'The old bastard' has raised his grandson with a head full of guts and glory. But far from joining the myths and legends of Spook Street, River Cartwright is consigned to Lamb's team of pen-pushing no-hopers at Slough House. So it's Lamb they call to identify the body when Cartwright's panic button raises the alarm at Service HQ. and Lamb who will do whatever he thinks necessary, to protect an agent in peril.

Kay, Adam

This is going to hurt (NF)

Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you.

Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay's This is Going to Hurt provides a no-holds-barred account of his time on the NHS front line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward.

Kelly, Erin

He said/She said

In the hushed aftermath of a total eclipse, Laura witnesses a brutal attack. She and her boyfriend Kit call the police, and in that moment, four lives change forever. Fifteen years on, Laura and Kit live in fear. And while Laura knows she was right to speak out, she also knows that you can never see the whole picture: something is always hidden . . . something she *never* could have guessed.

Lapena, Shari

Couple next door

Your neighbour told you that she didn't want your six-month-old daughter at the dinner party. Nothing personal, she just couldn't stand her crying. Your husband said it would be fine. After all, you only live next door. You'll have the baby monitor and you'll take it in turns to go back every half hour. Your daughter was sleeping when you checked on her last. But now, as you race up the stairs

in your deathly quiet house, your worst fears are realized. She's gone. You've never had to call the police before. But now they're in your home, and who knows what they'll find there.

Lynch, Scott

Lies of Locke Lamora

They say that the Thorn of Camorr can beat anyone in a fight. They say he steals from the rich and gives to the poor. They say he's part man, part myth, and mostly street-corner rumor. And they are wrong on every count. Only averagely tall, slender, and god-awful with a sword, Locke Lamora is the fabled Thorn, and the greatest weapons at his disposal are his wit and cunning. He steals from the rich - they're the only ones worth stealing from - but the poor can go steal for themselves. What Locke cons, wheedles and tricks into his possession is strictly for him and his band of fellow con-artists and thieves: the Gentleman Bastards. Together their domain is the city of Camorr. Built of Elderglass by a race no-one remembers, it's a city of shifting revels, filthy canals, baroque palaces and crowded cemeteries. Home to Dons, merchants, soldiers, beggars, cripples, and feral children. And to Capa Barsavi, the criminal mastermind who runs the city. But there are whispers of a challenge to the Capa's power. A challenge from a man no one has ever seen, a man no blade can touch. The Grey King is coming. A man would be well advised not to be caught between Capa Barsavi and The Grey King. Even such a master of the sword as the Thorn of Camorr. As for Locke Lamora ...

Makos, Adam

Higher Call (NF)

Five days before Christmas 1943, a badly damaged American bomber struggled to fly over wartime Germany. At its controls was a twenty-one-year-old pilot. Half his crew lay wounded or dead. Suddenly a German Messerschmitt fighter pulled up on the bomber's tail - the German pilot was an ace, a man able to destroy the American bomber with the squeeze of a trigger. This is the true story of the two pilots whose lives collided in the skies that day - the American - 2nd Lieutenant Charlie Brown and the German - 2nd Lieutenant Franz Stigler. A Higher Call follows both Charlie and Franz's harrowing missions and gives a dramatic account of the moment when they would stare across the frozen skies at one another. What happened between them, the American 8th Air Force would later classify as 'top secret'. It was an act that Franz could never mention or else face a firing squad. It was the encounter that would haunt both Charlie and Franz for forty years until, as old men, they would seek out one another and reunite.

Melamed, Jennie

Gather the daughters

On a small isolated island, there's a community that lives by its own rules. Boys grow up knowing they will one day take charge, while girls know they will be married and pregnant within moments of hitting womanhood. But before that time comes, a ritual offers children an exhilarating reprieve. Every summer they are turned out onto their doorsteps, to roam the island, sleep on the beach and build camps in trees. To be free. At the end of one of such summer, one of the younger girls sees something she was never supposed to see. And she returns home with a truth that could bring their island world to its knees.

Morris, Heather

Tattooist of Auschwitz

I tattooed a number on her arm. She tattooed her name on my heart.

In 1942, Lale Sokolov arrived in Auschwitz-Birkenau. He was given the job of tattooing the prisoners marked for survival - scratching numbers into his fellow victims' arms in indelible ink to create what would become one of the most potent symbols of the Holocaust.

Waiting in line to be tattooed, terrified and shaking, was a young girl. For Lale - a dandy, a jack-the-lad, a bit of a chancer - it was love at first sight, and he was determined not only to survive himself,

but to ensure this woman, Gita, did, too.

So begins one of the most life-affirming, courageous, unforgettable and human stories of the Holocaust: the love story of the tattooist of Auschwitz.

Murray, Donald S

As the women lay dreaming

In the small hours of January 1st, 1919, the cruellest twist of fate changed at a stroke the lives of an entire community.

Tormod Morrison was there that terrible night. He was on board HMY Iolaire when it smashed into rocks and sank, killing some 200 servicemen on the very last leg of their long journey home from war. For Tormod a man unlike others, with artistry in his fingertips the disaster would mark him indelibly.

Two decades later, Alasdair and Rachel are sent to the windswept Isle of Lewis to live with Tormod in his traditional blackhouse home, a world away from the Glasgow of their earliest years. Their grandfather is kind, compassionate, but still deeply affected by the remarkable true story of the Iolaire shipwreck by the selfless heroism and desperate tragedy he witnessed.

A deeply moving novel about passion constrained, coping with loss and a changing world, *As the Women Lay Dreaming* explores how a single event can so dramatically impact communities, individuals and, indeed, our very souls.

Navin, Rhiannon

Only child

We all went to school that Tuesday like normal. Not all of us came home. When the unthinkable happens, six-year-old Zach is at school. Huddled in a cloakroom with his classmates and teacher, he is too young to understand that life will never be the same again. Afterwards, the once close-knit community is left reeling. Zach's dad retreats. His mum sets out to seek revenge. Zach, scared, lost and confused, disappears into his super-secret hideout to try to make sense of things. Nothing feels right – until he listens to his heart . . . But can he remind the grown-ups how to love again?

Ng, Celeste

Little fires everywhere

Everyone in Shaker Heights was talking about it that summer: how Isabelle, the last of the Richardson children, had finally gone around the bend and burned the house down. In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned - from the layout of the winding roads, to the colours of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules. Enter Mia Warren - an enigmatic artist and single mother- who arrives in this idyllic bubble with her teenage daughter Pearl, and rents a house from the Richardsons. Soon Mia and Pearl become more than just tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past, and a disregard for the rules that threatens to upend this carefully ordered community. When old family friends attempt to adopt a Chinese-American baby, a custody battle erupts that dramatically divides the town - and puts Mia and Elena on opposing sides. Suspicious of Mia and her motives, Elena is determined to uncover the secrets in Mia's past. But her obsession will come at an unexpected and devastating cost.

Noah, Trevor

Born a Crime: stories from a South African childhood (NF)

One of the comedy world's brightest new voices, Trevor Noah is a light-footed but sharp-minded observer of the absurdities of politics, race and identity, sharing jokes and insights drawn from the wealth of experience acquired in his relatively young life. As host of the US hit show *The Daily Show* with Trevor Noah, he provides viewers around the globe with their nightly dose of biting satire, but

here Noah turns his focus inward, giving readers a deeply personal, heartfelt and humorous look at the world that shaped him.

Noah was born a crime, son of a white Swiss father and a black Xhosa mother, at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the first years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, take him away.

A collection of eighteen personal stories, *Born a Crime* tells the story of a mischievous young boy growing into a restless young man as he struggles to find his place in a world where he was never supposed to exist. *Born a Crime* is equally the story of that young man's fearless, rebellious and fervently religious mother - a woman determined to save her son from the cycle of poverty, violence and abuse that ultimately threatens her own life. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Noah illuminates his curious world with an incisive wit and an unflinching honesty. His stories weave together to form a personal portrait of an unlikely childhood in a dangerous time, as moving and unforgettable as the very best memoirs and as funny as Noah's own hilarious stand-up.

Norton, Graham **Holding**

The remote Irish village of Duneen has known little drama; and yet its inhabitants are troubled. Sergeant PJ Collins hasn't always been this overweight; mother of two Brid Riordan hasn't always been an alcoholic; and elegant Evelyn Ross hasn't always felt that her life was a total waste. So when human remains are discovered on an old farm, suspected to be that of Tommy Burke - a former love of both Brid and Evelyn - the village's dark past begins to unravel. As the frustrated PJ struggles to solve a genuine case for the first time in his life, he unearths a community's worth of anger and resentments, secrets and regret. Darkly comic, touching and at times profoundly sad. Graham Norton employs his acerbic wit to breathe life into a host of lovable characters, and explore - with searing honesty - the complexities and contradictions that make us human.

Page, Libby **Lido**

Rosemary has lived in Brixton all her life, but everything she knows is changing. Only the local lido, where she swims every day, remains a constant reminder of the past and her beloved husband George. Kate has just moved and feels adrift in a city that is too big for her. She's on the bottom rung of her career as a local journalist, and is determined to make something of it. So, when the Lido is threatened with closure, Kate knows this story could be her chance to shine. But, for Rosemary, it could be the end of everything. Together they are determined to make a stand, and to prove that the pool is more than just a place to swim - it is the heart of the community.

Parry Ambrose **Way of all flesh**

In the city's Old Town a number of young women have been found dead, all having suffered similarly gruesome ends. Across the city in the New Town, medical student Will Raven is about to start his apprenticeship with the brilliant and renowned Dr Simpson.

Simpson's patients range from the richest to the poorest of this divided city. His house is like no other, full of visiting luminaries and daring experiments in the new medical frontier of anaesthesia. It is here that Raven meets housemaid Sarah Fisher, who recognises trouble when she sees it and takes an immediate dislike to him. She has all of Raven's intelligence but none of his privileges, in particular his medical education.

With each having their own motive to look deeper into the city's spate of suspicious deaths, Raven and Sarah find themselves propelled headlong into the darkest shadows of Edinburgh's underworld, where they will have to overcome their differences if they are to make it out alive.

Patrick, Phaedra

Curious charms of Arthur Pepper

Having been married for over 40 years, 69-year-old Arthur Pepper is mourning the loss of his wife. On the anniversary of her death, he finally musters the courage to go through her possessions, and happens upon a charm bracelet that he has never seen before.

What follows is a surprising adventure that takes Arthur from London to Paris and India in an epic quest to find out the truth about his wife's secret life before they met, a journey that leads him to find healing, self-discovery, and love in the most unexpected of places.

Pearce, A J

Dear Mrs Bird

London, 1941. Amid the falling bombs Emmeline Lake dreams of becoming a fearless Lady War Correspondent. Unfortunately, Emmy instead finds herself employed as a typist for the formidable Henrietta Bird, the renowned agony aunt at Woman's Friend magazine. Mrs Bird refuses to read, let alone answer, letters containing any form of Unpleasantness, and definitely not those from the lovelorn, grief-stricken or morally conflicted. But the thought of these desperate women waiting for an answer at this most desperate of times becomes impossible for Emmy to ignore. She decides she simply must help and secretly starts to write back – after all, what harm could that possibly do?

Saunders, George

Lincoln in the Bardo

The American Civil War rages while President Lincoln's beloved eleven-year-old son lies gravely ill. In a matter of days, Willie dies and is laid to rest in a Georgetown cemetery. Newspapers report that a grief-stricken Lincoln returns to the crypt several times alone to hold his boy's body. From this seed of historical truth, George Saunders spins an unforgettable story of familial love and loss that breaks free of realism, entering a thrilling, supernatural domain both hilarious and terrifying. Willie Lincoln finds himself trapped in a transitional realm - called, in Tibetan tradition, the bardo - and as ghosts mingle, squabble, gripe and commiserate, and stony tendrils creep towards the boy, a monumental struggle erupts over young Willie's soul.

Shafak, Elif

Forty rules of love

Ella Rubinstein has a husband, three teenage children, and a pleasant home. Everything that should make her confident and fulfilled. Yet there is an emptiness at the heart of Ella's life - an emptiness once filled by love. So when Ella reads a manuscript about the thirteenth-century Sufi poet Rumi and Shams of Tabriz, and his forty rules of life and love, her world is turned upside down. She embarks on a journey to meet the mysterious author of this work. It is a quest infused with Sufi mysticism and verse, taking Ella and us into an exotic world.

Shamsie, Kamila

Home Fire

WINNER OF THE WOMEN'S PRIZE FOR FICTION 2018

Isma is free. After years spent raising her twin siblings in the wake of their mother's death, she is finally studying in America, resuming a dream long deferred. But she can't stop worrying about Aneeka, her beautiful, headstrong sister back in London – or their brother, Parvaiz, who's disappeared in pursuit of his own dream: to prove himself to the dark legacy of the jihadist father he

never knew. Then Eamonn enters the sisters' lives. Handsome and privileged, he inhabits a London - worlds away from theirs. As the son of a powerful British Muslim politician, Eamonn has his own birthright to live up to – or defy. Is he to be a chance at love? The means of Parvaiz's salvation? Two families' fates are inextricably, devastatingly entwined in this searing novel that asks: what sacrifices will we make in the name of love? A contemporary reimagining of Sophocles' Antigone, *Home Fire* is an urgent, fiercely compelling story of loyalties torn apart when love and politics collide – confirming Kamila Shamsie as a master storyteller of our times.

Swanson, Peter

Kind worth killing

'Hello there.'

I looked at the pale, freckled hand on the back of the empty bar seat next to me in the business class lounge of Heathrow airport, then up into the stranger's face.

'Do I know you?'

Delayed in London, Ted Severson meets a woman at the airport bar. Over cocktails they tell each other rather more than they should, and a dark plan is hatched - but are either of them being serious, could they actually go through with it and, if they did, what would be their chances of getting away with it. Back in Boston, Ted's wife Miranda is busy site managing the construction of their dream home, a beautiful house out on the Maine coastline. But what secrets is she carrying and to what lengths might she go to protect the vision she has of her deserved future?

Tallent, Gabriel

My absolute darling

At 14, Turtle Alveston knows the use of every gun on her wall. She knows how to snare a rabbit, sharpen a blade and splint a bone. She knows that her daddy loves her more than anything else in this world and he'll do whatever it takes to keep her with him. But she doesn't know why she feels so different from the other girls at school; why the line between love and pain can be so hard to see. Or why making a friend may be the bravest and most terrifying thing she has ever done. Sometimes the people you're supposed to trust are the ones who do most harm. And what you've been taught to fear is the very thing that will save you.

Towles, Amor

Gentleman in Moscow

On 21 June 1922, Count Alexander Rostov – recipient of the Order of Saint Andrew, member of the Jockey Club, Master of the Hunt – is escorted out of the Kremlin, across Red Square and through the elegant revolving doors of the Hotel Metropol. Deemed an unrepentant aristocrat by a Bolshevik tribunal, the Count has been sentenced to house arrest indefinitely. But instead of his usual suite, he must now live in an attic room while Russia undergoes decades of tumultuous upheaval. Can a life without luxury be the richest of all?

Walker, Matthew

Why we sleep (NF)

Sleep is one of the most important aspects of our life, health and longevity and yet it is increasingly neglected in twenty-first-century society, with devastating consequences: every major disease in the developed world - Alzheimer's, cancer, obesity, diabetes - has very strong causal links to deficient sleep. In this book, the first of its kind written by a scientific expert, Professor Matthew Walker explores twenty years of cutting-edge research to solve the mystery of why sleep matters. Looking at creatures from across the animal kingdom as well as major human studies, *Why We Sleep* delves into everything from what really happens during REM sleep to how caffeine and alcohol affect sleep and

why our sleep patterns change across a lifetime, transforming our appreciation of the extraordinary phenomenon that safeguards our existence.

Walker, Sarai

Dietland

Plum Kettle does her best not to be noticed, because when you're fat, to be noticed is to be judged. Or mocked. Or worse. But when a mysterious woman starts following her, Plum finds herself involved with an underground community of women who live life on their own terms. At the same time, a dangerous guerrilla group called "Jennifer" begins to terrorize a world that mistreats women. As Plum grapples with her personal struggles, she becomes entangled in a sinister plot, the consequences of which are explosive.

Part coming-of-age story, part revenge fantasy, *Dietland* is a bold, original and funny debut that takes on the beauty industry, gender equality and our weight loss obsession - from the inside out, and with fists flying.

Westover, Tara

Educated (NF)

Tara Westover and her family grew up preparing for the End of Days but, according to the government, she didn't exist. She hadn't been registered for a birth certificate. She had no school records because she'd never set foot in a classroom, and no medical records because her father didn't believe in hospitals. As she grew older, her father became more radical and her brother more violent. At sixteen, Tara knew she had to leave home. In doing so she discovered both the transformative power of education, and the price she had to pay for it.