

Notes On A Nervous Planet

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Meet the Hunter family: Adam, Kate, and their children Hal and Charlotte. And Prince, their Labrador. Prince is an earnest young dog, striving hard to live up to the tenets of the Labrador Pact (Remain Loyal to Your Human Masters, Serve and Protect Your Family at Any Cost). Other dogs, led by the Springer Spaniels, have revolted. As things in the Hunter family begin to go badly awry – marital breakdown, rowdy teenage parties, attempted suicide – Prince's responsibilities threaten to overwhelm him and he is forced to break the Labrador Pact and take desperate action to save his Family.

The instant #1 international bestseller from the beloved author of *How to Stop Time* and *The Humans* The societies we are part of are increasingly making our minds ill. It very often feels that the way we live is almost engineered to make us unhappy. Whether it is our attitudes toward sleep, the marketing messages that inundate us daily, the constant and hysterical news cycle, social media or even the way we educate our children, we are programming ourselves to put our bodies and minds at odds and setting ourselves up with expectations for our lives that prevent our happiness. When Matt became ill with panic disorder, anxiety and depression, it took him a long time to work out the ways the external world could impact his mental health in positive and negative ways. *Notes on a Nervous Planet* shares his journey back to happiness and all of the lessons that Matt learned along the way.

'Heart-swelling in its wholesomeness' - Gina Martin 'A reminder of the life-changing power of empathy' - Emma Gannon Why are you kind? Could you be kinder? The kindness we owe one another goes far beyond everyday gestures like taking out the neighbour's bins - although it's important not to downplay those small acts. Kindness can also mean much more. In this timely, insightful guide, Henry James Garrett lays out the case for developing a strong, courageous, moral kindness, one that will help you fight cruelty and make the world a more empathetic place. Building on his academic studies in metaethics and using his signature sweet animal cartoons, Henry explores the sources and the limitations of human empathy and the many ways, big and small, that we can work toward being our best and kindest selves. A world in which everyone was the fully-empathetic of version of themselves would be a very kind world indeed. And that's the world this book will move us toward.

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Terence Cave, owner of Cave Antiques, has already experienced the tragedies of his mother's suicide and his wife's murder when his teenage son, Reuben, is killed in a grotesque accident. His remaining child, Bryony, has always been the family's golden girl and Terence comes to realise that his one duty in life is to protect her from the world's malign forces, whatever that may take. But as he starts to follow his grieving daughter's movements and enforce a draconian set of rules, his love for Bryony becomes a possessive force that leads to destruction.

Notes on a Nervous Planet Canongate Books

THE SUNDAY TIMES NUMBER ONE BESTSELLING WORLDWIDE PHENOMENON READERS' MOST LOVED BOOK OF 2021 WINNER OF THE GOODREADS CHOICE AWARD FOR FICTION 'BEAUTIFUL' Jodi Picoult, 'UPLIFTING' i, 'BRILLIANT' Daily Mail, 'AMAZING' Joanna Cannon, 'ABSORBING' New York Times, 'THOUGHT-PROVOKING' Independent Nora's life has been going from bad to worse. Then at the stroke of midnight on her last day on earth she finds herself transported to a library. There she is given the chance to undo her regrets and try out each of the other lives she might have lived. Which raises the ultimate question: with infinite choices, what is the best way to live?

DO YOU A) Know a human? B) Love a human? C) Have trouble dealing with humans? IF YOU'VE ANSWERED YES TO ANY OF THE ABOVE, THIS BOOK IS FOR YOU Whether you are planning a high level of human interaction or just a casual visit to the planet, this user-

guide to the human race will help you translate their sayings, understand exotic concepts such as 'democracy' and 'sofas', and make sense of their habits and bizarre customs. A phrase book, a dictionary and a survival guide, this book unravels all the oddness, idiosyncrasies and wonder of the species, allowing everyone to make the most of their time on Earth.

THE SUNDAY TIMES BESTSELLER WINNER OF THE 2017 BOOKS ARE MY BAG READERS AWARD FOR POPULAR FICTION Tom Hazard has a dangerous secret. He may look like an ordinary 41-year-old, but owing to a rare condition, he's been alive for centuries. From Elizabethan England to Jazz-Age Paris, from New York to the South Seas, Tom has seen a lot, and now craves an ordinary life. Always changing his identity to stay alive, Tom has the perfect cover - working as a history teacher at a London comprehensive. Here he can teach the kids about wars and witch hunts as if he'd never witnessed them first-hand. He can try to tame the past that is fast catching up with him. The only thing Tom must not do is fall in love.

In *Powering Up Children: The Learning Power Approach* to primary teaching, Guy Claxton and Becky Carlzon harness the design principles of the Learning Power Approach (LPA) to provide a rich resource of effective teaching strategies for use in the primary school classroom. Foreword by Ron Berger. The LPA is a way of teaching which aims to develop all children as confident and capable learners ready, willing, and able to choose, design, research, pursue, troubleshoot, and evaluate learning for themselves, alone and with others, in school and out. This approach therefore empowers teachers to complement their delivery of content, knowledge, and skills with the nurturing of positive habits of mind that will better prepare students to flourish in later life. Building upon the foundations carefully laid in *The Learning Power Approach* (ISBN 9781785832451), the first book in the Learning Power series, Guy Claxton and Becky Carlzon's *Powering Up Children* embeds the ideas of this influential method in the context of the primary school. It offers a thorough explanation of how the LPA's design principles apply to this level of education and, by presenting a wide range of practical strategies and classroom examples, illustrates how they can be put into action with different age groups and in different curricular areas especially relating to literacy and numeracy, but also in specific subjects such as science, history, art, and PE. Bursting with tips and techniques to get students' learning muscles stretching from a young age, the book is designed for busy primary school teachers who want to get started on the LPA journey as well as for those who have already made good progress and are looking for fresh ideas. The central chapters are structured around thematic clusters of the LPA's design principles, and follow a common format: 1. First, the authors explain why the design principles focused on are important; including what's in it for the teacher and what's in it for the children. 2. Next, they offer a menu of practical low-risk tweaks to classroom practice that enable teachers to engage with the design principles and experience some quick wins. 3. Then they provide some ideas about how to embed the principles more deeply in the ongoing life of the classroom including some rich lesson examples from across the primary age range, and from different school subjects. 4. Finally, they address some of the common bumps and issues that may crop up along the way,

and offer advice to help teachers overcome such potential obstacles. Suitable for both newly qualified and experienced teachers of learners aged 3 to 11.

THE EPIC ADVENTURE OF A TEENY-TINY HERO Miika just wants to belong. Living with elves and trolls and pixies can make a mouse feel like the odd one out. When he makes friends with a fellow mouse, Miika thinks his problems are over. But really, his quest is just beginning . . . A Mouse Called Miika is the story of a small mouse finding his place in a big world. A tale of friendship, cheese, robbery and the magical power of being yourself.

"So truthful, bold, clear, candid and convincing that I read it in one breathless sitting" Stephen Fry One night three years ago Josh Roberts went to a party. The next morning he awoke to discover his mind had collapsed. In a matter of days he went from being a fun loving, seemingly successful twenty-something to a hot mess of tears and nerves. Eventually he was diagnosed with Generalised Anxiety Disorder (GAD). Since then, he's been mending his mind, rediscovering happiness and learning to live his nervous life. Anxious Man is the story of all this. Told with originality, wit and great humour, it's an essential guide for mental health and a thought-provoking exploration of the millennial condition.

***** "The best book I have ever written" Josh Roberts (debut author of Anxious Man) "Yep, fine" Cali Mackrill (girlfriend of author of Anxious Man) "Have you seen my scissors?" Vicky Roberts (mother of author of Anxious Man) Canada's beloved comic genius tells his own story for the first time. What is Rick Mercer going to do now? That was the question on everyone's lips when the beloved comedian retired his hugely successful TV show after 15 seasons—and at the peak of its popularity. The answer came not long after, when he roared back in a new role as stand-up-comedian, playing to sold-out houses wherever he appeared. And then Covid-19 struck. And his legions of fans began asking again: What is Rick Mercer going to do now? Well, for one thing, he's been writing a comic masterpiece. For the first time, this most private of public figures has turned the spotlight on himself, in a memoir that's as revealing as it is hilarious. In riveting anecdotal style, Rick charts his rise from highly unpromising schoolboy ("Rick still owes 15 dollars to the chocolate bar fundraiser" was one of the less brutal items on a typical report) to heights of TV fame, by way of an amazing break as a teenager when his one-man show, "Show Me the Button, I'll Push It. Or, Charles Lynch Must Die," became an overnight sensation—thanks in part to a bizarre ambush by its target, Charles Lynch himself. That's one story you won't soon forget, and this book is full of them. There's the tale of how little Rick stole a tree from the neighbours that's set to become a new Christmas classic. There's Rick the aspiring actor—hitting the road as a new young punk in a vanload of hippies and appearing on stage in Shakespeare—and a wealth of behind-scenes revelations about This Hour Has 22 Minutes, Made in Canada, Talking to Americans and the coming of the mega-hit Rick Mercer Report. It's a life so packed with incident and laughter we can only hope that a future answer to "What is Rick Mercer going to do now?" is: "Write volume two."

Time rules our lives, but how much do we really understand it? In *Time Warped*, we meet the people willing to go to extreme lengths to find out. They travel to Costa Rica to find out if hummingbirds can sense the passage of time, they walk towards the edge of a stairwell blindfolded and one man spends two months in an ice cave in total darkness - all in an attempt to fathom the tricks time can play on our minds. Drawing on the latest research from psychology, neuroscience and biology, award-winning BBC Radio4 presenter Claudia Hammond delves into the mysteries of time perception. She shows us how to manage time more efficiently, why speeds up as you get older and, ultimately, how to use the warping of time to our own advantage.

The highly anticipated new novel from the multiple award-winning author of *Queen of the Owls* . . . What if you had a second chance at the very thing you thought you'd renounced forever? How steep a price would you be willing to pay? Susannah's career as a pianist has been on hold for nearly sixteen years, ever since her son was born. An adoptee who's never forgiven her birth mother for not putting her first, Susannah vowed to put her own child first, no matter what. And she did. But now, suddenly, she has a chance to vault into that elite tier of "chosen" musicians. There's just one problem: somewhere along the way, she lost the power and the magic that used to be hers at the keyboard. She needs to get them back. Now. Her quest—what her husband calls her obsession—turns out to have a cost Susannah couldn't have anticipated. Even her hand betrays her, as Susannah learns that she has a progressive hereditary disease that's making her fingers cramp and curl—a curse waiting in her genes, legacy of a birth family that gave her little else. As her now-or-never concert draws near, Susannah is catapulted back to memories she's never been able to purge—and forward, to choices she never thought she would have to make. Told through the unique perspective of a musician, *The Sound Between the Notes* draws the reader deeper and deeper into the question Susannah can no longer silence: Who am I, and where do I belong?

Struggling with overwork and parenting angst, English village doctor Peter Radley endeavors to hide his family's vampire nature until their daughter's oddly satisfying act of violence reveals the truth, an event that is complicated by the arrival of a practicing vampire family member.

The USA Today bestselling author of *The Sister* delivers a suspenseful novel "packed full of secrets and twists" as grieving mother and daughter become ensnared by a cult-like community where leaving isn't an option (Alice Feeney, New York Times bestselling author). At Oak Leaf Farm you will find a haven. Welcome to The Family. Laura is grieving after the sudden death of her husband. Struggling to cope emotionally and financially, Laura is grateful when a local community, Oak Leaf Organics, offer her and her 17-year-old daughter Tilly a home. But as Laura and Tilly settle into life with their new "family," sinister things begin to happen. When one of the community dies in suspicious circumstances Laura wants to leave but Tilly, enthralled by the charismatic

leader, Alex, refuses to go. Desperately searching for a way to save her daughter, Laura uncovers a horrifying secret but Alex and his family aren't the only ones with something to hide. Just as Laura has been digging into their past, they've been digging into hers and she discovers the terrifying reason they invited her and Tilly in, and why they'll never let them leave... Praise for *The Family!* "This gripping psychological thriller slowly lures you in, then keeps you guessing about who's good—and who really isn't—all the way to the end" —Heat "Raced through it in a day! Creepy and compelling!" —B.A. Paris, *New York Times* bestselling author of *Behind Closed Doors* "Twisted and suspenseful, each layer of deception is peeled back for maximum dramatic impact" —*Women's Weekly* "A very good study of vulnerability, and how our best intentions can often lead us astray." —*The Guardian* "A clever, addictive thriller about family, loss and lies. Packed full of secrets and twists, it will keep you guessing until the final page." —Alice Feeney, *New York Times* bestselling author of *His & Hers*

From number one bestselling author Matt Haig comes a hilarious and heartwarming story, brilliantly illustrated throughout by Chris Mould. Wherever she is, whatever the day, She only has one kind of thing to say. Just as cats go miaow and cows go moo, *The Truth Pixie* can only say things that are true. A very funny and lovable tale of how one special pixie learned to love herself. *The Truth Pixie* is an enchanting, rhyming story that will delight younger readers – with words by the bestselling mastermind Matt Haig and pictures by the inky genius Chris Mould.

Even as a reporter, Sheila Hamilton missed the signs as her husband Michael's mental illness unfolded before her. By the time she had pieced together the puzzle, it was too late. Her once brilliant, intense, and hilarious partner was dead within six weeks of a formal diagnosis of bipolar disorder, leaving his nine-year-old daughter and wife without so much as a note to explain his actions, a plan to help them recover from their profound grief, or a solution for the hundreds of thousands of dollars in debt that they would inherit from him. *All the Things We Never Knew* takes readers from Michael and Sheila's romance through the last three months of their life together and into the year after his death. It details their unsettling descent from ordinary life into the world of mental illness, and examines the fragile line between reality and madness. Now, a decade after Michael's death, Sheila and her daughter, Sophie, have learned the power of choosing life over retreat; let themselves love and trust again; and understand the importance of forgiveness. Their story will resonate with all those who have loved someone who suffers from bipolar disease and mental illness.

In 2015, Lucy Fuggle chose to leave behind her life in the UK, as well as lifelong shyness and the predictable career that was expected of her, to live the adventurous life she really wanted alone in the Swiss Alps. For three years, she enjoyed the company of the mountains, trees, and soaring eagles of the Berner Oberland. In summer, she found physical and mental strength hiking every trail around her house, including the Via Alpina trail 400 km across Switzerland. The

coldest time of the year saw her switch hiking for freezing lake swims, snowshoe hikes, and glacier treks. This is her quietly inspiring and soothing story of the ups and downs of living in tune with nature and the transformation it can bring.

Surrounded by some of the most striking scenery in Europe, Lucy shares her journey of finding a slower pace of living and exchanging insecurity for courage.

Updated to include a new chapter from the author on finding the light side of the darkest days of the year THE INSTANT NUMBER ONE SUNDAY TIMES BESTSELLER Reflections on hope, survival and the messy miracle of being alive It is a strange paradox, that many of the clearest, most comforting life lessons are learned while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard. The Comfort Book is a collection of consolations learned in hard times and suggestions for making the bad days better. Drawing on maxims, memoir and the inspirational lives of others, these meditations celebrate the ever-changing wonder of living. This is for when we need the wisdom of a friend or a reminder we can always nurture inner strength and hope, even in our busy world. A book of timeless comfort for modern minds.

Foyles paperback of the year, Anxiety for Beginners offers a vivid insight into the often crippling impact of anxiety disorders, a condition that is frequently invisible, shrouded in shame and misunderstood. It serves as a guide for those who live with anxiety disorders and those who live with them by proxy. Combining her own experiences (rendered in emotive detail) with extensive research with experts (neuroscientists, psychiatrists, psychologists and fellow sufferers – including some familiar faces), Eleanor Morgan explores not just the roots of her own anxiety, but also investigates what might be contributing to so many of us suffering around the world. Anxiety for Beginners is, at its heart, a book about acceptance, as Morgan discovers the ways in which people can live a life that is not just manageable but enjoyable, learning to accept anxiety as part of who we are rather than spending a life fighting and being ashamed of it.

A story about the trials and triumphs of a Black chef from Queens, New York, and a White media entrepreneur from Staten Island who built a relationship and a restaurant in the Deep South, hoping to bridge biases and get people talking about race, gender, class, and culture. “Black, White, and The Grey blew me away.”—David Chang In this dual memoir, Mashama Bailey and John O.

Morisano take turns telling how they went from tentative business partners to dear friends while turning a dilapidated formerly segregated Greyhound bus station into The Grey, now one of the most celebrated restaurants in the country. Recounting the trying process of building their restaurant business, they examine their most painful and joyous times, revealing how they came to understand their differences, recognize their biases, and continuously challenge themselves and each other to be better. Through it all, Bailey and Morisano display the uncommon vulnerability, humor, and humanity that anchor their relationship, showing how two citizens commit to playing their own small part in advancing

equality against a backdrop of racism.

Regarding humans unfavorably upon arriving on Earth, a reluctant extraterrestrial assumes the identity of a Cambridge mathematician before realizing that there's more to the human race than he suspected.

In 1859, ex-East India Company smuggler Merrick Tremayne is trapped at home in Cornwall after sustaining an injury that almost cost him his leg. When the India Office recruits Merrick for an expedition to fetch quinine--essential for the treatment of malaria--from deep within Peru, he knows it's a terrible idea. Nearly every able-bodied expeditionary who's made the attempt has died, and he can barely walk. But Merrick is desperate to escape the strange events plaguing his family's crumbling estate, so he sets off, against his better judgment, for the edge of the Amazon. There he meets Raphael, a priest around whom the villagers spin unsettling stories of impossible disappearances, cursed woods, and living stone. Merrick must separate truth from fairy tale, and gradually he realizes that Raphael is the key to a secret which will prove more valuable than quinine.

The world is messing with our minds. Rates of stress and anxiety are rising. A fast, nervous planet is creating fast and nervous lives. We are more connected, yet feel more alone. How can we stay sane on a planet that makes us mad? How do we stay human in a technological world? How do we feel happy when we are encouraged to be anxious? After experiencing years of anxiety and panic attacks, these questions became urgent matters of life and death for Matt Haig. And he began to look for the link between what he felt and the world around him. NOTES ON A NERVOUS PLANET is a personal and vital look at how to feel happy, human and whole in the twenty-first century.

'A total joy to read' Torrey Peters, author of *Detransition Baby* A rebellious young musician reconnects with the matriarchs in her family as three generations of women strive for real freedom in this brilliant novel of family, sexuality, and feminism from the acclaimed author of *The Best Kind of People*. It's 1997 and Missy's band has finally hit the big time as they tour across America. At twenty-two years old, Missy gets on stage every night and plays the song about her absent mother that made the band famous. Missy is the only girl in the band and she's determined to party just as hard as everyone else, loving and leaving someone in every town. But then a forgotten party favor strands her at the border. Fortysomething Carola is just surfacing from a sex scandal at the yoga center where she has been living when she sees her daughter, Missy, for the first time in ten years--on the cover of a music magazine. Ruth is eighty-three and planning her return to the Turkish seaside village where she spent her childhood. But when her granddaughter Missy winds up crashing at her house, she decides it's time that the strong and stubborn women in her family find a way to understand each other again. In this sharply observed novel, Zoe Whittall captures three very different women who struggle to build an authentic life. Definitions of family, romance, gender, and love will radically change as they seek out lives that are nothing less than spectacular.

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just

got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. A Wrinkle in Time, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

A timely reissue of the extraordinary stories by JT LeRoy/Laura Albert that won international acclaim, to be timed with the theatrical release of the documentary Author: The JT LeRoy Story. 'A startling achievement' Publishers Weekly This book of interconnected stories depicts the chaotic life of a young boy on the run with his teenage mother. When Sarah reclaims Jeremiah from his foster parents, he finds himself catapulted into her world of motels and truck stops, exposed to the abusive, exploitative men she encounters. As he learns to survive in this harrowing environment, Jeremiah also learns to love his mother, even as she descends into drug-fueled madness. Told in spare, lyrical prose, rich with imagination and dark humor, *The Heart Is Deceitful Above All Things* transforms the savagery of Jeremiah's world into an indelible experience of compassion. This special edition includes an additional seven stories, previously uncollected, by JT LeRoy, the literary persona of Laura Albert. Welcome, readers, to the imaginative brain of Omar! You might not know me yet, but once you open the pages of this book you'll laugh so hard that snot will come out of your nose (plus you might meet a dragon and a zombie - what more could you want?). My parents decided it would be a good idea to move house AND move me to a new school at the same time. As if I didn't have a hard enough time staying out of trouble at home, now I've also got to try and make new friends. What's worse, the class bully seems to think I'm the perfect target. At least Eid's around the corner which means a feast (YAY) and presents (DOUBLE YAY). Well, as long as I can stay in Mum and Dad's good books long enough... The combination of Zanib Mian's hilarious text and Nasaya Mafaridik's fantastic cartoon-style illustrations make the PLANET OMAR series perfect for fans of Tom Gates and Wimpy Kid. *Zanib Mian is a World Book Day author for 2021 with her Planet Omar title, Operation Kind.* Chosen as the CBBC Book of the Month for June 2019. Previously published as 'THE MUSLIMS', this was the winner of the Little Rebels Award in June 2018. The text has been revised, expanded with new scenes and re-illustrated.

'The modern master of the hook and twist' Dan Brown 'One of the world's finest thriller writers' Peter James A suburban wife and mother of two - with a dark and dangerous past. A promising photographer who now panders to celebrity-obsessed rich kids. A detective who can't let go of a cold case . . . Three ordinary people, who discover that when the past refuses to stay buried, the American dream can be a nightmare . . . Order THE COMFORT BOOK. Available now! THE NUMBER ONE SUNDAY TIMES BESTSELLER The world is messing with our minds. Rates of stress and anxiety are rising. A fast, nervous planet is creating fast and nervous lives. We are more connected, yet feel more alone. And we are encouraged to worry about everything from world politics to our body mass index. – How can we stay sane on a planet that makes

us mad? – How do we stay human in a technological world? – How do we feel happy when we are encouraged to be anxious? After experiencing years of anxiety and panic attacks, these questions became urgent matters of life and death for Matt Haig. And he began to look for the link between what he felt and the world around him. Notes on a Nervous Planet is a personal and vital look at how to feel happy, human and whole in the twenty-first century.

From the New York Times bestselling author of The Midnight Library. The world is messing with our minds. What if there was something we could do about it? Looking at sleep, news, social media, addiction, work and play, Matt Haig invites us to feel calmer, happier and to question the habits of the digital age. This book might even change the way you spend your precious time on earth.

WHAT DOES IT TAKE TO BELIEVE IN MAGIC? It is Christmas Eve and all is not well. Amelia Wishart is trapped in Mr Creeper's workhouse and Christmas is in jeopardy. Magic is fading. If Christmas is to happen, Father Christmas knows he must find her. With the help of some elves, eight reindeer, the Queen and a man called Charles Dickens, the search for Amelia - and the secret of Christmas - begins . . .

FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Philip Noble is an eleven-year-old in crisis. His pub landlord father has died in a road accident, and his mother is succumbing to the greasy charms of her dead husband's brother, Uncle Alan. The remaining certainties of Philip's life crumble away when his father's ghost appears in the pub and declares Uncle Alan murdered him. Arming himself with weapons from the school chemistry cupboard, Philip vows to carry out the ghost's relentless demands for revenge. But can the words of a ghost be trusted any more than the lies of the living?

#1 New York Times Bestseller and #1 TIME Best Book of the Year for 2017! The exquisite and thought-provoking new book from the multi award-winning, internationally best-selling picture book creator of Lost and Found, Oliver Jeffers.

How to stay sane in an anxious world. Notes on a Nervous Planet (2018) is the best-selling new release from renowned British journalist Matt Haig. Crafted from his own experience, Notes on a Nervous Planet explores the unique mental health challenges that arise from living in a modern world. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a summary and an analysis and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book published on QuickRead and want us to remove it, please contact us at hello@quickread.com.

A reimagined and modern take on the holiday favorite, this picture book weaves together the classic Christmas tale of The Nutcracker and the true-life story of 12-year-old ballerina Charlotte Nebres, the first Black girl to play Marie in the New York City Ballet's production. The only thing Charlotte loves as much as ballet is Christmas. So, when she gets the opportunity to play Marie in the New York City Ballet's The Nutcracker, she leaps at the chance. Dancing takes practice-hours of adjusting her arms and perfecting her jumps. With the help of her Trinidadian and Filipino families, encouragement from her sister, and a view of her mom and dad in the audience, Charlotte finds the strength to never give up. In this spectacular debut full of fluid, dynamic illustrations, Charlotte provides youngsters with a multicultural tale of family, dance, and holiday cheer.

'Nervous System is fast, uncompromising and shimmering with intelligence' Sarah Moss, author of Summerwater 'Meruane is one of the one or two greats in the new generation of Chilean writers who promise to have it all' Roberto Bolaño A young woman struggles to finish

her PhD on stars and galaxies. Instead, she obsessively tracks the experience of her own body, listening to its functions and rhythms, finally locating in its patterns the beginning of illness and instability. As she discovers the precarity of her self, she begins to turn her attention to the distant orbits of her family members, each moving away from the familial system and each so different in their experiences, but somehow made similar in their shared history of illness and trauma, both political and personal...

Elizabeth Day's new novel *Magpie* is publishing this September and is available to pre-order now. From the Sunday Times bestselling author of *How to Fail* 'Elizabeth Day has revolutionised the way we see failure' Stylist 'A beautiful timely and humane book' Alain de Botton

Order *THE COMFORT BOOK*. Available now! THE NUMBER ONE SUNDAY TIMES BESTSELLER *WHAT DOES IT MEAN TO FEEL TRULY ALIVE?* Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth. 'I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free.'

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