

# New Titles: Non-fiction December

There's a dreamy Book of the Month to close the previews of titles published in 2021, as a slew of New Year, New You titles start to surface

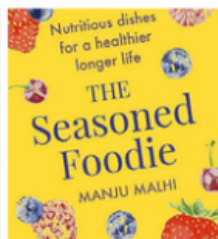


Caroline Sanderson  
@carosanderson

The end of another publishing 12-month, and as is customary on the cusp of the new year, it's a time to diet, a time to get fit, a time to sleep better, a time to go vegan, a time for self-knowledge and for self-care.

Perhaps it's also a time for self-improvement and for better informing oneself about the wider world, and to that end my two Editor's Choices this month feel like two serendipitous sides of the same coin. *The Vanishing* laments the loss of Christian communities across the Middle East, while the other, *Muslims and the Making of Modern Europe*, seeks to end the silence surrounding the history of the indigenous Muslims of Europe. Together, they sound an all-round plea for religious tolerance, which feels prescient indeed.

Thank you for all your



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non-fiction submissions during 2021. I'm always happy to answer any queries about submitting books for this feature, and always delighted to hear from publicists and editors about books you think I'll love.

Meanwhile, I have everything crossed for a dreamy autumn sales period, in the spirit of my dreamy Book of the Month.

Submissions should be sent to Caroline at St Ives, Frome Park Road, Stroud, Gloucestershire GL5 3LF. Hard copies preferred (covering letter & AI essential), email submissions welcome. See [thebookseller.com/publishing](http://thebookseller.com/publishing) for submission deadlines.

**BookScan ratings** accompanying titles are based on TCM sales (excludes e-book, export, direct, library and other sales) of the author's most recent original work in a similar format with at least six months' sales through Nielsen BookScan, using the notation left.

**Next week** The next edition of The Bookseller (17th September) will feature Children's Previews covering titles released in December.



## Book of the Month Ribeiro's Brazilian hit is the stuff of dreams

**Psychology**  
**Sidarta Ribeiro**  
*The Oracle of Night: The History and Science of Dreams*  
Bantam Press, 30th, HB, £20, 97817876338810

"What is a dream? Why do we dream? How do our bodies and minds use dreams?" These questions are the starting point for this enthralling study of the role and significance that dreams have held throughout human history. From the earliest cave paintings to the latest cutting-edge research, Ribeiro—a prominent Brazilian neuroscientist—blends biology, psychology, anthropology and literature as he investigates the essential place that dreams occupy in human culture, and how they have functioned as a catalyst for us to build our human world. He explains how a new theory of sleep and dreaming is taking shape, one which reconciles past and future to explain the dream function as a crucial tool for surviving in the present. Bantam Press hopes for a quote from Yuval Noah Harari for this beautifully written book—already an international best-seller, with 40,000 copies sold in Brazil—resonantly translated from the Portuguese by Daniel Hahn. It does have a whiff of Sapiens about it. And I love Ribeiro's hope that we will all take better notice of our dreams, making a detailed record of our "travels into the deep interior of the mind" on waking. Then such dives into the "multiple dimensions of a dream, an almost completely forgotten art in today's world, can and should reactivate the ancestral habit of dreaming and telling".



**Editor's Choice**  
**Janine di Giovanni**  
*The Vanishing: The Twilight of Christianity in the Middle East*  
Bloomsbury, 9th, HB, £20, 9781526258300  
"Of all the places where I witnessed faith, the Middle East... has given me the most insight into the notion of the divine." The award-winning foreign correspondent with an investigation into the plight and possible extinction of Christian communities across Syria, Egypt, Iraq and Palestine after 2,000 years in their historical homeland. Di Giovanni, whose writing always makes me sit up and take notice, weaves the story of her faith with those of the last inhabitants of communities where ancient rituals are quietly preserved.



**Editor's Choice**  
**Emily Greble**  
*Muslims and the Making of Modern Europe*  
OUP, 1st, HB, £26.99, 9780197538807  
"Historical silences are endemic to the way that European history has been conceptualised in opposition to the Muslim societies living within it." Bringing together European and Shari'a law, cultural, social and political history, this striking account spans seven centuries as it treats Islam as indigenous to Europe, and shows that Muslims have long been part of European history, politics and society. Greble—who draws on research in 15 archives across seven countries—challenges our notions of what it is to be a citizen of Europe (because we still are really, aren't we?).



**Editor's Choice**  
**Kate Oliver & Toby Oliver**  
*Rise and Shine: How to Transform Your Life, Morning by Morning*  
Piatkus, 2nd, HB, £9.99, 9780949429359  
"Invite more happiness, wellbeing and success into your life, one morning at a time." That's the premise of this wellness guide, in which the psychologist and therapist authors (siblings who woke up in a shared room with bunk beds) argue that how you start your morning matters: it sets the tone for your day, shaping your mood, focus and productivity. Their SHINE method has five elements: Silence, Happiness, Intention, Nourishment and Exercise. I start my day with yoga and meditation, but still plod plenty to boost my mornings here.

**Top sellers**  
*Pinch of Nom*  
Pinch of Nom Comfort Food: 100 Slimming, Satisfying Meals  
Bluebird, 9th, HB, £20, 9781529355018  
Keep the comfort but lose the calories with this fourth cookbook from Pinch of Nom; katsu chicken bites, cheesy ouergine bake or million-aire shortbread, anyone?

**Kate Allinson & Kay Featherstone**  
*Pinch of Nom Comfort Food: 100 Slimming, Satisfying Meals*  
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**Henry Firth & Ian Theobald**  
*80/50! On a Budget*  
HQ, 16th, PB, £16.99, 9780008420703  
This new healthy plant-based cookbook from the bestselling vegan authors contains more than 80 low-cost recipes. "Whether you're living completely meat-free, or just looking to introduce more meat-, dairy- and egg-free meals into your week, this is the

money-saving cookbook for you".

**Dr Michael Mosley**  
*Fast 800 Keto: Eat Well, Burn Fat and Manage Your Weight Long-Term*  
Short Books, 31st, PB, £9.99, 9781780725024  
As seen on Channel 4's 'Lose a Stone in 21 Days', a new combined programme from the author of *The Fast 800*, including recipes, shopping lists and weekly meal planners.

**Karen Provensen Mitchell & Martin Provensen**  
*The Art of Alice*  
Chronicle, 9th, HB, £26, 9781797205586  
First ever monograph of a mid-century US husband and wife illustration team who created more than 40 classic children's books across a span

of seven decades. The author is the couple's daughter, who illuminates their life and career with personal photographs and memorabilia.

**Biography & memoirs**  
**Hope**  
Yellow Kite, 2nd, HB, £14.99, 9781529395501  
"How can you lose the love of your life, but gain the greatest love you can ever know?" In this memoir of spiritual awakening, originally self-published, Blyth tells of becoming a widow at 33, after her husband George died from bowel cancer. She highlights the strength and fortitude of the human spirit, while also teaching that peace and connection with God

can emerge from sadness. There is TV interest.

**Michael Brandon**  
*Too Much to Tell*  
IBIS Books, HB, £18.99, 9781905954710  
"There's too much to tell but he's going to try and tell it." This memoir of 50 years in the acting business moves from New York to Hollywood and London, as the actor, perhaps best-known for TV role in "Dempsy and Mokepiece", reveals all the "ups and downs of a life of glamour, telling stories that will have the reader in hysterics, or yelping in disbelief".

**Faith Jones**  
*Sex Cult Nun*  
Mudrak, 9th, HB, £14.99, 9780008483550  
Jones was raised to be part of an elite army preparing for the End Times. Isolated on a farm in Maccou, she practised devotions and read letters of prophecy written by her grandfather, leader of now infamous cult The Children of God. But she was also educating herself in secret, and eventually fought her way into

Georgetown University—and went on to be a successful lawyer. This coming-of-age memoir has obvious parallels with Tara Westover's *Educated*.

**Valentin Gendrot**  
*COP*  
Scribe, PB, £9.99, 9781913348885  
Gendrot, whom Scribe likens to Nelly Bly and Roberto Saviano, became the first journalist in history to infiltrate the police undetected. After three months of officer training, he was asked to part in a tough area of Paris. He charts both police brutality, racism and blunders, but also the oppressive working conditions that officers endure.

**Scarlett Thomas**  
*41-Love: A Memoir*  
Counterpoint, 9th, HB, £19.99, 9781640094765

**41-LOVE**  
Scarlett Thomas

The novelist author of *The End of Mr Y* et al with a "darkly funny" sports memoir about a middle crisis which prompts her to take up tennis again. She soon finds she will do anything to win—"almost anything".

**Business & economics**

**Andrew Chen**  
*The Cold Start Problem: Using Network Effects to Scale Your Business*  
Random House Business Books, 7th, HB, £20, 9781847942777  
Why do some companies grow exponentially from the beginning? And what can we learn from them? Leading Silicon Valley investor with a guide to scaling your business by harnessing the power of network effects. Includes interviews with the CEOs and founders of LinkedIn,