



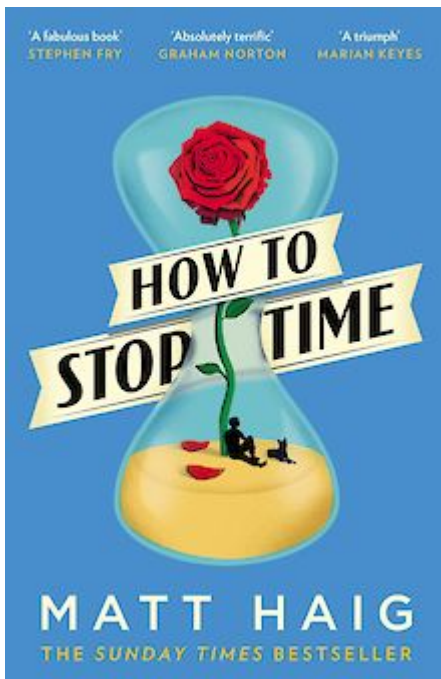
# Canongate

TOP 10 INTERNATIONAL BESTSELLERS

CANON  GATE

# How to Stop Time

MATT HAIG



RELEASE DATE: 14 DECEMBER 2017

PAPERBACK

9781782118640

£8.99

*The Sunday Times top ten bestseller from the author of  
Reasons to Stay Alive and The Humans*

THE *SUNDAY TIMES* BESTSELLER

A RICHARD & JUDY BOOK CLUB PICK

WINNER OF THE 2017 BOOKS ARE MY BAG READERS

AWARD FOR POPULAR FICTION

SHORTLISTED FOR THE BRITISH BOOK AWARDS

FICTION BOOK OF THE YEAR

HOW MANY LIFETIMES DOES IT TAKE TO LEARN HOW  
TO LIVE?

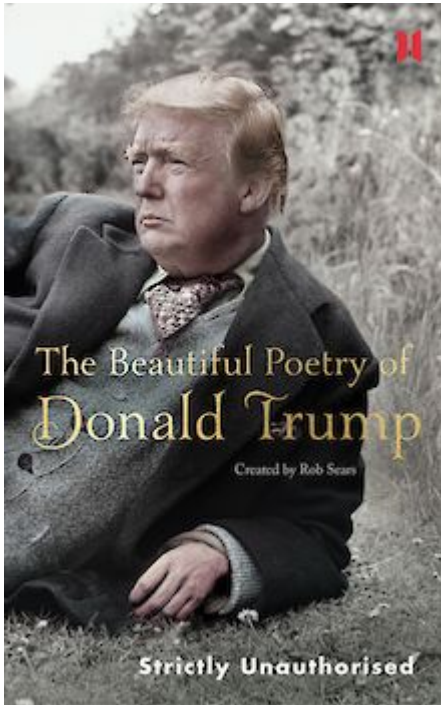
Tom Hazard has a dangerous secret. He may look like an ordinary 41-year-old history teacher, but he's been alive for centuries. From Elizabethan England to Jazz-Age Paris, from New York to the South Seas, Tom has seen it all. As long as he keeps changing his identity he can keep one step ahead of his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

## ABOUT THE AUTHOR

Matt Haig is the number one bestselling author of *Reasons to Stay Alive* and six highly acclaimed novels for adults, including *How to Stop Time*, *The Humans* and *The Radleys*. As a writer for children and young adults he has won the Blue Peter Book Award, the Smarties Book Prize and been shortlisted three times for the Carnegie Medal. His work has been published in over forty languages. @matthaig1 | matthaig.com

# The Beautiful Poetry of Donald Trump

ROB SEARS



RELEASE DATE: 31 AUGUST 2017

HARDBACK

9781786892270

£9.99

*Does a poet's heart beat under Donald Trump's brash exterior? Experience his best quotes and tweets, rearranged into poems and haikus. It's a new word order*

THE SUNDAY TIMES BESTSELLER

What if there's a hidden dimension to Donald Trump; a sensitive, poetic side? Driven by this question, Rob Sears began combing Trump's words for signs of poetry.

What he found was a revelation. By simply taking the 45th President of the United States' tweets and transcripts, cutting them up and reordering them, Sears unearthed a trove of beautiful verse that was just waiting to be discovered.

This groundbreaking collection will give readers a glimpse of Trump's innermost thoughts and feelings on everything from the nature of truth, to what he hates about Lord Sugar. And it will reveal a hitherto hidden Donald, who may surprise and delight both students and critics alike.

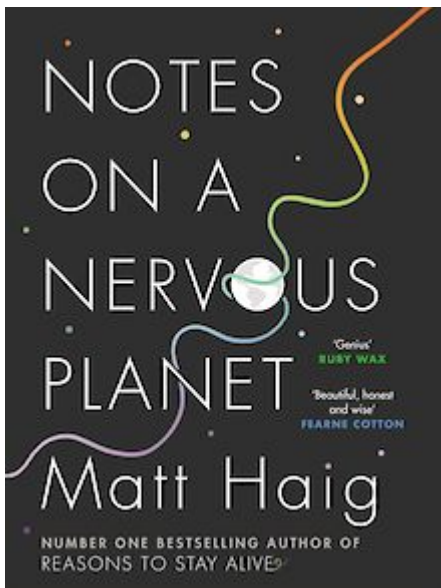
This timely publication also includes Sears' scholarly footnotes and introduction, in which he excavates new critical angles and insights into the President's poetry which the casual reader might initially overlook.

## ABOUT THE AUTHOR

Rob Sears has written fiction and comedy for McSweeney's and Audible. He lives in Finsbury Park with his wife Grace.

# Notes on a Nervous Planet

MATT HAIG



RELEASE DATE: 5 JULY 2018

HARDBACK

9781786892676

£12.99

*The follow-up to the number one Sunday Times bestseller  
Reasons to Stay Alive*

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.

## ABOUT THE AUTHOR

Matt Haig is the number one bestselling author of *Reasons to Stay Alive* and *Notes on a Nervous Planet* and six highly acclaimed novels for adults, including *How to Stop Time*, *The Humans* and *The Radleys*. He has also written many books for children, including most recently the *Sunday Times* bestseller, *The Truth Pixie*, and he has won the Blue Peter Book Award, the Smarties Book Prize and been shortlisted three times for the Carnegie Medal. He has sold more than a million books in the UK and his work has been translated into over forty languages. @matthaig1 | matthaig.com

# *Salt, Fat, Acid, Heat*

## *Mastering the Elements of Good Cooking*

SAMIN NOSRAT



RELEASE DATE: 29 AUGUST 2017

HARDBACK

9781782112303

£30.00

*A beautifully illustrated and visionary New York Times bestseller that distils decades of professional experience into just four simple elements – and will set you free from recipes forever*

Now a Netflix series

WINNER OF THE FORTNUM & MASON BEST DEBUT FOOD BOOK 2018

*Sunday Times* Food Book of the Year and *New York Times* bestseller

While cooking at Chez Panisse at the start of her career, Samin Nosrat noticed that amid the chaos of the kitchen there were four key principles that her fellow chefs would always fall back on to make their food better: Salt, Fat, Acid and Heat.

By mastering these four variables, Samin found the confidence to trust her instincts in the kitchen and cook delicious meals with any ingredients. And with her simple but revolutionary method, she has taught masterclasses to give both professionals and amateurs the skills to cook instinctively.

Whether you want to balance your vinaigrette, perfectly caramelize your roasted vegetables or braise meltingly tender stews, Samin's canon of 100 essential recipes and their dozens of variations will teach you how.

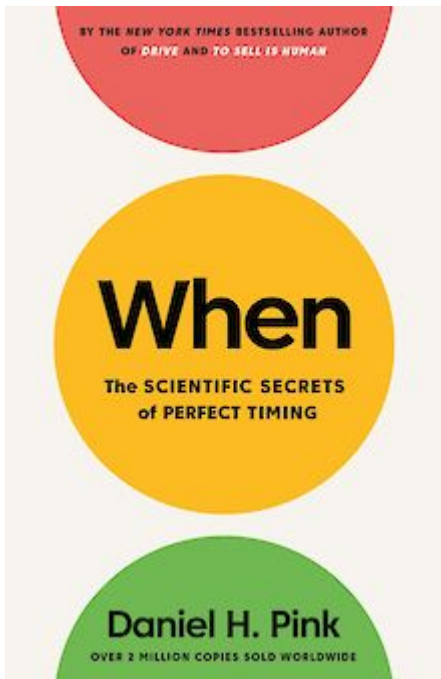
### ABOUT THE AUTHOR

Samin Nosrat is a writer, teacher, and chef. She's been cooking professionally since 2000, when she first stumbled into the kitchen at Chez Panisse restaurant. Her writing has appeared in *The New York Times*, *Bon Appétit*, and the *Guardian*. Samin lives in Berkeley, California. *Salt, Fat, Acid, Heat* is her first book. [www.ciaosamin.com](http://www.ciaosamin.com) @CiaoSaminWendy MacNaughton is a *New York Times*-bestselling illustrator and graphic journalist whose books include *Meanwhile in San Francisco* (Chronicle) and *Knives & Ink* (Bloomsbury). She lives in San Francisco with her partner, several four-legged animals, and a well-used kitchen, thanks to Samin. [www.wendymacnaughton.com](http://www.wendymacnaughton.com) @wendymac

# When

## The Scientific Secrets of Perfect Timing

DANIEL H. PINK



RELEASE DATE: 9 JANUARY 2018

Export/Airside – Export/Airside/Ireland

PAPERBACK

9781782119890

£

*When* unlocks the scientific secrets to good timing to help you flourish at work, school, and at home; from the internationally bestselling author of *Drive* and *To Sell is Human*

Timing is everything. But we don't know much about timing itself. Timing, it's often assumed, is an art; in *When*, Pink shows that timing is in fact a science.

Drawing on a rich trove of research from psychology, biology and economics, Pink reveals how best to live, work and succeed. How can we use the hidden patterns of the day to build the ideal schedule? Why do certain breaks dramatically improve student test scores? How can we turn a stumbling beginning into a fresh start? When should you have your first coffee of the day? Why is singing in time with other people as good for us as exercise? And what is the ideal time to quit a job, switch careers, or get married?

In *When*, Pink distills cutting edge research and data on timing and synthesizes them into a fascinating, readable narrative packed with irresistible stories and practical takeaways that give readers compelling insights into how we can live richer, more engaged lives.

### ABOUT THE AUTHOR

Daniel H. Pink is the author of several books, including the *New York Times* bestselling *Drive*, *To Sell is Human* and *A Whole New Mind*. His books have been translated into 35 languages and have sold more than 2 million copies worldwide. He lives in Washington D.C. with his wife and children.

# *Reasons to Stay Alive*

MATT HAIG

THE SUNDAY TIMES BESTSELLER

## REASONS TO STAY ALIVE Matt Haig

"A small masterpiece that  
might even save lives!"  
JOANNA LUMLEY

"Matt Haig is astounding!"  
STEPHEN FRY

RELEASE DATE: 31 DECEMBER 2015

PAPERBACK

9781782116820

£8.99

*THE MOST TALKED ABOUT MEMOIR OF 2015 -  
NOW IN PAPERBACK*

THE NUMBER ONE *SUNDAY TIMES* BESTSELLER  
WINNER OF THE BOOKS ARE MY BAG READERS  
AWARD FOR NON-FICTION

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.

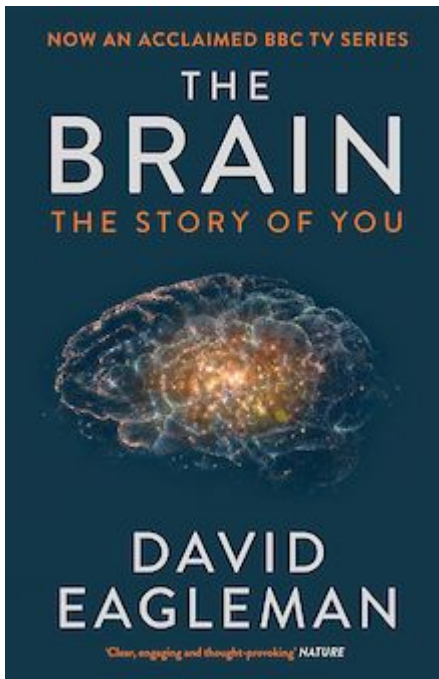
*"I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it ... Words, just sometimes, really can set you free."*

### ABOUT THE AUTHOR

Matt Haig is the number one bestselling author of *Reasons to Stay Alive* and six highly acclaimed novels for adults, including *How to Stop Time*, *The Humans* and *The Radleys*. As a writer for children and young adults he has won the Blue Peter Book Award, the Smarties Book Prize and been shortlisted three times for the Carnegie Medal. His work has been published in over forty languages. @matthaig1 | matthaig.com

# *The Brain* *The Story of You*

DAVID EAGLEMAN



RELEASE DATE: 7 APRIL 2016

PAPERBACK

9781782116615

£9.99

*Bestselling author and 'the hottest thing in neuroscience' (The Times), David Eagleman, takes readers on a fascinating and eye-opening journey into the world of the brain*

*'This is the story of how your life shapes your brain, and how your brain shapes your life.'*

Join renowned neuroscientist David Eagleman on a whistle-stop tour of the inner cosmos. It's a journey that will take you into the world of extreme sports, criminal justice, genocide, brain surgery, robotics and the search for immortality. On the way, amidst the infinitely dense tangle of brain cells and their trillions of connections, something emerges that you might not have expected to see: you.

## ABOUT THE AUTHOR

David Eagleman is an assistant professor of neuroscience at Baylor College of Medicine, Houston, where he directs the Laboratory for Perception and Action as well as the Initiative on Neuroscience and Law. His scientific research is published in journals from *Science* to *Nature*, and he is also the author of the international fiction bestseller *Sum* and *Incognito: The Secret Lives of the Brain*. He is the writer and presenter of the companion BBC television series *The Brain*.



# Stay With Me

AYOBAMI ADEBAYO



RELEASE DATE: 1 MARCH 2018

PAPERBACK

9781782119609

£8.99

*Shortlisted for the 2017 Baileys Prize, this Nigerian debut is the heart-breaking tale of what wanting a child can do to a person, a marriage and a family*

SHORTLISTED FOR THE 2017 BAILEYS WOMEN'S PRIZE FOR FICTION

SHORTLISTED FOR THE 2018 WELLCOME BOOK PRIZE  
LONGLISTED FOR THE 2018 INTERNATIONAL DYLAN THOMAS PRIZE

Yejide is hoping for a miracle, for a child. It is all her husband wants, all her mother-in-law wants, and she has tried everything. But when her relatives insist upon a new wife, it is too much for Yejide to bear.

Unravelling against the social and political turbulence of 1980s Nigeria, *Stay With Me* is a story of the fragility of married love, the undoing of family, the power of grief, and the all-consuming bonds of motherhood. It is a tale about the desperate attempts we make to save ourselves, and those we love, from heartbreak.

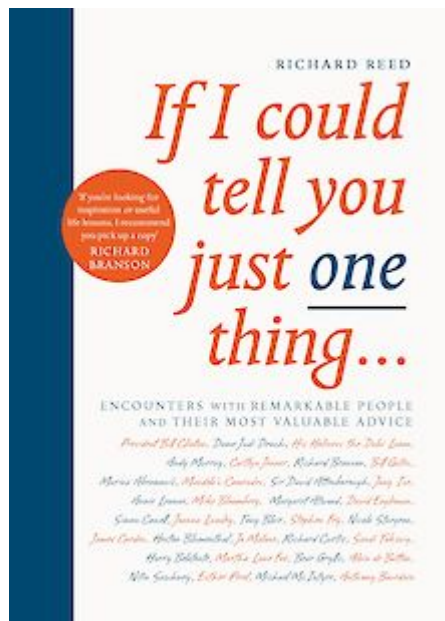
## ABOUT THE AUTHOR

Ayobami Adebayo's stories have appeared in a number of magazines and anthologies. She holds BA and MA degrees in Literature in English from Obafemi Awolowo University, Ife and also has an MA in Creative Writing from the University of East Anglia where she was awarded an international bursary for creative writing. She has been the recipient of a number of fellowships and residencies. She was born in Lagos, Nigeria. *Stay With Me* is her debut novel and was shortlisted for the Baileys Women's Prize for Fiction and the Wellcome Book Prize. [ayobamiadebayo.com](http://ayobamiadebayo.com) | [@ayobamiadebayo](https://twitter.com/ayobamiadebayo)

# *If I Could Tell You Just One Thing...*

*Encounters with Remarkable People and Their Most Valuable Advice*

RICHARD REED



RELEASE DATE: 24 MAY 2018

PAPERBACK

9781782119241

£12.99

*A collection of the very best advice from some of the world's most successful and remarkable people, gathered by the co-founder of Innocent Drinks.*

NOW WITH EVEN MORE REMARKABLE PEOPLE

In *If I Could Tell You Just One Thing...* some of the world's most remarkable people share their most valuable pieces of wisdom.

Including: President Bill Clinton, Clare Balding, Bill Gates, Stephen Fry, Dame Judi Dench, His Holiness the Dalai Lama, Caitlyn Jenner, James Corden, Margaret Atwood, Sir David Attenborough, Annie Lennox, Andy Murray, Joanna Lumley, Sir Richard Branson, Sandi Toksvig, Jude Law, Nicola Sturgeon, Harry Belafonte, Olivia Colman, Simon Cowell, Bear Grylls, Diana Athill, Jo Malone, Heston Blumenthal, Nitin Sawhney, Katie Piper, Richard Curtis, Shami Chakrabarti, and Michael McIntyre.

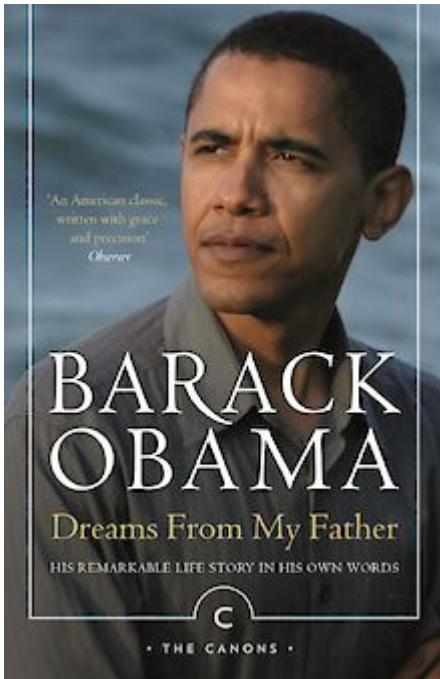
*If I Could Tell You Just One Thing...* is not only packed with great advice but is also enormously entertaining, brilliantly written and stunningly designed. From advice on work and relationships, to creativity, spirituality and survival, there are words in these pages that will comfort, motivate and inspire.

## ABOUT THE AUTHOR

Richard Reed studied geography at St. John's College, Cambridge before starting a career in advertising. A few years later he and two friends left their jobs to found Innocent Drinks. Starting from a market stall, today Innocent produces more than a million smoothies a day and sells them in 17 countries across Europe. Reed is the founder of Art Everywhere and co-founder of the Innocent Foundation and JamJar Investments. He also presented the BBC Three series *Be Your Own Boss*. This is his first book.

# *Dreams From My Father* *A Story of Race and Inheritance*

BARACK OBAMA



RELEASE DATE: 1 DECEMBER 2016

*Canons Edition*

PAPERBACK

9781782119258

£9.99

*The number one bestseller from Former President Barack Obama*

An international bestseller which has sold over a million copies in the UK, *Dreams From My Father* is a refreshing, revealing portrait of a young man asking big questions about identity and belonging.

The son of a black African father and a white American mother, President Obama recounts an emotional odyssey, retracing the migration of his mother's family from Kansas to Hawaii, then to his childhood home in Indonesia. Finally he travels to Kenya, where he confronts the bitter truth of his father's life and at last reconciles his divided inheritance.

## ABOUT THE AUTHOR

Barack Obama was born in Honolulu in 1961. In his early twenties he found his vocation working among poor communities on the south side of Chicago. Later he went to law school at Harvard University, where he became the first black president of the *Harvard Law Review*. In 1995 he published his memoir *Dreams From My Father*, which became a bestseller soon after it was reissued in 2004. After returning to Chicago, he was elected to the Illinois State Senate in 1996. Barack Obama delivered the keynote address at the 2004 Democratic National Convention, and later that year he was elected to the US Senate. His second book, *The Audacity of Hope*, was published in 2006 and became an immediate bestseller. In November 2008 Senator Obama was elected the 44th President of the United States of America. He was re-elected in 2012 and served a second term which concluded in 2016. He is married to Michelle, with whom he has two daughters, Sasha and Malia.

# SALES & DISTRIBUTION CONTACTS

## TRADE ORDERS & AUTHORIZED RETURNS

The Book Service Ltd (TBS)  
Frating Green, Colchester,  
Essex CO7 7DW  
Phone +44 (0)1206 256 060  
[www.thebookservice.co.uk](http://www.thebookservice.co.uk)

Grantham Book Services (GBS)  
Trent Road  
Grantham  
Lincolnshire  
NG31 7XQ  
Tel. +44 (0)1476 541000

## CANONGATE HEAD OFFICE

*Edinburgh*  
0131 557 5111  
*London*  
0207 467 0840

Neal Price  
Sales Director  
[neal.price@canongate.co.uk](mailto:neal.price@canongate.co.uk)

Jane Pike  
Key Account Manager  
[Jane.Pike@canongate.co.uk](mailto:Jane.Pike@canongate.co.uk)

Steph Scott  
International Sales Manager  
[Steph.Scott@canongate.co.uk](mailto:Steph.Scott@canongate.co.uk)

Joanna Lord  
Online Key Accounts Executive  
[Joanna.lord@canongate.co.uk](mailto:Joanna.lord@canongate.co.uk)

Jen Wallace  
Sales Operations Manager  
[Jen.Wallace@canongate.co.uk](mailto:Jen.Wallace@canongate.co.uk)

Charlotte Brady  
Sales Support Assistant  
[Charlotte.Brady@canongate.co.uk](mailto:Charlotte.Brady@canongate.co.uk)

Anna Frame  
Head of Publicity  
[Anna.frame@canongate.co.uk](mailto:Anna.frame@canongate.co.uk)

Becca Nice  
Press Officer  
[Becca.nice@canongate.co.uk](mailto:Becca.nice@canongate.co.uk)

Jamie Norman  
Campaigns Assistant  
[Jamie.Norman@canongate.co.uk](mailto:Jamie.Norman@canongate.co.uk)

## REPRESENTATIVES

UK Sales Manager  
Sam Brown  
07980 712110  
[samb@faber.co.uk](mailto:samb@faber.co.uk)

Key Account Manager  
Kim Lund  
07980 712111  
[kiml@faber.co.uk](mailto:kiml@faber.co.uk)

Scotland and North East England  
John McColgan  
07595 214384  
[John.mccolgan@faber.co.uk](mailto:John.mccolgan@faber.co.uk)

Central & North London  
Jeremy Wood  
07966 058496  
[Jeremyw@faber.co.uk](mailto:Jeremyw@faber.co.uk)

North West England  
Sue Jackson  
07980 712102  
[Sue.jackson@faber.co.uk](mailto:Sue.jackson@faber.co.uk)

North & Central Wales  
Richard Fortey  
07792 456837  
[Richard.fortey@faber.co.uk](mailto:Richard.fortey@faber.co.uk)

South West England  
Richard Evans  
07957 354631  
[richarde@faber.co.uk](mailto:richarde@faber.co.uk)

Surrey and South London  
Kellie Balseiro  
07790 757833  
[kellieb@faber.co.uk](mailto:kellieb@faber.co.uk)

South Wales & South West England  
Mel Tyrrell  
07824 085033  
[Melanie.tyrrell@faber.co.uk](mailto:Melanie.tyrrell@faber.co.uk)

Kent, Essex and East London  
Lindsay Powell  
07815 693591  
[lindsayp@faber.co.uk](mailto:lindsayp@faber.co.uk)

East Sussex  
Luke Crabb  
07841 800561  
[Luke.crabb@faber.co.uk](mailto:Luke.crabb@faber.co.uk)

## IRELAND

Repforce Ireland Ltd.  
7 Seapoint Terrace  
Irishtown, Dublin 4  
T. +353 1 634 9924  
[info@repforce.ie](mailto:info@repforce.ie)

## SOUTHERN EUROPE (GERMANY, FRANCE, AUSTRIA)

Arjumand Siddiqui  
Faber and Faber Limited  
Bloomsbury House  
74-77 Great Russell Street  
London WC1B 3DA  
T: +44 (0) 207 465 7575  
[arjumand.s@faber.co.uk](mailto:arjumand.s@faber.co.uk)

## CENTRAL & EASTERN EUROPE

Cristian Juncu  
Str. Floarea-Soarelui, nr. 45  
Complex Rezidential SUNFLOWER  
Vila 8, VOLUNTARI  
Jud. ILFOV, ROMANIA 077190  
T. 004-0720.454.800  
[cristian@j4.ro](mailto:cristian@j4.ro)

## THE NETHERLANDS, THE MIDDLE EAST & TURKEY, SRI LANKA, PAKISTAN, SOUTHERN EUROPE (SPAIN, ITALY, PORTUGAL, GREECE, CYPRUS, MALTA)

[Steph.Scott@canongate.co.uk](mailto:Steph.Scott@canongate.co.uk)

## AUSTRALIA & NEW ZEALAND

Miranda Van Asch  
Allen & Unwin, 83 Alexander St  
Crows Nest NSW 2065  
Australia  
T. (61 2) 8425 0100  
[MirandaV@allenandunwin.com](mailto:MirandaV@allenandunwin.com)

## SOUTH AFRICA

Morné Bam  
Penguin Random House South Africa  
Block D, Rosebank Office Park  
181 Jan Smuts Avenue  
Parktown North Gauteng, 2193  
South Africa  
T. +27 (0)11 3 27 35 50  
F. +27 (0)11 3 27 36 60  
[MBam@penguinrandomhouse.co.za](mailto:MBam@penguinrandomhouse.co.za)

## EAST & WEST AFRICA

Anita Zih  
A-Z Africa Book Services  
105b Prins Mauritsingel  
3043 PE Rotterdam  
The Netherlands  
Tel +31 (10) 415-4250  
Fax: +31 (10) 415 1128  
[anita.zih@azabs.nl](mailto:anita.zih@azabs.nl)

## INDIA, BANGLADESH, NEPAL

Manoj Satti  
Penguin Random House India  
7th Floor Infinity Tower  
DLF Cyber City, Phase III  
Gurgaon 122002  
Haryana, India  
T. +91 (124) 4785600  
[msatti@randomhouse.co.in](mailto:msatti@randomhouse.co.in)

## FAR EAST (EXC. MONGOLIA, MYANMAR & VIETNAM)

Julian Ashton  
Ashton International Marketing Services  
T. +44 (0)1732 746 093  
F. +44 (0)1732 746 096  
[jashton@ashtoninternational.com](mailto:jashton@ashtoninternational.com)

## FAR EAST (MONGOLIA, MYANMAR & VIETNAM)

Julie Atkins  
Raptor Book Services  
T. +44 (0)7949 834809  
[julie.atkins@raptorbookservices.co.uk](mailto:julie.atkins@raptorbookservices.co.uk)

## USA

Publishers Group West  
1700 Fourth Street,  
Berkeley  
California 94710  
Phone 510-809-3700  
[info@pgw.com](mailto:info@pgw.com)

## CANADA

Publishers Group Canada  
300-76 Stafford St.  
Toronto, Ontario  
Canada, M6J 2S1  
Phone: 416-934-9900  
[info@pgcbooks.ca](mailto:info@pgcbooks.ca)

## LATIN AMERICA & CARIBBEAN

James Papworth  
Publishers' Consultancy and Sales Representation  
Itsabook  
20 Monro Drive,  
Guildford GU2 9PS,  
United Kingdom  
Tel: +44 7802848778  
[papworthjames@gmail.com](mailto:papworthjames@gmail.com)

