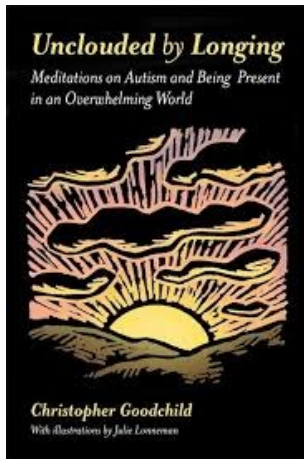


Books of the Month

May 2017

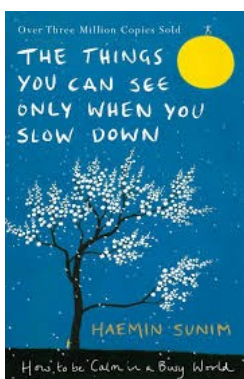
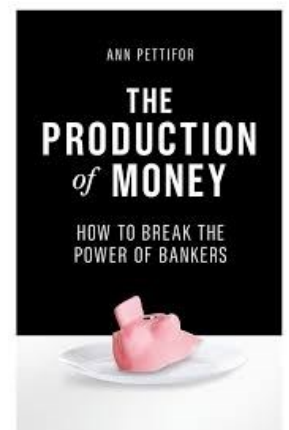


UNCLOUDED BY LONGING: Meditations on Autism and Being Present in an Overwhelming World **Christopher Goodchild £9.99**

In this collection of short, contemplative, insightful reflections, Quaker Christopher Goodchild guides you through his spiritual and philosophical journey to his truest and most peaceful self. Informed by a combination of Eastern and Western philosophy, faith and the experiences of living with autism. He reveals how, by looking beyond vulnerability to see innate strength, and searching beyond pain and turmoil to find inner peace and serenity, anyone can affirm their true humanity despite the hardships and distractions of modern life. In a world where people are increasingly overwhelmed, this book will speak to anyone searching for a more clear-sighted, meaningful presence.

THE PRODUCTION OF MONEY: How to break the power of bankers **Ann Pettifor £12.99**

In this accessible, brilliantly argued book, leading political economist Ann Pettifor explains in straightforward terms history's most misunderstood invention: the money system. She argues that democracies can, and indeed must, reclaim control over money production and restrain the out-of-control finance sector so that it serves the interests of society, as well as the needs of the ecosystem. *The Production of Money* examines and assesses popular alternative debates on, and innovations in, money, such as 'green QE' and 'helicopter money'. She sets out the possibility of linking the money in our pockets (or on our smartphones) to the improvements we want to see in the world around us.

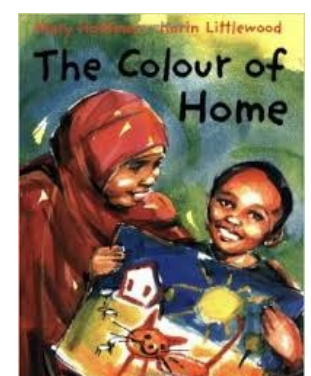


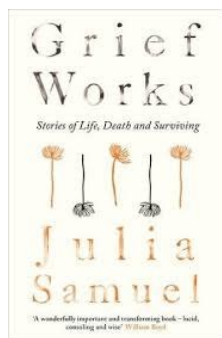
THE THINGS YOU CAN SEE ONLY WHEN YOU SLOW DOWN: How to be calm in a busy world **Haemin Sunim £9.99**

In this beautifully illustrated, best-selling guide to mindfulness, Haemin Sunim, a Buddhist monk born in Korea who has experienced a lifetime of change, offers spiritual advice on everything from handling setbacks at work to dealing with love and relationships. Speaking directly to the anxieties that have become part of modern life, Haemin Sunim's simple, compassionate teachings transcend religion, borders and ages, and serve as a calming reminder of the strength and joy that come from slowing down.

THE COLOUR OF HOME **Mary Hoffman & Karin Littlewood £6.99**

Hassan feels out of place in a new, cold and grey country. At school, he paints a picture showing his colourful Somali home, then covers it with the harsh colours of the war from which his family has fled. But gradually things change, and through the kindness of teachers and classmates, Hassan begins to notice the bright, new colours of home. Using bold, evocative illustrations and simple prose that gets to the heart of a child's emotions, this book is an ideal resource for opening children's thinking about the reality of fleeing conflict, and an engaging read for any age.





GRIEF WORKS: Stories of Life, Death and Surviving

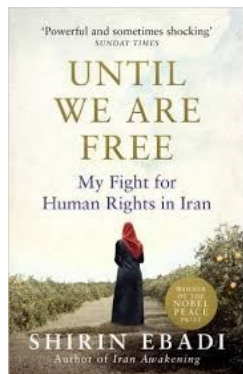
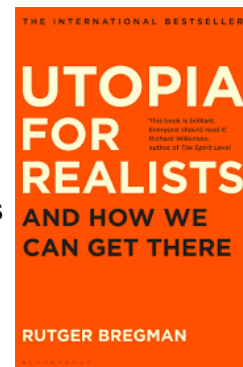
Julia Samuel £14.99

Julia Samuel, a grief psychotherapist, has spent twenty-five years working with the bereaved and understanding the full repercussions of loss. This deeply affecting book is full of psychological insights on how grief, if approached correctly, can heal us. In *Grief Works* we hear stories from those who have experienced great love and great loss – and survived. Stories that explain how grief unmasks our greatest fears, strips away our layers of protection and reveals our innermost selves. This extraordinary book shows us how to live and learn from great loss.

UTOPIA FOR REALISTS – and how we can get there

Rutger Bregman £16.99

We live in a time of unprecedented upheaval, with questions about the future, society, work, happiness, family and money, and yet no political party of the right or left is providing us with answers. Rutger Bregman, a best-selling Dutch historian, explains that it needn't be this way – we can construct a society with visionary ideas that are, in fact, wholly implementable. Every milestone of civilisation – from the end of slavery to the beginning of democracy – was once considered a utopian fantasy. Now Bregman takes us on a journey through history, beyond the traditional left-right divides, as he introduces us to ideas whose time has come.



UNTIL WE ARE FREE: my fight for human rights in Iran

Shirin Ebadi £8.99

The first Muslim woman to receive the Nobel Peace Prize, Shirin Ebadi has inspired millions with her work as a human rights lawyer in Iran, defending women and children. Now she reveals how she and her family were subjected to years of intimidation and violence by the Iranian authorities. Her colleagues were harassed, her daughter was detained and her sister arrested on trumped-up charges. But it was an insidious plot involving her husband that broke her heart and ultimately led to her exile. This is her moving account of personal and political betrayal, and about finding the courage to stand up for your beliefs.

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