



The Experiment

FALL 2024



FRONTLIST



How to Understand and Deal with Anxiety

Everything You Need to Know

Rasha Barrage

A practical, supportive, and easy-to-read guide to help you understand and overcome anxiety, filled with helpful tips and actionable advice

Summary

Feeling overwhelmed? This little book is here to help.

How to Understand and Deal with Anxiety is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take practical steps to reduce or manage the burden of your symptoms. By learning the science behind anxiety and understanding how it affects your mind and body, you'll start to dismantle its hold on you. And with practical ways to manage the condition—including physical, medical, and therapeutic perspectives—this book will help you support your mental health and improve your overall wellbeing.

After reading this book, you will:

- Understand the science behind anxiety, how it manifests, what causes it, and how to identify symptoms and triggers
- Be armed with practical steps you can take to alleviate anxiety, from breathing exercises and healthy lifestyle choices to problem-solving techniques and coping mechanisms
- Have a host of holistic remedies up your sleeve for when anxiety strikes, such as mindfulness, visualization, and breathwork
- Know about the medical treatments and therapies available, and know how and when to seek professional help or support

With the right knowledge and guidance, you can learn to understand and manage anxiety so that you can get back to feeling like yourself again.

Contributor Bio

Rasha Barrage was born in Iraq and grew up in northwest England. After studying law at Oxford University and completing a master's degree at the University of Toronto, she worked for the United Nations Development Program before going on to train and work as a lawyer for eight years. She lives in London with her husband and three young children.

How to Understand and Deal with
Anxiety

RASHA BARRAGE



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SEL020000
Series: How to Understand and
Deal with...Series
5.8 in H | 4 in W



How to Understand and Deal with Depression

Everything You Need to Know

Wendy Green

A practical, supportive, and easy-to-read guide to help you understand and overcome depression, filled with helpful tips and actionable advice

Summary

Feeling overwhelmed? This little book is here to help.

How to Understand and Deal with Depression is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take practical steps to reduce or manage the burden of your symptoms. By learning the science behind depression and understanding how it affects your mind and body, you'll start to dismantle its hold on you. And with practical ways to manage the condition—including physical, medical, and therapeutic perspectives—this book will help you support your mental health and improve your overall wellbeing.

After reading this book, you will:

- Understand the science behind depression, how it manifests, what causes it, and how to identify symptoms and triggers
- Be armed with practical steps you can take to alleviate the symptoms of depression, from breathing exercises and healthy lifestyle choices to problem-solving techniques and coping mechanisms
- Have a host of holistic remedies up your sleeve for when depression strikes, such as mindfulness, visualization, and breathwork
- Know about the medical treatments and therapies available, and know how and when to seek professional help or support

With the right knowledge and guidance, you can learn to understand and manage depression so that you can get back to feeling like yourself again.

Contributor Bio

Wendy Green is a health project coordinator and health promotor, and the author of a wide range of health books, including *Anxiety: A Self-Help Guide to Feeling Better*, *100 Tips to Help You Through Menopause*, *The Happy Gut Guide*, and *The New Parents' Survival Guide: The First Three Months*.

How to Understand and Deal with
Depression

WENDY GREEN



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Deal with...Series
5.8 in H | 4 in W



How to Understand and Deal with Stress

Everything You Need to Know

Katy Georgiou

A practical, supportive, and easy-to-read guide to help you understand and overcome stress, filled with helpful tips and actionable advice

Summary

Feeling overwhelmed? This little book is here to help.

How to Understand and Deal with Stress is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take practical steps to reduce or manage the burden. By learning the science behind stress and understanding how it affects your mind and body, you'll start to dismantle its hold on you. And with practical ways to manage stress—including physical, medical, and therapeutic perspectives—this book will help you support your mental health and improve your overall wellbeing.

After reading this book, you will:

- Understand the science behind stress, how it manifests, what causes it, and how to identify symptoms and triggers
- Be armed with physical and practical steps you can take to alleviate stress, from breathing exercises and healthy lifestyle choices to problem-solving techniques and coping mechanisms
- Have a host of holistic remedies up your sleeve for when stress strikes, such as mindfulness, visualization, and breathwork
- Know about the medical treatments and therapies available, and know how and when to seek professional help or support

With the right knowledge and guidance, you can learn to understand and manage stress so that you can get back to feeling like yourself again.

Contributor Bio

Katy Georgiou is a practicing clinical supervisor and gestalt psychotherapist accredited with the UKCP and BACP. She works in private practice and within a GP surgery counseling service. She also works with the British Association for Performing Arts Medicine and Music Minds Matter delivering therapy, workshops, and support groups to music industry professionals. She is the founder, host, and producer of *Sound Affects Podcast*, a music and mental health podcast featured in *NME*, *Psychologies* magazine, and *Therapy Today* magazine. She regularly features in the media and on panels on issues around therapy and mental health, including BBC Radio. She edits the Ethical Dilemmas section of *Therapy Today*. An experienced journalist, Katy has written for *The Times*, *The Guardian*, the *Independent*, *Newsweek*, *Metro*, and *Psychologies*, among others. She is also a former Samaritans helpline listener and has worked in NHS psychiatric hospitals and in HM government prisons.

How to Understand and Deal with
Stress

KATY GEORGIU



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Deal with...Series
5.8 in H | 4 in W



How to Understand and Deal with Social Anxiety

Everything You Need to Know

Mita Mistry

A practical, supportive, and easy-to-read guide to help you understand and overcome social anxiety, filled with helpful tips and actionable advice

Summary

Feeling overwhelmed? This little book is here to help.

How to Understand and Deal with Social Anxiety is a friendly, accessible guide with all the information and advice you need to identify the source of your struggles and take practical steps to reduce or manage the burden of your symptoms. By learning the science behind social anxiety and understanding how it affects your mind and body, you'll start to dismantle its hold on you. And with practical ways to manage the condition—including physical, medical, and therapeutic perspectives—this book will help you support your mental health and improve your overall wellbeing.

After reading this book, you will:

- Understand the science behind social anxiety, how it manifests, what causes it, and how to identify symptoms and triggers
- Be armed with physical and practical steps you can take to alleviate the symptoms of social anxiety, from breathing exercises and healthy lifestyle choices to problem-solving techniques and coping mechanisms
- Have a host of holistic remedies up your sleeve for when social anxiety strikes, such as mindfulness, visualization, and breathwork
- Know about the medical treatments and therapies available, and know how and when to seek professional help or support

With the right knowledge and guidance, you can learn to understand and manage social anxiety so that you can get back to feeling like yourself again.

Contributor Bio

Mita Mistry is a newspaper columnist and literary editor who has interviewed prolific authors, reviewed books from a variety of genres, and champions new authors, especially women. Mita practices mindfulness-based cognitive therapy and acupuncture, helping people from all walks of life. She delivers mental health and trauma education to hospitals, doctors, schools, workplaces, and domestic abuse survivors. She loves to spend her spare time running, doing yoga, baking or eating cake, and making memories with her husband, family, and friends.

How to Understand and Deal with
**Social
Anxiety**

MITA MISTRY



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Family & Relationships
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8.3 in H | 5.5 in W

Friendship First

From New Sparks to Chosen Family, How Our Friends Pave the Way for Lifelong Happiness

Gyan Yankovich

Journalist Gyan Yankovich explores the value of platonic friendship, offering a new model for the essential role that friendships have in determining our happiness

Summary

Voice memos, care packages, hours-long phone conversations, treasured traditions that go back decades—our friendships touch and enrich every part of our lives. But in a world that's pushing us to constantly improve our romantic relationships—and work to understand our familial ones—we rarely stop and think about “just” friendship, even as science tells us that good platonic friendships enrich (and can even lengthen) our lives.

Enter *Friendship First*—finally, a book not so much about making friends as letting our actions in our friendships reflect their vital importance. In her trademark chic style that is refreshingly down to earth and packed with insight, Gyan Yankovich argues for the importance of friendship in the modern world, addressing topics such as showing up for friends in need, asking friends for help, integrating friends into our support system, and dealing with friendship breakups when things go wrong.

It's no secret that we're living in lonely times. But the personal stories and scientific evidence in *Friendship First* offer a roadmap to a happier life by helping us find our way back to those who matter most.

Contributor Bio

Gyan Yankovich has spent the last 12 years writing content to help women better their relationships with themselves, the world, and the people around them. She is the current lifestyle editor of the *Sydney Morning Herald* and the *Age* (two of Australia's major broadsheets). In New York, she worked as a Senior Lifestyle Editor at *BuzzFeed* and later as the Managing Editor at *Man Repeller*. Gyan has written for the *Cut*, *Vox*, *Refinery29*, *VICE*, *BuzzFeed*, *Man Repeller*, the *Sydney Morning Herald*, *PopSugar*, *SELF*, *Cosmopolitan*, *InStyle*, *CLEO*, *DOLLY*, *Junkee*, and more. She currently lives in Sydney.

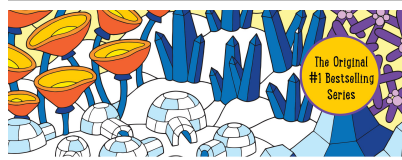
Quotes

“[A] joyful, hopeful and considered book that will have you texting your friends in a hurry to tell them how much you appreciate them.”—**Lucinda Price**, author of *Perfect Candidate*

“This book not only made me think about my friends in a different way, it also made me think about the kind of person I want to be.”—**Bridie Jabour**, author of *Trivial Grievances*

“[A] thoughtful, brilliant, and wholly comforting read.”—**Elfy Scott**, author of *The One Thing We've Never Spoken About*

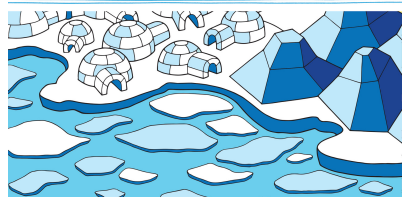
“This book honors our most significant relationships with the tender thoughtfulness of the best friend you've ever had.”—**Gina Rushton**, author of *The Most Important Job in the World*



THE MINDFULNESS JOURNEYS COLORING BOOK

Get Lost in an Adult Coloring Adventure

MARIO MARTÍN



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Games & Activities / Coloring
Books
GAM019000
Series: The Mindfulness Coloring
Book Series
7 in H | 5 in W

The Mindfulness Journeys Coloring Book

Get Lost in an Adult Coloring Adventure

Mario Martín

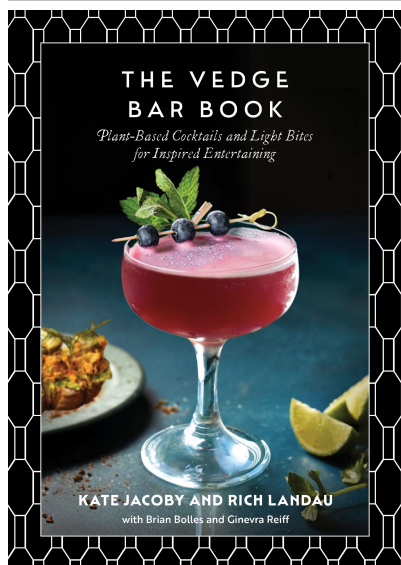
Explore spellbinding worlds, de-stress, and color in with the newest addition to the #1 national bestselling series

Summary

Illustrator Mario Martín is back with the seventh volume of the #1 bestselling Mindfulness Coloring series, with brand new scenes to explore, complete, and color in! In this pocket-sized coloring book, journey through wondrous depictions of galaxies, planets, cities, and landscapes, adding your own creative touch to each design. With one hundred original illustrations, including intricate maps, relaxing fields of flowers, and dazzling skies, you can get lost in fantastical worlds. By focusing on coloring in and completing new patterns, you'll reach a deeper sense of relaxation and find balanced moments of calm in a hectic world.

Contributor Bio

Mario Martín, a pattern artist and teacher, learned drawing and composition from studying architecture and graphic design (in which he has a master's degree). Subsequent to his studies, he discovered his true calling: pattern art, which helps him to alleviate his anxiety. He is the illustrator of *The Mindfulness Patterns Coloring Book* and *The Mindfulness Doodles Coloring Book*. He lives in Madrid, Spain.



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 8.5 in H | 6 in W

The Vedge Bar Book

Plant-Based Cocktails and Light Bites for Inspired Entertaining

Rich Landau, Kate Jacoby, Brian Bolles, Brendan Meehan, Ginevra Reiff

Treat yourself to the best cocktail hour ever—with 75 innovative plant-based drinks and snacks

Summary

A good drink is an indulgent sensory experience worth savoring—and no cocktail party or afternoon tippie is complete without a tasty snack or two. This all-vegan collection of 75 stunning contemporary cocktails and simple yet sophisticated bar snacks, from the team behind the bar at Philadelphia’s critically acclaimed Vedge, is a must-have for holiday hosts, cocktail connoisseurs, and plant-based foodies alike.

The Vedge Bar Book goes beyond the classics, offering unique (and often surprising) flavor combinations you’ll find nowhere else—and will have to sip to believe. To help you round out your next cocktail party there are elevated plant-based bites and bar snacks that can be mixed and matched however you like. The chapters are divided by season, so you can sip and snack all year long.

You’ll also find a guide to all the tools and ingredients you’ll need, and tips on how to figure out which products are worth splurging on—and which are vegan.

Whether you want to show off for your friends or treat yourself to a well-deserved nightcap, *The Vedge Bar Book* is a game changer.

Contributor Bio

Rich Landau is a co-owner of Vedge and Ground Provisions, modern vegetable restaurants that have earned rave reviews from diners and critics alike. Landau, along with his wife and partner Kate Jacoby, is a pioneer of vegan fine dining. He’s a six-time finalist for the James Beard Award and has received Best Chef and Best Restaurant nods from the *Bon Appetit*, *Food & Wine*, *GQ*, and *Philadelphia Magazine*. He won an episode of the Food Network’s *Chopped* and is a recurring judge on *Beat Bobby Flay*. Together with Jacoby, he has written four previous cookbooks, including *Vedge* and *V Street*. He lives just outside his native Philadelphia.

Kate Jacoby is a co-owner of Vedge and Ground Provisions, modern vegetable restaurants that have earned rave reviews from diners and critics alike. Jacoby, along with her husband and partner Rich Landau, is a pioneer of vegan fine dining, having earned nods and accolades from culinary institutions and media like the James Beard Foundation, the Food Network, and *Bon Appetit*. Jacoby oversees the restaurants’ operations and manages the couple’s organic farmette, Lost Glove Garden, in Chester County. Together with Landau, she has written four previous cookbooks, including *Vedge* and *V Street*. She lives just outside her native Philadelphia.

Brian Bolles has been making drinks professionally for fifteen years. In his free time he plays bike polo, Dungeons & Dragons, and Jeopardy!; he’s never met a puzzle he didn’t like. He lives in Philadelphia with his wife and two cats.

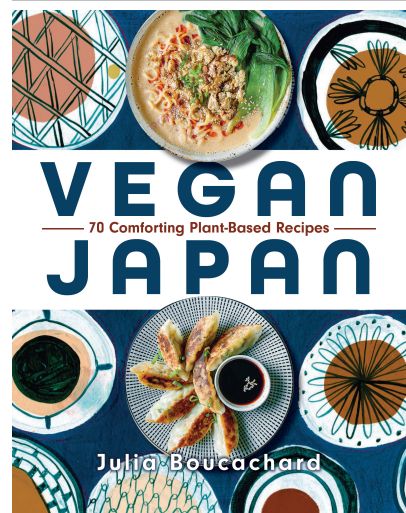
Brendan Meehan has been the general manager and sommelier at Vedge since January 2022. Before taking over at Vedge he honed his skills at many award-winning restaurants in Philadelphia’s fine-dining scene. When he isn’t running the ship at Vedge, he can be found at home solving crossword puzzles and hanging out with his cat, Gorilla.

Ginevra Reiff was born with a deep love and appreciation of the culinary arts. She has focused her talents as a professional bartender, crafting unique cocktails with an eye toward classic technique while also creating a holistic and fun experience for the customers imbibing her creations.

Quotes

Praise for *Vedge*

“Anyone who cooks vegetables should buy this book.”—**Cooking Light**



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9 in H | 7 in W

Vegan Japan

70 Comforting Plant-Based Recipes

Julia Boucachard

Homey, cozy-chic Japanese recipes with a playful twist

Summary

Japanese food defies easy categorization. It's wholesome home-cooked meals composed of a small soup, a simply prepared protein, a vegetable, and a bowl of rice. It's savory fried street foods and comforting noodles. It's yoshoku, Western dishes given playful Japanese spins. It's a cuisine that embraces seasonality and celebrates the subtle flavors and textures of the myriad vegetables that make their way onto the Japanese plate.

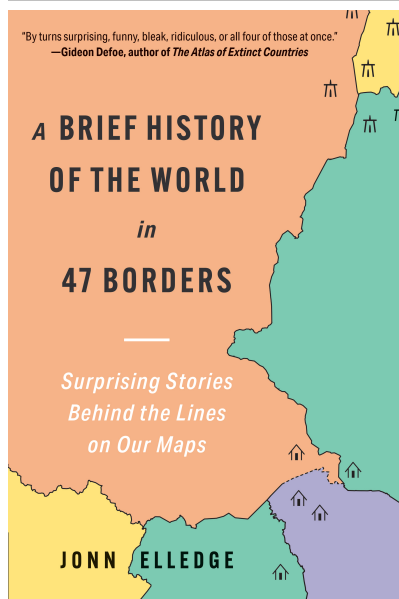
Japanese-French author Julia Boucachard grew up devouring all of the above. So when she went vegan, she was determined not to give up any of her childhood favorites. This cookbook is her plant-based tribute to her Japanese heritage, ranging from simple vegetable sides to indulgent street foods, from globally influenced dishes to sweet bite-size desserts. Inside, you'll find:

- Easy plant-based recipes for classic dishes like kabocha squash stew, miso ramen, yakisoba, gyoza, melon pan, and many more.
- Simple, wholesome recipes for the sauces and pantry staples you'll be reaching for all the time—no highly processed ingredients necessary.
- An illustrated guide to must-have Japanese ingredients and how to use them.

With 70 irresistible plant-based recipes accompanied by beautiful photography and charming pastel illustrations throughout, *Vegan Japan* is sure to transport your tastebuds.

Contributor Bio

Julia Boucachard grew up splitting her time between Tokyo and France. After becoming vegetarian and then vegan, she found her options when dining out drastically limited, so she became a self-taught cook and started a catering business. She now runs Mori Café in Paris, where she shares plant-based recipes inspired by the food of her childhood.



A Brief History of the World in 47 Borders

Surprising Stories Behind the Lines on Our Maps

Jonn Elledge

A fascinating and surprising history of the world told through the lines people have drawn on maps

Summary

People have been drawing lines on maps for as long as there have been maps to draw on. Sometimes rooted in physical geography, sometimes entirely arbitrary, these lines might often have looked very different if a war or treaty or the decisions of a handful of tired Europeans had gone a different way. By telling the stories of these borders, we can learn a lot about how political identities are shaped, why the world looks the way it does—and about human folly.

From the Roman attempts to define the boundaries of civilization, to the secret British-French agreement to carve up the Ottoman Empire during the First World War, to the reason why landlocked Bolivia still maintains a navy, this is a fascinating, witty, and surprising look at the history of the world told through its borders.

Contributor Bio

Jonn Elledge's previous books include *The Compendium of (Not Quite) Everything* and *Conspiracy: A History of Boll*cks Theories, and How Not to Fall for Them*. At the *New Statesman* he created and ran its urbanism-focused CityMetric site, spending six happy years writing about cities, maps, and borders. He lives in London.

Quotes

Acclaim for the UK edition

"Totally fascinating and hugely entertaining. This book is a nerd's paradise without borders—but with jokes. Jonn Elledge has such a gift for looking at complicated bits of the world, then telling you all about them in a way that feels not like a textbook, but like an incredibly fun and interesting conversation in the pub."—**Marina Hyde**, author of *What Just Happened?!*

"The last decade in global politics is a reminder that history never moves in a straight line—but that hasn't ever stopped politicians and powerbrokers from trying to draw them on the maps that hang on the walls of our classrooms and corridors of power. This addictive book from the ever-curious Jonn Elledge proves that and then some. Full of stories you thought you understood and those even the nerds in your life will never have known, this clever, confounding history will help you see the world from a new angle—if you can ever put it down."—**Patrick Maguire**, author of *Left Out*

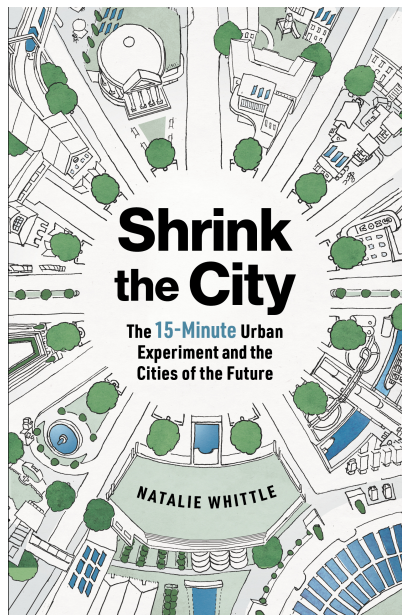
"By turns surprising, funny, bleak, ridiculous, or all four of those at once, *A Brief History of the World in 47 Borders* unknots some of the weird historical and geographical tangles we've managed to get ourselves into. And it's timely too, if only because our preoccupation with drawing lines never seems to abate."—**Gideon Defoe**, author of *The Atlas of Extinct Countries*

"A brilliant account of how these lines on a map shape lives, destinies, and economies. You'll never look at a map in the same way again."—**Stephen Bush**, *Financial Times* columnist

"Somehow, Jonn Elledge turns geo-political history into a funny, fascinating, and revealing insight not only into the world today but into the frailty and determination of the human spirit. Packed with 'I never knew that' information (the sort that you read out to anyone in the room with you), *A History of the World in 47 Borders* shows us that history doesn't repeat itself, but it plays out in weird ways right under our noses. He's such a lovely writer. A delight from start to finish."—**Miranda Sawyer**, author of *Out of Time*

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7.8 in H | 5 in W

Shrink the City

The 15-Minute Urban Experiment and the Cities of the Future

Natalie Whittle

A revolutionary solution for taking back our time and making our communities more sustainable, briefly explained through the places that have tested its principles

Summary

Cities define the lives of all those who call them home: where they go, how they get there, and how they spend their time. But what if we built our cities differently? What if we traveled differently? What if we could get a cashback on time and use it to live in a new way?

In this fascinating, meticulously researched and reported, and readily accessible book, longtime *Financial Times* journalist Natalie Whittle looks at metropolises all over the world to consider the idea of the 15-minute city, defined as *a city that is designed so that everyone who lives there can reach everything they need within 15 minutes on foot or by bike*. Whittle helps us to understand its pros, its cons, and its potential to revolutionize modern living. With global warming reaching a crisis point and the post-pandemic world bringing a previously unimaginable decline in commuting, Whittle's timely book serves as a call to reflect on the "hows" and "whys" of our basic relationship to our neighborhoods, cars ("Above all, the 15-minute city asks us to turn away from the perceived convenience of the fossil fuel car"), all of our daily comings and goings.

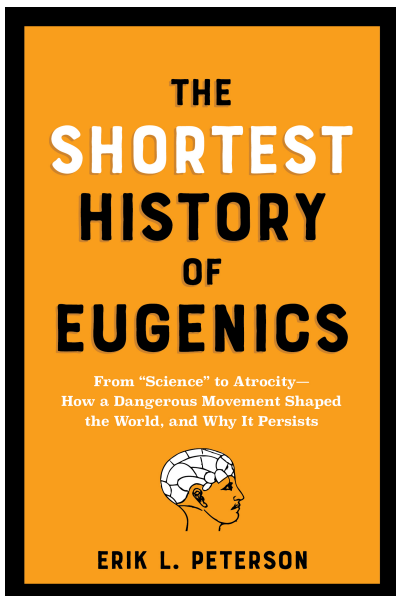
Building her study by carefully considering how we use space and time, Whittle traverses both, collecting models from ancient Athens to modern Paris and New York that demonstrate how one idea could change our daily lives—and the world—for good.

Contributor Bio

Glasgow-based writer and editor **Natalie Whittle** is a freelance contributor to the *Financial Times*, where previously she held editing roles across the magazine and arts sections of *FT Weekend* for fifteen years. She founded Outwith Books, an independent bookshop and writing space in Govanhill on Glasgow's Southside that was open from 2019 to 2022.

Quotes

"An exciting and accessible read [that] weaves together the anecdotal with thorough research and academic investigation."—**SNACK magazine**



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Social Science / Anthropology
SOC002010
Series: Shortest History Series
7.8 in H | 5.1 in W

The Shortest History of Eugenics

From "Science" to Atrocity—How a Dangerous Movement Shaped the World, and Why It Persists

Erik L. Peterson

A harrowing history of a grim chapter in politics and science, in which groups of influential thinkers shaped global policy with the aim of determining who had the right to have children—and who was worthy of life. The Shortest History books deliver thousands of years of history in one riveting, fast-paced read.

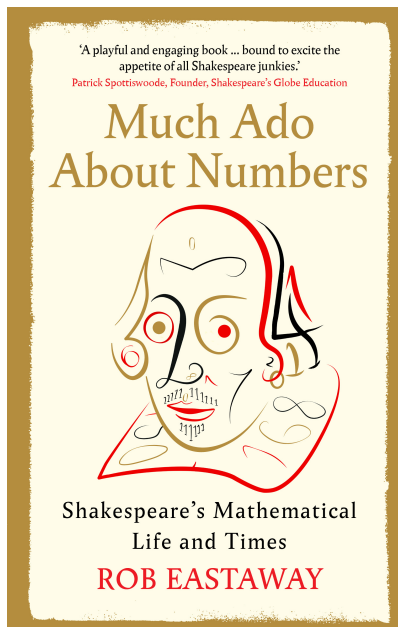
Summary

For the last two centuries, groups of influential men have, in the professed interest of fiscal responsibility, crime reduction, and outright racism, attempted to control who was allowed to bear children. Their efforts, "eugenics," characterize a movement that over the last century swept across the world—from the US to Brazil, Japan, India, Australia, and beyond—in the form of marriage restrictions, asylum detention, and sterilization campaigns affecting millions. German physicians and scientists adopted and then heightened these eugenics practices beginning in 1939, starving or executing those they deemed "life unworthy of life."

But well after the liberation of Nazi deathcamps, health care workers and even the US government pursued policies worldwide with the express purpose of limiting the reproduction of poor non-whites. *The Shortest History of Eugenics* takes us back to the founding principles of the movement, revealing how an idea that began in cattle breeding took such an insidious turn—and how it lingers in rhetoric and policy today.

Contributor Bio

Erik L. Peterson, PhD, is Associate Provost and Associate Professor of the History of Science & Medicine at The University of Alabama. He publishes and teaches about the historical relationship between race and science in the United States and abroad.



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Philosophy MAT015000
8.5 in H | 5.3 in W

Much Ado About Numbers

Shakespeare's Mathematical Life and Times

Rob Eastaway

Devotees of the Bard will relish this fresh take on his work—where math and numbers illuminate Shakespeare's use of science, games, money, magic, astronomy, and more

Summary

Books on Shakespeare are plentiful, but until now there has never been a book written for a general audience about math and science in Shakespeare's time and how they influenced his works.

Shakespeare grew up in a time of remarkable mathematical innovation. From astronomy to probability, music to multiplication, new mathematical ideas were taking off—and much of this was reflected in his work. In this highly engaging book, award-winning author Rob Eastaway explores the surprising and entertaining ways that mathematics and numbers crop up in Shakespeare's plays.

We discover how Tudors multiplied, why Shakespeare never ended a line with the word *orange*, why King Lear was every *inch* a king, and why early drafts of the plays could possibly have been written with a pencil. Shakespeare's world was one in which one might expect to travel no more than a league in an hour, and fathoms and furlongs were as much a part of the language as feet and yards. It was hard to conceive of anything shorter than a minute and the rainbow probably had just five colors.

With historical asides about games, optics, astronomy, and music thrown in, you might never think about math or Shakespeare the same way again.

Contributor Bio

Rob Eastaway is the puzzle advisor for *New Scientist's* puzzle column and the director of Maths Inspiration, an interactive lecture program that has reached over 100,000 British teenagers. He has written or coauthored more than a dozen books, including *Maths on the Back of an Envelope*, *Why Do Buses Come in Threes?* and *Old Dogs, New Math*. He lives in London.

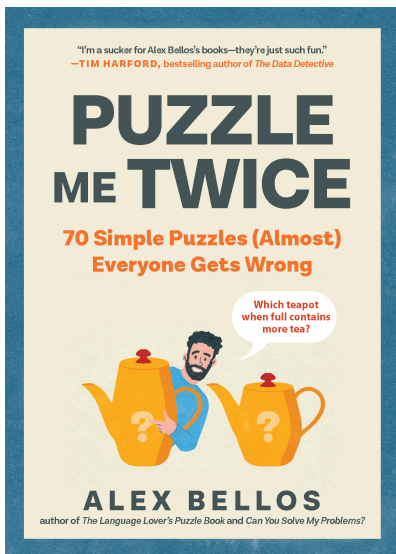
Quotes

"A spectacular journey . . . Highly recommended!" -Dr. Simon Smith, The Shakespeare Institute

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Puzzle Me Twice

70 Simple Puzzles (Almost) Everyone Gets Wrong

Alex Bellos

Most people are fooled by these deceptive puzzles where the wrong answer seems so obviously right! Will you beat the odds?

Summary

From Alex Bellos—puzzle-setter to *The Guardian*—here are 70 irresistible challenges that have stumped the sharpest minds he knows, even when warned! For example, how many mistakes are there in the following sentence?

This sentence is kurious because it it only contayns three misteaks.*

Bellos wrangles math and physics, logic and wordplay, optical illusions, card games, and more to tie readers' brains in pleasurable knots. These puzzles are quick to browse and simple to state, but look out: Each one has a right-looking wrong answer to lead you astray.

Suitable for novice and "pro" puzzlers of all ages, *Puzzle Me Twice* is the perfect diversion for your brainiest friends. Being wrong has never been so much fun!

—

* There are five mistakes: *Kurious*, *contayns*, and *misteaks* are misspelled, the word *it* is repeated, and *three* is miscounted.

Contributor Bio

Alex Bellos holds a degree in mathematics and philosophy from Oxford University. His bestselling books *Here's Looking at Euclid* and *The Grapes of Math* have been translated into more than 20 languages and were both shortlisted for the Royal Society Science Book prize. His puzzle books include *Can You Solve My Problems?*, *Puzzle Ninja*, *Perilous Problems for Puzzle Lovers*, and *The Language Lover's Puzzle Book*, and he is also the coauthor of the coloring books *Patterns of the Universe* and *Visions of the Universe*. He has launched an elliptical pool table, LOOP. He writes a popular-math blog and a puzzle blog for *The Guardian*, and he won the Association of British Science Writers award for best science blog in 2016. He lives in London.

Quotes

Praise for Alex Bellos

"An expansive overview of numbers and figures, and those who find them irresistible. . . . A smorgasbord for math fans of all abilities."—**Kirkus Reviews** on *Here's Looking at Euclid*

"Exactly the sort of book I wish had been available to me as a budding linguist. I recommend it for all the language and puzzle fans in your life!"—*New York Times* bestselling author **Gretchen McCulloch** on *The Language Lover's Puzzle Book*

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