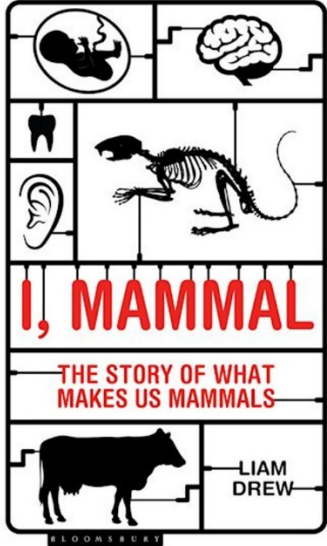


Some Biology book recommendations...



I, MAMMAL: The Story of What Makes Us Mammals

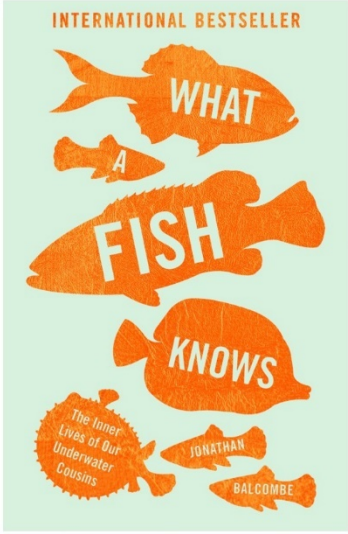
By Liam Drew

Humans are mammals. Most of us appreciate that at some level. But what does it mean for us to have more in common with a horse and an elephant than we do with a parrot, snake or frog?

After a misdirected football left new father Liam Drew clutching a uniquely mammalian part of his anatomy, he decided to find out more. Considering himself as a mammal first and a human second, Liam delves into ancient biological history to understand what it means to be mammalian.

In his humorous and engaging style, Liam explores the different characteristics that distinguish mammals from other types of animals. He charts the evolution of milk, warm blood and burgeoning brains, and examines the emergence of sophisticated teeth, exquisite ears, and elaborate reproductive biology, plus a host of other mammalian innovations. Entwined are tales of zoological peculiarities and reflections on how being a mammal has shaped the author's life.

I, Mammal is a history of mammals and their ancestors and of how science came to grasp mammalian evolution. And in celebrating our mammalian-ness, Liam Drew binds us a little more tightly to the five and a half thousand other species of mammal on this planet and reveals the deep roots of many traits humans hold dear.



What a Fish Knows: The Inner Lives of Our Underwater Cousins

By Johnathan Balcombe

What's the truth behind the old adage that goldfish have a three-second memory? Do fishes think? Can they recognize the humans who peer back at them from above the surface of the water? Myth-busting biologist and animal behaviour expert Jonathan Balcombe takes us under the sea, through streams and estuaries to the other side of the aquarium glass to answer these questions and more. He upends our assumptions, revealing that fish are far from the unfeeling, dead-eyed feeding machines so many of us assume them to be. They are, in fact, sentient, aware, social and even Machiavellian – in other words, rather like us.

What a Fish Knows draws on the latest science to present a fresh look at these remarkable creatures in all their breathtaking diversity and beauty. Teeming with insights and exciting discoveries, it offers a thoughtful appraisal of our relationships with fish and inspires us to take a more enlightened view of the planet's increasingly imperilled marine life. *What a Fish Knows* will forever change how we see our aquatic cousins – the pet goldfish included.

LOUANN BRIZENDINE, M.D.
THE NEW YORK TIMES BESTSELLER

THE FEMALE BRAIN

'Sassy, witty, reassuring and great fun ...'
CHRISTIANE NORTHRUP, M.D.
author of *Women's Bodies, Women's Wisdom*



The Female Brain

By Louann Brizendine MD

In this groundbreaking book, Dr Louann Brizendine describes the uniquely flexible structure of the female brain and its constant, dynamic state of change - the key difference that separates it from that of the male - and reveals how women think, what they value, how they communicate, and whom they'll love. She also reveals the neurological explanations behind why...

*** A woman remembers fights that a man insists never happened...**

*** Thoughts about sex enter a woman's brain perhaps once every couple of days, but may enter a man's brain up to once every minute...**

*** A woman's brain goes on high alert during pregnancy - and stays that way long after giving birth...**

*** A woman over 50 is more likely to initiate divorce than a man...**

*** Women tend to know what people are feeling, while men can't spot an emotion unless someone cries or threatens them with bodily harm!**

Accessible, fun and compelling, and based on more than three decades of research, *The Female Brain* will help women to better understand themselves - and the men in their lives.



Amazing Evolution: The Journey of Life

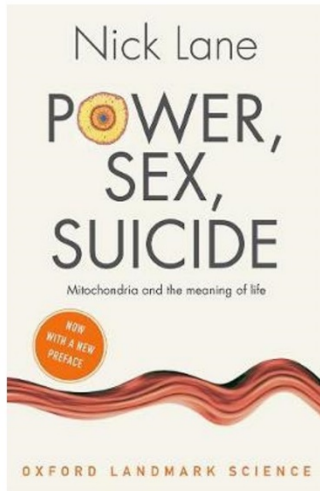
By Anna Claybourne Illustrated by Wesley Robins

Evolution can be a difficult idea to wrap our brains around: it deals with random, unlikely events, combined with vast lengths of time too enormous to comprehend. But the evidence is all around us - in the fossils of long-dead creatures, and in our genes and the relationships between all living beings.

Amazing Evolution shines a light on this incredible process, from the beginnings of life around 3.8 billion years ago, to the millions of different species alive today, including the moon-walking, talking apes with super-powerful brains - human beings!

Filled with **clear explanations, beautiful illustrations and fascinating facts** about the planet's strangest and most spectacular creatures, **Amazing Evolution will keep children (and adults, too!) enthralled for hours.**

Delve into the pages and learn what makes a fish a fish, why giraffes have such long necks and how all living things, from cabbages to tigers, are related! Amazing Evolution is the perfect first book about evolution for young readers.



Power, Sex, Suicide: Mitochondria and the meaning of life

By Nick Lane

Mitochondria are tiny structures located inside our cells that carry out the essential task of producing energy for the cell. They are found in all complex living things, and in that sense, they are fundamental for driving complex life on the planet. But there is much more to them than that.

Mitochondria have their own DNA, with their own small collection of genes, separate from those in the cell nucleus. It is thought that they were once bacteria living independent lives. Their enslavement within the larger cell was a turning point in the evolution of life, enabling the development of complex organisms and, closely related, the origin of two sexes. Unlike the DNA in the nucleus, mitochondrial DNA is passed down exclusively (or almost exclusively) via the female line. That's why it has been used by some researchers to trace human ancestry daughter-to-mother, to 'Mitochondrial Eve'. Mitochondria give us important information about our evolutionary history. And that's not all. Mitochondrial genes mutate much faster than those in the nucleus because of the free radicals produced in their energy-generating role. This high mutation rate lies behind our ageing and certain congenital diseases. The latest research suggests that mitochondria play a key role in degenerative diseases such as cancer, through their involvement in precipitating cell suicide.

Mitochondria, then, are pivotal in power, sex, and suicide. In this fascinating and thought-provoking book, Nick Lane brings together the latest research findings in this exciting field to show how our growing understanding of mitochondria is shedding light on how complex life evolved, why sex arose (why don't we just bud?), and why we age and die. This understanding is of fundamental importance, both in understanding how we and all other complex life came to be, but also in order to be able to control our own illnesses, and delay our degeneration and death.

Oxford Landmark Science books are 'must-read' classics of modern science writing which have crystallized big ideas, and shaped the way we think.



Transformer: The Deep Chemistry of Life and Death

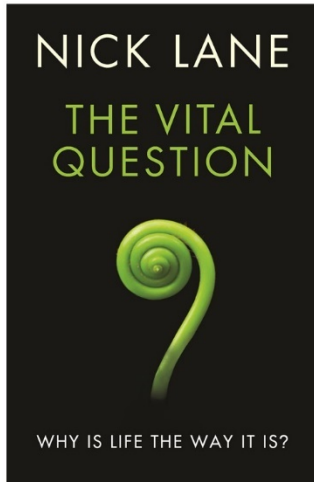
By Nick Lane

For decades, biology has been dominated by information - the power of genes. Yet in terms of information there is no difference between a living cell and one that died a moment ago. What really animates cells and sets them apart from non-living matter? This question goes back to the flawed geniuses and heroic origins of modern biology. The answer could turn our picture of life on Earth upside down.

In *Transformer*, Nick Lane captures a scientific renaissance that is hiding in plain sight. At its core is a cycle of reactions that transforms inorganic molecules into the building blocks of life, and the reverse - the iconic Krebs cycle that sits at the heart of metabolism. This conflicted merry-go-round of energy and matter has long taunted true understanding. Nick Lane is in the vanguard of scientists now tracing its ramifications across the tree of life.

To grasp the Krebs cycle is to fathom the deep coherence of biology. It connects the first photosynthetic bacteria with our own peculiar cells. It links the emergence of consciousness with the inevitability of death. And it puts the subtle differences between individuals in the same grand story as the rise of the living world itself.

Life is at root a chemical phenomenon: this is its deep logic.



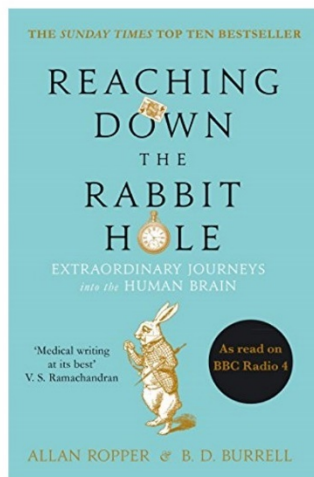
The Vital Question: Why is life the way it is?

By Nick Lane

Why is life the way it is? Bacteria evolved into complex life just once in four billion years of life on earth-and all complex life shares many strange properties, from sex to ageing and death. If life evolved on other planets, would it be the same or completely different?

In *The Vital Question*, Nick Lane radically reframes evolutionary history, putting forward a cogent solution to conundrums that have troubled scientists for decades. The answer, he argues, lies in energy: how all life on Earth lives off a voltage with the strength of a bolt of lightning. In unravelling these scientific enigmas, making sense of life's quirks, Lane's explanation provides a solution to life's vital questions: why are we as we are, and why are we here at all?

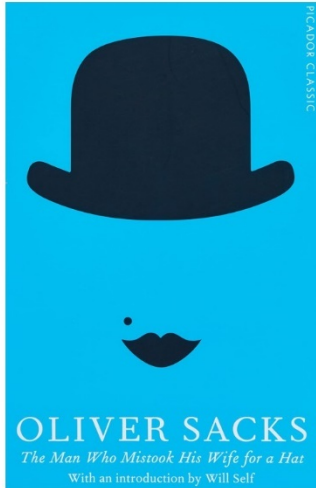
This is ground-breaking science in an accessible form, in the tradition of Charles Darwin's *The Origin of Species*, Richard Dawkins' *The Selfish Gene*, and Jared Diamond's *Guns, Germs and Steel*.



Reaching Down the Rabbit Hole: Extraordinary Journeys into the Human Brain

By Allan Ropper

What is it like to try to heal the body when the mind is under attack? In this gripping and illuminating book, Dr Allan Ropper reveals the extraordinary stories behind some of the life-altering afflictions that he and his staff are confronted with at the Neurology Unit of Harvard's Brigham and Women's Hospital. Like Alice in Wonderland, Dr Ropper inhabits a place where absurdities abound: a sportsman who starts spouting gibberish; an undergraduate who suddenly becomes psychotic; a mother who has to decide whether a life locked inside her own head is worth living. How does one begin to treat such cases, to counsel people whose lives may be changed forever? Dr Ropper answers these questions by taking the reader into a world where lives and minds hang in the balance.



The Man Who Mistook His Wife for a Hat (Picador Classic, 19)

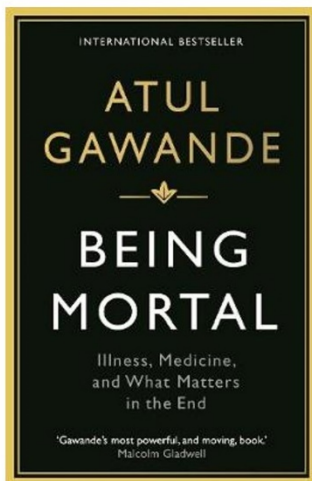
By Oliver Sacks ; Introduction by Will Self

A classic work of psychology, this international bestseller provides a groundbreaking insight into the human mind. With an introduction by Will Self.

If a man has lost a leg or an eye, he knows he has lost a leg or an eye; but if he has lost a self – himself – he cannot know it, because he is no longer there to know it.

In this extraordinary book, Dr. Oliver Sacks recounts the stories of patients struggling to adapt to often bizarre worlds of neurological disorder. Here are people who can no longer recognize everyday objects or those they love; who are stricken with violent tics or shout involuntary obscenities, and yet are gifted with uncanny artistic or mathematical talents. If inconceivably strange, these brilliant tales illuminate what it means to be human.

A provocative exploration of the mysteries of the human mind, *The Man Who Mistook His Wife for a Hat* is a million-copy bestseller by the twentieth century's greatest neurologist.

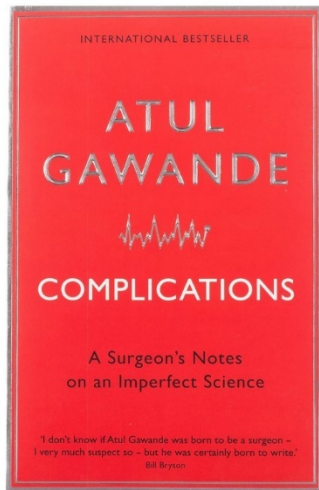


Being Mortal: Illness, Medicine and What Matters in the End

By Atul Gawande

For most of human history, death was a common, ever-present possibility. It didn't matter whether you were five or fifty - every day was a roll of the dice. But now, as medical advances push the boundaries of survival further each year, we have become increasingly detached from the reality of being mortal. So here is a book about the modern experience of mortality - about what it's like to get old and die, how medicine has changed this and how it hasn't, where our ideas about death have gone wrong. With his trademark mix of perceptiveness and sensitivity, Atul Gawande outlines a story that crosses the globe, as he examines his experiences as a surgeon and those of his patients and family, and learns to accept the limits of what he can do. Never before has aging been such an important topic. The systems that we have put in place to manage our mortality are manifestly failing; but, as Gawande reveals, it doesn't have to be this way. The ultimate goal, after all, is not a good death, but a good life - all the way to the very end.

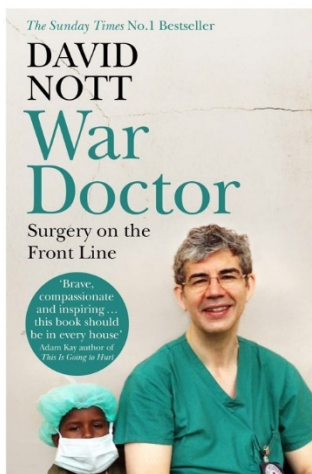
Published in partnership with the Wellcome Collection, a free visitor destination that explores the connections between medicine, life and art.



Complications: A Surgeon's Notes on an Imperfect Science

By Atul Gawande

This is a stunningly well-written account of the life of a surgeon: what it is like to cut into people's bodies and the terrifying - literally life and death - decisions that have to be made. There are accounts of operations that go wrong; of doctors who go to the bad; why autopsies are necessary; what it feels like to insert your knife into someone.



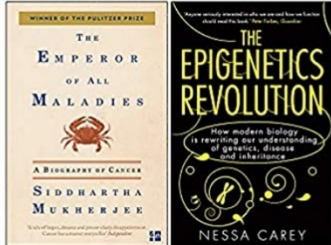
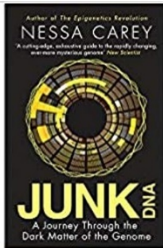
War Doctor: Surgery on the Front Line

By David Nott

For more than twenty-five years, David Nott has taken unpaid leave from his job as a general and vascular surgeon with the NHS to volunteer in some of the world's most dangerous war zones. From Sarajevo under siege in 1993, to clandestine hospitals in rebel-held eastern Aleppo, he has carried out life-saving operations and field surgery in the most challenging conditions, and with none of the resources of a major London teaching hospital.

The conflicts he has worked in form a chronology of twenty-first-century combat: Afghanistan, Sierra Leone, Liberia, Darfur, Congo, Iraq, Yemen, Libya, Gaza and Syria. But he has also volunteered in areas blighted by natural disasters, such as the earthquakes in Haiti and Nepal.

Driven both by compassion and passion, the desire to help others and the thrill of extreme personal danger, he is now widely acknowledged to be the most experienced trauma surgeon in the world. But as time went on, David Nott began to realize that flying into a catastrophe - whether war or natural disaster - was not enough. Doctors on the ground needed to learn how to treat the appalling injuries that war inflicts upon its victims. Since 2015, the foundation he set up with his wife, Elly, has disseminated the knowledge he has gained, training other doctors in the art of saving lives threatened by bombs and bullets.



Junk Dna, The Emperor of All Maladies, The Epigenetics Revolution 3 Books Collection Set

By Nessa Carey

Junk Dna:

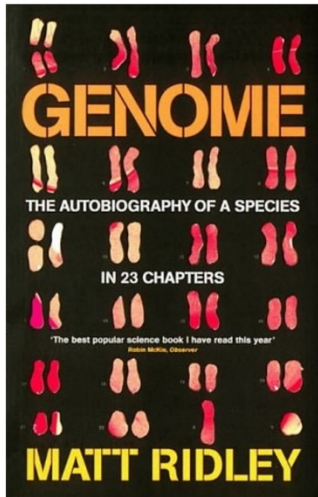
From rare genetic diseases to Down s Syndrome, from viral infections to the ageing process, only now are the effects and the vital functions of these junk regions beginning to emerge. Scientists rapidly growing knowledge of this often controversial field has already provided a successful cure for blindness and saved innocent people from death row via DNA fingerprinting, and looks set to revolutionise treatment for many medical conditions including obesity.

The Emperor of All Maladies:

In The Emperor of All Maladies, Siddhartha Mukherjee, doctor, researcher and award-winning science writer, examines cancer with a cellular biologist's precision, a historian's perspective, and a biographer's passion. The result is an astonishingly lucid and eloquent chronicle of a disease humans have lived with - and perished from - for more than five thousand years.

The Epigenetics Revolution:

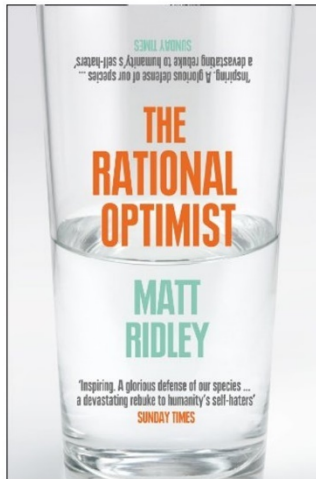
At the beginning of this century enormous progress had been made in genetics. The Human Genome Project finished sequencing human DNA. It seemed it was only a matter of time until we had all the answers to the secrets of life on this planet.



Genome: The Autobiography Of Species In 23 Chapters: The Autobiography of a Species in 23 Chapters

By Matt Ridley

The most important investigation of genetic science since The Selfish Gene, from the author of the critically acclaimed and best-selling The Red Queen and The Origins of Virtue. The genome is our 100,000 or so genes. The genome is the collective recipe for the building and running of the human body. These 100,000 genes are sited across 23 pairs of chromosomes. Genome, a book of about 100,000 words, is divided into 23 chapters, a chapter for each chromosome. The first chromosome, for example, contains our oldest genes, genes which we have in common with plants. By looking at our genes we can see the story of our evolution, what makes us individual, how our sexuality is determined, how we acquire language, why we are vulnerable to certain diseases, how mind has arisen. Genome also argues for the genetic foundations of free will. While many believe that genetics proves biological determinism, Ridley will show that in fact free will is itself in the genes. Everything that makes us human can be read in our genes. Early in the next century we will have determined the function of every one of these 100,000 genes.



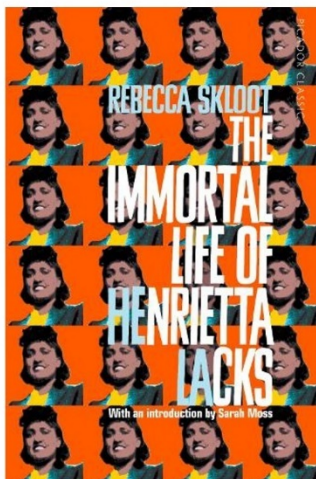
Rational Optimist: How Prosperity Evolves

By Matt Ridley

Life is on the up.

We are wealthier, healthier, happier, kinder, cleaner, more peaceful, more equal and longer-lived than any previous generation. Thanks to the unique human habits of exchange and specialisation, our species has found innovative solutions to every obstacle it has faced so far. In 'The Rational Optimist', acclaimed science writer Matt Ridley comprehensively refutes the doom-mongers of our time, and reaches back into the past to give a rational explanation for why we can – and will – overcome the challenges of the future, such as climate change and the population boom.

Bold and controversial, it is a brilliantly confident assertion that the 21st century will be the best for humankind yet.



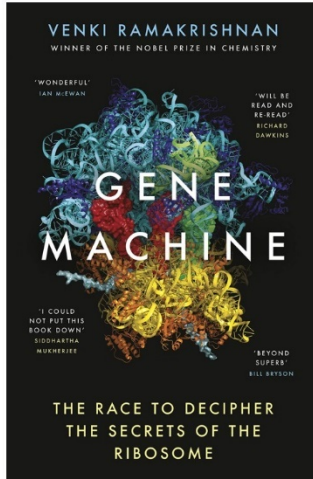
The Immortal Life of Henrietta Lacks: Rebecca Skloot

By Rebecca Skloot

Her name was Henrietta Lacks, but scientists know her as HeLa. Born a poor black tobacco farmer, her cancer cells – taken without her knowledge – became a multimillion-dollar industry and one of the most important tools in medicine. Yet Henrietta's family did not learn of her 'immortality' until more than twenty years after her death, with devastating consequences . . .

Rebecca Skloot's fascinating account is the story of the life, and afterlife, of one woman who changed the medical world for ever. Balancing the beauty and drama of scientific discovery with dark questions about who owns the stuff our bodies are made of, *The Immortal Life of Henrietta Lacks* is an extraordinary journey in search of the soul and story of a real woman, whose cells live on today in all four corners of the world.

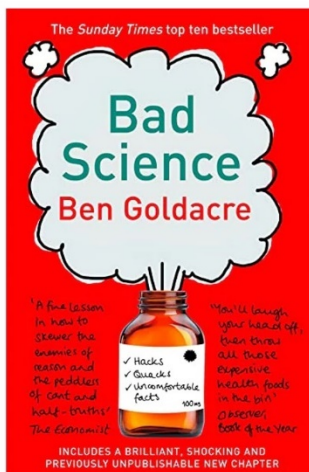
Now a HBO film starring Oprah Winfrey and Rose Byrne.



Gene Machine: The Race to Decipher the Secrets of the Ribosome

By Venki Ramakrishnan

Everyone knows about DNA, the essence of our being, the molecule where our genes reside. But DNA by itself is useless without a machine to decode the genetic information it contains. *The ribosome is that machine*. Venki Ramakrishnan tells the story of the race to uncover its enormously complex structure, a fundamental breakthrough that resolves an ancient mystery of life itself.



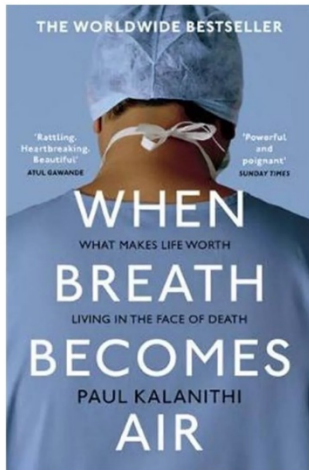
Bad Science

By Ben Goldacre

Ben Goldacre's wise and witty bestseller, shortlisted for the Samuel Johnson Prize, lifts the lid on quack doctors, flaky statistics, scaremongering journalists and evil pharmaceutical corporations.

Since 2003 Dr Ben Goldacre has been exposing dodgy medical data in his popular *Guardian* column. In this eye-opening book he takes on the MMR hoax and misleading cosmetics ads, acupuncture and homeopathy, vitamins and mankind's vexed relationship with all manner of 'toxins'. Along the way, the self-confessed 'Johnny Ball cum Witchfinder General' performs a successful detox on a Barbie doll, sees his dead cat become a certified nutritionist and probes the supposed medical qualifications of 'Dr' Gillian McKeith.

Full spleen and satire, Ben Goldacre takes us on a hilarious, invigorating and ultimately alarming journey through the bad science we are fed daily by hacks and quacks.



When Breath Becomes Air

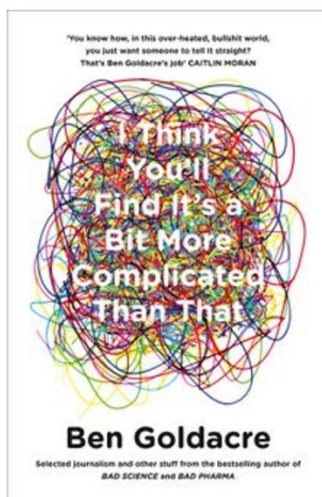
By Paul Kalanithi

What makes life worth living in the face of death?

At the age of thirty-six, on the verge of completing a decade's training as a neurosurgeon, Paul Kalanithi was diagnosed with inoperable lung cancer. One day he was a doctor treating the dying, the next he was a patient struggling to live.

When Breath Becomes Air chronicles Kalanithi's transformation from a medical student asking what makes a virtuous and meaningful life into a neurosurgeon working in the core of human identity - the brain - and finally into a patient and a new father.

Paul Kalanithi died while working on this profoundly moving book, yet his words live on as a guide to us all. *When Breath Becomes Air* is a life-affirming reflection on facing our mortality and on the relationship between doctor and patient, from a gifted writer who became both.

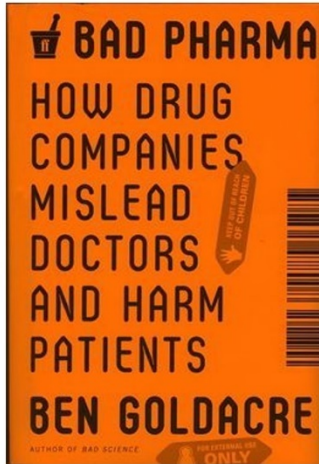


I Think You'll Find It's a Bit More Complicated Than That

By Ben Goldacre

The very best journalism from one of Britain's most admired and outspoken science writers, author of the bestselling *Bad Science* and *Bad Pharma*.

In *Bad Science*, Ben Goldacre hilariously exposed the tricks that quacks and journalists use to distort science. In *Bad Pharma*, he put the \$600 billion global pharmaceutical industry under the microscope. Now the pick of the journalism by one of our wittiest, most indignant and most fearless commentators on the worlds of medicine and science is collected in one volume.



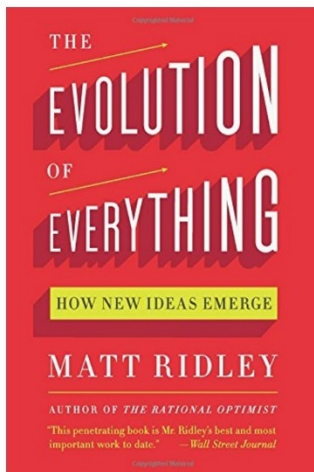
Bad Pharma: How Drug Companies Mislead Doctors and Harm Patients

By Ben Goldacre

We like to imagine that medicine is based on evidence and the results of fair testing and clinical trials. In reality, those tests and trials are often profoundly flawed. We like to imagine that doctors who write prescriptions for everything from antidepressants to cancer drugs to heart medication are familiar with the research literature about a drug, when in reality much of the research is hidden from them by drug companies. We like to imagine that doctors are impartially educated, when in reality much of their education is funded by the pharmaceutical industry. We like to imagine that regulators have some code of ethics and let only effective drugs onto the market, when in reality they approve useless drugs, with data on side effects casually withheld from doctors and patients.

All these problems have been shielded from public scrutiny because they're too complex to capture in a sound bite. But Ben Goldacre shows that the true scale of this murderous disaster fully reveals itself only when the details are untangled. He believes we should all be able to understand precisely how data manipulation works and how research misconduct in the medical industry affects us on a global scale.

With Goldacre's characteristic flair and a forensic attention to detail, *Bad Pharma* reveals a shockingly broken system and calls for regulation. This is the pharmaceutical industry as it has never been seen before.



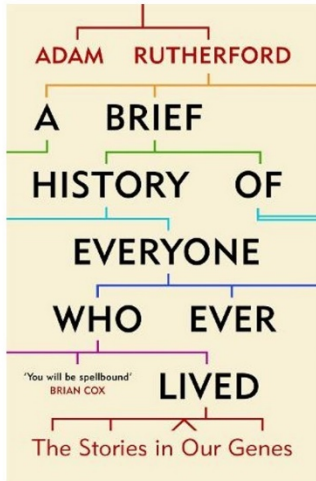
The Evolution of Everything: How New Ideas Emerge

By Matt Ridley

Human society evolves. Change in technology, language, morality, and society is incremental, inexorable, gradual, and spontaneous. It follows a narrative, going from one stage to the next, and it largely happens by trial and error—a version of natural selection. Much of the human world is the result of human action but not of human design: it emerges from the interactions of millions, not from the plans of a few.

Drawing on fascinating evidence from science, economics, history, politics, and philosophy, Matt Ridley demolishes conventional assumptions that the great events and trends of our day are dictated by those on high. On the contrary, our most important achievements develop from the bottom up. The Industrial Revolution, cell phones, the rise of Asia, and the Internet were never planned; they happened. Languages emerged and evolved by a form of natural selection, as did common law. Torture, racism, slavery, and pedophilia—all once widely regarded as acceptable—are now seen as immoral despite the decline of religion in recent decades.

In this wide-ranging, erudite book, Ridley brilliantly makes the case for evolution, rather than design, as the force that has shaped much of our culture, our technology, our minds, and that even now is shaping our future.



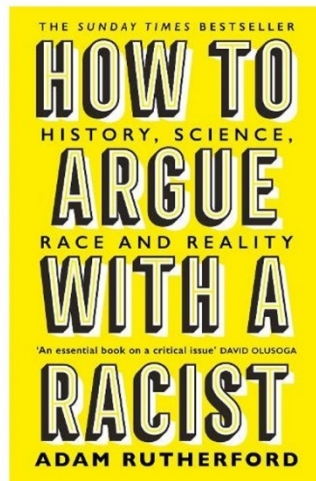
A Brief History of Everyone Who Ever Lived: The Stories in Our Genes

By Adam Rutherford

This is a story about you.

It is the history of who you are and how you came to be. It is unique to you, as it is to each of the 100 billion modern humans who have ever drawn breath. But it is also our collective story, because in every one of our genomes we each carry the history of our species - births, deaths, disease, war, famine, migration and a lot of sex.

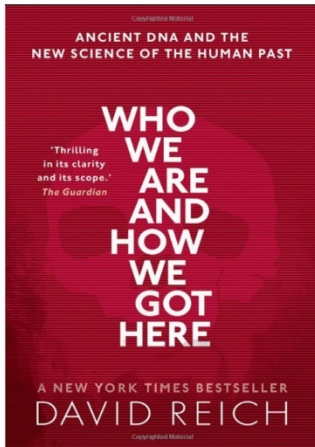
In this captivating journey through the expanding landscape of genetics, Adam Rutherford reveals what our genes now tell us about human history, and what history can now tell us about our genes. From Neanderthals to murder, from redheads to race, dead kings to plague, evolution to epigenetics, this is a demystifying and illuminating new portrait of who we are and how we came to be.



How to Argue With a Racist: History, Science, Race and Reality

By Adam Rutherford

Racist pseudoscience may be on the rise, but science is no ally to racists. Instead science and history can be powerful allies against bigotry, granting us the clearest view of how people actually are, rather than how we judge them to be. HOW TO ARGUE WITH A RACIST dismantles outdated notions of race by illuminating what modern genetics can and can't tell us about human difference. It is a vital manifesto for a twenty-first century understanding of human evolution and variation, and a timely weapon against the misuse of science to justify racism.



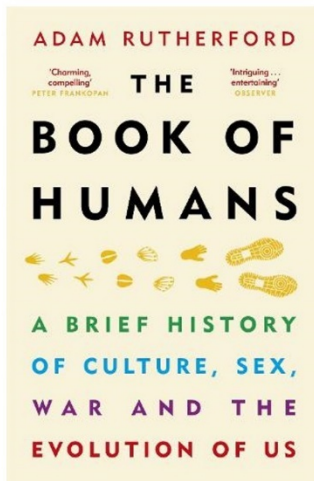
Who We Are and How We Got Here: Ancient DNA and the new science of the human past

By David Reich

The past few years have seen a revolution in our ability to map whole genome DNA from ancient humans. With the ancient DNA revolution, combined with rapid genome mapping of present human populations, has come remarkable insights into our past. This important new data has clarified and added to our knowledge from archaeology and anthropology, helped resolve long-existing controversies, challenged long-held views, and thrown up some remarkable surprises.

The emerging picture is one of many waves of ancient human migrations, so that all populations existing today are mixes of ancient ones, as well as in many cases carrying a genetic component from Neanderthals, and, in some populations, Denisovans. David Reich, whose team has been at the forefront of these discoveries, explains what the genetics is telling us about ourselves and our complex and often surprising ancestry. Gone are old ideas of any kind of racial 'purity', or even deep and ancient divides between peoples. Instead, we are finding a rich variety of mixtures. Reich describes the cutting-edge findings from the past few years, and also considers the sensitivities involved in tracing ancestry, with science sometimes jostling with politics and tradition. He brings an important wider message: that we should celebrate our rich diversity, and recognize that every one of us is the result of a long history of migration and intermixing of ancient peoples, which we carry as ghosts in our DNA.

What will we discover next?



The Book of Humans: A Brief History of Culture, Sex, War and the Evolution of Us

By Adam Rutherford

WHAT MAKES US HUMAN?

Waging war?
Sex for pleasure?
Creating art?
Mastery of fire?

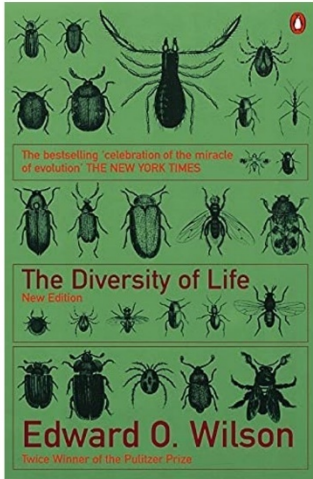
In this thrilling tour of the animal kingdom, Adam Rutherford tells the story of how we became the unique creatures we are today. Illuminated by the latest scientific discoveries, THE BOOK OF HUMANS is a dazzling compendium of what unequivocally fixes us as animals, and reveals how we are extraordinary among them.

'Adam Rutherford is a superb communicator, who eruditely explores the borderlands of history, archaeology, genetics and anthropology in this fascinating tour of our species' **DAN SNOW**

'This superbly accessible discussion about who we humans really are is important and necessary' **CHRIS PACKHAM**

'Charming, compelling and packed with information. I learned more about biology from this short book than I did from years of science lessons' **PETER FRANKOPAN**

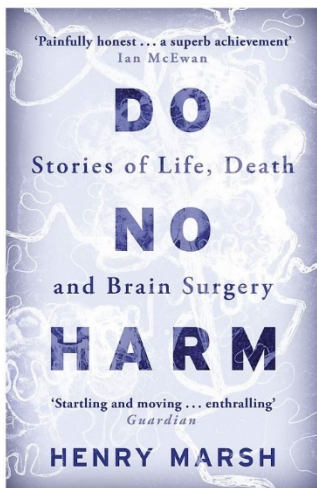
'An outstandingly clear and witty account that shows beyond doubt how much we are part of the animal world, and yet at the same time how different we have become' **HENRY MARSH**



The Diversity of Life

By Edward O. Wilson

"Not since Darwin has an author so lifted the science of ecology with insight and delightful imagery" - Richard Dawkins In this book a master scientist tells the great story of how life on earth evolved. E.O. Wilson eloquently describes how the species of the world became diverse, and why the threat to this diversity today is beyond the scope of anything we have known before. In an extensive new foreword for this edition, Professor Wilson addresses the explosion of the field of conservation biology and takes a clear-eyed look at the work still to be done.



Do No Harm: Stories of Life, Death and Brain Surgery

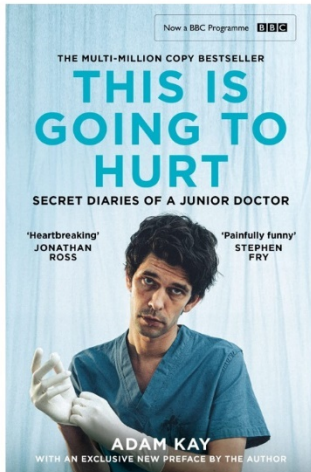
By Henry Marsh

What is it like to be a brain surgeon?

How does it feel to hold someone's life in your hands, to cut through the stuff that creates thought, feeling and reason?

How do you live with the consequences when it all goes wrong?

DO NO HARM offers an unforgettable insight into the highs and lows of a life dedicated to operating on the human brain, in all its exquisite complexity. With astonishing candour and compassion, Henry Marsh reveals the exhilarating drama of surgery, the chaos and confusion of a busy modern hospital, and above all the need for hope when faced with life's most agonising decisions.

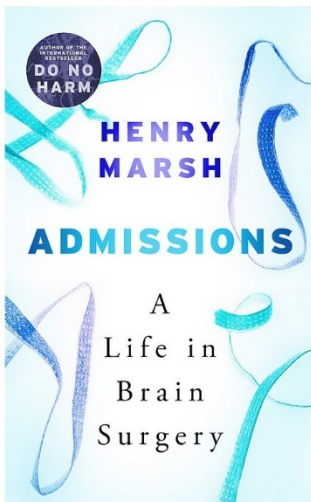


This is Going to Hurt

By Adam Kay

Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you.

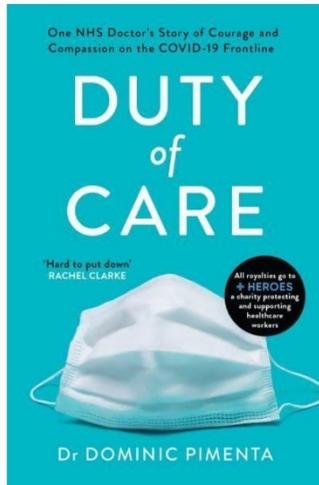
Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay's *This is Going to Hurt* provides a no-holds-barred account of his time on the NHS front line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward.



Admissions: A Life in Brain Surgery

By Henry Marsh

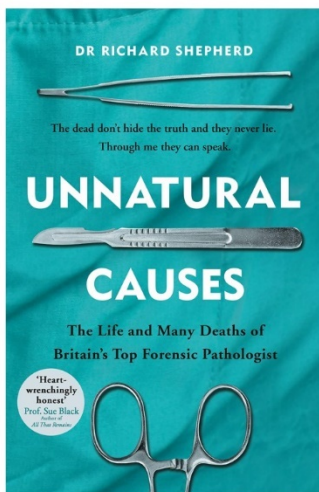
Henry Marsh has spent four decades operating on the human brain. In this searing and provocative memoir following his retirement from the NHS, he reflects on the experiences that have shaped his career and life, gaining a deeper understanding of what matters to us all in the end.



Duty of Care

By Dominic Pimenta

On the 8th of February, Dr Dominic Pimenta encountered his first suspected case of coronavirus. Within a week, he began wearing a mask on the tube, and within a month, he moved over to the Intensive Care Unit to help fight the virus. From the initial whispers coming out of China and the collective hesitation to class this as a pandemic to full lockdown and the continued battle to treat whoever came through the doors, Dr Pimenta tells the heroic stories of how the entire system shifted to tackle this outbreak and how, ultimately, the staff managed to save lives. This incredible account captures the shock and surprise, the panic and power of an unprecedented time, and how, at this moment of despair, human generosity and kindness prevailed.



Unnatural Causes

By Dr. Richard Shepherd

Meet the forensic pathologist, Dr Richard Shepherd.

He solves the mysteries of unexplained or sudden death.

He has performed over 23,000 autopsies, including some of the most high-profile cases of recent times; the Hungerford Massacre, the Princess Diana inquiry, and 9/11.

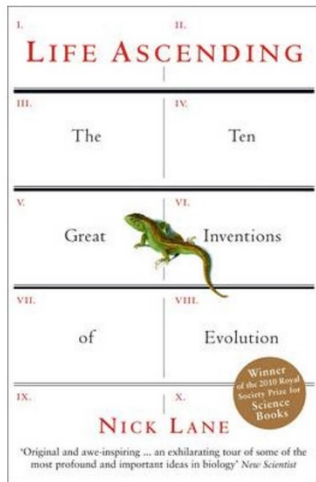
He has faced serial killers, natural disaster, 'perfect murders' and freak accidents.

His evidence has put killers behind bars, freed the innocent, and turned open-and-shut cases on their heads.

Yet all this has come at a huge personal cost.

Unnatural Causes tells the story of not only the cases and bodies that have haunted him the most, but also how to live a life steeped in death.

Thoughtful, revealing, chilling and always unputdownable, if you liked *All That Remains*, *War Doctor* and *This is Going to Hurt* you'll love this.

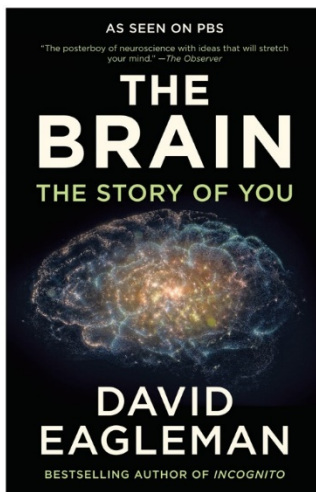


Life Ascending: The Ten Great Inventions of Evolution

By Nick Lane

'Original and awe-inspiring... an exhilarating tour of some of the most profound and important ideas in biology.' (*New Scientist*)

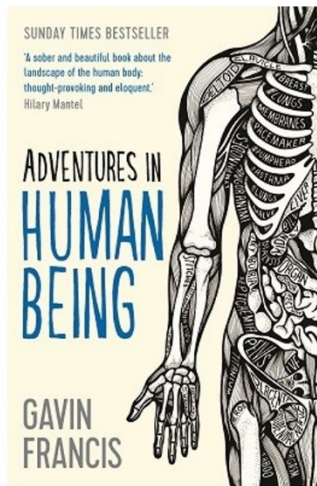
Where does DNA come from? What is consciousness? How did the eye evolve? Drawing on a treasure trove of new scientific knowledge, Nick Lane expertly reconstructs evolution's history by describing its 10 greatest inventions - from sex and warmth to death - resulting in a stunning account of nature's ingenuity.



The Brain: The Story of You

By David Eagleman

'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.



Adventures in Human Being

By Gavin Francis

We have a lifetime's association with our bodies, but for many of us they remain uncharted territory. In *Adventures in Human Being*, Gavin Francis leads the reader on a journey through health and illness, offering insights on everything from the ribbed surface of the brain to the secret workings of the heart and the womb; from the pulse of life at the wrist to the unique engineering of the foot.

Drawing on his own experiences as a doctor and GP, he blends first-hand case studies with reflections on the way the body has been imagined and portrayed over the millennia. If the body is a foreign country, then to practise medicine is to explore new territory: Francis leads the reader on an adventure through what it means to be human.

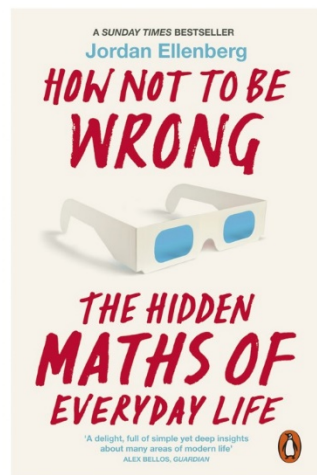
Both a user's guide to the body and a celebration of its elegance, this book will transform the way you think about being alive, whether in sickness or in health.

Published in association with the Wellcome Collection.

WELLCOME COLLECTION

Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexology, identity and death.

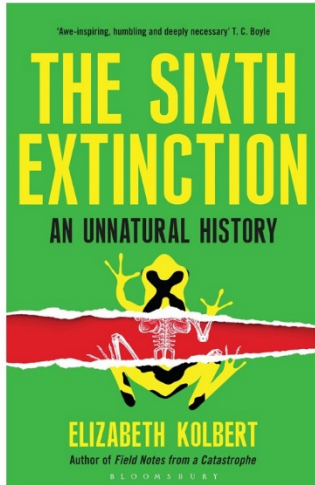
Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries.



How Not to Be Wrong: The Hidden Maths of Everyday Life

By Jordan Ellenberg

The maths we learn in school can seem like an abstract set of rules, laid down by the ancients and not to be questioned. In fact, Jordan Ellenberg shows us, maths touches on everything we do, and a little mathematical knowledge reveals the hidden structures that lie beneath the world's messy and chaotic surface. In *How Not to be Wrong*, Ellenberg explores the mathematician's method of analyzing life, from the everyday to the cosmic, showing us which numbers to defend, which ones to ignore, and when to change the equation entirely. Along the way, he explains calculus in a single page, describes Gödel's theorem using only one-syllable words, and reveals how early you actually need to get to the airport.



The Sixth Extinction: An Unnatural History

By Elizabeth Kolbert

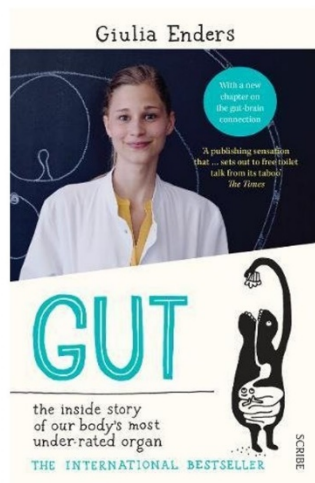
A major book about the future of the world, blending natural history, field reporting and the history of ideas and into a powerful account of the mass extinction happening today

Over the last half a billion years, there have been five mass extinctions of life on earth.

Scientists around the world are currently monitoring the sixth, predicted to be the most devastating extinction event since the asteroid impact that wiped out the dinosaurs.

Elizabeth Kolbert combines brilliant field reporting, the history of ideas and the work of geologists, botanists and marine biologists to tell the gripping stories of a dozen species – including the Panamanian golden frog and the Sumatran rhino – some already gone, others at the point of vanishing.

The sixth extinction is likely to be mankind's most lasting legacy and Elizabeth Kolbert's book urgently compels us to rethink the fundamental question of what it means to be human.



Gut: the inside story of our body's most under-rated organ

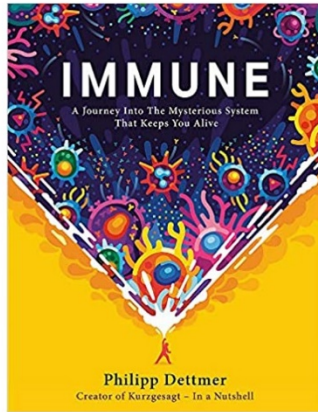
By Giulia Enders

Our gut is as important as our brain or heart, yet we know very little about how it works and many of us are too embarrassed to ask questions.

In *Gut*, Giulia Enders breaks this taboo, revealing the latest science on how much our digestive system has to offer.

From our miraculous gut bacteria — which can play a part in obesity, allergies, depression and even Alzheimer's — to the best position to poo, this entertaining and informative health handbook shows that we can all benefit from getting to know the wondrous world of our inner workings.

Author description: Giulia Enders received her medical degree from the University in Frankfurt am Main. She is a resident doctor for Internal Medicine and Gastroenterology. She is a double scholarship holder of the Wilhelm-und-Else-Heraeus-Foundation. In 2012 she won the first prize of the Science Slam in Berlin, Karlsruhe and Freiburg with her lecture 'Darm Mit Charme', which became a hit on youtube. Her book *Darm Mit Charme* has won several awards. Additionally, she was a columnist for *Die Zeit*.



Immune: The new book from Kurzgesagt

By Philipp Dettmer

You wake up and feel a tickle in your throat. Your head hurts. You're mildly annoyed as you get the kids ready for school and dress for work yourself. Meanwhile, an utterly epic war is being fought, just below your skin. Millions are fighting and dying for you to be able to complain as you drink your cup of tea and head out the door.

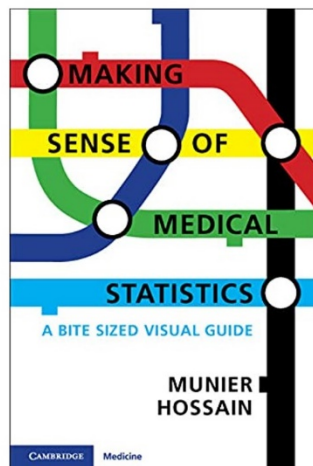
So what, exactly, IS your immune system?

Second only to the human brain in its complexity, it is one of the oldest and most critical facets of life on Earth. Without it, you would die within days. In *Immune*, Philipp Dettmer, the brains behind the most popular science channel on YouTube, takes readers on a journey through the fortress of the human body and its defences. There is a constant battle of staggering scale raging within us, full of stories of invasion, strategy, defeat, and noble self-sacrifice. In fact, in the time you've been reading this, your immune system has probably identified and eradicated a cancer cell that started to grow in your body.

Each chapter delves deeply into an element of the immune system, including defences like antibodies and inflammation as well as threats like viruses, bacteria, allergies and cancer, as Dettmer reveals why boosting your immune system is actually nonsense, how parasites sneak their way past your body's defences, how viruses - including the coronavirus - work, and what goes on in your wounds when you cut yourself.

Enlivened by engaging full-colour graphics and immersive descriptions, *Immune* turns one of the most intricate, interconnected, and confusing subjects - immunology - into a gripping adventure through an astonishing alien landscape.

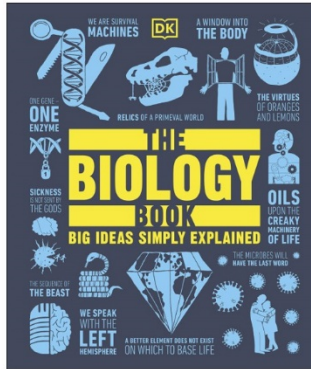
Challenging what you know and think about your own body and how it defends you against all sorts of maladies and how it might also eventually be your own downfall, *Immune* is a vital and remarkably fun crash course in what is arguably, and increasingly, the most important system in the body.



Making Sense of Medical Statistics: A Bite Sized Visual Guide

By Munier Hossain

Do you want to know what a parametric test is and when not to perform one? Do you get confused between odds ratios and relative risks? Want to understand the difference between sensitivity and specificity? Would like to find out what the fuss is about Bayes' theorem? Then this book is for you! Physicians need to understand the principles behind medical statistics. They don't need to learn the formula. The software knows it already! This book explains the fundamental concepts of medical statistics so that the learner will become confident in performing the most commonly used statistical tests. Each chapter is rich in anecdotes, illustrations, questions, and answers. Not enough? There is more material online with links to free statistical software, webpages, multimedia content, a practice dataset to get hands-on with data analysis, and a Single Best Answer questionnaire for the exam.



The Biology Book: Big Ideas Simply Explained

By DK

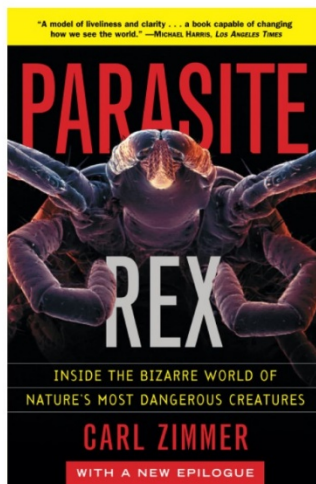
What is life? Why do bees dance? How do animals know their mothers? Who discovered germs? Discover the living world, how it interacts with the environment, and stand in awe of the most interesting biology facts, theories, and discoveries.

The Biology Book is written in plain English making complex biological ideas accessible to everyone! Whether you're a student or a science enthusiast, you'll find these pages exciting and educational because it:

- Combines creative typography, graphics, and accessible text to explore the most famous and important ideas in biology and the people behind them
- Includes a directory section for easy localisation
- Profiles more than 95 ideas and events key to the development of biology and the life sciences, with thought-provoking graphics throughout that demystify the central concepts behind each idea
- Features insightful and inspiring quotes from leading biologists and scientists, such as 2020 Nobel Laureates, Emmanuelle Charpentier and Jennifer Doudna, as well as thinkers in other fields

Over the last few centuries, humans have been enamoured by the world around us. Trace the history of scientific thought and meet the scientists who shaped the natural sciences, such as Carl Linnaeus, Jean-Baptiste Lamarck, Charles Darwin, and Gregor Mendel. From the mechanics of plants, animals, and the human body; to DNA and genetic inheritance; and the development of vaccines, explore the crucial discoveries to understand how our world works.

The Biology Book uncovers over 95 key ideas in the field of biology. Step by step flowcharts, diagrams and accessible text will help demystify complex biological processes and help you enhance your understanding. This biology book also discusses current trends such as cloning, neuroscience, human evolution, and gene editing. Whether you're new to the subject, a budding scientist or keen to keep up with and understand current ethical and scientific debates, *The Biology Book* is for you.



Parasite Rex (with a New Epilogue): Inside the Bizarre World of Nature's Most Dangerous Creatures

By Carl Zimmer

For decades parasites were the pariahs of science. Only recently have biologists begun to appreciate that these diverse and complex organisms are the most highly evolved life forms on earth. In this work, Carl Zimmer takes the reader on a tour of the strange and bizarre world that parasites inhabit, and recounts the voyages of these wonders of creation. Parasites can: rewrite DNA; rewire the brain; genetically engineer viruses as weapons; and turn healthy hosts into the living dead. This book follows researchers in parasitology as they attempt to penetrate the mysteries of these omnipotent creatures who control evolution, ecosystems, and perhaps the future of the human race.