

**Client:** Penguin General Monitoring  
**Source:** People's Friend Special Series  
**Date:** 06/05/2020  
**Page:** 7  
**Reach:** 46607  
**Value:** 907.2000

THIS MONTH'S BOOKS 7

# Books **WE** love

Our top recommendations for fans of non-fiction.

## Clothes . . . And Other Things That Matter

Alexandra Shulman

Alexandra Shulman, the longest-ever serving editor of British "Vogue", has written a memoir about her life. Shulman was the editor of "Vogue" from 1992 to 2017 and reflects on the stages of her life in clothes. This book explores the meaning behind women's choices of clothes and how this defines the various stages in their lives.

Cassell, £13.59



## Till The Cows Come Home

Sara Cox

Recently released in paperback, Sara Cox's "Till the Cows Come Home" coming-of-age memoir is a vivid and funny tale, depicting Cox's childhood in Lancashire in the 1980s. The English broadcaster and TV presenter tells the story of her semi-rural upbringing as the youngest of five siblings in this heartfelt book.

Hodder & Stoughton, £7.99

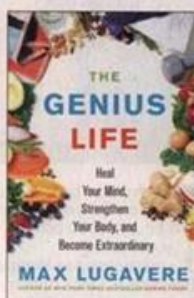


## The Genius Life

Max Lugavere

This book from health and science journalist Max Lugavere looks at how our diets have changed over time and the impact this has had on our physical and mental health. Lugavere explains the diet, exercise routine and sleep pattern we should follow to give the greatest benefit to our brain function.

Harper Wave, £18.74

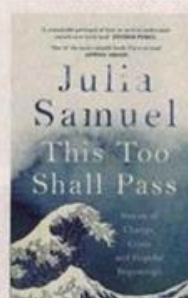


## This Too Shall Pass

Julia Samuel

In a society where we are constantly spoiled for choice, psychotherapist Julia Samuel has written this book about making difficult decisions and how best to adapt to changes in your life. Samuel shares a range of anecdotes from conversations with her patients about change, opportunity and loss. This book will allow you to become a master of decision making.

Penguin Books, £11.99



## Happy Inside

Michelle Ogundehin

Michelle Ogundehin's new book tells us how we can create a home interior that will benefit our wellbeing. Michelle is trained as an architect, and was previously editor of British "ELLE Decoration". She has used her specialist knowledge to make this simple guide on how your home can make you feel happy, with minimal expenditure.

Ebury Press, £15.19



## Harrier 809

Rowland White

If you're a history buff, this newly released book is just for you. With the pace of a thriller, combined with ground-breaking research, Rowland White looks back at the British Forces' efforts during the Falklands War. Focusing specifically on the 809 Naval Air Squadron and their fight against the Argentine Air Force, this book reveals the full story of this fight for the first time.

Bantam Press, £16.99

