

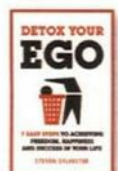
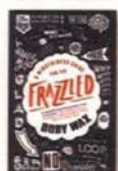
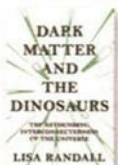
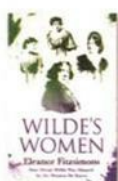


Client: The Bodley Head
Source: The Lady
Date: 15/01/2016

Keyword: Lisa Randall
Page: 60
Reach: 27977
Size: 800
Value: 2440.00

REVIEWS

Books



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OUT NOW WILDE'S WOMEN: How Oscar Wilde Was Shaped By The Women He Knew by Eleanor Fitzsimons (Gerald Duckworth & Co, £20; offer price, £17) ★★★★★

Hailed as a gay icon
 and a genius wit, it is
 less well known that
 throughout his life
 Oscar Wilde was very
 popular with women.
 This is the first book to
 explore his friendships
 with actresses and
 society hostesses,
 whose literary soirées
 provided him with
 publicity and material
 for his work. Luxury-
 loving Wilde hated
 hunting, shooting
 and cards,
 preferring gossip,
 clothes,
 champagne
 and sensuality.
 But
 Fitzsimons's
 book presents a
 less decadent and
 superficial Wilde: a
 devoted husband and

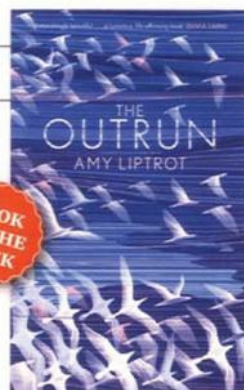
father alongside his
 complex and parallel
 gay life. He inherited
 his literary gifts from
 his bohemian,
 outspoken mother,
 Lady 'Speranza' Jane
 Wilde. Her belief that
 a wife should overlook
 her husband's
 'indiscretions',
 particularly if he was 'a
 genius', helps explain
 Wilde's later behaviour
 and choice of wife
 (Constance Lloyd, a
 feminist who remained
 'hugely supportive' of
 him). A defender of
 gender equality, Wilde
 collaborated with many
 influential women,
 including socialite Lillie
 Langtry and actress
 Sarah Bernhardt, for
 whom he wrote Salome.

Even if you think you
 know all about Wilde,
 this highly entertaining
 book, packed with
 fascinating detail and
 anecdotes, will still
 surprise you.

Rebecca Wallerstein

DARK MATTER AND THE DINOSAURS: The Outstanding Interconnectedness Of The Universe by Lisa Randall (Bodley Head, £25; offer price, £21.50) ★★★★★

We are made of stars.
 The atoms forming
 everything on Earth
 were forged in the
 crucible of long-dead
 stars. But only very
 recently have scientists
 appreciated how events
 on Earth are influenced



BOOK
 OF THE
 WEEK

ON DRY LAND

THE OUTRUN by Amy Liptrot (Canongate,
 £14.99; offer price, £12.99)

Amy Liptrot is not your average nature
 writer. 'I never saw myself as, and resist
 becoming, the wholesome "outdoors" type',
 she firmly states at the end of this compulsive
 and at times electrifying memoir. And yet at
 the age of 30 she found herself returning to
 her father's farm on Orkney, the very place
 from which she had fled as a teenager, having
 shunned island life in favour of big-city
 glamour. It was the latter, however, which was
 her downfall: in London, Liptrot's hedonistic
 existence spiralled into full-scale alcoholism.

In *The Outrun* (the title refers to a rough
 pasture) Liptrot documents not just her
 experience of rehab, but also her daily
 struggle to overcome her craving for drink.
 She explores the roots of her addiction
 and comes to realise that island life can
 offer its own intoxications - wild swimming
 in freezing water, marvelling at the
 Northern Lights.

Yet this isn't a contrived exercise in getting
 'back to nature': Liptrot revels in modern
 technology and argues that it can in fact
 bring us closer to the natural world, citing as
 examples the Facebook alerts notifying her
 of orca sightings, or the Sky Map app that
 allows her to identify the constellations
 above her head.

Courageous and clear-sighted, this is a
 memorable debut.
 Stephanie Cross

from the farthest
 reaches of the galaxy
 and beyond. Over 64
 tonnes of material,
 the equivalent of about
 12 elephants, enters the
 atmosphere every day
 - 4,400 elephants a
 year, quite a herd. Most

of this falls as dust
 particles from comets
 and asteroids, which
 reside mainly in the
 Oort Cloud - a massive
 graveyard of icy bodies
 in the coldest depths
 of the solar system,
 beyond Pluto. Some

WHICH
 BOOK
 BEGINS...

*'It was the day
 my grandmother
 exploded'*

Answer on
 page 81



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of these bodies are very large indeed.

Under the gravitational pull of the galaxy, on occasion they can hit the Earth's surface, causing widespread destruction and leading to the extinction of whole species, such as dinosaurs. In a whistle-stop tour of modern physics, Randall attempts to link the extinction of the dinosaurs to the latest thinking on the source of the greatest mass in the universe - dark matter. An ambitious undertaking that contains a few minor mistakes, but is still a fascinating read and as convincing as the arguments for dark matter itself.

Stephen Coulson

NEW YEAR, HAPPIER YOU

Have the January blues hit yet? New Year resolutions already faltering? Our in-house agony aunt, Patricia Marie, picks two of the best and most uplifting new books for self-improvement.

A MINDFULNESS GUIDE FOR THE FRAZZLED by

Ruby Wax (Penguin Life, £14.99; offer price, £13.49)
 ★★★★★

The comedienne, writer and mental-health campaigner shows us how to achieve calm in a hectic world. Drawing on her own experience of depression and a Masters degree in Mindfulness-based Cognitive Therapy, she offers an easy-to-follow, six-week course.

Wax describes

mindfulness as the most effective tool available for understanding yourself and others. Her passion and dedication to mental health are evident in every page. With advice for relationships parents, children and teenagers, this gem of a read will point you towards a more contented way of life.

DETOX YOUR EGO by Steven Sylvester

(Headline, £12.99; offer price, £10.99)
 ★★★★★

Psychologist Steven Sylvester's inspiring book offers a unique approach to achieving your goals. He shares seven easy steps that will increase your understanding of your ego - the 'natural defence system' that is activated when you feel anxiety or fear - to help transform yourself. If you're willing to enter a personal metamorphosis in the way you think,

feel and act, I would encourage you to pick up this book.

Although uncomfortable and challenging at times, it will motivate you to be the best that you can be. A perfect New Year's catalyst to help you be freer, happier and more successful.



ALSO ON THE SHELF



THE LITTLE RED CHAIRS

by Edna O'Brien
 (Faber & Faber, £18.99; offer price, £16)
 ★★★★★

Vlad, a stranger from Eastern Europe, masquerades as a healer in the Irish village of Cloonoila and has the locals under his spell - until he is unmasked as a war criminal.



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A compelling
tale of war,
exploited
naivety,
charisma
and fatal
attraction.
Lyndsy Spence

