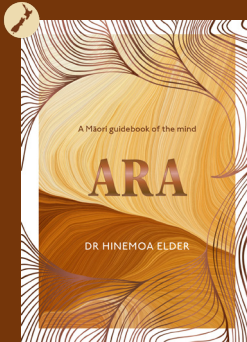


September Highlights

Discover the best new book releases of the month



Ara: A Māori guidebook of the mind

Dr Hinemoa Elder

Penguin Random House | \$30.00

Dr Hinemoa Elder's reputation for her books on health and wellbeing in Aotearoa is so formidable that any publication she releases deserves to be read and embraced wholeheartedly. Her latest book Ara is no exception. Following the Māori goddess of the mind, Hinengaro, the reader travels through a series of caves, each one representing a place, time and thought in our minds. The trail gives us insights into who we are now and who we could be in the future and delving into each cave opens up instinctive and emotional responses based on appearance, feel, and sensory experience.

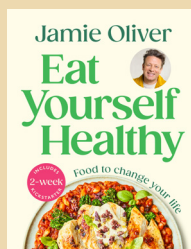
I love the way her narrative has intrinsically linked the Māori culture with natural elements that connect to our emotions. It's a book that draws from history and culture but is so relevant for today's world. "Hinengaro gives us the extraordinary power to construct the caves as we go," writes Dr Elder. "She has been playing her own special version of Minecraft for a very, very long time. I imagine her renaming the game 'Mindcraft.'"

It is a very visual journey, and you truly feel you are walking side by side as you enter and exit each cave. You are never left alone but as each cave contains so many messages and questions that need to be thought through, it is best to absorb the book 'cave by cave.' Put it down and return when you are ready to enter the next cave.

This book offers a fresh perspective on the concept of mindful awareness and Dr Elder has again delivered us an Aotearoa treasure that will always have a place on our book shelves.

Reviewed by Sharron
Petronella's Gallery and Bookstore

NON-FICTION



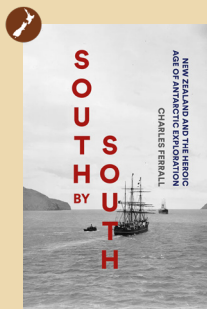
Eat Yourself Healthy

Jamie Oliver

Michael Joseph | \$65.00

Jamie's first healthy-eating cookbook is all about more: more flavour, energy, joy, and sleep. With 120 easy, delicious recipes and a 2-week meal plan to kickstart your journey,

Eat Yourself Healthy shows how nourishing food can be satisfying and full of life. Packed with 50 simple health hacks, this is joyful, generous cooking that makes healthy choices easy and enjoyable. Good food, made simple, to help you feel your best.



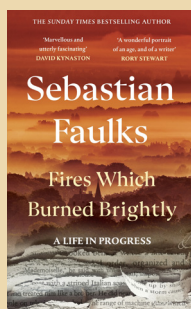
South by South

Charles Ferrall

THWUP | \$50.00

This rich historical account reveals New Zealand's quiet but crucial role in Antarctica's Heroic Age. Through letters, articles, and official documents, many unpublished, *South by South* uncovers the deep friendships between

explorers like Scott and Shackleton and their New Zealand allies: Joseph Kinsey, Charles Bowen, and Leonard Tripp. Acting as expedition agents, supporters, and confidants, these men helped shape the era's great southern voyages. A literary exploration of loyalty, empire, and the human side of Antarctic discovery.



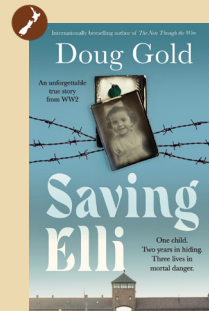
Fires Which Burned Brightly

Sebastian Faulks

Hutchinson Heinemann | \$50.00

In ten sharp, funny essays, Sebastian Faulks reflects on a life shaped by post-war Britain, literary fame, and personal misadventures. From rural childhood and Fleet Street's wild days to writing

Birdsong and surviving book tours, he explores memory, politics, psychiatry, and more with rueful humour. Reluctant to write a memoir, Faulks instead offers vivid, thoughtful glimpses into his world, ending with a moving tribute to his parents and the lasting impact of war on his generation.

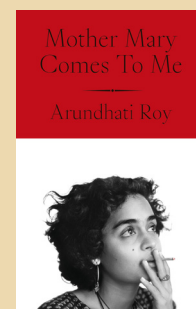


Saving Elli

Doug Gold

Allen & Unwin | \$38.00

In Nazi-occupied Amsterdam, young Elli hides above a ceiling, her life in the hands of resistance couple Frits and Jo Hakken. As the Gestapo close in, Frits forges IDs and sabotages warplanes by day, while Jo aids fugitives and smuggles news through enemy-filled streets. This gripping true story of sacrifice, courage, and survival reveals the impossible choices faced in the shadows of war, and the bravery that saved a child just steps from Anne Frank's hiding place.

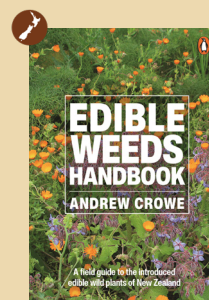


Mother Mary Comes to Me

Arundhati Roy

Hamish Hamilton | \$40.00

In her first memoir, Arundhati Roy explores her powerful, complicated relationship with her mother, Mary Roy, who she describes as "my shelter and my storm." Written after Mary's death, this raw, intimate account traces Roy's journey from childhood in Kerala to literary fame, capturing the fierce love, distance, and lasting influence between mother and daughter. With the emotional depth of her novels and the clarity of her essays, this is a bold, moving tribute to freedom, family, and the forces that shape us.



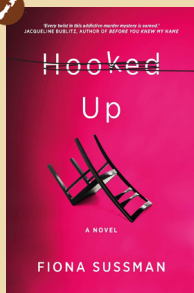
Edible Weeds Handbook

Andrew Crowe

Penguin | \$35.00

A practical, illustrated guide to Aotearoa's edible introduced plants, from watercress to acorns. This accessible handbook helps foragers confidently identify common 'weeds,' drawing on traditional uses and scientific research to determine what's safe to eat, when, and how. A reliable companion for anyone curious about wild food beyond native species.

FICTION

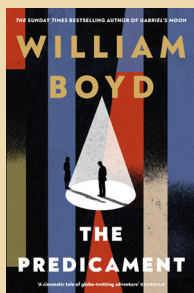


Hooked Up

Fiona Sussman
Bateman Books | \$39.00

Detective DS Ramesh Bandara leads a homicide probe in a quiet New Zealand beach town, only to uncover a deeper mystery. With progress slow, his sharp colleague Hilary Stark links the case to a decade-old murder tied to the

controversial reality show *Hooked Up*. As suspects multiply and old grudges surface, the duo must navigate twists and secrets in a country where nothing is quite what it seems.

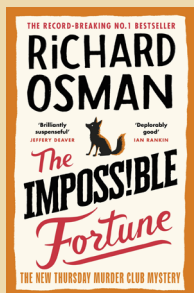


The Predicament

William Boyd
Viking Fiction | \$38.00

Travel writer-turned-spy Gabriel Dax is drawn back into MI6 and sent to Guatemala under the cover of a tense presidential election. As he's pulled into a plot involving the CIA, the Mafia, and a looming coup, the trail leads

to West Berlin and a shocking plan to assassinate John F. Kennedy. In a deadly race against time, Dax must navigate betrayal, politics, and the pull of old loyalties. *The Predicament* is a gripping, atmospheric spy thriller from a master storyteller.

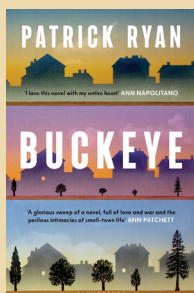


The Impossible Fortune

Richard Osman
Viking Fiction | \$38.00

The Thursday Murder Club is back, but murder wasn't on the wedding agenda. While Joyce plans the big day, Elizabeth mourns, Ron faces family drama, and Ibrahim offers therapy to a criminal.

Then a guest confesses they're in danger, and the gang is pulled into a high-stakes case involving a deadly villain and an uncrackable code. With time ticking, can they crack the mystery and stop a murder before it's too late?

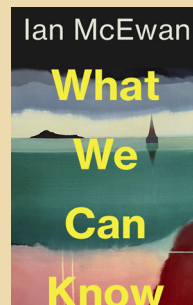


Buckeye

Patrick Ryan
Bloomsbury | \$37.00

In small-town Ohio, a stolen moment between Cal Jenkins and Margaret Salt sparks ripples that echo through their families for generations. With Cal's wife Becky gifted as a seer and Margaret's husband missing at sea, secrets unravel

amid loss, hope, and redemption. *Buckeye* is a heart-felt, charming portrait of community, exploring love, forgiveness, and the deep human need for connection through laughter and compassion.

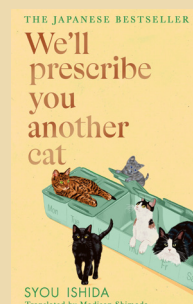


What We Can Know

Ian McEwan
Jonathan Cape | \$38.00

In 2119, Britain's lowlands lie underwater, and what remains clings to memories of a lost world. Academic Tom Metcalfe uncovers a clue to a vanished poem last heard in 2014, sparking a search that unravels a hidden story of love, betrayal, and buried

truths. *What We Can Know* is a gripping, speculative novel about memory, loss, and hope. Reclaiming the present through a future where, despite catastrophe, something vital endures.



We'll Prescribe You Another Cat

Syou Ishida
Doubleday | \$38.00

The Kokoro Clinic for the Soul reopens in this heartwarming sequel to *We'll Prescribe You a Cat*. Though its location is a mystery, those in need always find it; and the clinic's healing cats, from energetic Kotetsu

to gentle Ms. Michiko, work their magic. Through interconnected stories of love, loss, and healing, this charming novel celebrates the powerful, mysterious bond between cats and people.

CHILDREN & YOUNG ADULT

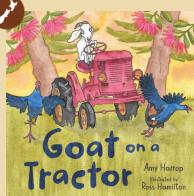


Nature for Kiwi Babies

Matthew & Fraser Williamson
Picture Puffin | \$16.00

Let's explore Aotearoa's great

outdoors! This beautifully illustrated bilingual board book introduces babies to native plants and insects—like the honeybee, harakeke, and caterpillar—with names in both English and Māori. Perfect for little learners, it helps tamariki connect with nature while building essential vocabulary. A delightful addition to the bestselling bilingual series for babies.



Goat On a Tractor

Amy Harrop & Ross Hamilton
Bateman Books | \$22.00

Lily Goat is back and she's taking a shiny red tractor for a wild spin! But her joyride causes muddy mayhem, startled chickens, and a splash landing in the lake. Can her farmyard friends help clean up the mess? And will Lily finally learn to steer clear of trouble? A laugh-out-loud rhyming tale of mischief, friendship, and making things right.

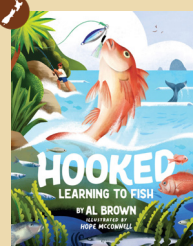


The Court of the Dead

Rick Riordan & Mark Oshiro
Puffin | \$30.00

From the world of Percy Jackson, Nico di Angelo and Hazel Levesque reunite in a brand-new adventure! After opening a path for Underworld monsters to seek peace,

Nico and Will Solace join Hazel at Camp Jupiter, where those very monsters are now vanishing. A dark force is hunting them, determined to punish their past. As danger rises, the trio must face a terrifying truth: they're more connected to the threat than they ever imagined.

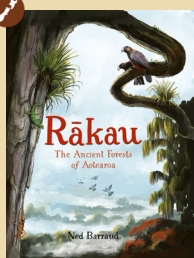


Hooked

Al Brown
Allen & Unwin | \$35.00

Hooked is the ultimate fishing guide for all ages and skill levels, whether you're casting off a wharf, fly-fishing a stream, or heading out by boat. Packed with tips on

knots, baiting, casting, and cooking your catch, it's both practical and inspiring. Al Brown shares his passion for fishing and ten favourite recipes, including Depot classics. A go-to companion for anyone keen to get outdoors, have fun, and keep learning with every cast.



Rākau: The Ancient Forests of Aotearoa

Ned Barraud

Beautifully illustrated and rich in mātauranga Māori, *Rākau* is an engaging guide to Aotearoa's native trees and forests. Written and illustrated

by award-winning Ned Barraud, and supported by Te Papa experts, it takes young readers from pre-history to today, exploring key species, their habitats, and human impact. With gatefolds and captivating detail, this is a perfect book for home or school, inspiring tamariki to understand and care for our unique rākau.



Kings of This World

Elizabeth Knox
Allen & Unwin | \$30.00

Vex has the power to persuade but, at her new school, she's not the only one. Just as she begins to connect with her gifted classmates, they're all kidnapped and chained in an abandoned factory. As they fight to survive and escape,

dark questions arise: why were they taken? And why do the captors hate Vex yet want her on their side? A gripping thriller about power, friendship, and the haunting cost of survival.

Disclaimer

The illustrations used in the header come from *Ara* by Dr Hinemoa Elder—designed by Carla Sy, illustrations by Jade Townsend, photographs by Megan van Staden—and has been reproduced with the permission of the publisher Penguin Random House NZ. Price, format and information are correct at time of print. RRP's refer to publishers' recommended retail prices. Format and price may change without notice. Some booksellers may not be able to hold stock of every book in the highlights newsletter. Speak to your bookseller about special orders. The prices and any special offers in this highlights newsletter are strictly while stocks last or otherwise specified. www.bookhub.co.nz

BookHub

founded by
Booksellers
Aotearoa New Zealand