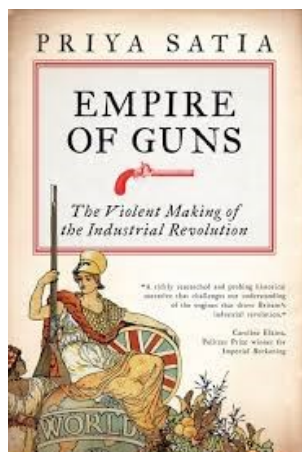


Books of the Month

August 2018



EMPIRE OF GUNS: The Violent Making of the Industrial Revolution

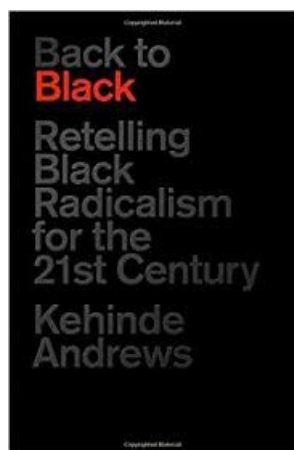
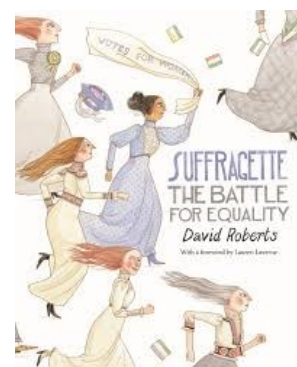
Priya Satia £30.00

We have long understood the Industrial Revolution as a triumphant story of innovation and technology. *Empire of Guns* upends this conventional wisdom by placing war and Britain's prosperous gun trade at the heart of the Industrial Revolution and the state's imperial expansion – and, at the centre of this story, a Quaker, Samuel Galton, who as one of Britain's most prominent gunmakers was condemned by his fellow Quakers. In his fervent self-defence, Galton argued that the state's heavy reliance on industry for all of its war needs meant that every member of the British industrial economy was implicated in Britain's near-constant state of war. This story offers a radically new understanding of this critical historical moment and all that followed from it.

SUFFRAGETTE: The Battle for Equality

David Roberts £18.99

Suffragette brings to life the many vivid characters of the women's suffrage movement – from the militant activist and wheelchair user Rosa May Billinghurst to the world-famous Emmeline Pankhurst, Millicent Fawcett and Emily Wilding Davison. Covering the whole range of female and male suffragist experiences – from aristocrats to the middle and working class as well as a look at the global struggle for universal suffrage – *Suffragette* makes a beautifully illustrated introduction to a fascinating topic.



BACK TO BLACK: Retelling Black Radicalism for the 21st Century

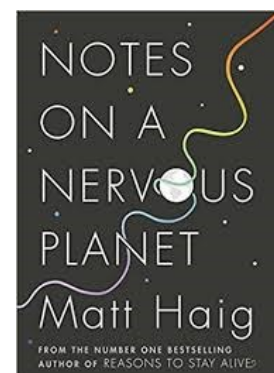
Kehinde Andrews £16.99

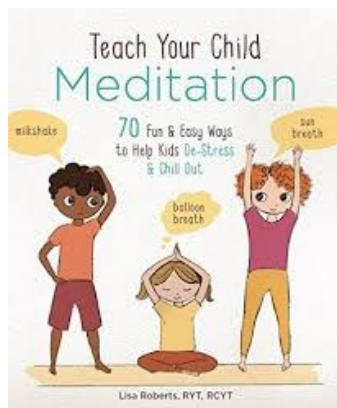
Back to Black traces the long and eminent history of Black radical politics. Born out of resistance to slavery and colonialism, its rich past encompasses figures such as Marcus Garvey, Angela Davis, the Black Panthers and the Black Lives Matter activists of today. At its core it argues that racism is inexorably embedded in the fabric of society, and that it can never be overcome unless by enacting change outside of this suffocating system. Yet this Black radicalism has been diluted and moderated over time; wilfully misrepresented and caricatured by others; divested of its legacy, potency, inclusivity and force for global change. Kehinde Andrews connects the dots to today's struggles by showing what a renewed politics of Black radicalism might look like in the 21st century.

NOTES ON A NERVOUS PLANET

Matt Haig £12.99

The world is messing with our minds. Rates of stress and anxiety are rising. A fast, nervous planet is creating fast and nervous lives. We are more connected, yet feel more alone. And we are encouraged to worry about everything from world politics to our body mass index. How can we stay sane on a planet that makes us mad? How do we stay human in a technological world? How do we feel happy when we are encouraged to be anxious? *Notes on a Nervous Planet* is a personal and vital look at how to feel happy, human and whole in the twenty-first century.





TEACH YOUR CHILD MEDITATION: 70 fun & easy ways to help kids de-stress & chill out

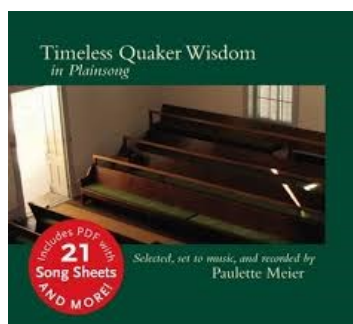
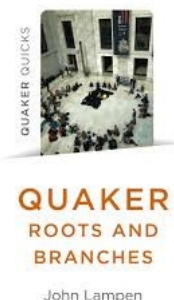
Lisa Roberts £12.99

With its hands-on exercises, this book gives kids aged 5 to 12 important tools to relieve anxiety, cultivate mindfulness and gain confidence. More than 70 illustrated exercises are organised to highlight their special benefits: choose from such categories as Hocus Pocus, I Can Focus, The Chill Zone, Stress Busters or a section with group exercises that teachers and parents alike can use. Whether the goal is for a child to sleep better, concentrate before a big test or enjoy some much-needed relaxation, this guide helps anyone who plays with children to introduce them to the many benefits of meditation.

QUAKER ROOTS AND BRANCHES

John Lampen £6.99

In this slim introduction to the Quaker testimonies, John Lampen looks at Quaker work for peace, the environment, and prison reform as well as Quaker stances on the arts, where Friends' earnestness historically led them to look askance at artistic expression, especially in music, for an embarrassingly long time. He concludes with a chapter on Quaker theology and its varieties of expression.



TIMELESS QUAKER WISDOM IN PLAINSONG

Paulette Meier £15.00

This is a remarkable collection of 21 chant-like songs based on the words of 17th century Quaker leaders, both men and women. Sung *a cappella* in piercingly clear plainsong, the messages are spiritually rich, socially relevant, and deeply inspiring. The slow, quiet pace is akin to a Quaker meeting for worship. The CD includes a 38 page pdf file with commentary about the spiritual themes, background on the authors and a complete set of 21 musical notated song sheets.

Title	Quantity	Price

Delivery costs:	Orders under £5 £1.50 delivery	Orders between £5 - £10 £2.20 delivery	Orders between £10 - £20 £3.20 delivery	Total →
	Orders between £20 - £40 £4.20 delivery	Orders between £40 - £75 £6.50 delivery	Orders above £75 £10.50	

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