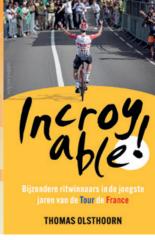


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PETRA MOES THE ART OF LIVING SOBER

FOR ANYONE WHO WANTS TO BE FREE OF ALCOHOL



Alcohol is great stuff, isn't it? Who doesn't enjoy the sight of deep-red Bordeaux in crystal glasses, the bursting bubbles in a glass of champagne, or an ice-cold, freshly tapped beer in a pub? Yet initiatives like Dry January are steadily growing in popularity. And some doctors advocate deterring the drinking of alcohol as firmly as they do smoking.

For Petra Moes the genie came out of the bottle twenty years ago. She developed a course for people who, like her, wanted to be free and sober. *The Art of Living Sober* doesn't teach you any 'trick' for stopping drinking and not starting again. Instead you come to understand at a deeper level what regular drinking does to you. You also gain an insight into what alcohol takes from you and how, precisely by not drinking, you can live a magnificent life.



PETRA MOES (b. Delft, 1967), graduated in psychosynthesis in 2010. From 2012 to 2022, along with her partner Jan Kirpestein, who is also a certified trainer and coach, she gave courses in 'The Art of Living Sober' to people who drink more than they would like. Her course forms the basis of this book,

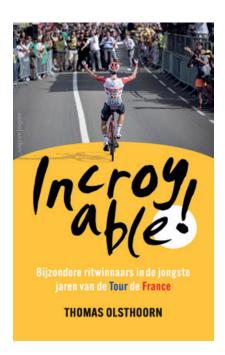
'Alcohol ought to become the new smoking.' – Jeroen Jansen, professor of otolaryngology at the University Hospital LUMC in Leiden, the Netherlands

'Petra has written a wonderful book about giving up alcohol, drawing on a lot of her own experience and from a spiritual vision about who we think we are (ego) and who we really are, our essence.' – Jan Geurtz, author of bestsellers including Addicted to Love, Addicted to Thinking and A Breath of Fresh Air. Stop smoking in one day!



THOMAS OLSTHOORN INCROYABLE!

EXCEPTIONAL STAGE WINNERS OF THE TOUR DE FRANCE



The Tour de France is the holy grail of cycling. It's the most important and most popular race of the year. It's the race every professional cyclist dreams of, right from childhood. Winning a stage of the Tour de France means eternal fame. But it's not reserved for every racer by any means.

In this book, Thomas Olsthoorn tells the stories of memorable stage winners of the past ten years. Climbers, sprinters, domestiques and leading ladies from Australia, Canada, Germany, the Netherlands, Belgium and other countries are featured.

They range from Marcel Kittel, Christophe Laporte, Thomas De Gendt and John Degenkolb, to Mathieu van der Poel, Annemiek van Vleuten, Fabio Jakobsen and Marianne Vos. We encounter less well-known names from distant parts of the world too, athletes who literally had to cover a great distance to experience their moment of glory in France.



THOMAS OLSTHOORN is a writer and journalist for the magazine *Procycling*, which publishes the official *Tour de France Guide* every year in the Netherlands and Flanders. He is the author, with Michael Boogerd, of the *Tour de France Handbook 2016* and of a biography of former cyclist and current NOS analyst Stef Clement.

Behind every stage win lies a bigger story that is worth telling, sometimes emotionally charged, but more often gripping and heroic. Just like the Tour de France itself.



JELLE VAN LOTTUM AND LODEWIJK PETRAM

IN THE SHADOW OF THE CITY

HOW ORDINARY PEOPLE SHAPED AMSTERDAM



Over the centuries, Amsterdam has been the subject of countless images. The prints, paintings and photographs almost always show people, mostly 'ordinary' people, who lived or worked there.

Curious about the poor German migrants in their own families, Jelle van Lottum and Lodewijk Petram tell the stories of Amsterdammers who lived on the margins of history, from the seventeenth century to the present.

For each story they take an image of the city as their starting point and go in search of the history that lies behind it. They tell, for instance, the story of Dirkje Andries, who spent half her life locked up in the workhouse, and of Jacob Kerrens, who was abandoned as a baby. Twelve stories that powerfully show that for many, life in the city was a matter of struggling to survive. While at the same time, they show how for centuries the city offered its residents a chance to make something of their lives.

In this book, the Dutch capital serves as a lens to explore broader, everyday histories.



JELLE VAN LOTTUM (b. 1976) studied economic and social history at VU University of Amsterdam. After posts at the universities of Cambridge, Oxford and Birmingham, he now works at the Royal Academy of Arts and Sciences and holds a professorship at the Radboud University in Nijmegen.



studied economics and history at the University of Amsterdam. In 2011 he published *The World's First Stock Exchange*. Petram went on to write *The Forgotten Banking Crisis* (2016), which was shortlisted for the Libris History Prize, and Off to War (2020).



WIES VERBEEK HOW TO AGE WELL

101 SURPRISING AND SURE-FIRE TIPS FOR BODY AND MIND



Many people are interested in tips and information about health, fitness and keeping their good looks. But which remedy really works against wrinkles? How can you keep your brain healthy for as long as possible and what exercises are best for your bones?

Wies Verbeek, a healthy-aging journalist, has interviewed more than eighty scientists and health experts, and immersed herself in specialist literature. In this books she presents a wealth of information and all the best tips, resulting from her extensive research.

How to Age Well offers surprising insights into the healthy aging process as well as handy tips and tricks, ranging across diet, menopause, appearance, breathing, the brain and much more besides. All under the heading of 'little effort, big result'.

20.000 copies sold

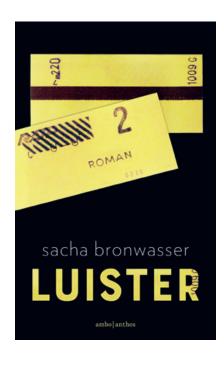


How to age well is one of those books that you didn't know you were waiting for. This impressive collection of useful and worthwhile tips saves you years of research. You can put them into practice right away.' – Anita Witzier

WIES VERBEEK has years of experience in the magazine business, especially at Libelle, Margriet, Marie Claire and Nouveau. As a journalist she specializes in the subject of healthy aging. She is the founder of the platform BLOW, has made podcasts with presenter Jaap Jongbloed, and regularly makes presentations and holds workshops, always on subjects relating to a long life of happiness, health and fitness.



SACHA BRONWASSER LISTEN



In 1989 twenty-one-year-old Marie leaves the Netherlands in a great rush. In Paris she starts work as an au pair for a bourgeois family and tries to build a new life. The new language, the thankless work in a complicated family and the impressive but pitiless city offer her the anonymity she longs for.

It is not until half a lifetime later that Marie's story reaches her former photography teacher Flo, the person who caused her to flee. News broadcasts are full of images from Paris of the terrorist attacks of 13 November 2015, on café terraces and at the concert hall De Bataclan, and Flo turns out to have been hit. Flo, the teacher who moulded her. Who taught her the difference between looking and seeing, between observing and telling a new story; who gave her the mental tools she used to build herself up again. But Flo is also the teacher who grossly betrayed her trust and prompted her flight to Paris.

Bestseller listed



SACHA BRONWASSER is a writer, speaker, art historian and curator, in no particular order. She made her debut in October 2019 with the highly praised *All They Say Is True*. Her stories are published on the art platform *Mister Motley*.

'Ingenious new novel. Masterfully constructed. A novel that you can only admire.' - Trouw

 $\star \star \star \star \star$ 'Bronwasser describes Parisian life irresistibly, in a thought-provoking novel. It's a rare thing, a book that can be read as simply a 'good read' but with enough in it to make you think.' – de Volkskrant

••• 'Bronwasser has written a highly ingenious novel that is also moving. Told in a way that definitely rewards the reader.' - NRC

 $\star\star\star\star\star$ 4.5 stars 'The writer grabs her readers by the throat with a meticulously constructed and convincing story that gets under your skin from the very first page.' – De Telegraaf

'You expect a predictable story about abuse of power between teacher and student, but Bronwasser surprises the reader with a different, more multi-layered story, with an interesting structure.' – Het Parool

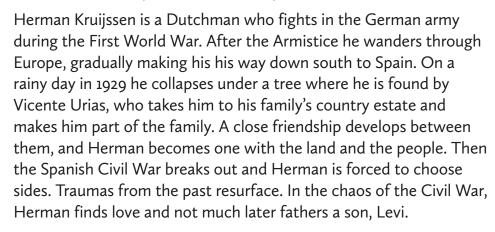
'When I finished the book I sat for a while in silence, staring ahead. Haunted and moved. So that's possible too; I mean, so that's possible still, in literature.' – Kees 't Hart in De Groene Amsterdammer



MARK H. STOKMANS

MARK H. STOKMANS LAND OF ECHOES

THREE WARS, TWO LOVES, ONE BATTLE



Will Herman manage to stay true to his own moral compass in this turbulent period, in a country he has come to love, and to protect his wife, his child and everyone dear to him?

Bestseller listed

Winner of the 2023 Bookstore Award – favourite of the Dutch booksellers



MARK H. STOKMANS has a Master of Arts degree from the University of Utrecht, where he specialized in Latin American studies and international relations. Summer holidays with his grandparents in southern Spain shaped his imagination. Years of writing and research led to his epic debut Land of Echoes.

A monumental debut novel about war, friendship, family, passion and impossible love, set against the background of the feudal Spain of the 1930s.

'A compelling historical epic.' - Het Parool

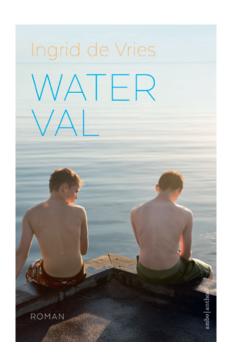
'An impressive story.' - Algemeen Dagblad/Mezza

'Overwhelming debut.' - ZIN Magazine



INGRID DE VRIES WATER FALL

THE BUDDING FRIENDSHIP BETWEEN TWO VULNERABLE SCHOOLBOYS



Water Fall is a double portrait of two adolescent boys, Einar and Hamid. Einar is used by his parents as a pawn in their quarrels, but he feels fortified by his popularity. Hamid is a loner. He endures bullying and humiliation at school with his head held high. He's been through worse. When they are forced against their will to collaborate on a school assignment, they slowly grow closer together. A friendship develops, and a sense of solidarity that they don't yet understand. But when classmates challenge Hamid to undergo a test, things threaten to get out of hand. The differences between the two boys seem unbridgeable.



INGRID DE VRIES is a journalist, editor and author. She has worked on a number of television programmes as a researcher and scriptwriter. Water Fall is her second novel.

On Water Fall:

'Ingrid combines a fantastic sensitivity with the freshness of a new writer. She is youthful and wise at the same time, and that results in a story that continues to whisper softly in your head and your heart for days afterwards.' – Jowi Schmitz

On False Fruit:

'Once I'd started on this book I couldn't stop reading. It's gripping, dramatic and highly realistic. What a story! With characters that are very much alive. Wonderful book.'

- Maarten 't Hart

'Surprising, beautifully constructed novel.' - NRC



BERT MOERMAN SHAMPOO

A NOVEL THAT READS LIKE A FILM YET TAKES YOU PLACES ONLY LITERATURE CAN



The death of Christine, wife of Paul and mother of Lauren and Jerry, has cast a shadow of guilt over the LePierre family for almost twenty-five years. Everyone present at Lauren's wedding has the exact same thing to say: Christine was a wonderful woman. But what was left of Christine when she died? What had become of her own identity after she became a wife and a mother? As Paul faces retirement from his shampoo empire and the children reach adulthood, each of them starts to realize in their own way what happened to Christine and how to make sense of it.

The questions are so clear, but the answers are buried under a thick layer of foam. *Shampoo* is a novel about a past that impedes a better future and about bearing the crushing responsibility of being someone's child. The style is light and accessible but nevertheless forces the reader to reflect on their own lives.



BERT MOERMAN (b. 1987) made his debut in 2018 with Not That It Matters, which won the Bronzen Uil Audience Award. Besides books, he writes scenarios for film and television, and columns. He lives and works in Antwerp.

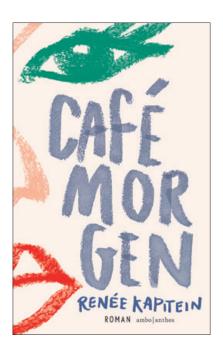
About *Not That It Matters*: 'A stark and witty debut about fanatical flight from ordinariness. An excellent novel.' – De Morgen

'Not That It Matters is tongue-in-cheek, relatable, and clever. We look forward to his next one.' – HUMO



RENÉE KAPITEIN CAFÉ MORGEN

A NOVEL LIKE A NIGHT IN AN AMSTERDAM BAR



A woman needs a room of her own, or even better, a bar. Café Morgen, for example. Where Loes stands behind the bar and where she found herself again after the world became too confining for her.

Where the eighty-year-old neighbour drinks too much wine – 'I'm allowed to; I'm old'. Where Tracey comes home after escaping a Women's March, her protest sign still in her hands. Where Roos' dog pulls her inside after she starts to wonder what she is, apart from a mother. And where Pilot doesn't let opening times stop her from ordering another jenever and telling a juicy story about her time in East Africa, half a lifetime ago.

These are the customers who meet on March 8, Loes' birthday. In search of a space where, with much bravado, they can be themselves, or indeed cautiously try out a new identity. In search of a silent listener, or indeed someone who will tell them how things stand. In search of a place of their own, or just a good glass of beer.



RENÉE KAPITEIN (b. 1987) studied writing for performance at the Utrecht School of the Arts. She writes short stories, comedy sketches and scripts, and she makes podcasts. On Fridays she taps beer.

'Renée Kapitein might well emerge as the talent of 2023.' – *Mezza*

On Why We Build Houses:

'Humorous tone, effortless style, subtle symbolism. She shows more than once her potential as an author.'

- De Reactor



TANYA COMMANDEUR THE GIANT OF AMSTERDAM



Historical novel about showbiz, love, and the secrets surrounding one of the tallest men ever.

Amsterdam, 1918. Albert Kramer, at 2.42 metres one of the tallest people who ever lived, is discovered by a German impresario, who takes him to Berlin to appear in front of an audience of 3,000. At that point Albert is twenty-one and vaudeville's new giant. After this baptism of fire he finds himself in the circus, where little Seppi (69 cm) becomes his show partner and best friend. The pair attract a lot of attention, not least in the bars where they drink beer after their performances until deep in the night. Meanwhile, Albert develops a fondness for Seppi's sister Mina. But their paths are destined to diverge. Albert leaves for America and Mina stays in Switzerland. Will Albert ever see her again? And what's this big secret that Albert is carrying around? It's in the lobby of a Scottish theatre where the story reaches its moving dénouement.



TANYA COMMANDEUR (b. Haarlem, 1969) studied Romantic languages and cultures at the University of Groningen. After graduating she worked as a freelancer for magazines including Marie Claire, LINDA and Flow. The Man Who Left Everything Behind, about her great-grandfather, was the first of her books to be published by Ambo|Anthos.

On For Love, Mr Tuschinski:

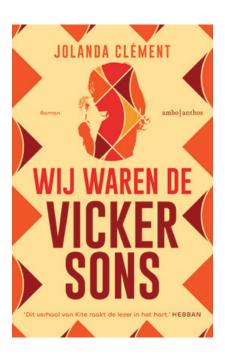
'As soon as you read the first page, you're truly living in that era. Page-turner!' - Marie Claire

On *The Man Who Left Everything Behind*: 'A beautiful story. Commandeur vividly describes life in both Rotterdam and New York.' – Loretta Schrijver



JOLANDA IVONNE CLÉMENT

WHEN WE WERE THE VICKERSONS



Chicago, 1973. Shannon 'Kite' Vickerson is a shy nine-year-old, who lives in a green suburb of Chicago with her parents and her sister Margret. Everything about the Vickersons seems picture perfect, yet Kite never leaves the house without hiding herself behind a colourful kite. In the spring, a problem family with seven children moves into the neighbourhood, the Finches. They are loud, messy and the children run around the street wearing pyjamas. The neighbours instantly start to plot to get rid of the unwanted newcomers. But their efforts end up in disaster, and as a result, the foundations of Kites' perfect world start to collapse. Her sister Margret finds refuge with a neighbouring family. But Kite is left to her own devices, which causes her to steer straight into tragedy. For years, she quietly carries the traumatic events of her youth with her. Until, at the age of seventeen, Kite finally dares to unearth that, which could not stand the light of day.



JOLANDA IVONNE CLÉMENT proved her talent with the well-received debut novel *Eastward*, which was added to the Dutch historical annals 'de Nederlandse Canon' in the category 'Stories about World War II' immediately upon publication. We Were the Vickersons has previously been released as *Pleasant Valley*.

'An unsettling picture of life in an American suburb. Fascinating and skilful.' – JAN

56 $\star\star\star\star$ reviews and 67 $\star\star\star\star$ reviews on Hebban:

* * * * * 'So incredibly beautifully described. Read it in one go.'

* * * * * 'Gets under your skin and never leaves.'

 $\star\star\star\star\star$ 'Touches the reader's heart.'

 $\star\star\star\star\star$ 'What an impressive and moving story.'

 $\star\star\star\star\star$ 'Compelling and moving.'

 $\star \star \star \star \star$ 'A reading experience that stays with you.'

 $\star\star\star\star\star$ 'Jolanda, you've gained another fan.'

★★★★ 'What a book!'

 $\star\star\star\star\star$ 'A book with international allure.'

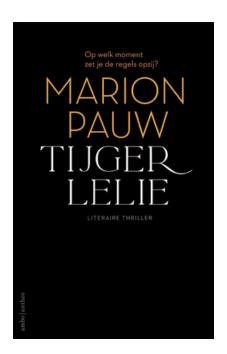
 $\star\star\star\star\star$ 'Intensely beautiful. Recommended for a broad readership.'

★★★★ 'Wonderfully written.'



MARION PAUW TIGER LILY

A GROUP OF FRIENDS IS GREAT. UNTIL THEY TURN AGAINST YOU



Full of enthusiasm, Lili sets off for the Pyrenees together with her five housemates. Her uncle has asked her to look after El Refugio, his hotel that due to heavy snowfall gets cut off from civilisation during the winter months. At the very last minute, one of the housemates decides to ask an old school friend to come along, the flamboyant Monica. The others respond benevolently, but quickly does Monica's presence change the group dynamics and a toxic atmosphere develops. Lili is increasingly excluded from the group and one evening things get so terribly out of hand that one person dies.

Seventeen years later, Lili is still struggling with the consequences of the traumatic stay in the Pyrenees. She is working as a ghostwriter and leads an anonymous and isolated existence while antidepressants keep her going. When one of Lili's former housemates commits suicide, she decides to confront the others with the past.



MARION PAUW (b. 1973) is an author and scriptwriter. Her books include the successful thrillers Daylight, Sinner's Child and To Heaven. In 2022 her most recent thriller, Bird Island, won her the Golden Noose for the second time. She was inspired to write Tiger Lily by her experiences as a participant in the reality TV show 'Expeditie Robinson'.

Pauw's books have sold more than 600,000 copies in the Netherlands alone. Rights for recent titles were sold to more than thirteen countries. Her novel *Daylight* was made into a successful movie by Eyeworks, now Warner Bros. International Television Production Nederland.



DANA SMIT WITHOUT PENITENCE



London is gearing up for elections when disaster strikes: politician Richard Hall disappears without a trace. The party leadership seems desperate and profiler Hazel Kramer is called in for help. She starts working the case, but the deeper she digs, the more questions surface. Why the request to keep the police out of it? And why do so many people actually prefer Hall gone? Along with Hall's son Gabriel, Hazel starts to investigate, until a far greater threat comes to light: terrorism.

Hazel and the antiterrorism unit make every effort to protect the city and its residents, and to find Richard Hall. Deeply held beliefs are put to the test and finally, the ultimate question arises: at what point does the end no longer justify the means?

Without Penitence is the second volume of the Hazel Kramer series, in which Hazel slowly but surely prepares herself for the biggest case of her career: confronting her own past.



DANA SMIT (b. 1989) was born in The Netherlands and has lived in London for almost ten years. She has a Bachelor's in Criminology and a Master's in Forensic Psychology, and has worked as a detective for the London Metropolitan Police in the Serious and Complex Crimes unit. Smit also works as an actor and as an international high-fashion model.

On Beyond Guilt:

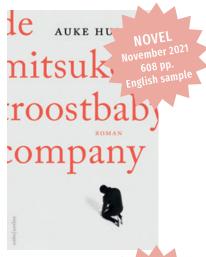
'Beyond Guilt is without a doubt a fascinating debut and now we are impatiently waiting for Without Penitence, the next volume in this series.' – vrouwenthrillers.nl

'Her debut *Beyond Guilt* is a rock-solid, intelligent, literary psychological thriller. Her style is akin to that of writing duo Nicci French, but with more psychological depth.' – Friesch Dagblad

'I know one thing for sure. The second book, Without Penitence, will definitely be on my to-read list.' - Koukleum.nl

'The thriller is well constructed. A psychological game is continually played with the reader's brain. What or who is good and what or who is evil? Fortunately, this is part one of the series. I can't wait for another book about Hazel Kramer to come out, since I'm so curious to see how this strong woman continues to grow.' – Perfecte buren

'Beyond Guilt. Intriguing characters and a smooth style.' - VN Detective & Thriller Guide





AUKE HULST THE MITSUKOSHI CONSOLATION BABY COMPANY Monumental novel by a celebrated author

In a near future, a lonely writer buys a robot daughter intended to make up for the loss of an unborn child. Meanwhile he works on a novel in which his alter ego goes back in time with the aim of changing the course of history, so that his unborn child can be born

changing the course of history, so that his unborn child can be b after all, if only in a story. Will reality and fiction succumb to coercion in the hands of a writer?

'The crowning achievement of his oeuvre' – NRC Handelsblad 15.000 copies sold

AUKE HULST CHILDREN OF THE SAVAGE COUNTRY

In this alternately poignant, perplexing and humorous autobiographical novel, Auke Hulst depicts the decline of a family that is out of touch with reality – for better and for worse.

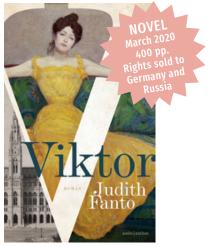
'A fantastic, unstoppable, unusual novel.' – De Groene Amsterdammer 20th print run 2023



EVA POSTHUMA DE BOER MUSTANG SALLY'S HAND

A fateful accident in the late 1970s changes the life of the De Ridder family completely. On the dike in front of their farmhouse, a truck hits six-year-old Abel, killing him. The loss devastates the young family.

'Rarely read a book with so much love and compassion for suffering and struggling human beings.' – De Limburger (5 stars)



JUDITH FANTO VIKTOR

Vienna, 1914. Viktor, a member of a well-to-do Jewish-Viennese family, is a good-for-nothing bon vivant and a womanizer who – a great sorrow to the intellectual Rosenbaums – doesn't finish any of his many studies. The 1938 Anschluss turns out to be a personal turning point: by showing courage, ingenuity and audacity, Viktor becomes the protector of all those he loves.

'Judith Fanto debuts with a vivid, affectionate portrait of her Jewish-Austrian family.' – Trouw 35.000 copies sold – Nominated for Bookseller Award 2021

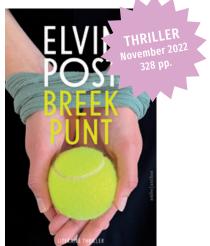


JANNEKE SIEBELINK SOMETIMES IT SNOWS IN APRIL

A gripping and compelling story based on true events.

'Siebelink has an inviting pen' - NRC

'The language is accessible and rich in words, and the author knows how to paint beautiful spheric images.' - Bazarow



ELVIN POST BREAK POINT

A life-and-death comeback at Wimbledon.

Previous titles have been sold to Germany, France, Spain, Israel, Turkey and Indonesia.

'Post is a star at blending suspense and humour' - Noordhollands Dagblad



MARIAN SLOB THE EMPTY SKY. A SHORT PHILOSOPHY OF LONELINESS

National Thinker of the Netherlands 2023.

'The Empty Sky is a extremely rich book that makes you reflect upon your own situation, your own identity, your own happiness and unhappiness, your own loneliness. It does not give you ready-made answers, but makes you think deeply about yourself and the people around you. Comforting' – Trouw

* * * * 'Slob's book is a beautiful ode to being alone.' - NRC



ELKE WISS SOCRATES IN SNEAKERS

Rights sold to Germany, Spain, Egypt, China, Taiwan, Korea. Wouldn't it be great to know, at any moment and in any given situation, how to pose that one good question that turns a debate into a constructive conversation? Elke Wiss teaches you how.

More than 150.000 copies sold.

'Practical philosopher Elke Wiss explains what we can learn from Socrates about the art of a nice exchange of words.' - Volkskrant

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'INGENIOUS NOVEL!'

- Trouw











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