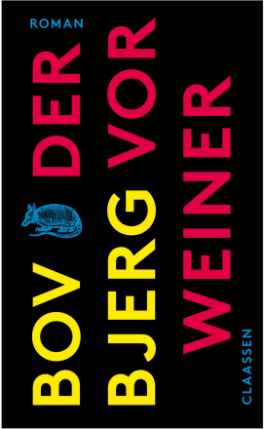
**新 书 推 荐**

**中文书名：《哭泣者》**

**英文书名：*The Weeper***

**德语书名：*Der Vorweiner***

**作 者：Bov Bjerg**

**出 版 社：Ullstein**

**代理公司：ANA/Lauren**

**出版时间：2023年8月**

**代理地区：中国大陆、台湾**

**页 数：240页**

**审读资料：电子稿**

**类 型：大众文学**

**内容简介：**

**Katha is running a 1-person business, dedicated to pleasing**

**everyone. From an early age, she has learned to fit it, take care**

**of others, and stay out of trouble. Fixing her parents’ marriage**

**may have failed but she continues her work ardently even after**

**her mother moves Katha and her sister to another city.**

**At school, Katha makes new friends with Sofie and her**

**entourage over shared cigarettes behind the gym and joins**

**them for lazy afternoons at Sofie’s house. Where she meets**

**Angelica. Angelica who is something of a friend and**

**surrogate mother to the girls and who listens to Katha like**

**nobody ever has. In her inimitable way, Angelica encourages**

**Katha to question her role as service provider for the wellbeing of others – and to start taking care of herself. But when**

**Angelica falls ill, Katha’s whole world starts falling apart.**

**This is the story of a young woman in which so many will**

**recognize themselves: those who remain silent for fear of**

**saying the wrong thing, who risk vanishing behind the**

**masks they put on for others.**

**Bestselling author Sina Scherzant’s first novel is equal parts**

**tender and powerful, subtly funny and wonderfully rich in**

**early-2000s details – a millennial coming-of-age story as**

**much as a timeless meditation on how to allow ourselves to**

**be all that we are.The creator of the YouTube channel How to ADHD shares hard-won insights and everyday strategies that help her thrive in this accessible and shame-free guide to working with, understanding, and celebrating the ADHD brain.**  
   
Diagnosed with ADHD at age twelve, Jessica McCabe struggled with a brain that she didn’t understand. She constantly lost track of important items and had trouble with relationships. By thirty-two, she had dropped out of college twice, changed jobs fifteen times, and ruined her credit. Determined to understand her challenges, Jessica reached out to experts, read articles, and shared her discoveries on YouTube.  
   
In How to ADHD, Jessica reveals the insights and tools that have changed her life while offering an unflinching look at the realities of living with ADHD. The key to navigating a world not built for the neurodivergent brain isn’t to fix or fight against its natural tendencies but to understand and embrace them. She explains how ADHD affects everyday life, covering executive function impairments, rejection sensitivity, difficulties with attention regulation, and more. You’ll learn to identify the invisible obstacles that those with ADHD face and find tried-and-true strategies for adapting your environment, routines, and systems to work with the ADHD brain, including:  
   
• **Boost the signal and decrease the noise.**Facilitate focus by putting your goals where you can see them and fighting distractions with distractions.  
• **Have less stuff to manage.** Learn why you have trouble planning and prioritizing, and why doing more starts with doing less.  
• **Build your “time wisdom.”** Work backward when you plan and track how long it actually takes for you to complete a task.  
• **Learn about your emotions.** Understand how naming your emotions, letting yourself experience them, and appreciating the guidance they provide will make them easier to regulate.  
   
With quotes from Jessica’s online community, chapter summaries, and reading shortcuts designed for the neurodivergent reader, How to ADHD will help you recognize your challenges, tackle “bad brain days,” and be kinder to yourself in the process.

SEE LESS

残败的欧洲，世纪的末尾。内战和自然灾害摧毁了整个世界。海平面不断上升，整个大陆如搁浅的船一样，架在一层厚厚的混凝土上被高高抬起。来自丹麦、加纳或者荷兰的难民聚集在新天鹅堡和新吕贝克的难民营中。扬（Jan）就是其中之一。他以致哀者的身份为A.安娜（A. as in Anna）效力。

眼泪会带来声望。一个人的葬礼只有请到能干的“落泪首席”才在最后能收获真正令人信服的恸哭，因为没人再能真正地哀悼了。A.安娜的女儿B.贝尔塔（B. as in Berta）也做不到。B.贝尔塔是我们故事的叙述者，也是我们故事的“无睑之眼”（The lidless eye）。她的讲述充满喜剧色彩，却又不失轻松。

博夫·比约格（Bov Bjerg）的新作是一部大胆的尝试：如小步舞曲的巴洛克风格，如现场直播的现身说法，如预言家一样眼光长远。他对语言及其可能性有着敏锐的洞察力。《哭泣者》是一部关于荒诞世界的叙事艺术作品，值得收获大量奖项。

**作者简介：**

** 博夫·比约格（Bov Bjerg）** 是一位作家和朗读表演者。他的第一部小说名为《最后期限》（*Deadline*），第二部小说《奥尔豪斯》（*Auerhaus*）被改编成电影，并在许多剧院上演。他的小说集《妈妈的现代化》（*The Modernization of My Mother*）已出版。《蜿蜒》（*Serpentines*）入围了2020年德国图书奖。

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