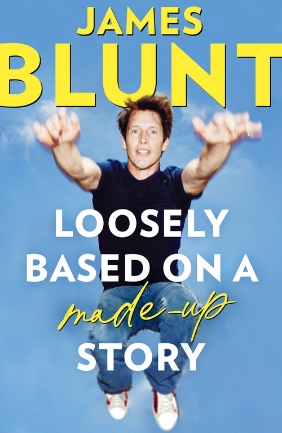
**新 书 推 荐**

**中文书名：《我编造的“真实”：一部“非回忆录”》**

**英文书名：*Loosely Based On A Made-Up Story: A Non-Memoir***

**作 者：James Blunt**

**出 版 社：Constable**

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**页 数：304页**

**审读资料：电子稿**

**类 型：传记回忆录**

**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

**“本书灵感来源于真实事件，但并非传记。**

**这个‘真实’是我单方面解读的‘真实’，并非一定是客观‘真实’，这是大实话。这些事实确实偏颇，但不至令人痛苦，另外，我可能有所隐瞒。**

**基本上，这些瞎话都是我编出来的……”**

虽然詹姆斯·布朗特（James Blunt）在音乐方面的“罪行”完全被“记录在案”，但有些故事还不为人知。詹姆斯·布朗特在这本算不上回忆录的回忆录中披露了前所未闻的、令人啼笑皆非的趣闻轶事，以飨各位读者，詹姆斯的父母都可能闻之一惊。

本书记录了他可疑的诺福克（Norfolk）出身、古怪的家庭、寄宿学校的滑稽行为、判断失误去服了兵役、身为音乐明星的崛起之路以及巡回演出等等逸事，詹姆斯深入探讨了迄今为止有趣的生活，常常让人目瞪口呆。母亲为了维护孩子的名誉给未来首相写了一封愤慨的邮件，这种情况该怎么办？为什么要避免“人群冲浪”（Crowd-surfing，指被乐迷在空中传递）？

这本书中的故事被严重夸大了吗？也许有。但要问值得一读吗？回答一定是“绝对值得”。

**作者简介：**

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**[詹姆斯·布朗特](https://baike.baidu.com/item/%E8%A9%B9%E5%A7%86%E6%96%AF%C2%B7%E5%B8%83%E6%9C%97%E7%89%B9/1679916)（[James Blunt](https://jamesblunt.com/)）**是英国创作型歌手、唱片制作人和前英国陆军军官。他在2004年发行了首张专辑*Back to Bedlam*，其中的热门单曲“You’re Beautiful”在全球售出超过1100万张，是2000年代英国最畅销的专辑，也是英国排行榜历史上最畅销的专辑之一。布朗特获得过两次全英音乐奖和五次格莱美奖提名。

**感谢您的阅读！**

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安德鲁·纳伯格联合国际有限公司北京代表处

北京市海淀区中关村大街甲59号中国人民大学文化大厦1705室, 邮编：100872

电话：010-82504106, 传真：010-82504200

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