

By Russell Brand My Booky Wook

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery “This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse.” —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not “Why are you addicted?” but “What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person’s arms?” Russell has been in all the twelve-step fellowships going, he’s started his own men’s group, he’s a therapy regular and a practiced yogi—and while he’s worked on this material as part of his comedy and previous bestsellers, he’s never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author’s clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its

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many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

"This book presents a comprehensive and dynamic understanding of cultural tourism. It examines cultural mediators and how they help tourists appreciate foreign cultures. It also shows how tourism experiences are strategically crafted by mediators. The mediation process is complex, and the various products are mediated differently. A number of different products are investigated, including destination brand identities, "living" cultures and everyday life, art and history. "

Get ready for a journey through every country in the world. In this fourth edition of *The Travel Book* each country features an all-new profile that includes details of when to visit, what to see and do, and how to learn more about the country's culture from its film, music, food and drink. All brand new, incredible photography illustrates each country, depicting what life is like in each nation from photographic portraits of people, to beautiful landscapes and vibrant scenes of street life. Supported by colourful and detailed mapping, this title will

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bring the world to life for a new generation of travellers. As a premium 416-page hardback package it will inspire wanderlust and make an impressive gift! About Lonely Planet: Lonely Planet is a leading travel media company, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and phrasebooks for 120 languages, and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, videos, 14 languages, armchair and lifestyle books, ebooks, and more, enabling you to explore every day. 'Lonely Planet guides are, quite simply, like no other.' â?? New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' â?? Fairfax Media (Australia)

Ever since being brought up by The Beatles, Frankie Boyle has been a tremendous liar. Join him on his adventures with his chum Clangy The Brass Boy and laugh as he doesn't accidentally kill a student nurse when a party gets out of hand.

Join John Rogers as he ventures out into an uncharted London like a redbrick Indiana Jones in search of the lost meaning of our metropolitan existence. Nursing two reluctant knees and a can of Stella, he perambulates through the seasons seeking adventure in our city's remote and forgotten reaches.

The New York Times Bestseller What if everything you think you know about addiction is wrong? Johann Hari's journey into the heart of the war on drugs led him to ask this question--and to write the book that gave rise to his viral TED talk, viewed more than 62 million times, and inspired the feature film *The United States vs. Billie Holiday* and the

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documentary series *The Fix*. One of Johann Hari's earliest memories is of trying to wake up one of his relatives and not being able to. As he grew older, he realized he had addiction in his family. Confused, not knowing what to do, he set out and traveled over 30,000 miles over three years to discover what really causes addiction--and what really solves it. He uncovered a range of remarkable human stories--of how the war on drugs began with Billie Holiday, the great jazz singer, being stalked and killed by a racist policeman; of the scientist who discovered the surprising key to addiction; and of the countries that ended their own war on drugs--with extraordinary results. *Chasing the Scream* is the story of a life-changing journey that transformed the addiction debate internationally--and showed the world that the opposite of addiction is connection.

National Bestseller "This is a funny and beautiful book. What a little bastard." --Russell Brand "Every paragraph is like doing a shot with a friend. A double." --Caitlin Moran Joel Golby's writing for *Vice* and *The Guardian*, with its wry observation and naked self-reflection, has brought him a wide and devoted following. Now, in his first book, he presents a blistering collection of new and newly expanded essays--including the achingly funny viral hit "Things You Only Know When Both Your Parents Are Dead." In these pages, he travels to Saudi Arabia, where he acts as a perplexed bystander at a camel pageant; offers a survival guide for the modern dinner party (i.e. how to tactfully escape at the first sign of an adult board game); and gets pitted head-to-head, again and again, with an unpredictable, unpitied subspecies of Londoner: the landlord. Through it all, he shows that no matter how cruel the misfortune, how absurd the circumstance, there's always the soft punch of a lesson tucked within. This is a book for anyone who overshares, overthinks, has ever felt lost or confused--and who wants to

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have a good laugh about it.

Russell Brand is one of the most high profile and controversial celebrities of our time. A divisive figure, his ability to bounce back from adversity is remarkable. This book traces his various career stages through which he has done this, moving from comedy, to TV presenting; from radio to Hollywood films. It identifies how this eclectic career in entertainment both helped and hindered his high-profile move into political activism. Underpinning the book are interviews with leading activists and politicians, and sophisticated readings of Brand's performances, writing and on-screen work. There are sections on the Sachsgate scandal, his Newsnight interview with Jeremy Paxman, and his 2015 election intervention for aspiring Prime Minister Ed Miliband. It builds on scholarly work in the area of celebrity politics to develop an original analytic approach that blends the field theory of Pierre Bourdieu with the assemblage theory of Gilles Deleuze and Felix Guattari.

Covering everything from West Ham's eventful 2005/2006 season, to England's campaign in the 2006 World Cup, Russell Brand turns his wit on some of the game's best-known characters.

My Booky Wook Hodder & Stoughton

In the sequel to Russell's best-selling biography 'My Booky Wook' we follow the now sober but still scandalous, sex-fuelled star on his electrifying rise to international fame. A roller coaster ride through tours, films, stand up and tabloids – this time, it's personal.

We are on the brink of an ecological mega-crisis threatening the future of life on earth and our actions over the next few years may well determine the destiny of our descendants.

Between a manifesto and a tactical plan of action, *How Soon is Now?* by radical futurist and philosopher Daniel Pinchbeck outlines a vision for a mass social movement that will address

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this crisis. Drawing on a huge range of resources and references Daniel Pinchbeck presents a compelling argument for the need for change on a global basis – it is only when we see ourselves as one planetary tribe that this change can occur. The central thesis is that humanity has self-willed the ecological crisis in order to bring about the necessary conditions for transcendence of our current state of being, by undergoing an initiatory ordeal on a planetary scale. This collective ordeal is necessary for us to evolve from one state of being – our current level of consciousness – to the next. By passing through this initiation we realize ourselves as one unified being, a planetary super-organism in a symbiotic relationship with the Earth's ecology and the entire web of life. Covering everything from energy and agriculture, to culture, politics, media and ideology, Pinchbeck's book is ultimately about the nature of the human soul and the future of our current world. He calls for an intentional and consciously designed metamorphosis of our current systems, which transform capitalist and exclusive structures into participatory, democratic, and inclusive ones, based on an integration of Eastern metaphysics, social ecology, and radical political thought. "How Soon is Now? gives us the context we need to understand the chaos and turbulence of our times." – Sting
A New York Times bestseller! "Lively and absorbing. . ." — The New York Times Book Review "Engrossing." —Wall Street Journal "Entertaining and well-researched . . ." —Houston Chronicle
Three noted Texan writers combine forces to tell the real story of the Alamo, dispelling the myths, exploring why they had their day for so long, and explaining why the ugly fight about its meaning is now coming to a head. Every nation needs its creation myth, and since Texas was a nation before it was a state, it's no surprise that its myths bite deep. There's no piece of history more important to Texans than the Battle of the Alamo, when Davy Crockett and a band of rebels

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went down in a blaze of glory fighting for independence from Mexico, losing the battle but setting Texas up to win the war. However, that version of events, as *Forget the Alamo* definitively shows, owes more to fantasy than reality. Just as the site of the Alamo was left in ruins for decades, its story was forgotten and twisted over time, with the contributions of Tejanos--Texans of Mexican origin, who fought alongside the Anglo rebels--scrubbed from the record, and the origin of the conflict over Mexico's push to abolish slavery papered over. *Forget the Alamo* provocatively explains the true story of the battle against the backdrop of Texas's struggle for independence, then shows how the sausage of myth got made in the Jim Crow South of the late nineteenth and early twentieth century. As uncomfortable as it may be to hear for some, celebrating the Alamo has long had an echo of celebrating whiteness. In the past forty-some years, waves of revisionists have come at this topic, and at times have made real progress toward a more nuanced and inclusive story that doesn't alienate anyone. But we are not living in one of those times; the fight over the Alamo's meaning has become more pitched than ever in the past few years, even violent, as Texas's future begins to look more and more different from its past. It's the perfect time for a wise and generous-spirited book that shines the bright light of the truth into a place that's gotten awfully dark.

This collection of Russell Brand's columns for *The Guardian* not only follows the drama and tumult of the domestic and international football season but also a season in the life of one of our most celebrated comic talents.

Picking up where he left off in *My Booky Wook*, movie star and comedian Russell Brand details his rapid climb to fame and fortune in a shockingly candid, resolutely funny, and unbelievably electrifying tell-all: *Booky Wook 2*. Brand's performances in *Arthur*, *Get Him to the Greek*, and *Forgetting*

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Sarah Marshall have earned him a place in fans' hearts; now, with a drop of Chelsea Handler's Chelsea Chelsea Bang Bang, a dash of Tommy Lee's Dirt, and a spoonful of Nikki Sixx's The Heroin Diaries, Brand goes all the way—exposing the mad genius behind the audacious comic we all know (or think we know) and love (or at least, lust). A New York Times political cartoonist and writer presents a collection of his most popular essays and drawings about life and government hypocrisy, exploring the darkly comic aspects of such topics as falling in love with unlikeable people, managing a friend with outspoken political views and reacting to a long acquaintance's sex-change operation. By the creator of The Pain--When Will It End?

Dr. Seuss's very first book for children! From a mere horse and wagon, young Marco concocts a colorful cast of characters, making Mulberry Street the most interesting location in town. Dr. Seuss's signature rhythmic text, combined with his unmistakable illustrations, will appeal to fans of all ages, who will cheer when our hero proves that a little imagination can go a very long way. (Who wouldn't cheer when an elephant-pulled sleigh raced by?) Now over seventy-five years old, this story is as timeless as ever. And Marco's singular kind of optimism is also evident in McElligot's Pool. 'Raw, brave, heart-lifting.' STEF PENNY, author of UNDER THE POLE STAR 'Whenever I see Martino I am reminded of how little I know about life and death compared to him. How we don't know what is within us or what may lie on the other side. I hope it's as magical and beautiful as this book.' RUSSELL BRAND When film

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producer Martino Sclavi began experiencing intense headaches, he attributed them to his frenetic lifestyle. As it turned out, he had grade 4 brain cancer and was given 18 months to live. After undergoing brain surgery - while awake - Martino found he had lost the ability to recognise words. His response was to close his eyes and begin to move his fingers across the keyboard to write this, an account of life before diagnosis and since. Defying all predictions Martino is still very much alive, words read out to him by the monotone of a computerised voice he calls Alex. But he must now live in a new way. This book - that he has written but cannot read - charts the effects of his experience: on his relationship with his young son, his marriage, his work and with himself. In the wake of his illness, everything must be reconfigured and Martino is made to question the habits, dreams and beliefs of his old life and confront the present. What he finds is strange and beautiful. Searching for the words between life and death, Sclavi shows that with determination and a subtle, persistent sense of humour, it is possible to change the story of our lives.

With this first book in Russell Brand's Trickster Tales series, the famed comedian, actor, and bestselling author delivers a hilarious retelling of an old fairytale favorite that will appeal to adults and children alike. Once upon a time, long ago, in a time that seemed, to those present, exactly like now except their teeth weren't so clean and more things were wooden, there was a town called Hamelin. The people of Hamelin were a pompous bunch who loved themselves and their town so much that if it were possible they would have spent all day

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zipped up in a space suit smelling their own farts. But space suits hadn't been invented yet so they couldn't. Then one day without warning a gang of rats bowled into the town and began causing a right rumpus... So begins Russell Brand's wildly funny and surprisingly wise retelling of the classic tale *The Pied Piper of Hamelin*. Whether you're a kid or a grown-up kid, you'll be chuckling the whole way through this zany story that bypasses Brand's more adult humor for the outrageous, the madcap, and the just plain silly. Maybe you've heard about the Pied Piper before, with his strange music and those pompous townspeople and pesky rats. Or maybe you haven't. But one thing is for sure: you've never heard it quite like this.

A volume of blistering and uproarious essays by the British comedian, radio host and author of *My Booky Wook* explores topics ranging from politics and religion to consumerism and economic inequality.

'A beautiful and clever book about being human' Russell Brand COMEDY. TRAGEDY. THERAPY. Simon Amstell did his first stand-up gig at the age of thirteen. His parents had just divorced and puberty was confusing. Trying to be funny solved everything. *HELP* is the hilarious and heartbreaking account of Simon's ongoing compulsion to reveal his entire self on stage. To tell the truth so it can't hurt him any more. Loneliness, anxiety, depression – this book has it all. And more. From a complicated childhood in Essex to an Ayahuasca-led epiphany in the Amazon rainforest, this story will make you laugh, cry and then feel happier than you've ever been.

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"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

Literary ombudsman John Crace never met an important book he didnt like to deconstruct.From Salman Rushdie to John Grisham, Crace retells the big books in just 500 bitingly satirical words, pointing his pen at the clunky plots, stylistic tics and pretensions to Big Ideas, as he turns publishers golden dream books into dross. In the grand tradition of Tom Lehrer and Stan Freberg, Crace takes the books that produce the most media hype and retells each story in its authors inimitable style. Philip Roth, Don DeLillo, Margaret Drabble, Paul Auster, Alice Sebold, John Updike, Tom Wolfe, Ruth Rendell, A.S. Byatt, John LeCarre, Michael Crichton and Ian McEwan all emerge delightfully scathed in this book that makes it easy to talk knowingly about books youve never bothered to read or, for that matter, should have.

NEW YORK TIMES BESTSELLER • The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. "You don't know how much you need this book, or maybe you do. Either way, it will save your life."—Melissa Hartwig Urban, Whole30 co-founder and CEO We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol's ubiquity—in fact, the only thing ever

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questioned is why someone doesn't drink. It is a qualifier for belonging and if you don't imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

An Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book Recommendation. Winner of the 4Th

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International Beverly Hills Book Awards in the category of Addiction & Recovery! Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction. If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.

Russell Brand grew up in Essex . His father left when he was three months old, he was bulimic at 12 and left school at 16 to study at the Italia Conti stage school. There, he began drinking heavily and taking drugs. He regularly visited prostitutes in Soho, began cutting himself, took drugs on stage during his stand-up shows, and even set himself on fire while on crack cocaine. He has been arrested 11 times and fired from 3 different jobs ? including from XFM and MTV ? and he claims to have slept with over 2,000 women. In 2003 Russell was told that he would be in prison, in a mental hospital or dead within six months unless he went in to rehab.

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He has now been clean for three years. In 2006 his presenting career took off, and he hosted the NME awards as well as his own MTV show, 1 Leicester Square, plus Big Brother's Big Mouth on Channel 4. His UK stand-up tour was sold out and his BBC Radio 6 show became a cult phenomenon, the second most popular podcast of the year after Ricky Gervais. He was awarded Time Out's Stand Up Comedian of the Year and won Best Newcomer at the British Comedy Awards. In 2007 Russell hosted both the Brit Awards and Comic Relief, and continued to front Big Brother's Big Mouth. His BBC2 radio podcast became the UK's most popular. Russell writes a weekly football column in the Guardian and is the patron of Focus 12, a charity helping people with alcohol and substance misuse.

In his NEW YORK TIMES bestseller RECOVERY, Russell Brand dove deep into his own addictions (heroin, alcohol, sex, fame, food, and eBay) in order to help addicts and their loved ones make the first steps into recovery. IN RECOVERY will continue to help people tackle addiction in all its forms, offering a step-by-step guide to creating your own personal program, using a formula that will not exclude or undermine any of your existing beliefs. Filled with exercises, journaling prompts, and beautifully designed quotes, this will be a must-have for anyone looking for an alternative approach to recovery.

So begins Russell Brand's electrifying memoir of his rapid ascent into the upper realms of fame. Rarely has a sequel delivered on the promise of the original with such literary and comic gusto. In this book, Russell, takes off where his best-seller My Booky Wook left off.

Explores a range of modern cultural phenomenon, including Internet pornography, tribute bands, baseball rivalries, and reality television.

Penetrating commentary on the Job story as a numinous,

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archetypal event, and as a paradigm for conflicts of duty that can lead to enhanced consciousness.

****A New York Times Bestseller!**** Based on the wildly popular Instagram account, *Subpar Parks* features both the greatest hits and brand-new content, all celebrating the incredible beauty and variety of America's national parks juxtaposed with the clueless and hilarious one-star reviews posted by visitors. *Subpar Parks*, both on the popular Instagram page and in this humorous, informative, and collectible book, combines two things that seem like they might not work together yet somehow harmonize perfectly: beautiful illustrations and informative, amusing text celebrating each national park paired with the one-star reviews disappointed tourists have left online. Millions of visitors each year enjoy Glacier National Park, but for one visitor, it was simply "Too cold for me!" Another saw the mind-boggling vistas of Bryce Canyon as "Too spiky!" Never mind the person who visited the thermal pools at Yellowstone National Park and left thinking, "Save yourself some money, boil some water at home." Featuring more than 50 percent new material, the book will include more depth and insight into the most popular parks, such as Yosemite, Yellowstone, the Grand Canyon, and Acadia National Parks; anecdotes and tips from rangers; and much more about author Amber Share's personal love and connection to the outdoors. Equal parts humor and love for the national parks and the great outdoors, it's the perfect gift for anyone who loves to spend time outside as well as have a good read (and laugh) once they come indoors. A controversial, womanizing British comedian and a chart-topping, girl-kissing American pin-up—the most endearing celebrity couple around Can it be that Britain's notorious philanderer has finally found the one? From hosting the MTV Awards to being awarded "Shagger of the Year" for three years running, it looked like Brand would never be ready to

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settle down. But everything changed when he met Katy Perry, the beautiful pop star with number one hits on both sides of the Atlantic. On January 6, 2010, they got engaged after Brand staged an elaborate proposal while the two were on holiday in India. The first book to bring the stories of these two fascinating celebrities together reveals all the details of their whirlwind relationship.

The summer of 2006 belonged to Russell Brand. From being the commentator on Big Brother to upstaging Jonathan Ross on the chat show king's own programme, there was no escaping Russell's lewd, innuendo-laden humour. This is the biography of Russell Brand.

Russell Brand explores the idea of mentoring and shares what he's learned from the guidance of his own helpers, heroes and mentors. Could happiness lie in helping others and being open to accepting help yourself? Mentors – the follow up to the New York Times bestseller Recovery – describes the benefits of seeking and offering help. "I have mentors in every area of my life, as a comic, a dad, a recovering drug addict, a spiritual being and as a man who believes that we, as individuals and the great globe itself, are works in progress and that through a chain of mentorship we can improve individually and globally, together . . . One of the unexpected advantages my drug addiction granted is that the process of recovery that I practise includes a mentorship tradition. "I will encourage you to find mentors of your own and explain how you may better use the ones you already have. Furthermore, I will tell you about my experiences mentoring others and how invaluable that has been on my ongoing journey to self-acceptance and how it has helped me to transform from a bewildered and volatile vagabond to a (mostly) present and (usually) focussed husband and father."—Russell Brand Mentors: How to Help and Be Helped describes the impact that a series of significant people have

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had on the author – from the wayward youths he tried to emulate growing up in Essex, through the first ex-junkie sage, to the people he turns to today to help him be a better father. It explores how we all – consciously and unconsciously – choose guides, mentors and heroes throughout our lives and examines the new perspectives they can bring.

The Number One Sunday Times Bestseller This is the age of addiction, a condition so epidemic, so all encompassing and ubiquitous that unless you are fortunate enough to be an extreme case, you probably don't know that you have it. What unhealthy habits and attachments are holding your life together? Are you unconsciously dependent on food? Bad relationships? A job that doesn't fulfill you? Numb, constant perusal of your phone, looking for what? My qualification for writing this book is not that I am better than you, it's that I am worse. I am an addict, addicted to drugs, alcohol, sex, money, love and fame. The program in Recovery has given Russell Brand freedom from all addictions and it will do the same for you. This system offers nothing less than liberation from self-centredness, a new perspective, freedom from the illusion of suffering for anyone who is willing to take the necessary steps.

NATIONAL BESTSELLER We all know the system isn't working. Our governments are corrupt and the opposing parties pointlessly similar. Our culture is filled with vacuity and pap, and we are told there's nothing we can do: "It's just the way things are." In this book, Russell Brand hilariously lacerates the straw men and paper tigers of our conformist times and presents, with the help of experts as diverse as Thomas Piketty and George Orwell, a vision for a fairer, sexier society that's fun and inclusive. You have been lied to, told there's no alternative, no choice, and that you don't deserve any better. Brand destroys this illusory facade as amusingly and deftly as he annihilates Morning Joe anchors,

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Fox News fascists, and BBC stalwarts. This book makes revolution not only possible but inevitable and fun.

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