**新 书 推 荐**

**中文书名：《说谎者》**

**英文书名：*The Liar***

**德语书名：*Die Lügnerin***

**作 者：Friedemann Karig**

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**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

一家僻静的私人诊所里，一个女人自述了一件不可思议的事：她有说谎的天赋，她的每一个谎言最终都会变成现实。一次次的治疗和忏悔过程中，治疗师越来越怀疑这个女人的人生故事。她的人生是一个由一连串精心设计的欺骗、不可思议的巧合和非凡的运气所构成的壮观故事。

这位病人名叫克拉拉·康拉德（Clara Konrad），被迫说谎的问题伴随她一生。出于这个缘由，她在一家诡异的呼叫中心找到了一份占星师的工作，虽然她鄙视这份工作，但却非常擅长。一天，一位忠实的求助热线客户找到她：克拉拉设计的星座运势全部实现了，一个细节也不落下，她只想与克拉拉分享她的好运气。然而，灾难性的后果悄然而至。

克拉拉讲述促使她来到诊所的经历，像一个天才说书人，让治疗师自己也情不自禁地被迷住。结果，诊所开始怪事连连，治疗师终于认识到克拉拉的神奇力量和计谋有多厉害——治疗师自己早已成为克拉拉计划中的一部分。

本书为畅销书作家弗里德曼·卡里格（Friedemann Karig）的新作品，非常时髦，诗意的独创性和敏锐的观察力让读者为其着迷，本书揭晓了谎言是我们认识世界的基本方式，以及为什么相信比怀疑要容易得多。

**作者简介：**

**弗里德曼·卡里格（Friedemann Karig）**学习过媒体科学，政治，社会学和经济学。他为《南德意志报》，《南德意志报杂志》，《德国时代周报》和《滚石》撰稿。他著有小说《丛林》（*Jungle*），2017 年出版的《我们如何爱：一夫一妻制的终结》（*How We Love*：*From the End of Monogamy*）深受好评。卡里格在慕尼黑和柏林生活。

**媒体评价：**

“弗里德曼·卡里格（Friedemann Karig）这本关于机缘、占卜、命运和各种江湖骗子的有趣小说，不一定非得是预言家才能解出其中的“星象排列”。”

——丹尼斯·薛克（Denis Scheck）

“所有人都会撒谎，但所有人也都希望被人欺骗。这部小说告诉大家，诚实并不等于真相。”

——海伦.黑格曼（Helene Hegemann）

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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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