**新 书 推 荐**

**中文书名：《世界末日之狼噬日》**

**英文书名：*On Doomsday, Wolf Devoured Sun***

**德语书名：*Am Tag des Weltuntergangs verschlang der Wolf die Sonn***

**作 者：Sina Scherzant**

**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：336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

卡塔（Katha）经营着一家“一人公司”（1-person business，指公司的出资全部属于单一股东的公司），且致力于讨好有人。从小，她就学会了适应、照顾和回避麻烦。虽然在修复父母的婚姻这件事上失败了，她仍继续热心地工作，即使母亲已经将卡塔和妹妹搬到了另一个城市。

学校里，卡塔与索菲（Sofie）和她的跟班们成了朋友，和她们一起在体育馆后面抽烟。在那里，她遇到了安吉莉卡（Angelica）。安吉丽卡既是女孩们的朋友，也是她们的代理家长，她倾听卡塔的心声，以前没人这样做过。安吉丽卡用她独特的方式，鼓励卡塔开始反思自己总是作为服务提供者为他人谋福利的角色，并学会开始照顾自己。但当安吉丽卡病倒后，卡塔的整个世界又变得岌岌可危。

很多人都能在这个青春女性的故事中找到自己的影子：那些因为害怕说错话而保持沉默的人，总是为他人带上面具，又逐渐在面具后丢失自我……

本书为畅销书作家西娜·舍尔赞特（Sina Scherzant）的第一部小说，既温柔又充满力量，既微妙有趣又充满千禧年早期的精彩细节——既是千禧一代的成长故事，也是关于如何做自己的永恒沉思。

**作者简介：**

** 西娜·舍尔赞特（Sina Scherzant）**是《环球时报》畅销书作家、播客、meme账号主理人和编剧。**《世界末日之狼噬日》**是她的文学处女作。

**媒体评价：**

“这是一个关于榜样力量的故事，情节引人入胜，情感细腻而让人心潮澎湃。必读！”

**---卡佳•勒维纳（Katja Lewina）**

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