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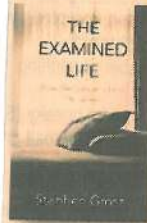
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### Financial Times

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### Non-fiction



4371

#### The Examined Life: How We Lose and Find Ourselves

by Stephen Grosz  
Chatto & Windus £14.99  
240 pages

"Most of us have felt trapped by things we find ourselves thinking or doing... ensnared in some unhappiness or fear; imprisoned by our own history," writes the psychoanalyst Stephen Grosz as he tries to make sense of our most baffling behaviour in this collection of case studies.

*The Examined Life* charts his work with patients as together they set out to understand the complex, hidden feelings behind everyday interactions. The stories take in both the commonplace and the extraordinary – from grappling with loneliness to overcoming pathological lying, with one patient faking his own death.

Grosz's narrative is by turns edifying and moving, and on occasion earnest to a fault. But this is tempered by his engaging prose and moments of humour. Grosz, an FT columnist, offers astute insights into the perplexities of everyday life and what it means to lose and find ourselves.

Trisha Andres



#### What Has Nature Ever Done For Us? How Money Really Does Grow On Trees

by Tony Juniper  
Profile £9.99, 336 pages

Prince Charles fires this book's opening salvo with a foreword that reads like a scolding. Thankfully, Juniper does not follow his lead. Instead, the British environmentalist spells out the case for viewing nature in terms of its financial value.

Put simply, nature is worth a lot. A cautious estimate from 1997 valued its total annual economic worth at nearly double that year's global gross domestic product. This is no surprise when you consider that our "natural capital" performs essential services – and for free: soil and forests absorb carbon emissions; mangrove forests and oyster reefs defend against floods and storms; animals and vegetation supply sustenance.

Juniper uses fascinating examples to build his case. Understanding sustainability not just as protecting nature but as a necessary means of maintaining economic growth may provide a much-needed incentive as we enter what Juniper calls a "period of [man-made environmental] consequences".

Charlotte McCann