



2024

individuum

books



Как шифропанки,
программисты и жулики
сковали Россию
блокчейном

Андрей Захаров

Настоящий материал (информация) произведен, распространяен и/или направлен
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деятельности иностранного агента Захарова Андрея Вячеславовича.

Andrey Zakharov

Crypto

How Cypherpunks, Programmers and
Rouges Bound Russia With Blockchain

Many Russians have fantastically enriched themselves with the help of cryptocurrency, but where there is big money, big risks are inevitably present. "Crypto" is a suspenseful investigation into the theft of \$400 million from the BTC-e/Wex exchange, which as in a drop of water reflects the cryptocurrency movement in Russia; hackers, inventors, and romantics confront scammers, illegal miners, drug dealers, and special service agents to determine who owns the crypto.

Oleg Navalny is a Russian businessman and social activist, the younger brother of Alexei Navalny. He became famous when, together with his brother, he was convicted of embezzlement and sentenced to 3.5 years of incarceration. The European Court of Human Rights ruled that his conviction was arbitrary and unfair. Oleg wrote his book while in prison. He was released in June 2018.



“It’s like Kauffman’s ‘Adaptation’ but about cryptocurrency. Inside are many recognizable characters, broken human fates, desires to live better, the impossibility of fulfilling that desire, as well as the melancholy of human displacement and the unknowns of the blockchain world.”

Kantemir Balagov, film director

“‘Crypto’ is a documentary action-thriller investigation in which the reader will see it all: the confrontation between cyber activists and intelligence agencies, the struggle for financial freedom, the intricate interplay of emotions and human destinies.”

Anatoly Kaplan, a cyber activist and the founder of ForkLog magazine



НОВЕЙШАЯ ИСТОРИЯ РОССИИ В 14 БУТЫЛКАХ ВОДКИ

Денис Пузырев

Как
в главном
русском
напитке
замешаны
бизнес,
коррупция
и криминал



18+

Denis Puzyryov

A Recent History of Russia in 14 Bottles of Vodka

How the Number One Russian Drink
Draws Together Business, Corruption
and Crime

Vodka is one of the most iconic symbols of Russia, a drink that's synonymous with its people. A drink that is even hard to understand. It's also an incredibly profitable business. Where there is money, there is blood, power, dizzying ups and downs and, of course, silence. This book speaks up about these super-lucrative assets and universally known brands. *A Recent History of Russia in 14 Bottles of Vodka* opens the public's eyes to the events of the past thirty years and shows them from an unexpected and thrilling point of view.

Denis Puzyryov is an alumnus of the SPbU faculty of journalism. He has been in business journalism since 2010: he was the head of consumer market department and then the investigation department of RBC. Denis focused on professional sports, alcohol beverages and the tobacco market. He works as an editor at Sports.ru.

In 2016, Denis Puzyryov won the Editorial Board journalistic award for his article Time Is Money: The Underground Economy of Selling Expensive Watches.

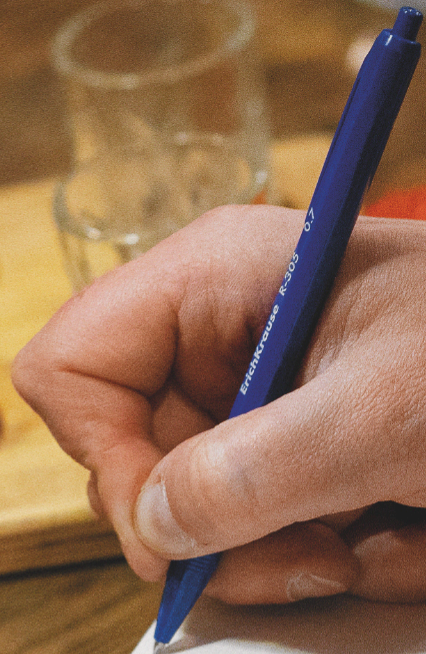


“Puzyryov’s book is true Russian non-fiction.”

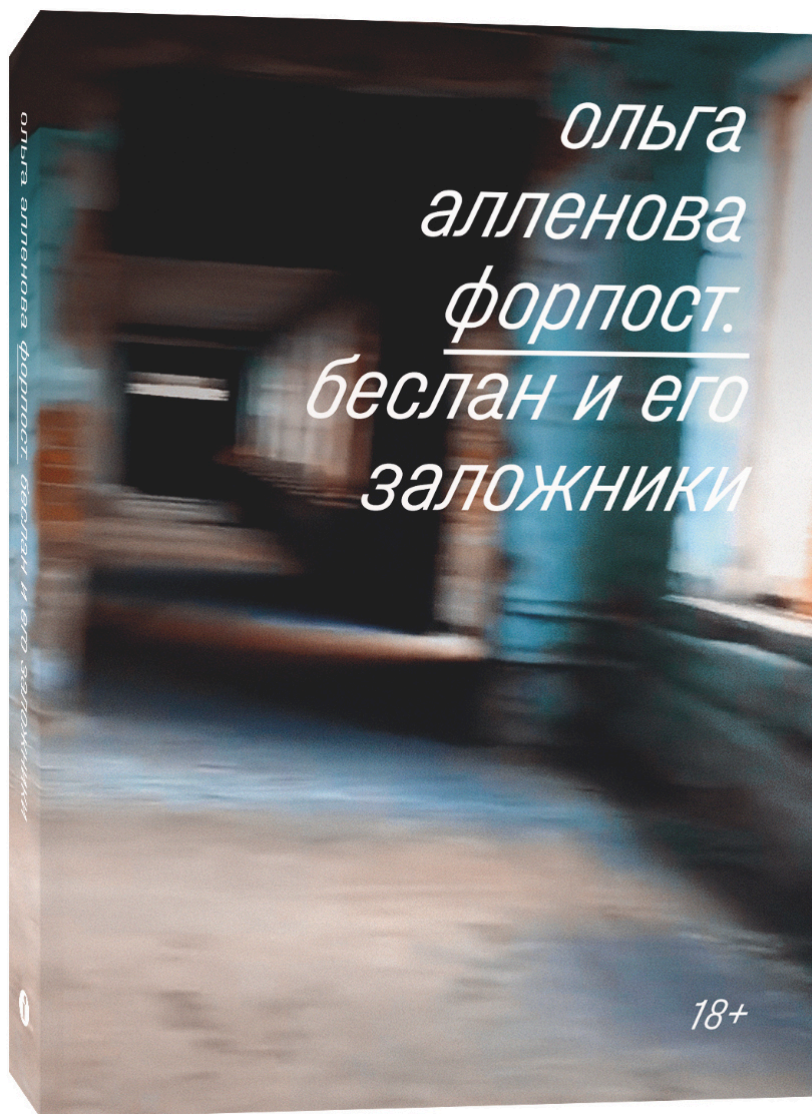
Meduza, Russia’s #1 independent news media

“It’s a real mine of plots for new movies and TV series. It’s hard to believe that we witnessed such fantastic events.”

Mitya Borisov, a Russian publisher



my vodka
from Novgorod



Olga Allenova

The Outpost

Beslan and Its Hostages

It's been 17 years since the Beslan tragedy. While the rest of Russia commemorates it only in the first week of September, there is not a single day when Beslan forgets what happened. Olga Allenova, a journalist working for the Kommersant Publishing House, reported from the vicinity of school seized by terrorists and now returns to the town to meet the survivors, relatives of victims and other witnesses, as well as to show what happened and how Beslan lives after the terrorist incident.

Olga worked in Chechnya from the very start of the Second Chechen Campaign. She covered the Nord-Ost siege and Beslan school siege, as well as events in Ingushetia, South Ossetia, Kabardino-Balkaria, Georgia, Abkhazia, Azerbaijan and Nagorno-Karabakh.

**The Literature category winner
of the 2019 'Made in Russia' Award by Snob Magazine.**



© Anna Danilova

“This is not a memoir. It is also an attempt – unfortunately, they are rather rare – to understand the present day. To understand why so many things in it aren’t all right but are connected – if you take the trouble to build connections – to the Beslan fear.”

Kommersant, Russia’s #1 political and business daily newspaper

“Since the events in Beslan, the phrase 'people should know the truth' has disappeared from the speeches of politicians. Because the truth hinders, no one should do anything, and I wonder whether one wants to know it at all. Olga Allenova wrote the book that spares no one – and herself as well. She learned this truth at a very high price. And this knowledge makes us human again.”

Dmitry Muratov, Nobel Peace Prize laureate





Robert Garaev

The Thug's Word

Criminal Tatarstan of the 1970-2010's

This book is about those who made violence their creed, who beat and got beaten – professionally, daily, ruthlessly. They are thugs, members of countless youth gangs that infested the Soviet Union shortly before its collapse. Kazan was the first city where they surfaced on a truly large scale. The author of this book Robert Garaev joined the Bottom, one of the local gangs, when he was a schoolboy. 30 years on, he decided to trace the origin of the Kazan phenomenon where one and a half hundred teenage gangs started from ‘dividing the land’ in district-against-district fights and then moved on to mass exterminating their own kind; and to find out how those grim days are remembered by thugs themselves, former policemen, lawyers and ordinary residents of the town uglified by fear and brutality. This is the only book entirely based on the voices of those who survived and want to tell the truth.

Robert Garaev was born into a cultured family but, in the troubled perestroika period he, as many of his peers, experienced the phenomenon of youth gangs first-hand. Having survived by a miracle and retained some of his former culturedness, he shifted to the Kazan punk community and in 2000 moved to the capital where he was a music columnist, a DJ, a quite popular club personality on the 2000s party scene in Moscow and a member of the project Heavy Metal DJs. Now Robert is a guide in the Jewish Museum. Years later the subject of organized youth crime got into his life again when a former gang member decided to share his disturbing but engrossing experience.



“The Thug's Word shows crime gangs as a state within a state.”

MoskvichMAG, a leading Moscow online media covering culture, education and literature

“The Thug's Word is an incredibly riveting book, it's a vivid, powerful and honest story of crime, detachment, fraternity and violence.”

Mark Galeotti, a political analyst, author of The Vory book





Victoria Bazoeva

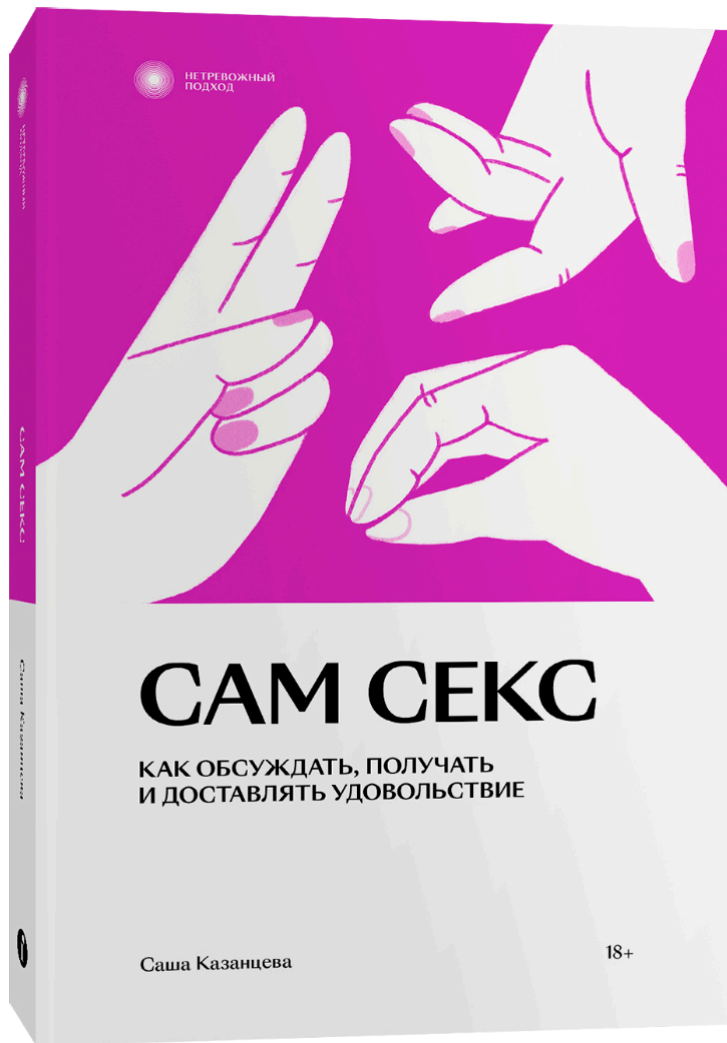
The Botanical Conspiracy

Many of us began to hunt for any accessible activity and a method to lighten up the gloomy routine after months of confinement behind four walls during lockdown. Then everyone remembered the plant's presence. Someone got their first ficus, while others purchased phyto-lamps and set up an apothecary garden on their balcony. But what if you genuinely want to green your home but lack the necessary skills, and the pots turn into cemeteries? Victoria Bazoeva, a journalist and professional landscape designer, wrote this book for everybody who enjoys flowers, regardless of their knowledge. Here you will find intriguing anecdotes about plants that have conquered millions of windowsills, as well as practical recommendations to help you cultivate even the ficklest bloom. What role did orchids play in Charles Darwin's life, and do they require clear pots? Why will there be no palm trees in California soon, and can they live on black soil? Who came up with guerrilla gardening, and why should honey blossoms be planted on the lawn near the front door? "The Botanical Conspiracy" will show you that plants are simple and fascinating; the key is to not be frightened of getting your hands dirty.

Victoria is a founder and head of the landscape bureau "The Botanical Conspiracy". For many years she worked as a journalist at various media. She graduated as a landscape architect from the British Academy of Garden Design, then learned court floristry and dived headlong into the world of plants, earth and fresh air.







Sasha Kazantseva

The Sex Itself

How to Discuss, Receive, and Give
Pleasure

When it comes to sex, everyone becomes nervous: we don't want to appear stupid or insecure, we're afraid of confusion and not being accepted, or that it'll be "not so good." We don't even have the guts to talk about it with our partners. But why are we so ashamed to discuss sex? Where do sexual fantasies arise from, how do they benefit us, and can they be classified as "normal" or "abnormal"? How can you please both yourself and another? And how do we know what we desire? In her book, sex educator and writer Sasha Kazantseva answers these and dozens of other questions in detail. "The Sex Itself" is a careful, inclusive, and accessible guide to sex, sexuality, and everything in-between.

Sasha is sex educator, editor at the leading international sex research project OMGYES (Kinsey Institute). Runs the largest LGBT sex education blog in Russian called “Washed My Hands,” a co-founder of the publication on queer culture, “Open.” Sasha’s work has been published by Penguin Books in the UK (“We can do better than this”) and Les Petits Matins in France (“Ils font vivre le journalisme en Russie”). Together with the trans organization “T-Action,” Sasha released a guide on trans-competency and journalists’ work with transgender individuals called “How to Write about Transgender Issues without Messing Up.” Sasha collaborates with international media outlets and NGOs. She was nominated for the British Dazed100 list in 2020 for her contribution to culture.







сергей мохов

История
смерти
как мы
боремся
и принимаем

18+

Sergei Mokhov

The History of Death

How We Fight and Accept It

We know how it all will end. But what determines our attitude towards our own death and the death of others? Social anthropologist Sergei Mokhov addresses this issue in his new work. Why do we mourn over celebrities we aren't acquainted with? Why does the controversy around euthanasia still persist? How is the 21st century changing our notions about the passing of our loved ones and immortality? These questions are interwoven into the history of ideas – from ancient myths to modern techno utopias and it's high time to try to grasp them because when we talk about death, we actually always talk about living.

Sergei is a social anthropologist, Candidate of Sociological Sciences, associate of the Institute of Ethnology and Anthropology of the Russian Academy of Sciences. Founder of the journal Archeology of Russian Death, he is one of the most famous death studies specialists in Russia.

Sergei is a winner of the Alexander Pyatigorsky Literary Prize (2019)



“The author talks to us about ourselves, about what awaits us, about what we all are interested in. This is an absolutely essential book.”

Esquire

“This is a history of death that tells about death today for the first time and one of the most prominent 2020 books.”

TASS, Russia’s #1 news agency

**GIVE ME
CHOICE
OVER MY
DEATH**

**CAMPAIGN FOR
DIGNITY
IN DYING.**

**NOEL CONWAY
DESERVES
CHOICE**

**CAMPAIGN FOR
DIGNITY
IN DYING.**

**CAMPAIGN FOR
DIGNITY
IN DYING.**

**G
TO
R
R**

© Rob Stotnard / Getty Images



Roman Mikhailov

Holidays

Under the cover, there are eleven stories that can become movies, plays, fish, or dreams, but for now have found themselves in the form of mystical, tales about genuine experiences. In the intricately patterned, otherworldly language and ritual-filled space of the collection, an apartment turns into a forest, ethereal singing echoes through the ruins of a temple, and children explore Tibet and release animals from the zoo. For those lost within the book, there is a map.

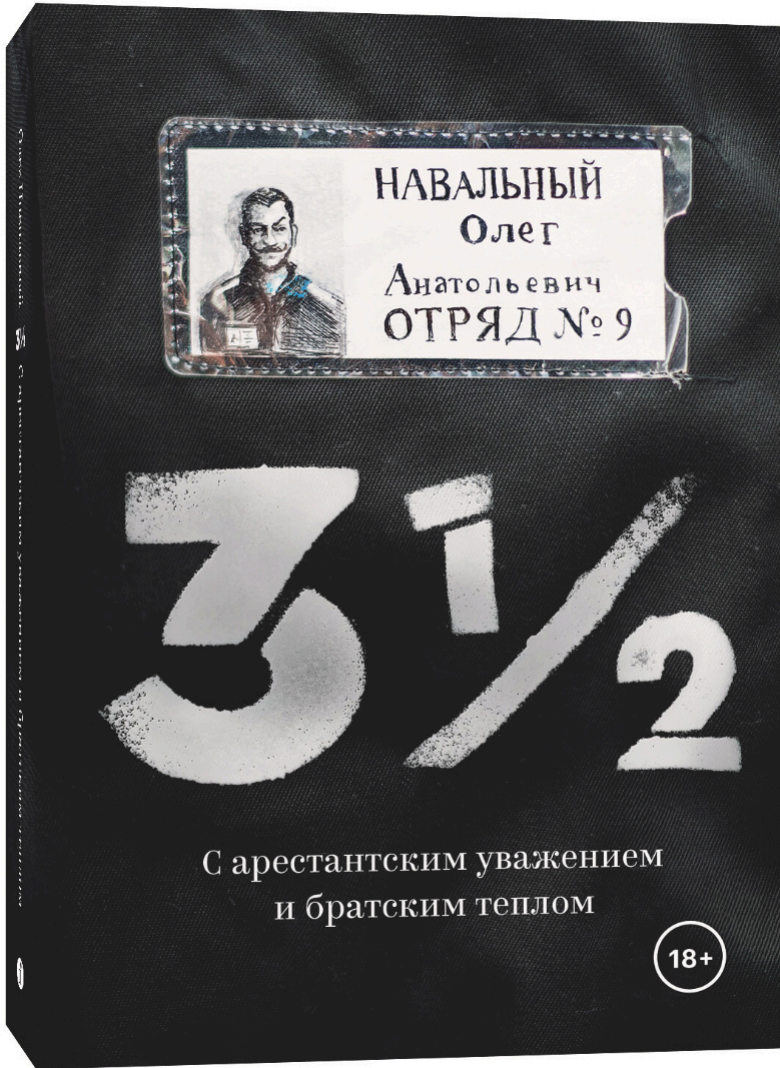
Roman is Doctor of Science in Mathematics and Physics, Professor of the Russian Academy of Sciences, Senior Researcher at St. Petersburg State University, specialist in the field of homotopy theory and group theory, writer.



Vasilii Karmazin is an illustrator working with classic techniques, one of which is linography. His surreal and eye-catching works are commissioned for books, music release covers, and media.







Oleg Navalny

3½. With Prisoner's

Respect and Fraternal

Warmth

In December 2014, the Navalny brothers, Oleg and Alexei, were convicted in the 'Yves Rocher case'. Alexei got 3½ years of probation, while Oleg was sentenced to 3½ years in prison. Although the European court of human rights ruled that the convictions were arbitrary and unfair, Oleg served the entire term, 1278 days. This book, mostly written in prison, gives an account of everything that happened to him during that time. Plus, the narrative is complemented with detailed drawings. If you read this book, you will find out what is the difference between the red and the black zone, what prison sheets and towels are for, where to hide a sim card during a search and more. But most importantly, this book is about remaining resilient even in the most outrageous, horrible and bizarre circumstances.

Oleg Navalny is a Russian businessman and social activist, the younger brother of Alexei Navalny. He became famous when, together with his brother, he was convicted of embezzlement and sentenced to 3.5 years of incarceration. The European Court of Human Rights ruled that his conviction was arbitrary and unfair. Oleg wrote his book while in prison. He was released in June 2018.



“Oleg Navalny’s book continues a huge tradition: prison has always been among the places where the history of literary, religious, philosophic, and political thought was created. Some writers began their literary careers in the solitude of the cell. Prison was not only embarrassing, but also inspiring, demanding not only silence, but also words. Oleg Navalny’s book is an excellent example of such writing.”

Kommersant, Russia’s #1 political and business daily newspaper

“All stories about prison are to a certain extent similar to each other, like road movies. Therefore, what is important, who talks about the prison and how. Navalny’s book is a book about how not to get lost even in the most wild, terrible and ridiculous circumstances.”

Afisha Daily, Russia’s #1 entertainment and lifestyle media





Milana Logunova

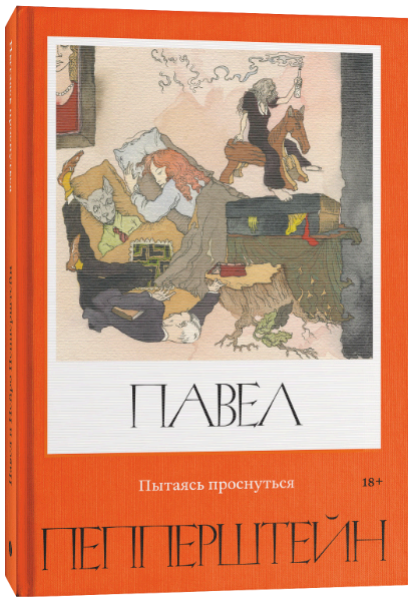
Fact

How I learned Polyamory, Starred in Porn, and Got a Slave

Everyone has their own turn-ons. The the list of these is much longer and more surprising than one might think. Some people dress up as dogs and living dolls, some enjoy bondage, and others buy used underwear. All of these activities are pursued by ordinary people. Although, descriptions of their interests may shock, behind these unusual sexual practices lie stories of vulnerability, overcoming fear, and self-discovery. Journalist Milana Logunova dedicated several years to studying various kinks and fetishes, not as a detached observer. In her book, readers will encounter organizers of kinky parties, squirt experts, demisexual individuals, surrogate partners, and other people who are already living in the 21st century.

"...Like all good stories about sex, this book is actually not about sex. It's about people: strange, funny, slightly scary, sometimes overly obsessed, but most importantly - very lively and real."

Egor Mikhailov, literary critic of Afisha Daily



Pavel Peppershtein Trying to wake up

This book is the first result of cooperation between a man and a machine in the history of Russian literature. The man is Pavel Pepperstein, a writer, artist, visionary. The machine is NeuroPepperstein, a linguistic model of ruGPT-3, trained on Pavel's body of texts and able to mimic his style to such an extent of plausibility that we have left the possibility for readers to guess who has written behind each of the 24 stories in this book. The kaleidoscope of stories in this collection is of interest not only as an experiment at the intersection of literature and technology, but also as magical fairy tales that melt reality: a new reading of Russian traditional "Turnip", chess games that change the course of history, a meeting of the saboteur Rebrov with the powerful Ancients, a mysterious protein of oblivion, as well as ghosts, dreamers and sorcerers.

"... Pavel is an excellent writer (which is especially good in our era, when there is almost no competition on Russian soil in this area). Anyone who has read his intriguing stories and miniatures, whether "Spring" or "America", "Taxi" or "Sfalz!", knows how difficult it is to compare this prose to anyone else's: the hallucinator flight of Pepperstein's fantasy has almost no domestic analogies. His brilliance is contrasted by the neural network's good texts."

Komsomolskaya Pravda



Ivan Shishkin

Fried Facts

How do you make the ideal glaze? Why is milk white? Why should you wash caviar? Are tomatoes harmful? Oranges are what color? What exactly is meat? How does jasmine rice smell? Weeds grow for whom? How do you prepare pig rinds? Is it necessary to knead the lemon? In general, how should one eat?

It is the third book by Ivan Shishkin, one of the inventors and ideologists of the cuisine of the Michelin-starred Moscow restaurant Delicatessen. In 137 replies to questions about how, what, and why we eat, Chef shares his expertise and wit. Why are oranges green in southern areas, what fowl fly by air, why is kiwi used to marinate meat, can jellyfish be ingested, and why is vanilla dangerous? There are almost two dozen recipes here, ranging from sunflower cookies to black Scottish eggs, as well as some useful hints and ideas that will shift your perspective on cooking.

“Vanya Shishkin's writings help readers understand magic. He cuts the gastronomy into slices, like a ripe tangerine, and reassembles it in a better way than before. Finally, 'Fried Facts' teaches us something important about the significance of our life. Clearly, the author picked the shortest path to illustrate crucial points - through the stomach.”

Aleksey Zimin, restaurant owner, publicist



Katya Kolpinets

Dream Formula

How social media creates our dreams

Every day, we build our ideal picture in social media: attractive angles, filters and post-processing, expensive objects on display, non-random accidents, and obvious clues of achievement. Instagram has evolved into more than simply an online scrapbook of unforgettable images in its twelve years of existence. Now it teaches us how to feel and fantasize, forming not only watchfulness, but also the objects of desire themselves. Katia Kolpinets, a celebrity media and culture researcher, has figured out how images of the perfect existence were generated on Instagram, how they dominated society, and what it says about us.

What is the appearance of an apartment/journey/relationship/dream job? Why do popular Instagram bloggers become role models for millions of followers? How did reality shows become the forerunners of social media? How did the battle against templates become another template? The “Formula of dreams” is centered on a hilarious mismatch between the exterior and inner, the cherished ambitions of millennials and the issues of the current society, in which everyone must be “visible” to participate in the economy of likes and shares..



Olga Krumkach

All about Her

Gentle gynecology from the first menstruation to postmenopause

Some things about women bodies are difficult to discuss not only with mothers, sisters, and close friends but also with a medical professional. What is the structure of the reproductive organs, for example, the clitoris? Why is it not recommended to get tested for everything? What should we consider when choosing personal hygiene products and contraception methods? How can we make sex enjoyable and safe, even during menstruation or pregnancy, immediately after childbirth, and during menopause? Why is infertility not a death sentence? Ob-gyn and host of the popular podcast "Spread Your Legs" Olga Krumkach provides answers to most questions about how the female body functions, emphasizing the importance of a gentle and trusting approach in the most intimate area of medicine.

"A clear and informative guide to the main issues of women's health will help you navigate the workings of hormones, not panic when taking medical tests, and increase your chances of experiencing orgasm. Olga Krumkach fights persistent myths and harmful practices."

Darya Varlamova, author of popular science books, winner of the "Enlightener-2017" award



Maria Mizernitskaya, Karina Pintiyskaya A Dog with Me

How to understand your dog and make it happy

When you adopt a dog, many questions arise. How to prepare the house for a puppy? What to expect from the breed? What is a sniffing mat, a harness, and a Kong? How to behave with other dogs? Is it necessary to train them with commands? How to befriend them? Dog behavior specialists Maria Mizrnytska and Karina Pintiyska teach to think within the framework of ethical cynology. Readers will understand their dog's signals and how to build a relationship with them. "Dog With Me" is a humane guide that changes the perception of relationships between species in the 21st century.

"This book harmoniously combines authors' boundless love for dogs and their reliance on the latest scientific research. It is a real treasure for anyone who not only cares about their pets but also wants to do so as gently and effectively as possible."

Ilya Smolensky, PhD in Biology, neurobiologist, author of the blog "Molecular Psychiatry", scientific editor of the book



Timur Kibirov

The General and His Family

Defined by the author as a historic novel, *The General and His Family* is a family saga unfolding in the late USSR. Kibirov approaches a set of common topics (generational conflict, the problem of emigration, finding the purpose) with irony and a patchwork quilt made up of quotes that defined the perceptions of late Soviet people. Experience and attention to the smallest details that the author puts into the book bring *The General and His Family* to the level of a big Russian novel, both sincere and sarcastic.

Timur Kibirov is a winner of many Russian and international awards, including the Big Book Award (2020) for his novel *The General and His Family*.

“In fact, this is, of course, a book written by a poet. And, as is always the case, it is about anything and everything: about love, about happiness, about what a human being is... About the author himself; about modern literature, about Russian history... In other words, Kibirov touches upon all the vital topics that a big poet can possibly touch upon.”

Mikhail Kunin, a poet, a cultural scientist, associated professor of the Institute for Social Sciences of RANEPА

*“I liked *The General and His Family* tremendously: I haven’t read anything that delightful in a long time.”*

Lev Oborin, a literary critic, an editor of the Polka academy, the project about the most important works of Russian literature



Fyodor Katasonov Fediatics

What shall you do if you have a child

The Moscow pediatrician Fyodor Katasonov not only treats children but also dispels their parents' worries by explaining in layperson's terms why their children's immunity is much stronger than their own. Katasonov's debut book deals with the matters that bother many mums and dads: how should you prepare for labor? How will you choose a good doctor? How does immunity work? Why is vaccination necessary? This book will be useful to everyone who cares about their well-being, about the well-being of their relatives, and also will help save the money and nerves. The new edition was enhanced with an extensive chapter on Covid-19 and pandemics.

“Fediatics is a clear instruction for overcoming fears that parents have.”

Evgeny Komarovsky, a pediatrician, a doctor of the highest category

“This book is a compass, invaluable work and a gift to the colleagues, parents and our children.”

Tatiana Drubich, an actress, a co-chair of the Trustee Board in the Hospice Charity Foundation VERA



Dmitry Khaustov

Burroughs Who Exploded

Beat Generation, Postmodernism,
Cyberpunk and Other Shards

“Khaustov is clearly passionate about the subject but his head remains cool: he avoids extremes and the book truly benefits from such rigorous fascination. In recent years, there have been many biographies in which the authors, with or without meaning to, channel the readers’ attention from their characters to themselves, one and only. In contrast, Khaustov carefully wraps Burroughs in a classic philological fabric and is not distracted by anything except for re-transmission.”

godliterary.ru, a special Rossiyskaya Gazeta project about literature and reading

“Khaustov writes about Burroughs in a way that makes him understandable even to those who are not keen on diving into the depths of literature and philosophy.”

The Blueprint, Russia’s #1 independent media about fashion, beauty and modern culture

It is hard to find any corner of modern culture uninfluenced by William Burroughs: postmodernism, cyberpun, transhumanism, psychedelic rock, industrial music. The list seems to be endless. Burroughs Who Exploded is the first Russian-language biography of the counterculture trailblazer written by Dmitry Khaustov, the author of the books about Charles Bukowski, George Orwell and the Beat Generation.



Polina Aronson

DIY Love

How We Became Managers of Our Feelings

When it comes to love, words often fail us. But what can we say about it at all? DIY Love is a collection of essays written by the social scientist and publicist Polina Aronson and dedicated to the way our notions about romantic feelings are constructed today. When and why did ‘lovers’ give place to ‘partners’? What determines our ability to find a common language when talking about emotions and desires? How will the coronavirus affect human relationships? Polina answers these and other questions in her book.

“What’s best about Aronson’s book is the ending with the conclusion that doesn’t reduce relationships to algorithms: let’s replace what is built on endless choice options with care and active compassion through which we can be open and honest with each other without the fear of being rejected.”

TheCity24, well known media covering Moscow’s cultural scene

“This book is an attempt to notice blank spots on the new map of emotions, to figure out what we lose when we begin to treat our own happiness as a subject of deliberate work.”

Yuri Saprykin, journalist, head of the Polka academy, project about the most important works of Russian literature



Tamara Eidelman

How Propaganda Works

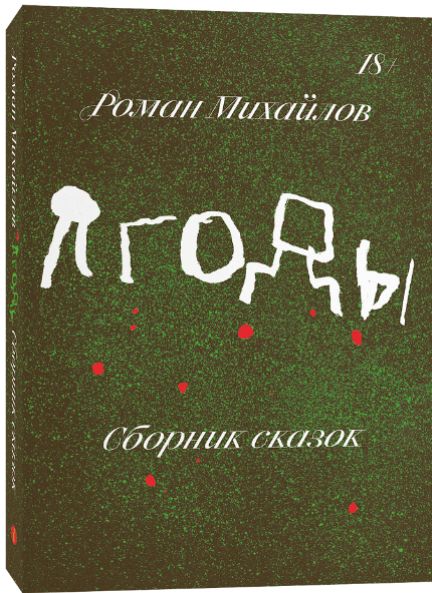
Tamara Eidelman, a history teacher with thirty years of experience and a popular lecturer, explores the origins and the current state of propaganda. By looking at examples from different countries and centuries she demonstrates how agenda-driven media shape public opinion, how typical propaganda techniques work and how to read the news in the post-truth era. “Well-timed news can be helpful to start a war or, on the contrary, to rise the fight for peace, to ruin the reputation of a respected person or bring fame to out-of-nowhere people.”

“Every now and then my colleagues argue that a hard-hitting headline of a made-up news story gets remembered while exposing it as a fake doesn’t. I’m sure that this book will help change the situation.”

Echo of Moscow, Russia’s #2 radio station

“All books about propaganda should be written the way only Tamara Natanovna can write. Concisely and with irony.”

Open Library, a popular social and cultural project in Russia



Roman Mikhailov Berries

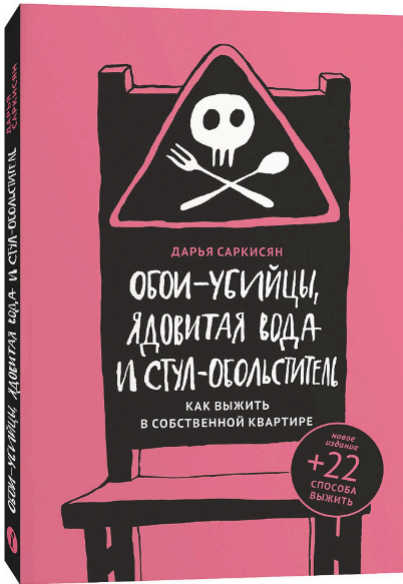
Berries is a book of magic tales written in various years. Some pieces were adapted into movies and stage productions but together they make up a whole world of cross-cutting plots (reclusion, magic transformations, communication between the living and the dead, madness as a way to change reality) and reappearing characters.

“Berries is a truly dangerous book, working like a virus and invading not so much the imagination as the very consciousness. However, just like Plato’s pharmakon, it is also an antivirus aiming to overcome narrow-mindedness and callosity in readers.”

Gorky, Russia’s #1 online project about books and reading

“A scary tale based on present-day and familiar material is a very powerful idea.”

godliterary.ru, a special Rossiyskaya Gazeta project of about literature and reading



Darya Sarkisyan Killer Wallpaper, Poisonous Water and a Chair That Tempts

How to Survive While at Home

“The book should be read not so much as an instruction but as a therapy against urban fears: turns out, many things we are so hysterically afraid of are actually not scary at all. In a word, read Sarkisyan more and listen to people on the Internet less.”

Lisa Birger, a literary critic, The Village, #1 media about Moscow and Saint-Petersburg news

“Killer Wallpaper, Poisonous Water and a Chair That Tempts. How to Survive While at Home is a collection of tips on how to do basically everything that is part of our daily routine. Sarkisyan just suggests to do that following scientific findings and not questionable pieces of advice that we are bombarded with today.”

Buro 24/7, an independent online media outlet covering fashion, beauty tips, culture and important trends in modern society

Every day, we do hundreds of stupid things in the kitchen, in the bathroom and at our work desks. If you read this book, you will find out how to live according to science and avoid dying prematurely. Myths are debunked on every page! Medical journalist Darya Sarkisyan looks at our daily behaviours through the lens of evidence-based medicine: what is good for us, what is absolutely not and what makes no sense whatsoever. Her favourite question is ‘Why do we live the way we do?’

future projects

Aleksey Alekhin

Meat Grinder

Approx. 60 000 words.

Date of publication: December 2023



Forget about traditional boxing: we have boxing in a telephone booth, bloodshed bare-knuckles fight, slapping championship, and mixed martial arts fights between pop stars and internet celebrities: and it's in peak demand now. Why do promoters switch from UFC and boxing to more violent and sometimes trashy ways to entertain the public? What role did play Youtube and TikTok in the rise of new bloodsports? How did Khabib Nurmagomedov become an international icon and a role model for many young people? How is it all connected to the culture of violence in Russia? Is it the only way to get rich and famous for strong young men from the provinces? And how it's all connected to power and organized crime? This book, written by sports journalist Alexey Alekhin, aims to answer all of those questions and to go deep into the heart of modern blood sport.

Aleksey Alekhin a journalist working for the Russian website **Meduza**. Meduza is one of the last standing and one of the most popular independent media in Russia, which keeps going despite of foreign agent status.

Rustam Alexander

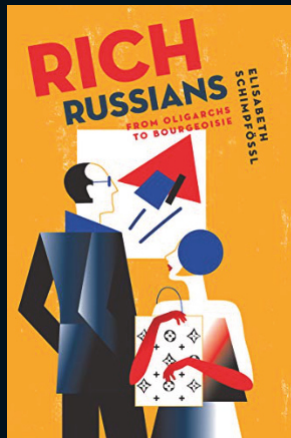
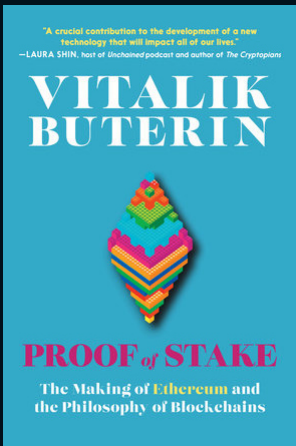
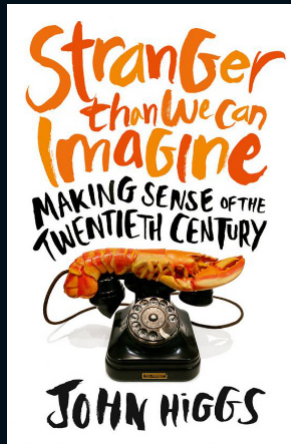
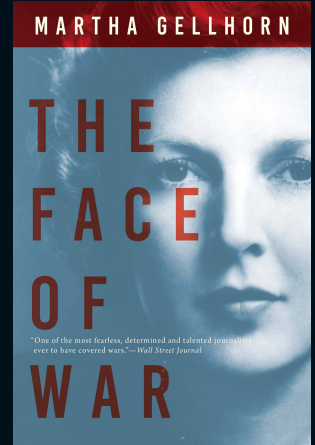
There was Sex

Approx. 40000 words.

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The Russian catchphrase "There is no sex in the USSR" has become a deeply rooted part of the Soviet era sentiment. In his latest book, Rustam Alexander, aims to debunk this curious myth that has been perpetuated over the years.

Rustam Alexander is an independent scholar with a PhD from the University of Melbourne, the author of "Regulating Homosexuality in Soviet Russia, 1956-91" and "Red Closet: The Hidden History of Gay Oppression in the USSR".



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