

THE FIX

89%
 OF US FEEL OUR
 EMOTIONAL WELLBEING
 IS NOW EQUALLY
 AS IMPORTANT AS
 OUR PHYSICAL
 WELLBEING*

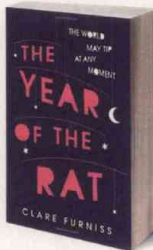
CLEANLINESS HELPS US

If you need an incentive to keep the kitchen tidy, this might just do the trick. When we feel disgusted, say by a dirty kitchen or workplace, researchers** found that repulsion can make us focus on protecting ourselves and behave selfishly, carrying out small acts of cheating and deceit. On the other hand, cleanliness reverses self-serving behaviour, causing more co-operation – handy both at home and at work...



Soap Chitas, £7, Anthropologie

NEW PAPERBACKS



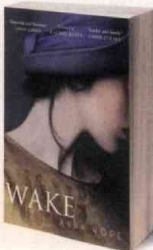
The Year Of The Rat

by Clare Furniss (Simon & Schuster, £7.99) Fifteen-year-old Pearl is dealing with the death of her mum and the negative emotions she feels towards her baby sister, who looks like a rat. Furniss is brilliant at getting to the nitty-gritty of a life that's been tipped upside-down, in this haunting, funny tale of love and loss.



Station Eleven by Emily St. John Mandel (Picador, £7.99)

This meditation on what it means to be human, when civilisation has collapsed, is outstanding. In the wake of a global pandemic, we follow wandering theatre company Travelling Symphony as they encounter ferals, a psychopathic prophet and isolated communities, asking questions about the nature of art, fame and belonging.



Wake by Anna Hope (Black Swan, £7.99)

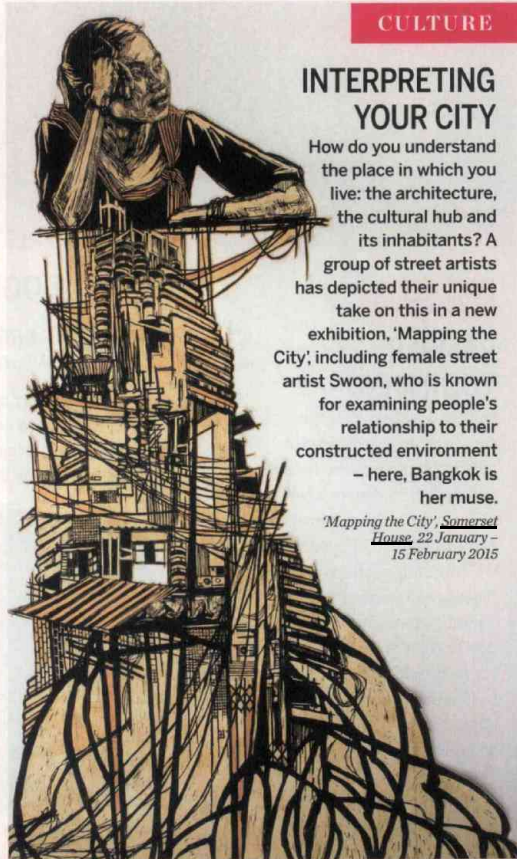
This impressive, moving debut leaves you in no doubt about the misery that war brings. Set over five days in 1920, it tells the stories of three women dealing with the aftershock of WW1. It's a heartbreaking tale of grief and guilt, where a secret reveals the connection that unites them, their sons, brothers and lovers. **EF**

CULTURE

INTERPRETING YOUR CITY

How do you understand the place in which you live: the architecture, the cultural hub and its inhabitants? A group of street artists has depicted their unique take on this in a new exhibition, 'Mapping the City', including female street artist Swoon, who is known for examining people's relationship to their constructed environment – here, Bangkok is her muse.

'Mapping the City', Somerset House 22 January – 15 February 2015



BOOK REVIEWS: EMILY ST. JOHN MANDEL BY ALICE F. ASHURBY; BY JACK BROWN; FT COVER PHOTOS: **KAREN PANTHECHIT ET AL. *PROTECT YOURSELF: HOW AFFECTIVE SELF-PROTECTION INCREASES SELF-INTERESTED, UNETHICAL BEHAVIOR. ORGANIZATIONAL BEHAVIOR AND HUMAN DECISION PROCESSES, 2014

*OLD PAPERS THROWN AWAY, OLD GARMENTS CAST ASIDE, THE TALK OF YESTERDAY, ARE THINGS IDENTIFIED; BUT TIME, ONCE TORN AWAY,