

the essex serpent book

The Essex Serpent book has captured the imagination of readers and critics alike since its release, cementing its place as a contemporary literary masterpiece. Written by bestselling author Sarah Perry, this novel seamlessly blends historical fiction, mystery, and literary drama to create a richly textured narrative set in Victorian England. Whether you're a fan of atmospheric storytelling, compelling characters, or beautifully crafted prose, *The Essex Serpent* offers a captivating journey into a world where myths and reality intertwine.

Overview of The Essex Serpent

Published in 2016, *The Essex Serpent* is Sarah Perry's third novel, and it received widespread acclaim for its evocative storytelling and richly detailed setting. The story is set in the 1890s, during a time of societal change and scientific discovery, and revolves around the mysterious sightings of a mythical creature along the Essex coast. Perry's evocative descriptions and deep characterizations make this book a standout in contemporary historical fiction.

Key themes of the novel include:

- The clash between science and superstition
- The complexities of human relationships
- The exploration of faith, doubt, and spirituality
- The impact of societal change on individuals and communities

Plot Summary

The narrative centers around Cora Seaborne, a widowed woman who is passionate about natural history and is eager to escape her restrictive Victorian society. She moves to the small coastal town of Aldwinter, where rumors of a supposed monster, the Essex Serpent, have begun to surface. As the legend grows, so does the tension between rational scientific inquiry and lingering superstitions.

Cora befriends the local vicar, William Ransome, whose faith and skepticism often collide with her curiosity and open-mindedness. Their relationship, complicated by their respective beliefs and personal histories, forms a core element of the story.

Meanwhile, other characters such as the town's residents, naturalists, and scientists contribute to the layered narrative, each bringing their own perspectives on the serpent and the changing world around them.

The novel explores how these characters' lives intertwine, and how their beliefs and desires are challenged by the mysterious creature and the social upheaval of the era.

Major Characters in The Essex Serpent

- **Cora Seaborne:** A widowed, intelligent woman with a keen interest in natural history. She seeks independence and purpose beyond her societal expectations.
- **William Ransome:** The local vicar, a thoughtful man grappling with his faith and the evolving scientific understanding of the world.
- **Frances:** Cora's close confidante and a servant who supports her throughout her journey.
- **Luke Garrett:** A naturalist and scientist who becomes involved with Cora's investigations into the serpent.
- **Mrs. Barnard:** An influential local figure representing traditional superstitions and community beliefs.

Each character is richly developed, with complex motivations and arcs that contribute to the novel's depth.

The Themes and Symbolism in The Essex Serpent

Myth vs. Reality

The novel explores how myths and legends influence communities and individual perceptions. The Essex Serpent symbolizes the power of stories to both unite and divide people, reflecting the tension between scientific rationality and superstition.

Science and Faith

Set during a period of burgeoning scientific discovery, the novel examines the conflict and coexistence of faith and empirical evidence. Cora's naturalist pursuits contrast with William's religious beliefs, illustrating the broader societal debates of the Victorian era.

Female Independence

Cora's character embodies the emerging independence of women in a male-dominated society. Her intellectual curiosity and refusal to conform challenge traditional gender roles.

Community and Isolation

The small town of Aldwinter represents both a close-knit community and the loneliness that can exist within it. The novel depicts how relationships are affected by fears, secrets, and societal pressures.

Symbolism of the Serpent:

The Essex Serpent itself is a multifaceted symbol—representing fear, the unknown, or perhaps a reflection of inner turmoil. Its presence prompts characters to confront their beliefs and fears.

Literary Style and Reception

Sarah Perry's writing style in *The Essex Serpent* is characterized by lyrical prose, detailed descriptions, and a nuanced understanding of Victorian society. Her vivid imagery draws readers into the atmospheric setting of 1890s Essex, capturing the mood, landscape, and social dynamics with precision.

Reception Highlights:

- Longlisted for the 2016 Women's Prize for Fiction
- Selected as a Book of the Year by *The New York Times*, *The Guardian*, and other major publications
- Praised for its richly drawn characters and evocative storytelling
- Noted for its exploration of contemporary themes through a historical lens

Adaptations and Cultural Impact

The popularity of *The Essex Serpent* has led to various adaptations and discussions in popular culture:

- **Television Series:** A BBC adaptation starring Claire Danes and Tom Hiddleston was announced, further increasing the novel's visibility.
- **Book Clubs and Literary Discussions:** The novel has become a favorite choice for book clubs, inspiring discussions on its themes and historical context.
- **Influence on Modern Fiction:** Perry's blend of myth, science, and character-driven storytelling has influenced contemporary writers exploring similar themes.

Where to Buy and Read *The Essex Serpent*

The Essex Serpent is widely available in bookstores, both physical and online. It is offered in various formats:

- Hardcover
- Paperback
- E-book
- Audiobook

Major retailers like Amazon, Barnes & Noble, and independent bookstores stock the novel. Libraries also carry copies for lending.

Conclusion: Why Read *The Essex Serpent*?

Sarah Perry's *The Essex Serpent* is more than just a historical novel; it's a meditation on the enduring power of stories and the human desire for understanding amidst uncertainty. Its richly developed characters, atmospheric setting, and exploration of timeless themes make it a must-read for fans of literary fiction, historical mysteries, and psychological drama.

Whether you're interested in Victorian history, myth and legend, or simply enjoy beautifully written stories that delve into the complexities of human

nature, *The Essex Serpent* offers a compelling and thought-provoking experience. Its relevance extends beyond its historical setting, reminding readers of the ongoing tension between belief and skepticism, tradition and progress, love and loss.

In summary:

- *The Essex Serpent* is a critically acclaimed novel by Sarah Perry.
- Set in Victorian England, it explores themes of myth, science, faith, and independence.
- The novel features memorable characters and atmospheric storytelling.
- It has inspired adaptations and continues to influence contemporary literature.
- Available in multiple formats, it's a highly recommended read for diverse audiences.

Discover the magic and mystery of *The Essex Serpent*—dive into a story that challenges perceptions and celebrates the timeless human quest for meaning.

Frequently Asked Questions

What is the main plot of 'The Essex Serpent' by Sarah Perry?

The novel follows Cora Seaborne, a widow who moves to a small Essex village and becomes intrigued by local legends of a mysterious serpent, exploring themes of grief, belief, and societal change.

Who are the main characters in 'The Essex Serpent'?

The novel's key characters include Cora Seaborne, the inquisitive widow; William Ransome, a local vicar and Cora's love interest; and Luke Garroway, a scientist researching the serpent legend.

Has 'The Essex Serpent' been adapted into any other media?

Yes, as of 2023, *'The Essex Serpent'* is being adapted into a television series starring Emma Corrin, bringing the novel's story to a broader audience.

What themes are explored in 'The Essex Serpent'?

The novel explores themes of fear and superstition versus science, love and loss, societal change, and the human desire for connection and understanding.

Why has 'The Essex Serpent' gained popularity recently?

The book's rich historical setting, compelling characters, and its exploration of myth and science have resonated with contemporary readers, alongside its recognition through awards and its upcoming TV adaptation.

Additional Resources

The Essex Serpent Book: An In-Depth Exploration of a Modern Classic

In the landscape of contemporary literature, few novels have managed to captivate readers and critics alike quite like *The Essex Serpent*. Since its publication, this richly textured novel by Sarah Perry has sparked discussions ranging from its narrative depth to its thematic resonance, making it a staple in discussions about Victorian-inspired storytelling and modern literary craftsmanship. This investigative review aims to dissect the various facets of *The Essex Serpent*, exploring its plot intricacies, thematic layers, historical context, and enduring appeal.

Introduction to The Essex Serpent: A Brief Overview

Published in 2016, *The Essex Serpent* quickly garnered critical acclaim, winning the 2016 Waterstones Book of the Year and making numerous "best of" lists. Set in Victorian England, the novel intertwines the lives of characters navigating societal change, superstition, and personal longing against the backdrop of a quaint Essex village. At its core, the story revolves around Cora Seaborn, a widowed woman with a penchant for scientific curiosity, and her fascination with the local legend of a mysterious serpent supposedly lurking in the marshes.

While on the surface, the novel appears to be a historical romance or a Gothic mystery, it reveals itself as a profound meditation on human connection, fear, faith, and the pursuit of understanding the unknown. Its lyrical prose, atmospheric setting, and complex characters have prompted readers and critics to examine *The Essex Serpent* as a layered, investigative piece of modern literature.

Plot Summary and Structural Composition

The narrative unfolds through multiple perspectives, primarily Cora Seaborn, the village vicar Will Ransome, and the local doctor Luke Garrett. Perry employs a non-linear timeline and rich descriptive language to immerse

readers fully in Victorian Essex's ambience.

Key plot points include:

- Cora's relocation from London to the Essex countryside, seeking a fresh start after her husband's death.
- Her fascination with the serpent legend, which she approaches with scientific curiosity.
- The villagers' superstitions and fears that the serpent is a real, dangerous creature.
- The complex relationships among Cora, Will, and Luke, exploring themes of love, duty, and societal expectations.
- The eventual revelation that the serpent may be a metaphorical symbol for the characters' internal struggles and societal fears.

The novel's structure allows Perry to deepen character development and thematic exploration, weaving a tapestry of personal and collective narratives that resonate long after the final page.

Themes and Symbolism

One of the most compelling aspects of *The Essex Serpent* is its layered thematic fabric. The novel explores multiple themes, including:

Science vs. Superstition

Cora's scientific approach to understanding the serpent contrasts sharply with the villagers' superstitions. This dichotomy symbolizes the broader Victorian tension between rational inquiry and traditional beliefs. Perry depicts this conflict as both a source of societal tension and personal growth, ultimately illustrating the importance of balancing skepticism with openness to mystery.

Fear and the Unknown

The serpent functions as a potent metaphor for the fears that pervade human existence—fear of death, change, and the unfamiliar. Perry suggests that fear often fuels misunderstanding and prejudice, but it can also catalyze introspection and connection.

Love and Isolation

The characters grapple with loneliness and the desire for meaningful

connection. Perry examines how love can be both a source of comfort and vulnerability, especially within the constraints of Victorian societal norms.

Nature and Humanity

Set against the natural landscape of Essex's marshes, the novel reflects on humanity's relationship with nature—its mysteries, dangers, and beauty. The serpent, as a creature of myth and reality, embodies this complex relationship.

Symbolism of the Serpent

Beyond its literal presence in local legend, the serpent symbolizes:

- The subconscious fears and hidden truths within characters.
- The transformative power of confronting the unknown.
- The societal anxieties about progress and change.

Historical and Cultural Context

Understanding *The Essex Serpent* requires appreciating its Victorian setting, a period marked by rapid technological innovation, scientific discovery, and social upheaval.

Key historical elements include:

- The rise of scientific inquiry and natural history, exemplified by characters like Cora who seek empirical understanding.
- Victorian attitudes toward superstition, religion, and morality.
- The class structure and gender roles that influence character interactions and societal expectations.

Perry's meticulous research into this era lends authenticity to her depiction, yet she also offers a nuanced critique of Victorian values, highlighting their contradictions and limitations.

Character Analysis and Development

The novel's characters are richly drawn, each embodying different facets of Victorian society and human experience.

- Cora Seaborn: A pioneering woman with scientific curiosity, her independence and intellect challenge societal norms. Her internal conflict

between rationality and emotional vulnerability drives much of the novel's emotional depth.

- Will Ransome: The earnest vicar torn between his duties, faith, and feelings. His moral integrity and compassion make him a central figure in the narrative.
- Luke Garrett: The pragmatic doctor, representing scientific progress, yet grappling with his own emotional limitations.

Their interactions and evolving relationships form the emotional core of the story, illustrating themes of connection, trust, and the complexity of human motives.

Critical Reception and Literary Significance

The Essex Serpent has been lauded for its lyrical prose, atmospheric storytelling, and nuanced characterizations. Critics have praised Perry's ability to blend historical authenticity with contemporary themes, creating a novel that resonates across generations.

Some notable points include:

- Its successful evocation of Victorian England's social fabric.
- The depth of psychological insight into its characters.
- The poetic quality of Perry's prose, which elevates the novel beyond mere storytelling.

Literary scholars have also noted the novel's contribution to the genre of historical fiction, emphasizing its exploration of how myths and beliefs shape human understanding.

Enduring Appeal and Legacy

The novel's popularity extends beyond initial critical acclaim, inspiring adaptations and continued scholarly discussion. Its themes remain relevant, especially as society grapples with scientific advancements and societal change.

Reasons for its enduring appeal include:

- Its universal themes of love, fear, and curiosity.
- The richness of its setting and characters.
- Its ability to blend mystery, philosophical inquiry, and emotional depth seamlessly.

The Essex Serpent has cemented itself as a modern classic, prompting readers to consider the ways in which stories about monsters, myths, and the natural

world reflect our inner worlds.

Conclusion: A Literary Investigation Worth Conducting

Sarah Perry's *The Essex Serpent* is more than just a Victorian-inspired novel; it is a profound exploration of human nature, societal change, and the mysteries that lie beyond understanding. Its layered themes, complex characters, and atmospheric setting invite readers and critics alike to investigate its depths thoroughly.

Whether approached as a historical mystery, a psychological portrait, or a philosophical meditation, *The Essex Serpent* offers a multifaceted reading experience that continues to resonate. Its success lies in Perry's masterful storytelling, which balances scientific curiosity with poetic lyricism, making it a compelling subject for ongoing literary investigation and appreciation.

For anyone seeking a novel that combines myth, history, and human emotion in equal measure, *The Essex Serpent* remains an essential and enlightening read—one that invites endless exploration and reflection.

[The Essex Serpent Book](#)

the essex serpent book: The Essex Serpent Sarah Perry, 2017-06-06 NOW AN APPLE TV+ SERIES A Washington Post Notable Work of Fiction * Winner of the British Book Awards Fiction Book of the Year and overall Book of the Year *A Kirkus Reviews Best Book of The Year * Waterstones Book of the Year * Costa Book Award Finalist "A novel of almost insolent ambition—lush and fantastical, a wild Eden behind a garden gate...it's part ghost story and part natural history lesson, part romance and part feminist parable. I found it so transporting that 48 hours after completing it, I was still resentful to be back home." —New York Times London, 1893. When Cora Seaborne's brilliant, domineering husband dies, she steps into her new life as a widow with as much relief as sadness: her marriage was an unhappy one, and she never suited the role of society wife. Seeking refuge in fresh air and open space, she leaves the metropolis for coastal Essex, accompanied by her inquisitive and obsessive eleven-year-old son, Francis, and the boy's nanny, Martha, her fiercely protective friend. Once there, they hear rumors that after nearly three hundred years, the mythical Essex Serpent, a fearsome creature that once roamed the marshes, has returned. When a young man is mysteriously killed on New Year's Eve, the community's dread transforms to terror. Cora, a keen amateur naturalist with no patience for religion or superstition, is immediately enthralled, certain that what locals think is a magical sea beast may be a previously undiscovered species. Eager to investigate, she is introduced to parish vicar William Ransome, who is equally suspicious of the rumors but for different reasons: a man of faith, he is convinced the alarming reports are caused by moral panic, a flight from the correct and righteous path. As Cora and William attempt to discover the truth about the Essex Serpent's existence, these seeming opposites find themselves inexorably drawn together in an intense relationship that will change both of them in

ways entirely unexpected. And as they search for answers, Cora's London past follows her to the coast, with striking consequences. Told with exquisite grace and intelligence, *The Essex Serpent* masterfully explores questions of science and religion, skepticism and faith, but it is most of all a celebration of love, and the many different—and surprising—guises it can take.

the essex serpent book: *The Essex Serpent* Sarah Perry, 2022-04-06 Soon to be an Apple TV series starring Claire Danes and Tom Hiddleston London, 1893. When Cora Seaborne's controlling husband dies, she steps into her new life as a widow with as much relief as sadness. Along with her son Francis - a curious, obsessive boy - she leaves town for Essex, in the hope that fresh air and open space will provide refuge. On arrival, rumours reach them that the mythical Essex Serpent, once said to roam the marshes claiming lives, has returned to the coastal parish of Aldwinter. Cora, a keen amateur naturalist with no patience for superstition, is enthralled, convinced that what the local people think is a magical beast may be a yet-undiscovered species. As she sets out on its trail, she is introduced to William Ransome, Aldwinter's vicar, who is also deeply suspicious of the rumours, but thinks they are a distraction from true faith. As he tries to calm his parishioners, Will and Cora strike up an intense relationship, and although they agree on absolutely nothing, they find themselves at once drawn together and torn apart, affecting each other in ways that surprise them both. *The Essex Serpent* is a celebration of love, and the many different shapes it can take.

the essex serpent book: *Study Guide to the Essex Serpent by Sarah Perry* Ray Moore M a, 2018-11-13

the essex serpent book: *Melmoth* ,

the essex serpent book: *Melmoth* Sarah Perry, 2018-10-02 'Hugely readable and profoundly important ... Perry's masterly piece of postmodern gothic is one of the great achievements of our century' The Observer SHORTLISTED FOR THE 2019 DYLAN THOMAS PRIZE OBSERVER FICTION BOOK OF THE YEAR 2018 'Beautiful, devastating, brilliant' Marian Keyes 'Astonishingly dark ... exquisitely balanced' Francis Spufford 'Packs a punch of atmosphere, creepiness, fear and melancholy' Susan Hill 'Mythic, ominous and sensitively human' Frances Hardinge 'Richly atmospheric, daring and surprising' Melissa Harrison 'Striking and brave, ... moving and terribly beautiful' Sam Guglani Oh my friend, won't you take my hand - I've been so lonely! One winter night in Prague, Helen Franklin meets her friend Karel on the street. Agitated and enthralled, he tells her he has come into possession of a mysterious old manuscript, filled with personal testimonies that take them from 17th-century England to wartime Czechoslovakia, the tropical streets of Manila, and 1920s Turkey. All of them tell of being followed by a tall, silent woman in black, bearing an unforgettable message. Helen reads its contents with intrigue, but everything in her life is about to change.

the essex serpent book: *Study Guide* Supersummary, 2019-10-05 SuperSummary, a modern alternative to SparkNotes and CliffsNotes, offers high-quality study guides for challenging works of literature. This 86-page guide for *The Essex Serpent* by Sarah Perry includes detailed chapter summaries and analysis covering 10 chapters, as well as several more in-depth sections of expert-written literary analysis. Featured content includes commentary on major characters, 25 important quotes, essay topics, and key themes like Faith and Reason and Urban and Rural.

the essex serpent book: *Jane and the Essex Serpent* Elizabeth Wix, 2012-07-01 A novel for readers 8-12 years old. Brave Jane Mabry travels back to Norman times to save her friend from the terrifying Essex Serpent.....who maybe a dragon. Based on real places and Essex legend.

the essex serpent book: *Melmoth Intl* Sarah Perry, 2018-10-16 For centuries, the mysterious dark-robed figure has roamed the globe, searching for those whose complicity and cowardice have fed into the rapids of history's darkest waters—and now, in Sarah Perry's breathtaking follow-up to *The Essex Serpent*, it is heading in our direction. It has been years since Helen Franklin left England. In Prague, working as a translator, she has found a home of sorts—or, at least, refuge. That changes when her friend Karel discovers a mysterious letter in the library, a strange confession and a curious warning that speaks of Melmoth the Witness, a dark legend found in obscure fairy tales and antique village lore. As such superstition has it, Melmoth travels through the ages, dooming

those she persuades to join her to a damnation of timeless, itinerant solitude. To Helen it all seems the stuff of unenlightened fantasy. But, unaware, as she wanders the cobblestone streets Helen is being watched. And then Karel disappears. . . .

the essex serpent book: *The Book Lover's Quiz Book* Gary Wigglesworth, 2020-11-05 'I love a quiz, so the book I'm most hoping to find in my Christmas stocking is this ingenious book of literary questions, red herrings and conundrums. Much more than a straightforward question-and-answer book, it promises the kind of variety that will enliven evenings with family and friends. (And I might know some of the answers!)' VAL McDERMID 'Outside of a dog, The Book Lover's Quiz Book is every bookworm's best friend -- inside of a dog . . . well, if you know the rest, you're going to love this book' PETER HANINGTON, author of *A Dying Breed*, peterhanington.co.uk 'This is the ultimate literary quiz book and Gary Wigglesworth is the quizmaster to end all quizmasters' DAVID QUANTICK davidquantick.com This is a literary quiz book with a difference. Rather than basic sets of questions, The Book Lover's Quiz Book mirrors the format of Gary's live quizzes, at the Betsey Trotwood in London and elsewhere. So, there are lots of multiple-choice questions, some amusing answers, clever red herrings, little-known facts about authors and some of the much-loved Say What You See picture round. Also, there are fixed and variable rounds - fixed ones include 'Blankety Books' (one word missing from the title - always with a theme), 'Literary Links and lists' (what connects/next in the list etc.) and '2 of a Kind' (name the character and the author that share the same initials). The changeable rounds keep the quizzes fresh and include 'What the Dickens?' (real or made-up Dickens names), 'RomeNo or JuliYess' (real or made-up Shakespearian insults) and 'Book Bingo!' (identify the correct number). There are also more standard rounds such as 'First Lines', 'Working Titles' and 'Banned Books'. The aim of all Gary's quizzes, and this book, is that people should have fun and be able to guess (if they don't know) as much as possible.

the essex serpent book: *The Essex Review* , 1906

the essex serpent book: *Disentangled* R. France, 2023-09-14 The Definitive Study and Solution to the Centuries-old Mystery of the World's Most Sighted Sea Serpent There is a long history of conflating sightings of unidentified marine objects (UMOs) as purported sea serpents. Most sightings are either of an extremely brief duration or made by a single observer, and thus often easy to dismiss. This is not the case, however, with respect to the so-called Gloucester Sea Serpent which frequented the Massachusetts and New York coasts during the early nineteenth century. Witnessed by hundreds of people for extended periods repeatedly over many days, the Gloucester UMO is the most sighted 'sea serpent' in history. As well, due to being the object of study at the time and shortly thereafter by naturalists, the mysterious creature remains the most thoroughly investigated of all putative sea serpents. For these reasons, it has achieved an exalted status among cryptozoologists who maintain it represents the best evidence for the existence of sea serpents. For the first time, an eminently qualified aquatic biologist and ethnozoologist presents the definitive history of the phenomena and carefully examines the evidence. It is concluded that the most parsimonious explanation behind the Gloucester Sea Serpent is as early evidence for what is today recognized as being one of the most serious threats to marine biodiversity: entanglement in fishing gear and other maritime debris. Therefore, although widely considered to be restricted to the advent and widespread use of non-degradable plastic in the middle of the twentieth century, this new interpretation of the Gloucester UMO suggests that entanglement has a much longer environmental history than is commonly believed. Robert L. France is a world-renowned scientist at Dalhousie University and the author or editor of twenty books and two hundred papers on a wide range of environmental subjects. He has undertaken conservation biology research from the High Arctic to the tropics, on organisms from bacteria to whales, which has been cited many thousands of times in the literature. Dr. France is a leading authority on many aspects of aquatic zoology, including marine ecology and ethnozoology, and may be the most qualified person to have recently undertaken research and published peer-reviewed articles on the beguiling and befuddling topic of aquatic mystery animals, known as 'cryptids'.

the essex serpent book: *Strange Sight* Syd Moore, 2017-10-05 The La Fleur restaurant has a

slew of unusual phenomena. Bonnet-clad apparitions pass through walls, blood leaks from ceilings and rats besiege the dining room. Experts from the Great Essex Witch Museum are called in to quell these strange sights. But before Rosie Strange and Sam Stone can do their thing events turn darker. For La Fleur's chef has been strung up and slaughtered like a pig. More oddly, the only witness, the owner's daughter Mary, swears blind a ghost did it. Rosie and Sam must find out what's happening before Mary takes the fall. But intuitions and tip-offs lead them stumbling into the dark waters of the past, exposing secrets of a wider conspiracy, as well as secrets all Rosie's own. With strange chills Rosie and Sam learn that seeing isn't always believing, while thoughts of truth may be just as illusory.

the essex serpent book: Inside Book Publishing Angus Phillips, Giles Clark, 2025-02-28 Now fully revised and updated for its seventh edition, Inside Book Publishing is the classic introduction to the book publishing industry. The book provides excellent overviews of the main aspects of the publishing process: commissioning authors, product development, design and production, marketing, and sales. Angus Phillips and Giles Clark offer authoritative and up-to-date coverage of all sectors of the industry from commercial fiction to educational publishing and academic journals. They reveal how publishers continue to adapt to a fast-changing and highly interconnected world, in which printed books have proved resilient alongside ebooks and the growth in audio. The topics explored include AI, social media in marketing, sustainable book production, open access for research, and diversity, equity and inclusion. International case studies from industry experts give perspectives on, for example, comic books, children's picture books, women in Indian publishing and the Korean literary wave. As a manual for those in the profession and a guide for the publishers of the future, this book remains a seminal work for anyone with an interest in the industry. It will also be of interest to authors seeking an insider's view of this exciting industry. The book is supported by online resources, including a glossary, a further reading list and links to a range of online resources, available at www.routledge.com/9781032516554.

the essex serpent book: The Unexpected Joy of the Ordinary Catherine Gray, 2019-12-26
FROM THE SUNDAY TIMES BESTSELLING AUTHOR 'Life-affirming' - THE TELEGRAPH
'Wonderful' - INDEPENDENT 'She made it her mission to learn how to be default happy rather than default disgruntled' - RADIO 4 - WOMAN'S HOUR 'Take a leaf out of Gray's book and be kinder to yourself by appreciating life just as it is' - IRISH TIMES 'This book came to me in an hour of need - during lockdown when I had to focus on the positive, appreciate simple things, not lose my shit, and value each day. It was a pure joy for me and held my hand' - SADIE FROST 'Interesting and joyful. Lights a path that could help us to build resilience against society's urging to compare life milestones with peers' - LANCET PSYCHIATRY Underwhelmed by your ordinary existence? Disillusioned with your middlin' wage, average body, 'bijou' living situation and imperfect loved ones? Welcome to the club. There are billions of us. The 'default disenchanting'. But, it's not us being brats. Two deeply inconvenient psychological phenomena conspire against our satisfaction. We have negatively-biased brains, which zoom like doom-drones in on what's wrong with our day, rather than what's right. (Back in the mists of time, this negative bias saved our skins, but now it just makes us anxious). Also, something called the 'hedonic treadmill' means we eternally quest for better, faster, more, like someone stuck on a dystopian, never-ending treadmill. Thankfully, there are scientifically-proven ways in which we can train our brains to be more positive-seeking. And to take a rest from this tireless pursuit. Whew. Catherine Gray knits together illuminating science and hilarious storytelling, unveiling captivating research showing that big bucks don't mean big happiness, extraordinary experiences have a 'comedown' and budget weddings predict a lower chance of divorce. She reminds us what an average body actually is, reveals that exercising for weight loss means we do less exercise, and explores the modern tendency to not just try to keep up with the Murphys, but keep up with the Mega-Murphies (see: the social media elite). Come on in to this soulful and life-affirming read, to discover why an ordinary life may well be the most satisfying one of all.

the essex serpent book: How to Market Books Alison Baverstock, Susannah Bowen,

2019-04-25 Over five editions, *How to Market Books* has established itself as the standard text on marketing for both the publishing industry and the wider creative economy. Industry professionals and students of Publishing Studies rely on the techniques and tactics in this invaluable book. With the publishing industry changing fast, and the marketing and selling of content now delivered worldwide through technology, this much needed guide highlights the critical role of the marketer, and the strategies and techniques at their disposal. The book's approach is logical and calming; beginning with marketing theory and moving into how this works in practice. Readers benefit from a blend of practical advice on how to organise and deliver marketing plans – and an objectivity which supports their future management of issues not yet on the horizon. Thoroughly updated, this 6th edition maintains the book's popular, accessible and supportive style, and now offers: A fully international perspective for today's global industry New case studies to illustrate changing industry issues and application Completely updated coverage of digital and social marketing and GDPR Topical updates, more case studies and tips on getting work in publishing on a companion website Detailed coverage of individual market segments, bringing relevance to every area of publishing

the essex serpent book: The Book Lover's Quiz Book 2 Gary Wigglesworth, 2023-10-05 Put your bookworm reputation on the line and prove your literary knowledge with this collection of quizzes for book whizzes. Book lovers can answer questions by themselves or host a quiz among friends with twenty-four quizzes to keep you guessing with a variety of question styles including: - 'Blankety Books', where you must fill in the missing word in each title - Anagrams to decipher - 'Two of a Kind', where you must identify a character and author who share the same initials - Guess the book with 'Say What You See' pictures and badly drawn covers - 'Book Bingo' The quizzes are carefully weighted so avid bookworms will get a workout, while more casual readers can still have lots of fun having a go. All questions are designed to aid guessing, with multiple-choice answers and hints, and make the reader smile with amusing wrong answers, clever red herrings, little-known facts and footnotes.

the essex serpent book: The Book Of Lists London Nick Rennison, 2009-08-06 Why did London Underground once employ a one-legged man to ride up and down the escalators at Earl's Court tube station? What did Hitler plan to do with Nelson's Column? Why is London's only medieval mummy a prostitute named Clarice la Claterballock? How did a beer flood in Tottenham Court Road drown nine people? Where can you see a pair of Queen Victoria's knickers? Containing chapters covering London past and present; buildings and streets; famous and unexpected Londoners; arts, literature and crime; plus much much more, the 180 lists will amaze, amuse and inform. More than simply a keepsake for tourists, every self-respecting Londoner needs this book.

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