JonathanBall*Publishers*

February 2026 Highlights
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COOKERY / KOOKKUNS

Gut Health: The South African Guide **by Vickie De Beer & Dr. Stephen Schmidt**

9780798185691 | Human & Rousseau | Cookery | PB | R395

What if the secret to more energy, a stronger immune system, improved digestion and effortless weight loss didn't lie in expensive supplements, but in healing your gut? This book is the complete solution you've been looking for – part medical guide, part recipe book – built entirely on scientific research and designed for real life.

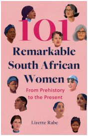
This isn't another fad diet. It's the definitive guide to transforming your health from the inside out, using practical strategies and real foods that work.

Get ready to learn:

- **Why your gut controls everything** – from brain function to weight, explained simply.
- **Which foods are secretly harming you** – and which can heal your gut lining naturally.
- **What to cook** – a complete 7-day repair meal plan with gut-healing recipes for every meal.
- **How to make your own fermented foods** – step-by-step recipes for healing, homemade probiotics including yoghurt, kefir, sauerkraut and kimchi.
- **How to cook delicious meals** that nourish, repair and restore your gut.

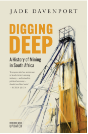
This isn't just another health book. It's the manual your body wishes it had come with.

NON FICTION / NIEFIKSIE



***101 Remarkable South African Women* by Lizette Rabe**
9780624096054 | Tafelberg | History | TPB | R350

101 Remarkable South African Women restores women to the centre of South Africa's story. From the prehistoric "Eve of the West Coast" and the Blombos mothers to modern icons such as Thuli Madonsela, Caster Semenya, and Tyla, Lizette Rabe profiles 101 women whose courage, intellect, creativity and leadership have shaped our nation. Alongside well-known figures like Krotoa, Miriam Makeba, Olive Schreiner and Ruth First, readers meet remarkable but often overlooked women such as Zwarte Maria, Mantatisi, Nongqawuse, Elsie Vaalbooi, Gladys Mgudlandlu and Valerie Desmore. Spanning politics, literature, sport, activism and art, these concise portraits offer an inspiring overview of our past and our ongoing struggle for gender equality. This is *her*story reclaimed – *Malibongwe Makosikazi*, let the women be praised!

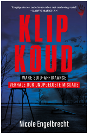


***Digging Deep - 2nd Edition* by Jade Davenport**
9781776195596 | Jonathan Ball Publishers | History | TPB | R450

South Africa's mining journey began with the discovery of 'mountains of copper' in Namaqualand, laying the foundation of an industry that forever shaped the nation's destiny. Nowhere has a mineral revolution proved so influential in weaving a society's political, economic and social fabric.

Digging Deep explores South Africa's great mineral revolution – the lucky strikes and struggles of prospecting in the late 1800s, boom-and-bust towns in the Eastern Transvaal Goldfield, the dubious beginnings of the Witwatersrand, and visionary men like Cecil Rhodes, Alfred Beit, Barney Barnato, Sir Ernest Oppenheimer, Sammy Marks and Hans Merensky who shaped the industry.

Gold, diamonds, platinum, coal and minerals – the richest treasure trove in one country – transformed a colonial backwater into the greatest industrialised power on the African continent. In this second edition, Jade Davenport adds two chapters examining the era since democracy's advent when the mining industry underwent profound and distressing transformation.



***Klipkoud* deur Nicole Engelbrecht**
9781776195510 | Jonathan Ball Publishers | Niefiksie | TPB | R310

Nicole Engelbrecht keer terug met *Klipkoud*, 'n nuwe boek wat voortbou op haar gewilde potgooi True Crime South Africa. Die boek fokus op onopgeloste sake van vermiste mense in Suid-Afrika. Engelbrecht herondersoek dossiere, heroorweeg leidrade en deel onderhoude wat voorheen nooit bekendgemaak is nie.

Die outeur werp lig op beide ou en nuwe sake in 'n poging om afsluiting aan geliefdes van slagoffers te bied. Die boek behandel diverse gevalle: 'n onbekende vrou wie se oorskot onder 'n swembad ontdek is, 'n jong man wat deur die gevangenisstelsel se krake geval het, 'n sakereis wat dodelik geëindig het, en 'n meisie wat voor haar huis ontvoer is.

Deur haar deurtastende navorsing neem Engelbrecht lesers saam op 'n soektog na die waarheid agter hierdie tragiese sake.

FICTION / FIKSIE

Volmaan in Baviaanskloof **deur Jeanette Stals**
9780798185066 | Human & Rousseau | Afrikaanse roman | PB | R290

Fransien Theron, 'n jong Kaapse kunstenaar, se lewe stort in duie wanneer haar man besluit om twee jaar ná hul babaseun se dood van haar te skei. Sy vlug na 'n afgesonderde kothuis in die Baviaanskloof, waar sy beplan om 'n einde aan alles te maak. Maar eers wil sy met volmaan bo-op die berg kom en vir oulaas gelukkiger tye in herinnering roep.

Ook op die berg is die luiperdwyfie Twee Kolle wie se een poot onlangs vergruis is toe sy en haar opgeskote welpie uit 'n slagyster probeer loskom het. Ná dese skuil sy teen die kranse van Rooikloof waar sy alles in haar vermoë doen om te oorleef.

Die oggend van volmaan begin Fransien haar tog na die bergkloof se kruin. Terwyl sy stap, raak sy en die beseerde luiperd intens bewus van mekaar. Onder die waaksame blik van die maan gebeur iets wat Fransien se lewe onherroeplik verander.

In hierdie magiese landskap, waar skoonheid en wreedheid in ewewig bestaan, besef ons opnuut dat mens en dier se lot nie van mekaar geskei kan word nie – almal en alles is deel van 'n groter geheel.

'n Meesleurende verhaal oor verlies en die veerkragtigheid van die menslike gees.

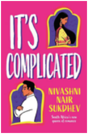
Einde en begin **deur Michèle Meyer**
9780795803284 | Quillerie | Afrikaanse roman | TPB | R295

Toe Marié vier jaar oud is, verhuis haar ouers van Suid-Afrika na 'n sendingstasie in die destydse Rhodesië waar haar pa vir die plaaslike drukpers werk. In hierdie oënskynlike paradys beleef Marié die wêreld om haar met verwondering, humor, nuuskierigheid en, namate sy ouer word, met groeiende ontnugtering.

Daar is die onderliggende politieke veranderinge en spanninge van die 1970's waarvan sy net skrams bewus is en, kort voor lank, veranderinge in die dinamiek van haar eie gesinslewe wanneer sy uitvind dat haar ma swanger is. Die koms van haar boetie onderstreep haar rol as die dogter en as "vrou-in-wording".

Wanneer Marié en haar vriendin, Hanneke, 'n omstrede dokument beetkry en lees, begin Marié se kinderlike illusies verder kraak . . .

Einde en begin is 'n roerende bildungsroman wat strek van naïewe belewing na geleidelike ontwaking, vertel deur die oë van 'n jong karakter wat diep in die leser se hart sal kruip.



It's Complicated **by Nivashni Nair Sukdhev**
9781776195190 | Jonathan Ball Publishers | Fiction | PB | R250

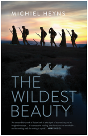
The Queen of South African romance Nivashni Nair Sukdhev returns with another story set in Rally.

After leaving behind her international modelling career and the chaos of city life, Kaavi Archary is finally finding peace in the small town of Rally, KwaZulu-Natal. She's making friends, volunteering with troubled teenage girls, and enjoying her fresh start. But there's one problem: her estranged husband, Neel, who she's kept hidden from her life.

When Neel suddenly appears in Rally clutching divorce papers, everything falls apart. He claims he's there to end things, but what he really wants is to win her back. And despite everything, the chemistry between them is impossible to ignore.

Now Kaavi must face the truth about her past and her family. Can she and Neel learn to trust each other again?

A heartwarming tale about finding home and rediscovering true love. The second book in the Rally romance series, perfect as a standalone read.



***The Wildest Beauty* by Michiel Heyns**
9780795803284 | Human & Rousseau | Fiction | TPB | R380

Danny Marais is the twin brother of the beautiful, talented Charlie. *The Wildest Beauty* is a remarkable novel, an account of their early childhood to their eventual enlistment in the First World War. From their placidly peaceful Stellenbosch schooldays to, ultimately, the battle of Delville Wood, Danny keeps a loving but half-resentful eye on his brother. Though set largely in wartime, this novel is an intimate account of a small group of friends and family, inter alia the loving parents left behind in Stellenbosch. And then there is Danny's life-changing encounter, in the darkened streets of wartime London, with a wryly cynical, battle-scarred officer. In the midst of the greatest conflict in history, facing the wild beauty of 'the abyss of unmeaning,' Danny discovers the power of love, between friends, family – and even foes.

'An extraordinary work of fiction both in the depth of its creativity and its imaginative scope … and the writing, well, the writing is superb.' – Mike Nicol

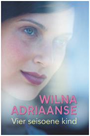
***Waar bloed kruip* deur Marieta Carrick**
9780795803314 | Quillerie | Afrikaanse roman | TPB | R320

Met haar aankoms by Noordeberg Hospitaal is Lola Anley aangenaam verras om aangewys te word as een van die top- mediese studente wat blyplek in die gesogte Straumann-huis kry. Maar haar opgewondenheid is van korte duur wanneer sy uitvind dat sy in die kamer gaan bly van 'n student wat 'n jaar gelede op die kampus vermoor is. Die raaisel rondom Asher Parker se dood is nooit opgelos nie en die moordenaar is nog op vrye voet.

In die Straumann-huis begin vreemde en onverklaarbare dinge gebeur. Is dit iemand wat Lola die skrik op die lyf wil jaag, of iets meer sinister? Kan sy haar huismaats vertrou? En dan keer die ontstellende drome oor haar tweelingsuster terug . . .

Om al die spoke ter ruste te lê móét Lola die geheim van Asher se moord ontrafel – voordat iemand die waarheid oor haar eie verlede ontdek.

Waar bloed kruip is Marieta Carrick se debuutroman, nou herwerk en heruitgegee. Die gebeure vind plaas voor dié van haar gewilde *Bloed van 'n vlinder*.



***Vier seisoene kind* deur Wilna Adriaanse**
9780624096375 | Tafelberg | Afrikaanse liefdesverhale | PB | R295

Die woord "weduwee" is 'n verdrietige woord, 'n toestand waarmee sy haarself met moeite vereenselwig. Maar hier waar Cato in die vliegtuig sit, is dit ongelukkig haar werklikheid. Haar man is dood, 'n skamele drie jaar ná hul troue. Sy is op pad terug Stellenbosch toe, waar Kristina en Ben nog is. En Marcus en Helen net om die draai in Kaapstad woon. Haar ondersteuningsnetwerk. Of dit so 'n goeie plan is om terug te gaan na die plek waar sy vir Neil ontmoet het, weet sy nie, maar in dié stadium wil sy nêrens anders wees nie. Veral nie alleen in Londen nie. Êrens tussen die tyding van die motorongeluk, die blyke van waardering, die roudiens en die werklikheid van 'n leë plek langs haar in die bed, het sy die Cato wat sy geken het, verloor. En in haar plek 'n bang vreemdeling gevind. In Stellenbosch wag nie net haar vriende op haar nie, maar ook die gewilde Big Pink-teaterrestaurant. Hoe sy kans gesien het om dié onderneming te koop, weet sy nie, en wens dis net 'n nare droom. Dit help ook nie dat die vreemdeling langs haar op die vliegtuig vir haar sê daar bestaan nie iets soos beter dae nie…