

## SUNDAY 24TH MARCH

**BRIAN JOHNSTONE & ANDY JACKSON***Scotia Extremis***Mitchell Library** | 3pm – 4pm | £6

*Scotia Extremis* is a new poetry anthology based on the celebrated 2016–17 web project edited by Andy Jackson & Brian Johnstone. It presents a poetic exploration of ‘the soul of Scotland’ featuring specially commissioned poems from over 100 of the nation’s finest contemporary poets including Jackie Kay, Douglas Dunn, Christine De Luca and Stewart Conn. Poems examine extremes of Scotland’s psyche, covering themes as diverse as Burns night, buckfast and the Bay City Rollers. A fast-paced roll-call of your favourite poets maps the nation in words, accompanied by visuals and the occasional snatch of music.

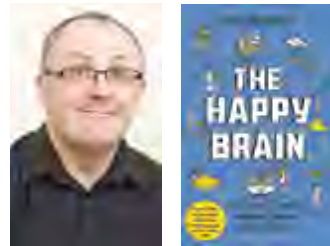
**AMANDA THOMSON***A Scots Dictionary of Nature***Mitchell Library** | 3pm – 4pm | £6

Scotland is a nation of dramatic weather and breathtaking landscapes of magnificent nature. Over the centuries, the people who have lived, explored and thrived in this country have developed a rich language to describe their surroundings: a uniquely Scottish vocabulary shaped by the very environment itself. Artist Amanda Thomson’s *A Scots Dictionary of Nature* brings together for the first time the deeply expressive vocabulary customarily used to describe land, wood, weather, birds, water and walking in Scotland.

**ROBIN A. CRAWFORD & DONALD S. MURRAY***For Peat Sake***Mitchell Library** | 3pm – 4pm | £10

Robin A Crawford’s *Into the Peatlands* explores how they have come to be and examines how peat has been used from the Bronze Age onwards. He also talks about the wildlife and folklore associated with these lonely, watery places.

Donald S. Murray spent much of his childhood either playing or working on the moor, chasing sheep across empty acres and cutting and gathering peat for fuel, and his book *The Dark Stuff: Stories from the Peatlands* is an examination of how this landscape affected him and others. They are joined by Shetland singer-songwriter Donald Anderson. Chaired by Gabriella Bennett, Reporter, *The Times Scotland*.

**DEAN BURNETT***The Happy Brain***Mitchell Library** | 3pm – 4pm | £10

In *The Happy Brain*, neuroscientist Dean Burnett delves deep into the inner workings of our minds to explore some fundamental questions about happiness. For starters: what does it actually mean to be happy? Where does it come from? And is there a secret to making it last forever? Burnett unravels our complex internal lives to reveal the often surprising truth behind what makes us tick. From whether happiness really begins at home to what love, sex, friendship, wealth, laughter and success actually do to our brains, this book offers a uniquely entertaining insight into what it means to be human.