**新 书 推 荐**

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**中文书名：《被宽容的陌生人：西班牙的殖民统治与美洲的外来人口》**

**英文书名：*Tolerated Strangers: Spain's Colonial Rule and the Extranjeros in America***

**德语书名：*Geduldete Fremde: Spaniens Kolonialherrschaft und die Extranjeros in Amerika***

**作 者：Martin Biersack**

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**类 型：大众社科**

**内容简介：**

**Katha is running a 1-person business, dedicated to pleasing**

**everyone. From an early age, she has learned to fit it, take care**

**of others, and stay out of trouble. Fixing her parents’ marriage**

**may have failed but she continues her work ardently even after**

**her mother moves Katha and her sister to another city.**

**At school, Katha makes new friends with Sofie and her**

**entourage over shared cigarettes behind the gym and joins**

**them for lazy afternoons at Sofie’s house. Where she meets**

**Angelica. Angelica who is something of a friend and**

**surrogate mother to the girls and who listens to Katha like**

**nobody ever has. In her inimitable way, Angelica encourages**

**Katha to question her role as service provider for the wellbeing of others – and to start taking care of herself. But when**

**Angelica falls ill, Katha’s whole world starts falling apart.**

**This is the story of a young woman in which so many will**

**recognize themselves: those who remain silent for fear of**

**saying the wrong thing, who risk vanishing behind the**

**masks they put on for others.**

**Bestselling author Sina Scherzant’s first novel is equal parts**

**tender and powerful, subtly funny and wonderfully rich in**

**early-2000s details – a millennial coming-of-age story as**

**much as a timeless meditation on how to allow ourselves to**

**be all that we are.The creator of the YouTube channel How to ADHD shares hard-won insights and everyday strategies that help her thrive in this accessible and shame-free guide to working with, understanding, and celebrating the ADHD brain.**  
   
Diagnosed with ADHD at age twelve, Jessica McCabe struggled with a brain that she didn’t understand. She constantly lost track of important items and had trouble with relationships. By thirty-two, she had dropped out of college twice, changed jobs fifteen times, and ruined her credit. Determined to understand her challenges, Jessica reached out to experts, read articles, and shared her discoveries on YouTube.  
   
In How to ADHD, Jessica reveals the insights and tools that have changed her life while offering an unflinching look at the realities of living with ADHD. The key to navigating a world not built for the neurodivergent brain isn’t to fix or fight against its natural tendencies but to understand and embrace them. She explains how ADHD affects everyday life, covering executive function impairments, rejection sensitivity, difficulties with attention regulation, and more. You’ll learn to identify the invisible obstacles that those with ADHD face and find tried-and-true strategies for adapting your environment, routines, and systems to work with the ADHD brain, including:  
   
• **Boost the signal and decrease the noise.**Facilitate focus by putting your goals where you can see them and fighting distractions with distractions.  
• **Have less stuff to manage.** Learn why you have trouble planning and prioritizing, and why doing more starts with doing less.  
• **Build your “time wisdom.”** Work backward when you plan and track how long it actually takes for you to complete a task.  
• **Learn about your emotions.** Understand how naming your emotions, letting yourself experience them, and appreciating the guidance they provide will make them easier to regulate.  
   
With quotes from Jessica’s online community, chapter summaries, and reading shortcuts designed for the neurodivergent reader, How to ADHD will help you recognize your challenges, tackle “bad brain days,” and be kinder to yourself in the process.

SEE LESS

西班牙殖民统治的一个特点是明令禁止“外国人”前往美洲旅行或定居。然而，许多来自英国、葡萄牙、意大利或法国的移民却生活在西班牙-美洲殖民地。这些“外来移民”经常被下令驱逐，但实际上很少付诸实施，这些移民也成为研究重点。马丁·比尔萨克（Martin Biersack）探讨了“西班牙人”与“外国人”、规范与其实施情况、宽容与驱逐之间相互矛盾且经常处于紧张状态的关系，解释了非西班牙裔移民虽被排除在社会之外，但又如何以及为何成功融入前现代殖民社会的。

**作者简介：**

**马丁·比尔萨克（Martin Biersack）**，哲学博士，在慕尼黑大学（Ludwig-Maximilians-Universität München）从事教学和研究工作。2021年和2022年，他作为费奥多·吕南奖学金获得者在马德里自治大学工作。

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