



The Book of Nuggets

Juliet Solomon

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- Over 350 'Nuggets' of wisdom, compiled especially for this book, from the likes of Stephen Fry, Judi Dench, Alan Titchmarsh, Michael Palin, Griff Rhys Jones, Mel Giedroyc, David Baddiel and Shirley Bassey
- The proceeds from the sale of this book will go to Kidney Research UK

"...contributions from hundreds of people in public life — many famous, others (like me) less so — all offering bite-sized lessons for life."—

The Times

'Wisdom is sold in the desolate market where none come to buy,' wrote William Blake. It is a rare, precious commodity. Difficult to come by. Hard to acquire.

The aim of **The Book of Nuggets** is to draw together in one place over 350 'Nuggets' of wisdom which others have found important in their lives. Some of the contributors are well known, others less so, but all were generously offered by people from all walks of life. But regardless of the finders' status or fame, these jewels have brought solace, succour and serenity along the way. The book's compiler, Juliet Solomon, hopes they might do the same for you.

Juliet chose 'Nuggets' of wisdom as the theme of this collection in tribute to her late mother, Judith Solomon. Judith died of end-stage renal failure, and all proceeds from the sale of this book will go to increasing wider public awareness of kidney disease, and to raise much needed funds for research into the condition, its prevention and for the amelioration of the suffering of patients living with kidney disease, and their loved ones.

Juliet Solomon is the CEO of an epilepsy charity. She lives in north-west London. Her passions include friendship, trivia, her mischievous cocker spaniel Brien, choral music, trivia and last but not least Middlesbrough Football Club. Juliet is also the author of *The Book of Regrets*.