

THE Book of Disquiet

FERNANDO PESSOA

Read by **Adam Sims**

Assembled from notes and jottings left unpublished at the time of the author's death, *The Book of Disquiet* is a collection of aphoristic prose-poetry musings on dreams, solitude, time and memory. Credited to Pessoa's alter ego, Bernardo Soares, who chronicles his contemplations in this so-called 'factless' autobiography, the work is a journey of one man's soul and, by extension, of all human souls that allow their minds and hearts to roam far and free. Though his outward life as an assistant bookkeeper in downtown Lisbon is a humdrum affair, Soares lives a rich and varied existence within the contours of his own mind, where he can be and do anything. Soares has no ambition, nor has he any friends; he is plagued with disquiet, and only imagination and dreams can conquer it. Compiled by the translator Richard Zenith, Fernando Pessoa's *The Book of Disquiet* is a fulgent tribute to the imagination of man.



Adam Sims trained at LAMDA. His screen and theatre credits include *Band of Brothers*, *Lost in Space* and *Alice in Wonderland* (Royal Shakespeare Company). For Naxos AudioBooks, he has read Mowat's *Never Cry Wolf*, and James's *Washington Square* and *The Aspern Papers*, among other titles.

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