



# RETURN TO A NINETIES CLASSIC

BOOKS



Twenty years since *Fight Club*, author Chuck Palahniuk tells us how he'd rewrite his seminal novel for 2016

"It's fascinating how the internet has destroyed the credibility of everything. No matter what you want to believe, all you have to do is go on the internet to put together a plausible platform to support your belief. There's no such thing as a unified truth out there any more. It doesn't exist.

"*Fight Club* is about the crisis people face when they realise that the path that they were given as a child won't take them into adulthood, and that they have to break the rules they've been taught their whole life to achieve anything unique and independent.

"In the book, nihilism led to something new. It led to romance. All my books feature characters striving for a comfortable, isolated existence, and then I take them back into conflict in a structured way and away from the isolation they'd achieved. In doing so, I bring them to a greater way of being – be that a communion to another person or a society.

"If written now, *Fight Club* would be even more about conflict. Now, kids are more conflict-averse than they were 20 years ago – people can be medicated or in safe spaces, so there can be a complete removal of real conflict. Some kids have never experienced it. The book could let them dip a toe in the water of conflict and they'd realise it's not going to destroy them."



STYLE



## Life after Lycra

If you're a cyclist who loves Lycra, you need to stop. It's not that you don't look good, it's just, well, it's a bit much. Unless you're doing the Tour de France, going 'full Lycra' is like rocking up in black tie to a kid's party. Our suggestion? Penfield's new range of reflective clothing. By day, its discreet colour means you won't look like the Blackpool lights, but at night it becomes reflective. So you'll look good and you'll be spotted by cabbies who regard wing mirrors as purely decorative items.

penfield.com

LIST.COM

# PINTS + PISTACHIOS

EXACTLY WHAT YOUR BELLY NEEDS



FINALLY YOU CAN DRINK IN A BANK AND NOT UPSET PEOPLE

## SHILLING BREWING CO, GLASGOW

**92 West George St, G2** Satisfying Glasgow's thirst for craft beer, Shilling Brewing Co is the first brewpub to arrive in the city centre. A former bank with the vaults repurposed as toilets, this cavernous venue brews its own beer on site, with the staff sporting the requisite beards, aprons and rolled-up sleeves. A flight of four third-pints of the in-house creations is a great way to introduce yourself to the array of ale on offer, with crisp, clean blonde ale The Steamie and coconut-roasted porter Black Star Teleporter recommended. Pizza makes up the bulk of the food menu, with the Lamb Mince (£11) featuring aubergine, almonds, chilli, lemon and yoghurt. [shillingbrewingcompany.co.uk](http://shillingbrewingcompany.co.uk)



## THE GEORGE TOWNHOUSE, WARWICKSHIRE

**8 High St, Shipston-On-Stour, CV36** What's that? A bank holiday is coming? Time to get away, and this recently refurbished Cotswolds pub with 15 bedrooms is the perfect place. Try the smoked Severn & Wye trout (£8), then follow up with the 8oz flat iron from nearby Todenham Manor Farm (£13) and a pint from the local North Cotswold Brewery. [thegeorgheshipston.co.uk](http://thegeorgheshipston.co.uk)

## H.EN, LONDON

**154 Upper St, N1** Swap your Nando's habit for H.en – Brighton's ethical chicken restaurant now has a branch in Islington, in collaboration with *MasterChef* finalists Jack Layer and Billy Wright. The menu covers the entire bird from beak to tail. Choose between chicken by the quarter or half (£6/£10), wings coated in hot sauce (eight for £10) or the H.en Burger (£9); beer comes from the likes of Bedlam Brewery. [henrestaurant.com](http://henrestaurant.com)