



THE EXPERIMENT FALL 2021



FRONTLIST & KEY BACKLIST

DISTRIBUTED BY WORKMAN PUBLISHING

NEW RELEASES

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

Diary of an Apprentice Astronaut

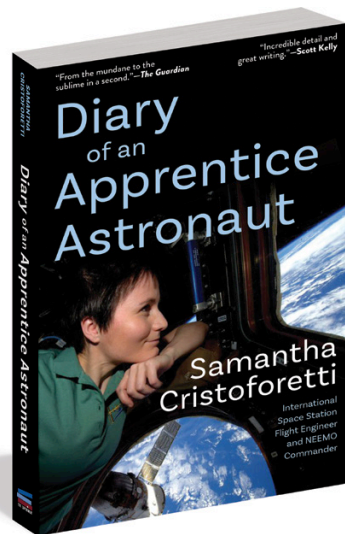
Samantha Cristoforetti

Experience the wonders of life in orbit with a female astronaut's incredible memoir, revealing what it really takes to reach the stars

Samantha Cristoforetti spent over half a year on the International Space Station (ISS) for the European Space Agency (ESA), following her lifelong dream of being in zero-G. But her story begins long before—and she invites readers to experience every step of her journey to the ISS as fellow “apprentice astronauts.”

With endless wonder and curiosity, Cristoforetti explores the Earth-side world of spaceship simulators and underwater spacewalk practice, then boards a rocket for eight minutes of wild ascent into orbit. When she finally reaches her destination, she discovers the joys and challenges of life in space, from her sublime first view of Earth to practical concerns like mastering the art of floating. How do you get your bearings when there's no up or down? What's it like to shower in space? And what insights can you gain from 248 miles above our planet?

This is an inspiring, surprisingly down-to-earth story about having the dedication to go after your dream.



TRADE PAPERBACK

\$17.95 US | \$23.50 Can. | USC+OM*

5 1/2 x 8 1/4 | 400 pages

12-page illustrated color insert

Biography & Autobiography/Science
& Technology (BIO015000)

978-1-61519-842-9 | No. 779842

SHIPS AUGUST

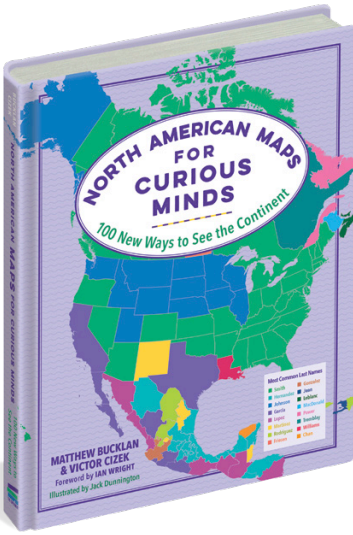
- ▶ Cristoforetti is the only woman currently qualified for ESA missions to the ISS; her book stands out among the many astronaut memoirs by men and anthologies about women in space
- ▶ Two thirds of the story detail her intense five-year “apprenticeship,” from applying to the ESA to blasting off for the ISS
- ▶ Cristoforetti is the “face” of the ESA’s astronaut diversification initiative



© ESA

CAPTAIN SAMANTHA CRISTOFORETTI is an Italian European Space Agency astronaut, engineer, and former Italian Air Force pilot. She’s currently in training for her next mission to the ISS in spring 2022. Cristoforetti is a UNICEF ambassador, and her royalties are donated to UNICEF.

 [AstroSamantha](#)

**PAPER OVER BOARDS**

\$19.95 US | \$25.95 Can. | World
7 x 9 | 208 pages
100 color maps

Reference/Atlases, Gazetteers &
Maps (REF002000)

978-1-61519-748-4 | No. 779748
SHIPS SEPTEMBER

- ▶ *Brilliant Maps for Curious Minds* (hailed as “creative” by *The Wall Street Journal* and “fascinating” by *The Telegraph*) has 40,000 copies in print
- ▶ 100 infographic maps pair eye-opening analysis with whimsical curiosity to explain culture, geography, history, and more
- ▶ Focuses on the US, Canada, and Mexico and visits 23 more North American countries
- » See also page 30

North American Maps for Curious Minds

100 NEW WAYS TO SEE THE CONTINENT

Matthew Bucklan and Victor Cizek

Foreword by Ian Wright

Illustrated by Jack Dunnington

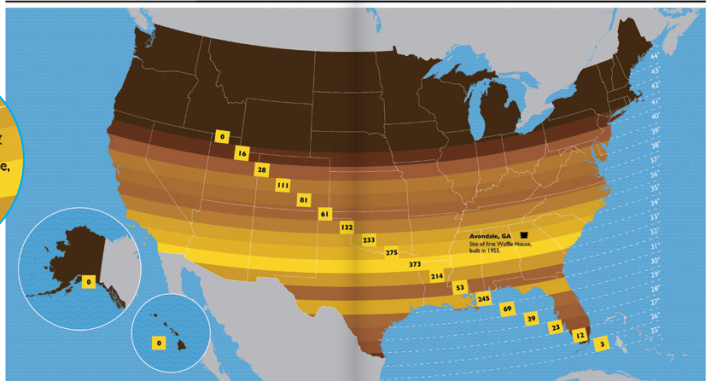
The Maps for Curious Minds series is back—with 100 vivid infographic maps that transform the way we understand the cultural and historical wonders of North America

Do you know what last names are most popular in every state and territory in North America? Which states have had the most female governors? Where the first *T. rex* was discovered? Which state is home to the tallest tree on the eastern seaboard? Learn the answers to these questions and many more in *North American Maps for Curious Minds*—a one-of-a-kind atlas packed with 100 eye-opening maps for the geographically curious and travel-obsessed!

Featuring surprising facts (Who is the highest-paid public employee in each state? Hint: Most are football coaches), whimsical data (Which US latitudes are home to the most Waffle Houses?), and insightful connections (Who knew the Midwest self-identifies as the most extroverted region of the country?), this book highlights the unexpected contours of geography, history, politics, and culture to change the way you see the continent!

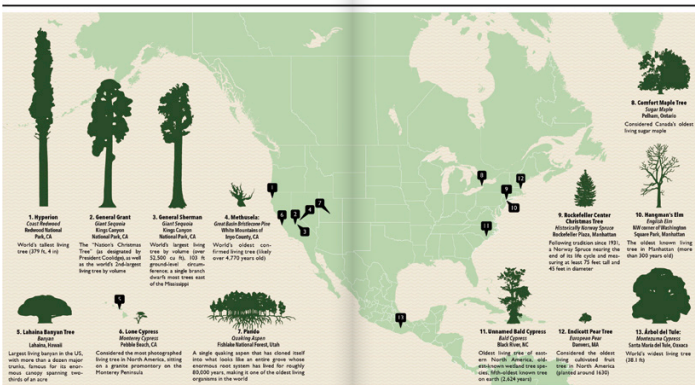
MATTHEW BUCKLAN loves human geography. He works in audiobook production and lives in the Cleveland area. **VICTOR CIZEK** first discovered the power of maps reading a picture atlas in grade school. He grew up in northeast Ohio and still calls Cleveland home. **IAN WRIGHT**, author of *Brilliant Maps for Curious Minds*, runs the website BrilliantMaps.com and lives in the UK. **JACK DUNNINGTON** is a Brooklyn-based artist and designer.

11 Number of Waffle Houses by Latitude



Avondale, GA
Site of first Waffle House,
built in 1955.

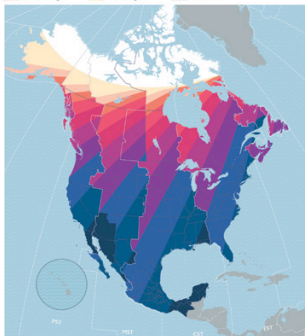
12 Notable Trees of North America



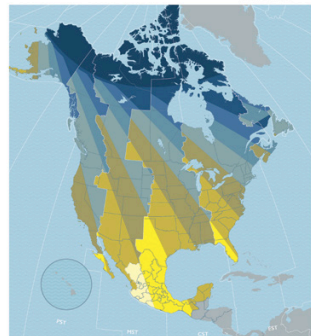
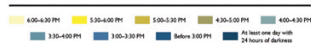
12. Endicott Pear Tree
European Pear
Danvers, MA
Considered the oldest living cultivated fruit tree in North America (planted around 1630)

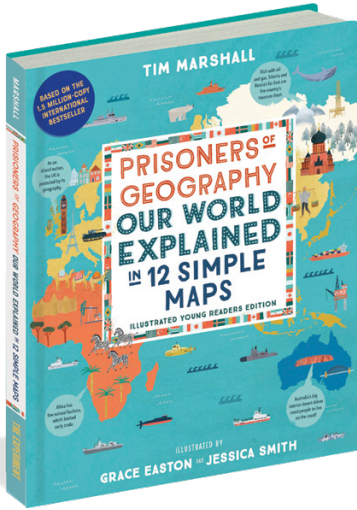
13 Before Sunset

Local Time of Sunset on the Summer Solstice



Local Time of Sunset on the Winter Solstice





Prisoners of Geography

OUR WORLD EXPLAINED
IN 12 SIMPLE MAPS

Illustrated Young Readers Edition

Tim Marshall

Illustrated by **Grace Easton** and **Jessica Smith**

PAPER OVER BOARDS

\$19.95 US | \$25.95 Can. | USC+OM*

9 5/8 x 12 | 80 pages

Color maps and illustrations
throughout

Juvenile Nonfiction/Reference/
Atlases (JNFO48020)

978-1-61519-847-4 | No. 779847

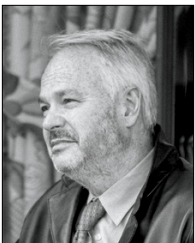
SHIPS SEPTEMBER

This richly illustrated, oversize edition of the million-plus-copy international bestseller *Prisoners of Geography* explains how the land we live on shapes life as we know it

How did the US become a superpower? Why do people go to war? And why are some countries wealthy while others are not? History is a story—and it's impossible to tell the whole tale without understanding the setting. Acclaimed author Tim Marshall made a powerful case for this new way of looking at the past (and present) in *Prisoners of Geography*. Now, a young readers edition brings his insights to life for a whole new audience!

Uncover the secret drivers of politics, commerce, and international relations in this around-the-world tour—from how mountains, rivers, and seas compel the choices of world leaders to why they cause history to repeat itself. With 12 appealing maps that capture every continent and region, plus hundreds of illustrations that illuminate how our surroundings shape us, this remarkable introduction to world affairs will inspire curious minds of all ages!

- ▶ An illustrated young readers edition of the 1.5-million-copy international bestseller
- ▶ History as you've never seen it before: Geography unlocks a secret world of politics, commerce, international relations, and more
- ▶ Brimming with hand-drawn color maps and illustrations on every page
- ▶ For ages 8 and up

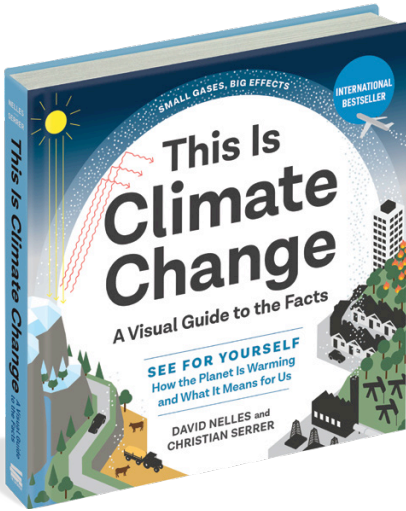


© Jolly Thompson

TIM MARSHALL is the author of *Prisoners of Geography*, *The Age of Walls*, and *A Flag Worth Dying For*. He lives in London.

GRACE EASTON is an author and illustrator. She's currently based in St. Albans, England. **JESSICA SMITH** is an illustrator and designer. She lives in a small town near Oxford, England.

TheWhatandtheWhy.com



This Is Climate Change

A VISUAL GUIDE TO THE FACTS

See for Yourself How the Planet Is Warming and What It Means for Us

David Nelles and Christian Serrer

PAPER OVER BOARDS

\$14.95 US | \$19.95 Can. | USC+OM*

6 1/2 x 6 1/2 | 128 pages

Color illustrations and infographics throughout

Science/Global Warming & Climate Change (SC1092000)

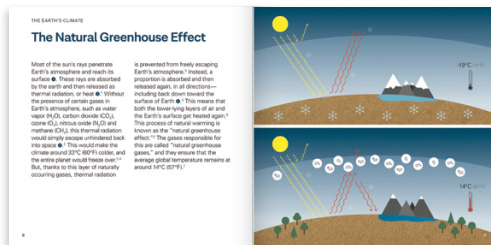
978-1-61519-826-9 | No. 779826

SHIPS AUGUST

A just-the-facts look at climate change—with graphics on every page that make reality plain to see

This all-in-one guide is packed with clear infographics on the latest climate science. The crisis is more urgent than ever—how many of us can confidently explain why? How much do we contribute to global warming? What do frequent storms and floods mean for our homes, forests, and crops? And what is happening to our oceans (beyond rising sea levels)? Free of politics or editorializing, *This Is Climate Change* answers these questions and more by distilling the essential data on our precious, precarious planet—into pictures!

- ▶ No agenda, no politics . . . just the facts
- ▶ Accessible and concise science, richly illuminated with intuitive visuals on every page
- ▶ An international bestseller, with 350,000 copies sold in Germany
- » **6-copy counter display**
\$95.70 US | \$126.00 Can.
978-1-61519-851-1
No. 779851



DAVID NELLES and **CHRISTIAN SERRER** are students at the University of Friedrichshafen, Germany. With *This Is Climate Change*, they hope to explain the causes and consequences of climate change in a way that's as comprehensible as possible and to inspire even more people around the world to prioritize environmental and climate protection.



© Edmund Möhrle

A Curious Collection of Dangerous Creatures

AN ILLUSTRATED ENCYCLOPEDIA

Sami Bayly

From the frightening murder hornet to the fierce wolverine—a visual trove of the most dangerous animals on the planet!

When you think of dangerous animals, what comes to mind—a great white shark, a rattlesnake? What about the hooded pitohui, with its extremely poisonous feathers, or the coffin ray, which electrocutes its prey? Dangerous animals get a bad rap—and they can be pretty scary!—but that’s precisely what makes them remarkable. *A Curious Collection of Dangerous Creatures* pairs beautifully detailed illustrations with awesome facts about 60 of Earth’s most lethal animals—some that will surprise you, such as the blue-and-yellow macaw and the common otter. With this encyclopedia in hand, you may well steer clear!

What’s more, these fascinating creatures need our help: Many are endangered, and we can’t ignore them any longer. It’s time to find a fearsome creature to love . . . from a safe distance!

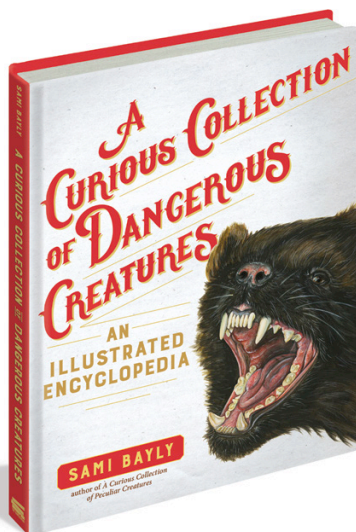
Shortlisted for the 2021 Indie Book Awards,
Best Children’s Book of the Year



© Sami Bayly

SAMI BAYLY is also the author of *A Curious Collection of Peculiar Creatures*. She holds a degree in natural history illustration from the University of Newcastle. She’s drawn to the weird and wonderful—finding the beauty and importance in all living things, regardless of their appearance. She lives in Newcastle, Australia.

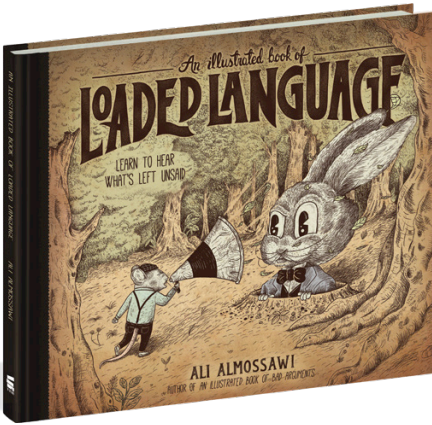
SamiBayly.com  [samibayly](https://www.instagram.com/samibayly)



PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. | USC+OM*
7 x 9 | 128 pages
60 color and 182 B&W illustrations

Juvenile Nonfiction/Animals/
Endangered (JNF003270)
978-1-61519-824-5 | No. 779824
SHIPS OCTOBER

- ▶ From the bestselling author of *A Curious Collection of Peculiar Creatures*, named Best Children’s Book of 2020 by the Indie Book Awards
- ▶ Vibrant, richly detailed illustrations will attract all ages
- ▶ This guide to the animal kingdom’s most dangerous species celebrates what makes them so fearsome—and jaw-droppingly fascinating
- ▶ For ages 8 and up
- » **See also** page 28



An Illustrated Book of Loaded Language

LEARN TO HEAR WHAT'S LEFT UNSAID

Ali Almosawi

Illustrated by Alejandro Giraldo

PAPER OVER BOARDS

\$16.95 US | \$21.95 Can. | World

8 x 7 | 96 pages

15 two-color illustrations

Language Arts & Disciplines/Rhetoric
(LAN015000)

978-1-61519-840-5 | No. 779840
SHIPS SEPTEMBER

The creators of *An Illustrated Book of Bad Arguments* return at last, with a desperately timely guide to rhetoric

Tens of thousands of demonstrators packed the city's streets on Friday. The actual count was 250,000. Why tens of thousands, then, and not a quarter million?

The grocer takes woke orders on its brands from a 17-year-old. The nameless 17-year-old's opinion seems not worth considering. At what age will it be?

Rabbits zapped three badgers in an ambush last night, hours after six rabbits in a neighboring town lost their lives. Were the six rabbits the sole participants in losing their own lives? Those silly rabbits . . .

In this adorably illustrated book, old Mr. Rabbit is your guide to these and many more examples of loaded language. He mines real reporting (by respected and rogue media alike) to unmask rhetoric that shifts blame, erases responsibility, dog-whistles, or rewrites history—subtly or shamelessly. It takes a long pair of ears to hear what's left *unsaid* . . . but when the very notion of truth is at stake, listening for “spin” makes all the difference.

- ▶ 140,000 copies in print of *An Illustrated Book of Bad Arguments*
- ▶ An ally to all who crave logic and fairness in public discourse
- ▶ Rewrites charged reporting to feature rabbits and badgers—helping readers set aside their biases and “hear” the rhetoric
- » **6-copy counter display**
\$101.70 US | \$131.70 Can.
978-1-61519-852-8
No. 779852
- » **See also** page 31



Public domain

ALI ALMOSSAWI works as a principal engineer for Apple and holds master's degrees from MIT and Carnegie Mellon. He lives in San Francisco. **ALEJANDRO GIRALDO** holds a master's from the Barcelona School of Design and Engineering. He runs the clothing company Velmost and lives in Colombia.

BookofBadArguments.com  [alialmossawi](https://twitter.com/alialmossawi)

The Language Lover's Puzzle Book

Perple_ing Le_ical Patterns to Unmi_
and Ve_ing Synta_ to Outfo_

Alex Bellos

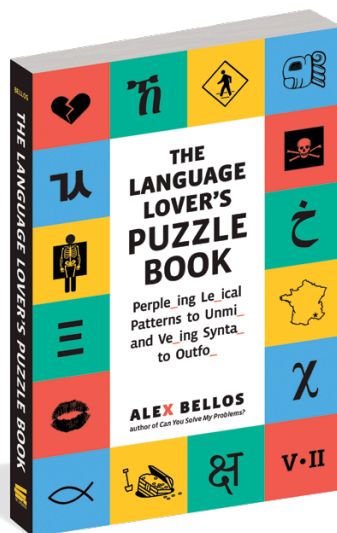
100 wonder-filled word puzzles that thrill and tantalize with the magic and weirdness of world language

Whether you're a crossword solver, Scrabble addict, or sudoku savant, Alex Bellos is here to tease your brain and twist your tongue with word puzzles. He begins in Japan, where:

boru niko = two balls *ashi gohon* = five legs
tsuna nihon = two ropes *ringo goko* = five apples
uma nito = two horses *sara gomai* = five plates
kami nimai = two sheets of paper *kaba goto* = five hippos

Now, how do the Japanese say "nine cucumbers":
kyuri kyuhon, *kyuri kyuko*, *kyuri kyuhiki*, or *kyuri kyuto*?*

Bellos finds the intrigue—and the human element—in a dizzying array of ancient, modern, and invented tongues, from hieroglyphs to Blissymbolics, Danish to Dothraki. Filled with unusual alphabets, fascinating characters, and intriguing local customs, this is a globe-trotting, time-traveling celebration of language.



TRADE PAPERBACK

\$16.95 US | \$21.95 Can. | USC+OM*

6 x 9 | 416 pages

125 B&W illustrations and diagrams

Games & Activities/Puzzles
(GAM007000)

978-1-61519-804-7 | No. 779804
SHIPS OCTOBER

- ▶ The first book of word puzzles by bestselling author Alex Bellos (107,000 Experiment books in print)
- ▶ 100 puzzles approved by the International Linguistics Olympiad that challenge readers to "decode" 98 world languages
- ▶ Bestselling in the UK, with 25,000 copies shipped in five weeks during the 2020 holiday season
- » See also page 31
- * Answer page 33



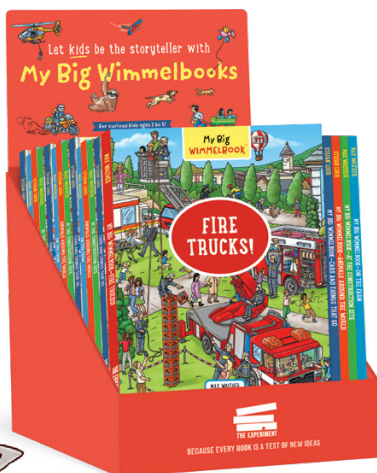
© Michael Duerinckx

ALEX BELLOS holds a degree in math and philosophy from Oxford. He is the author of bestsellers *Here's Looking at Euclid* and *The Grapes of Math* and puzzle books *Can You Solve My Problems?*, *Perilous Problems for Puzzle Lovers*, as well as several other titles. He blogs regularly for *The Guardian*, and he lives in London.

AlexBellos.com  [alexbellos](https://twitter.com/alexbellos)

Where do the little cars sleep?

My
WIMMEL



» **Series display**

978-1-61519-844-3 | No. 779844
\$207.20 US | \$271.20 Can.
*Includes 16 assorted wimmelbooks
and 1 bonus display book!*

» **See also** page 31

MyBigWimmelbooks.com

BOARD BOOKS

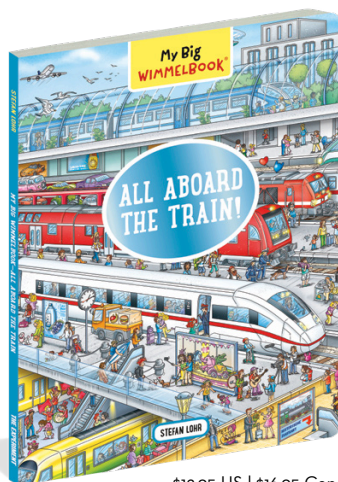
\$12.95 US | \$16.95 Can. | World
8 7/8 x 11 3/4 | 16 pages
*Rounded corners | 6 color, full-spread
scenes to explore*

SHIPS AUGUST

- ▶ 175,000+ books and puzzles in print in the My Big Wimmelbooks® series!
- ▶ Where's Waldo meets Richard Scarry, with look-and-find fun designed for younger learners
- ▶ Oversize, toddler-proof board books that teach literacy and grow with the reader!
- ▶ Ages 2 to 5



\$12.95 US | \$16.95 Can.
978-1-61519-818-4 | No. 779818

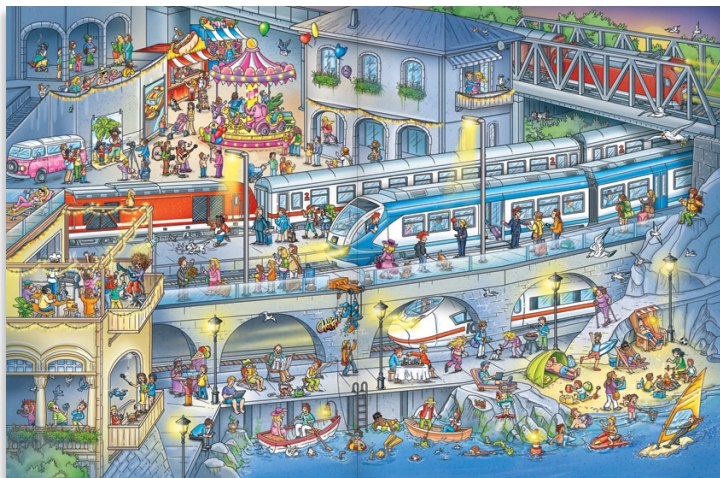


\$12.95 US | \$16.95 Can.
978-1-61519-816-0 | No. 779816

Take an action-packed train trip in a classic look-and-find wimmelbook—then snuggle into bed with a new kind of wimmel!

Nearly wordless, My Big Wimmelbooks® invite young children to explore bustling, full-spread illustrations of everyday scenes and imaginary worlds. Little ones love pointing out what they can find (What color is the suitcase? Is that a mermaid?), while older kids can be the storyteller by imagining what all the characters are up to.

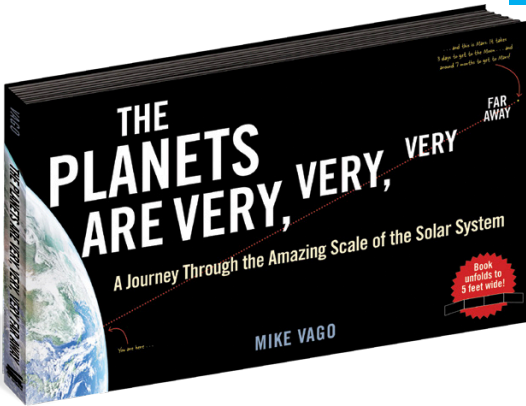
In classic wimmel style, *All Aboard the Train!* introduces a diverse cast of travelers on page one for kids to find in every scene, while *Good Night* shakes up the wimmelbook formula with six distinct scenes, each with its own characters and storytelling prompts (Where do the little cars sleep?). Promising hours of imaginative fun, wimmelbooks are a blast—and an excellent introduction to literacy.



“Long contemplative sit-downs . . . will make any parent’s heart sing.”

—*The New York Times Book Review*





A JOURNEY THROUGH
THE AMAZING SCALE OF
THE SOLAR SYSTEM

Mike Vago



PAPER OVER BOARDS

\$15.95 US | \$21.00 Can. | World

10 x 6 | 54 pages

Seven double-gatefold pages |
Color photographs and diagrams
throughout | Shrinkwrapped

Juvenile Nonfiction/Science &
Nature/Astronomy (JNF051040)
978-1-61519-777-4 | No. 779777
SHIPS NOVEMBER

- ▶ Kids learn all 13 planets and dwarf planets *plus* the important concept of scale
- ▶ Puts missions to Mars in mind-boggling context

The amazing scale of the solar system
unfolds before your eyes

Quick: Picture the solar system. Do you see nine planets on tidy rings around the Sun? Then you have been *lied* to!

There is a reason: We *have* to draw the solar system that way to fit it on a place mat, a lunch box, or in an ordinary book. But that familiar diagram is wrong about almost everything—and so, this is no ordinary book. Seven gatefold pages open out not once but twice, capturing our planetary neighbors *at scale*.

At a *trillion-to-one* scale, the Sun is about the size of a dime. And five feet away from the Sun, we find . . . Earth, the size of a pinhead. A trillion-to-one scale is not *nearly* small enough to fit our solar system into a book (or onto a soccer field)! How small do we need to go? Unfold the next three spreads to find out . . .



© Mike Vago

MIKE VAGO is the creator of the bestselling *The Miniature Book of Miniature Golf*, *The Pocket Book of Pocket Billiards*, and the interactive board books *Train* and *Rocket*. He's a graphic designer and a regular contributor to The A.V. Club. He tells people he lives in New York, but he actually lives in New Jersey.

Some Days

A TALE OF LOVE, ICE CREAM, AND
MY MOM'S CHRONIC ILLNESS

Julie A. Stamm

Illustrated by Chamisa Kellogg



Nothing can stop Wyatt and Rosie in this heartwarming tale about having a parent with a chronic illness

Even though Wyatt's mom, Rosie, has multiple sclerosis and doesn't always feel her best, Wyatt still thinks she's a superhero—especially on their daily adventures together. Some days, when Rosie is tired, they build a fort in the living room just for two. Some days, they cast spells on Wyatt's toys with Rosie's magical walking stick—or even head into town for the big “funraiser”! Although some days are fast and some are slow, each one is filled with love, excitement, and fun . . . not to mention ice cream!

“A very important book . . . that teaches kids about living with chronic illness. We need more books like this, books that empower us all!”—LYNDA CARTER, actress



HARDCOVER

\$18.95 US | \$24.95 Can. | World

8 1/4 x 9 1/4 | 32 pages

28 color illustrations

Juvenile Fiction/Health & Daily Living/Diseases, Illnesses & Injuries (JUV015020)

978-1-61519-810-8 | No. 779810

SHIPS SEPTEMBER

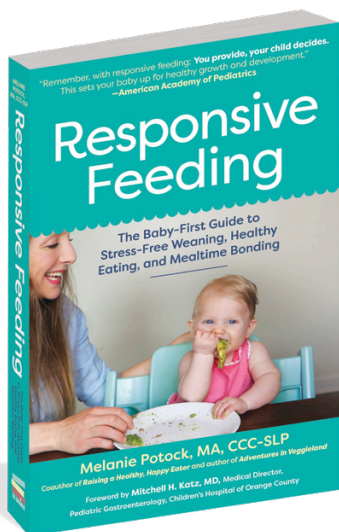
- ▶ One of the first children's books to address chronic illness, which affects more than 133 million people in the US alone
- ▶ Right on trend with rising social consciousness of the need for empathy and allyship in the face of ableism
- ▶ Written by a well-connected author who's part of the MS community
- ▶ Ages 2 to 5

Upon being diagnosed with MS in 2007, **JULIE A. STAMM** made it her mission to support others battling the disease. She lives in Brooklyn. **CHAMISA KELLOGG** has created art for children's books, brands, games, and animation. She lives in Portland, Oregon.

ChamisaKellogg.com  [chamisafe](https://www.instagram.com/chamisafe)



© Amy Ciscicol (left)
Atomic Moose Photography (right)



Responsive Feeding

THE BABY-FIRST GUIDE TO
STRESS-FREE WEANING, HEALTHY
EATING, AND MEALTIME BONDING

Melanie Potock, MA, CCC-SLP

TRADE PAPERBACK ORIGINAL
\$16.95 US | \$21.95 Can. | World
6 x 9 | 256 pages
Two-color interior

Family & Relationships/Life Stages/
Infants & Toddlers (FAM025000)
978-1-61519-836-8 | No. 779836
SHIPS DECEMBER

- ▶ The first authoritative guide to a wildly popular approach that's endorsed by the WHO and AAP
- ▶ Responsive feeding is flexible, stress-free, and compatible with spoon-feeding or baby-led weaning
- ▶ Expert advice on feeding kids 0 to 3, from a certified speech-language pathologist specializing in infant and toddler feeding development
- » See also page 29

The authoritative guide to feeding babies and toddlers with the no-fuss “responsive” method

Tired of struggling with your little one at breakfast, lunch, and dinner? Enter responsive feeding! Recommended by the US Department of Health and Human Services and the Academy of American Pediatrics, this revolutionary approach takes the worry out of mealtimes.

Feeding therapist and speech-language pathologist Melanie Potock gives parents the tools—and the confidence—to read baby's communication cues and follow baby's lead. Gone is the pressure to cajole your baby to “open wide” for mouthful after mouthful when she's fussy or disinterested. Your baby's appetite knows best; when she's hungry, she'll tell you!

Potock unpacks the evidence to turn daunting mealtimes into a joyful dance: By listening to your baby, anticipating her moves, and taking it in turns to “lead,” you'll build trust and connection, help her gauge her own fullness, and encourage tactile learning about delicious, healthy food!



© Cathy Potock

MELANIE POTOCK, MA, CCC-SLP, has over 20 years of clinical experience helping children with pediatric feeding disorders. She is the coauthor of the award-winning *Raising a Healthy, Happy Eater* and author of *Adventures in Veggieland*. She lives in Colorado.

MelaniePotock.com  [mymunchbug](https://twitter.com/mymunchbug)

How to Be a Girl

A MOTHER'S MEMOIR OF RAISING
HER TRANSGENDER DAUGHTER

Marlo Mack

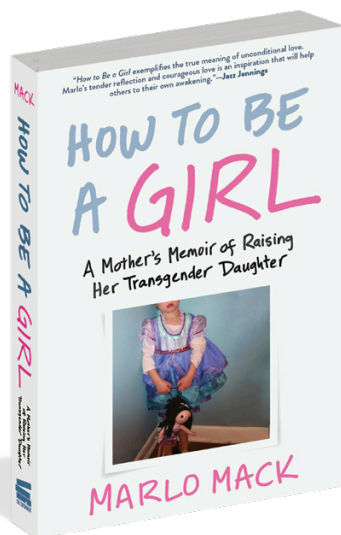
A poignant narrative of one mom's struggle to support her transgender daughter—showing how any parent can forge a deeper bond with their child by truly listening

Mama, something went wrong in your tummy. And it made me come out as a boy instead of a girl.

When Marlo Mack's three-year-old utters these words, her world splits wide open. Friends and family, experts, and Marlo herself had long downplayed her "son's" requests for pretty dresses and long hair as experimentation—as a phase—but that time is over. Marlo knows she has to start listening to her kid.

How to Be a Girl is Mack's memoir of her daughter, M's, coming out—to relatives, classmates, and the world. Fearful of the prejudice that menaces M's future, Mack finds her liberal values surprisingly challenged: Why can't M just be a boy who wears skirts and loves fairies? But M doesn't give up: She's a girl!

As mother and daughter teach one another *How to Be a Girl*, Mack realizes it's really the world that has a *lot* to learn—from her sparkly, spectacular M.

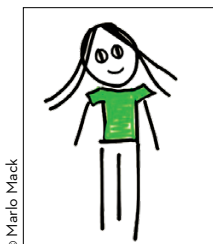


TRADE PAPERBACK ORIGINAL
\$17.95 US | \$23.50 Can. | USC+OM*
5 1/2 x 8 1/4 | 272 pages

Biography & Autobiography/LGBTQ+
(BIO031000)

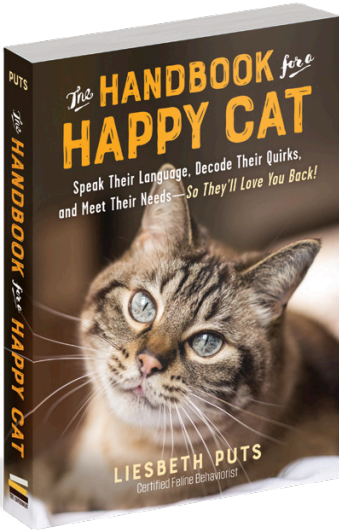
978-1-61519-798-9 | No. 779798
SHIPS OCTOBER

- ▶ An urgent read for parents of LGBTQ and gender-creative children everywhere
- ▶ Mack's acclaimed podcast (of the same title) averages 50,000 unique downloads per episode
- ▶ An evergreen topic as new laws securing LGBTQ rights and protections spotlight the transgender community



MARLO MACK (a pen name) produces the *How to Be a Girl* podcast, chronicling life with her transgender daughter, M. She has been interviewed and featured in such outlets as *National Geographic*, *Scientific American*, *TIME* magazine, *People*, and *Refinery29*.

HowtoBeaGirlPodcast.com



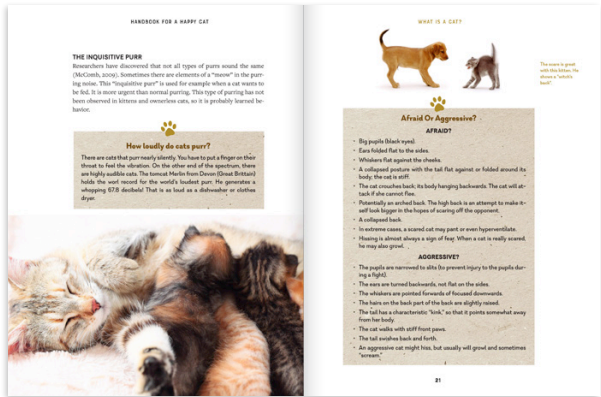
The Handbook for a Happy Cat

SPEAK THEIR LANGUAGE, DECODE THEIR QUIRKS, AND MEET THEIR NEEDS—SO THEY'LL LOVE YOU BACK!

Liesbeth Puts

TRADE PAPERBACK ORIGINAL
\$16.95 US | \$21.95 Can. | World
6 1/2 x 8 3/4 | 224 pages
120 color photographs

Pets/Cats/General (PET003000)
978-1-61519-710-1 | No. 779710
SHIPS OCTOBER



A standout easy-reference guide to cat care and psychology—filled with irresistible photos!

One reason cats fascinate us is that they are so unlike us: Their ears, more than eyes, show their feelings. On our laps, they are purring lovebugs; on the prowl, they are fearsome apex predators—with territorial instincts to match. This makes it hard for us humans to *understand* our cats as well as we love them. Thank goodness feline behaviorist Liesbeth Puts is here to help!



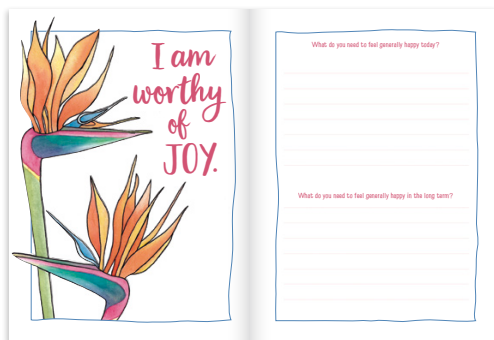
© Memmo Bausch

LIESBETH PUTS is an internationally certified animal behaviorist specializing in cats. She also holds a degree in social psychology from Utrecht University. She has been a cat parent since 1976, a behavioral therapist since 2008, and a cat blogger (read by thousands of fans in her native Netherlands) since 2012. She lives in Utrecht.

The Healing Journal

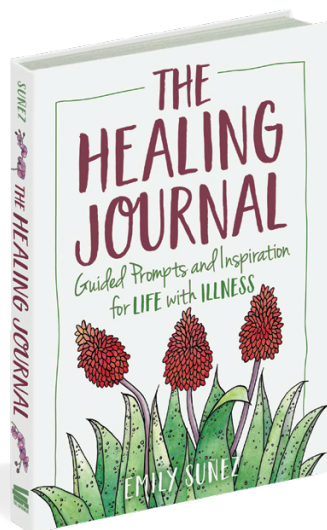
GUIDED PROMPTS AND INSPIRATION
FOR LIFE WITH ILLNESS

Emily Suñez



Overcome the emotional toll of chronic or invisible illness with positive affirmations, writing prompts, and illustrations inspired by nature

This gorgeously illustrated volume offers guided journaling to a community that stands to benefit immensely: those living with chronic illness. Author and illustrator Emily Suñez—herself a chronic illness patient with multiple diagnoses—speaks from experience through 50 affirmations and over 100 writing prompts that will console readers and empower them to cultivate self-compassion, develop self-care strategies, advocate for themselves, and unlock the benefits of mindfulness. Emily's botanical illustrations underscore her message of hope and resilience. This is the perfect gift for a loved one—or for yourself.



FLEXIBIND

\$15.95 US | \$21.00 Can. | World

5 1/2 x 7 1/2 | 144 pages

Ribbon | 50 color illustrations

Self-Help/Journaling (SELO45000)

978-1-61519-832-0 | No. 779832

SHIPS DECEMBER

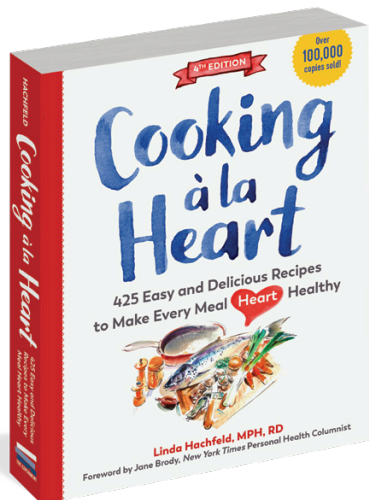
- ▶ The first guided journal specifically for those suffering from chronic or invisible illness
- ▶ Prompts, affirmations, and illustrations guide readers in developing the strategies and mindset to navigate their illness
- ▶ Inspired by author and illustrator Emily Suñez's personal experience with chronic pain and illness



© Miriam Brummel

EMILY SUÑEZ is a visual artist who manages multiple chronic conditions. She paints natural subjects in oils and watercolors, and her work has been featured at Sanchez Art Center, Brea Gallery, TAG Gallery, Palos Verdes Art Center, and The Joshua Tree National Park Art Exposition. She lives in Pasadena, California.

EmilySunez.com  [emily_thePainter](https://www.instagram.com/emily_thePainter)



Cooking à la Heart

FOURTH EDITION

425 Easy and Delicious Recipes to
Make Every Meal Heart Healthy

Linda Hachfeld, MPH, RD

Foreword by Jane Brody

TRADE PAPERBACK

\$27.95 US | \$36.50 Can. | World

7 1/2 x 9 1/4 | 480 pages

Color photographs and illustrations
throughout

Cooking/Health & Healing/Heart
(CKB104000)

978-1-61519-758-3 | No. 779758

Prev. ed. 978-1-8910110-9-2

SHIPS DECEMBER

Reduce risk of heart disease and stroke with this Mayo Clinic–trusted cookbook packed with heart-healthy tips and 425 recipes for every occasion

Heart disease is the leading cause of death in the US, with nearly half of American adults at risk. But lifestyle changes can lower this risk by as much as 82 percent! *Cooking à la Heart* is here to help readers ward off heart disease, stroke, and diabetes with:

- 425 delicious, healthy recipes, from Savory Stuffed Mushrooms to Chicken Tandoori and Spicy Pumpkin Bars
- nutrient analysis for every heart-smart recipe (calories, carbs, protein, fat, and more), plus diabetic exchanges
- MIND, DASH (Dietary Approaches to Stop Hypertension), and Mediterranean diet guidelines
- tips on exercise, weight control, and meal planning

With *Cooking à la Heart*, eating healthier isn't difficult or boring—it's an investment that will keep you enjoying good food for many years to come.

- ▶ *Cooking à la Heart* has sold more than 100,000 copies across its first three editions
- ▶ This new edition adds more than 50 color photos and illustrations
- ▶ With 425 recipes for every dish you'll ever want to eat, this is a veritable *Joy of Cooking* for heart health
- ▶ Each recipe is low-fat, low-cal, and includes nutrition stats and diabetic exchanges

LINDA HACHFELD, MPH, RD, is the former nutrition coordinator for the Mankato Heart Health Program and has volunteered with the American Heart Association for 35 years. She holds a master's degree in public health and has been a member of the Academy of Nutrition and Dietetics for 40 years. She lives in Minnesota. **JANE BRODY** has been the *New York Times* personal health columnist since 1976.



© Bridget Larson

Veggies & Fish

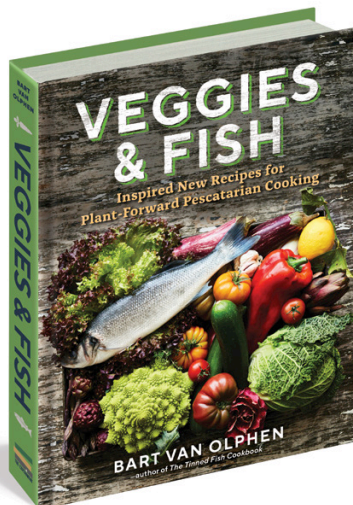
INSPIRED NEW RECIPES FOR
PLANT-FORWARD PESCATARIAN COOKING

Bart van Olphen



Fresh, eco-friendly seafood meets 95 veggie-loving recipes—spectacularly photographed by David Loftus

The future of pescatarian eating is here, and it's all about the produce. In this exciting new cookbook, sustainable fishing advocate Bart van Olphen gives healthy, fresh veggies just as much love and attention as the ethically caught fish and shellfish he pairs them with—from asparagus to zucchini and anchovies to zander. Bart's 95 mouthwatering recipes take readers on a world tour of cuisine: Grilled Cucumber and Fennel Salad with Gin and Tonic Salmon, Tomato and Tuna Gnocchetti, and Paella with String Beans and Tiger Prawns. Classic dishes like salmon burgers and pan bagnat are here, too!



PAPER OVER BOARDS
\$24.95 US | \$32.95 Can. | World
7 1/2 x 9 1/2 | 256 pages
187 color photographs

Cooking/Specific Ingredients/
Seafood (CKB076000)
978-1-61519-834-4 | No. 779834
SHIPS AUGUST

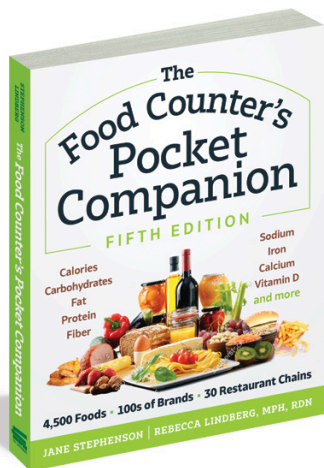
- ▶ Indispensable for the growing legions of diners who follow a pescatarian or Mediterranean diet
- ▶ Bart van Olphen's eco-friendly fish brand, Sea Tales, is now available in Whole Foods and Stop & Shop and coming soon to more stores
- ▶ Stunning photography by David Loftus, Jamie Oliver's longtime food photographer
- » See also page 29



© David Loftus

BART VAN OLPHEN is the cofounder of fish brand Sea Tales and author of *The Tinned Fish Cookbook*. In 2018, his book *Bart's Fish Tales* was awarded the Gourmand World Cookbook Award for Best Seafood Cookbook. His Sea Tales products are available at Whole Foods and Stop & Shop. He lives in New York with his family.

BartvanOlphen.com  [bartsfishtales](https://www.instagram.com/bartsfishtales)



The Food Counter's Pocket Companion

FIFTH EDITION

Calories, Carbohydrates, Protein, Fat, Fiber, Sodium, Iron, Calcium, Vitamin D, and More

Jane Stephenson
and **Rebecca Lindberg, MPH, RDN**

TRADE PAPERBACK
\$7.95 US | \$9.95 Can. | World
5 x 6 1/2 | 144 pages

Health & Fitness/Diet & Nutrition/
Food Content Guides (HEA034000)
978-1-61519-812-2 | No. 779812
Prev. ed. 978-1-891011-10-8
SHIPS JANUARY

A handy, up-to-date pocket guide for tracking 12 essential nutrients

Knowing what's in your food and consuming a balanced diet are keys to a healthy life—but it can be tough to keep track of each meal and snack's nutritional content.

The Food Counter's Pocket Companion is here to help, supplying authoritative nutrition data in a quick, easy-reference format. Here are the nutrition values for:

- ▶ Includes hundreds of popular brands and 30 restaurant chains, from Kellogg's and Coca-Cola to Chipotle and Starbucks
- ▶ Packed with more nutrient values than competing books—at a lower price, in a totally convenient on-the-go size
- ▶ Perfect for calorie counters looking to lose weight, diabetics monitoring their carb intake, and anyone wanting a nutritional boost!
 - over 4,500 ingredients and dishes, from apples to chicken cordon bleu
 - hundreds of popular brands
 - 30 fast-food and restaurant chains in the US and Canada

Alphabetical entries under common-sense categories will guide readers to the value they want in a flash—from Meats to Beef to Veal Chops, Breaded & Fried (194 calories). Plus, helpful tips and charts let readers calculate personal daily targets and set (and stick to) healthy weight-loss goals. Nutrition is simpler than ever with this handy guide in your pocket!

JANE STEPHENSON is a learning and development senior specialist for a medical device company. She was a Registered Dietitian (RDN) and Certified Diabetes Educator (CDE) before entering the health care industry. She splits her time between Sedona, Arizona, and Naples, Florida. **REBECCA LINDBERG, MPH, RDN**, is a registered dietitian and a consultant at Rumbings Media Consulting, LLC. For 30 years, she's been helping individuals live well through health and wellness initiatives. She lives in Minneapolis, Minnesota.

The Diabetic Goodie Cookbook

CLASSIC DESSERTS AND BAKED GOODS
TO SATISFY YOUR SWEET TOOTH

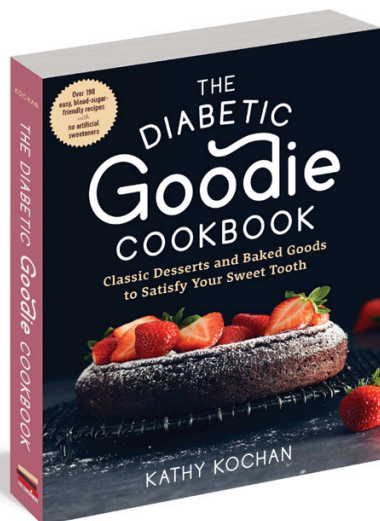
Kathy Kochan

A definitive collection of classic desserts and sweets—from chocolate chip cookies to blueberry cobbler—tailored for diabetics to enjoy (and share)!

As anyone with diabetes knows all too well: It's not easy to find treats and sweets that won't wreck your blood sugar! And it's harder still to dodge the yucky artificial sweeteners that appear in so many recipes and products.

Here comes *The Diabetic Goodie Cookbook* to the rescue, with over 190 recipes to satisfy the sweetest of sweet teeth—magically assembled with whole grains, little to no added salt or sugar, and nary an artificial sweetener in sight!

Fudgy Brownies, Blueberry Nectarine Crisp, Creamy Ricotta Cheesecake, and more delights reduce risk of high blood sugar and cholesterol *without* sacrificing taste. Plus, here is guidance on carb counting, food labels, nutrition claims, and snacking, to help readers safely enjoy dessert every single day!

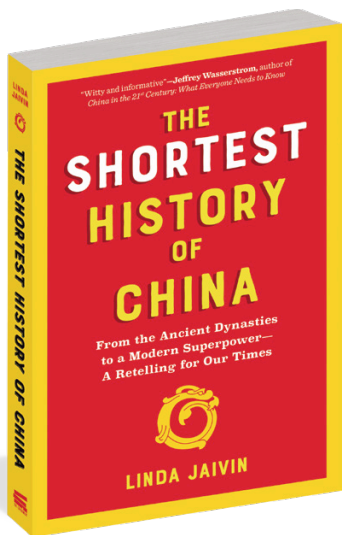


TRADE PAPERBACK
\$24.95 US | \$32.95 Can. | World
7 x 9 1/2 | 288 pages
Color photographs throughout

Cooking/Health & Healing/Diabetic
& Sugar-Free (CKB025000)
978-1-61519-768-2 | NO. 779768
Prev. ed. 978-0-9620471-7-6
SHIPS OCTOBER

- ▶ Over 190 easy, blood sugar-friendly recipes with no artificial sweeteners
- ▶ Each recipe is also low in calories, carbs, fat, salt, and sugar
- ▶ With 50 more recipes than its closest competitor and a fresh new look, this is the clear choice for bakers craving variety!

KATHY KOCHAN was diagnosed with diabetes at five years old. She regularly lectured and taught healthy cooking classes in her native New Jersey. In 2010, she passed away after a 22-year battle with breast cancer; she was a proud survivor of insulin-dependent diabetes. Kathy is survived by her husband, Henry, and her sons, David and Marc.



The Shortest History of China

FROM THE ANCIENT DYNASTIES
TO A MODERN SUPERPOWER

A Retelling for Our Times

Linda Jaivin

TRADE PAPERBACK ORIGINAL
\$15.95 US | \$21.00 Can. | USC+OM*
5 1/8 x 7 3/4 | 288 pages
65 B&W maps and illustrations

History/Asia/China (HIS008000)
978-1-61519-820-7 | No. 779820
SHIPS SEPTEMBER

Journey across China's epic history— through millennia of early innovation to modern dominance

As we enter the “Asian Century,” China demands our attention—as an economic powerhouse, a beacon of rapid modernization, and an assertive geopolitical player. Linda Jaivin distills China's vast history into a short, relevant account that crisscrosses this storied land and introduces unforgettable personalities like:

- Confucius, intrepid traveler and moral adviser
- Empress Dowager Cixi, effective ruler of the Qing for nearly 50 years
- Mao Zedong, communist revolutionary and founder of the People's Republic

Globally minded readers will find everything they need to know about this rising superpower: the rarely told story of women in China, from the earliest warriors to twentieth-century suffragettes; China's path from its tribal origins to the modern Communist Party under Xi Jinping; and the historical specters of corruption and disunity that continue to haunt the nation today.

- ▶ This second book in our Shortest History series offers busy readers an essential primer on the most populous country in the world
- ▶ Reveals how China has come to dominate international headlines and why it will continue to do so for years to come
- ▶ Covers every vital aspect of China's history, from philosophy to politics to culture—while highlighting overlooked female historical figures
- » **See also** page 30



© José Miguel Anton Casado

LINDA JAIVIN is an American-born, internationally published Australian essayist, novelist, translator, and specialist writer on China. Her books include *The Monkey and the Dragon*, the city profile *Beijing*, and several China-based novels. She has previously lived, studied, and worked in Taiwan, Hong Kong, and Beijing.

LindaJaivin.com.au

How to Argue With a Racist

WHAT OUR GENES DO (AND DON'T) SAY ABOUT HUMAN DIFFERENCE

Adam Rutherford

This authoritative debunking of racist claims that masquerade as “genetics” is a timely weapon against bigotry—now in paperback!

Race isn't a biological reality. Racism thrives on not knowing this.

In fact, racist pseudoscience has become so commonplace that it can be hard to spot. But its toxic effects on society are plain to see: rising nationalism, simmering hatred, lost lives, and divisive discourse. Since genetics are difficult to grasp—and all too easy to distort—even well-intentioned people repeat stereotypes based on “science.” But the real science tells a different story: The more researchers learn about who we are and where we come from, the clearer it becomes that our racial divides have nothing to do with genetic differences. The bestselling author of *A Brief History of Everyone Who Ever Lived* explains in this essential guide to the DNA we all share.

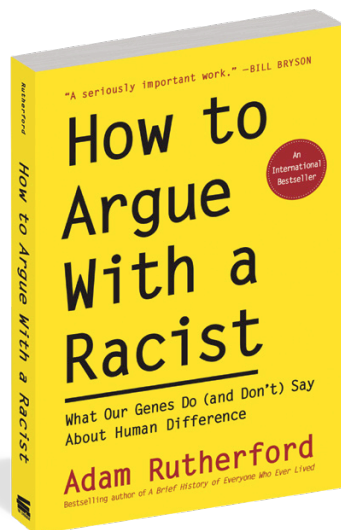
“Rutherford equips readers with the tools to discredit the prejudices of both racists and well-intentioned people.”—*Scientific American*



© Stefan Jakubowski

ADAM RUTHERFORD is a geneticist, science writer, and broadcaster. He is the author of *The Book of Humans*; *A Brief History of Everyone Who Ever Lived*, which was a finalist for the National Book Critics Circle Award; and *Creation*, which was short-listed for the Wellcome Book Prize.

AdamRutherford.com  [adamrutherford](https://twitter.com/adamrutherford)



TRADE PAPERBACK

\$14.95 US | \$19.95 Can. | USC+OM*

5 x 7 1/2 | 240 pages

8 B&W photographs

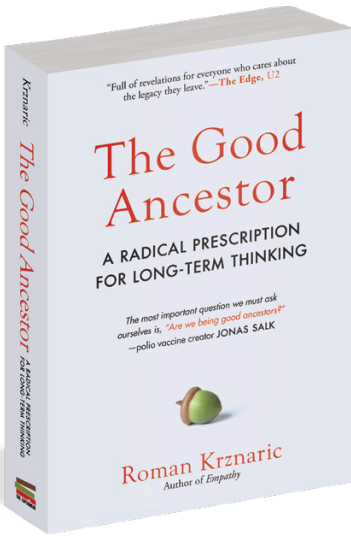
Social Science/Discrimination
(SOC031000)

978-1-61519-830-6 | No. 779830

Prev. ed. 978-1-61519-671-5

SHIPS AUGUST

- ▶ Dismantles outdated ideas propagated by racists and believed by even the well intentioned
 - ▶ An international bestseller by the award-winning author of *A Brief History of Everyone Who Ever Lived*
 - ▶ Rutherford, a geneticist of Indo-Guyanese descent, brings both professional and personal experience to his subject
- » **See also** page 30

**TRADE PAPERBACK****\$15.95 US | \$21.00 Can. | USC+OM***

5 1/2 x 8 | 336 pages

30 B&W illustrations and diagrams

Political Science/Public Policy/
Environmental Policy (POL044000)**978-1-61519-833-7 | No. 779833**

Prev. ed. 978-1-61519-730-9

SHIPS AUGUST

- ▶ A big-idea book that attributes social inequity, climate change, and other threats to a single root: our short-term outlook
- ▶ Includes six practical strategies to rewire our perspective, from “cathedral thinking” to imagining the seventh generation
- ▶ Krznaric is cofounder, with Alain de Botton, of The School of Life and is considered Britain’s most popular philosopher



© Kate Raworth

The Good Ancestor

A RADICAL PRESCRIPTION FOR
LONG-TERM THINKING

Roman Krznaric

Now in paperback—an urgent call to save ourselves and our planet that gets to the root of the current crisis: society’s extreme shortsightedness

“Are we being good ancestors?” So asked Jonas Salk, who developed the polio vaccine in 1953—but refused to patent it so that more lives could be saved.

Leading philosopher Roman Krznaric believes the fate of our societies (and species) depends on our living up to Salk’s exhortation to radical generosity. Krznaric asserts that our exploitative mindsets have “colonized the future”—that the mounting existential threats we’ve left unchecked have brought humankind to the precipice of disaster. And yet, he sees room for hope!

Yes, the urgent struggle for intergenerational justice calls for hugely ambitious solutions, but at the heart of all these changes is one we can enact within ourselves: We must trade shortsightedness for the long view. With *The Good Ancestor*, Krznaric inspires us to shift our allegiance from this generation to all humanity—in short, to save our planet and our future.

ROMAN KRZMARIC’S books, which have been published in more than 20 languages, include *Empathy*, *The Wonderbox*, and *Carpe Diem Regained*. He studied at the Universities of Oxford, London, and Essex, where he received his PhD. He is a founding faculty member of The School of Life and is based in the UK.

RomanKrznaric.com  [romankrznaric](https://twitter.com/romankrznaric)

Nerve

ADVENTURES IN THE SCIENCE OF FEAR

Eva Holland

Now in paperback with a new cover—
a spellbinding dive into paralyzing fear
that *Rolling Stone* says “could not be
timelier”

Since childhood, Eva Holland has been gripped by two debilitating phobias: fear of losing her mother and fear of heights. The worst comes to pass with her mother’s sudden death in 2015, and something shifts for Eva. Then, when an ice-climbing expedition ends with Eva embarrassed and in tears, a new resolve kicks in: Fear may define her past, but it won’t decide her future!

Through incredibly moving storytelling and boots-off-the-ground investigation, Holland peels back the layers of paralyzing dread to ask: *Is fear necessary? Is it rooted in the body or the mind?* And even: *Is there a better way to feel afraid?* By grappling with, even embracing, her innermost dreads, Holland aspires to give us *all* the nerve to face down the phobias that limit our lives.

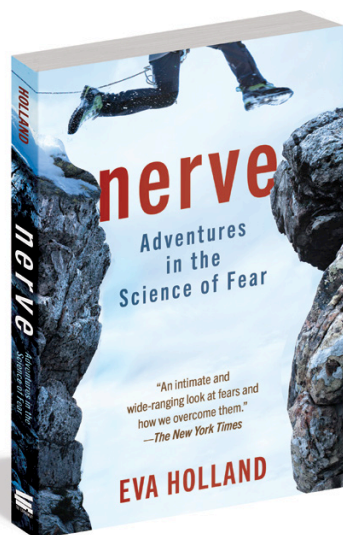
A *TIME* Top 100 Must-Read Book of 2020



© GBP Creative

EVA HOLLAND’S writing has appeared in such outlets as *Esquire*, *WIRED*, *Bloomberg*, and *National Geographic News*. Her work has been anthologized in *The Best American Science and Nature Writing*, *The Best Women’s Travel Writing*, and *Best Canadian Sports Writing*. She lives in Canada’s Yukon Territory.

EvaHolland.com  [evaholland](https://twitter.com/evaholland)



TRADE PAPERBACK
\$15.95 US | US+OM*
5 1/2 x 8 1/4 | 256 pages

Psychology/Emotions (PSY013000)
978-1-61519-831-3 | No. 779831
Prev. ed. 978-1-61519-600-5
SHIPS SEPTEMBER

- ▶ Journalistic science writing (think Mary Roach) about paralyzing fear, especially for the 19 million Americans afflicted by phobias
- ▶ Hailed in hardcover by *The New York Times*, *NPR*, *WIRED*, *Rolling Stone*, and more, and excerpted in *Reader’s Digest*
- ▶ A new preface speaks to the extreme rise in anxiety around the world this past year

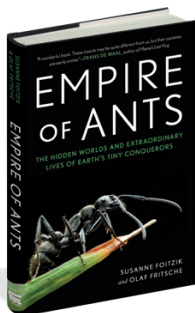


The Secret World of Weather

Tristan Gooley

PAPER OVER BOARDS
\$21.95 US | \$28.95 Can. | USC
5 1/2 x 8 1/4 | 400 pages | CQ 24
8-page color photo insert | 37
B&W in-text illustrations

Nature/Weather (NAT036000)
978-1-61519-754-5 | No. 779754



Empire of Ants

Susanne Foitzik
and Olaf Fritzsche

HARDCOVER
\$27.95 US | \$36.50 Can. |
USC+OM*
5 1/2 x 8 1/2 | 352 pages | CQ 20
64 color photographs and
illustrations

Nature/Animals/Insects &
Spiders (NAT017000)
978-1-61519-712-5 | No. 779712

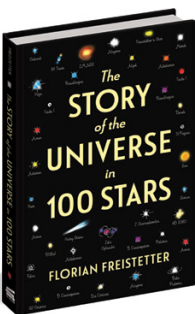


Blue

Kai Kupferschmidt

HARDCOVER
\$24.95 US | \$32.95 Can. | World
5 1/4 x 8 1/4 | 224 pages
Blue-edged pages | 50 color
illustrations

Science/Physics/Optics
& Light (SCIO53000)
978-1-61519-752-1 | No. 779752

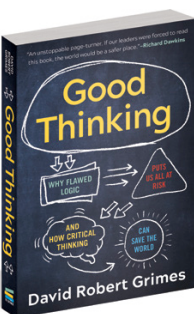


The Story of the Universe in 100 Stars

Florian Freistetter

PAPER OVER BOARDS
\$21.95 US | \$28.95 Can. |
USC+OM*
5 1/2 x 8 1/4 | 304 pages
8-page color photo insert

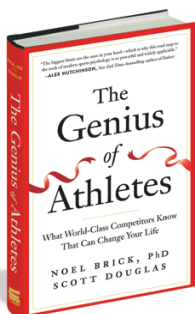
Science/Space Science/
Cosmology (SCIO15000)
978-1-61519-736-1 | No. 779736



Good Thinking

David Robert Grimes

TRADE PAPERBACK
\$15.95 US | \$21.00 Can. |
USC+OM*
5 1/2 x 8 | 400 pages | CQ 28
Philosophy/Logic (PHI01000)
978-1-61519-793-4 | No. 779793

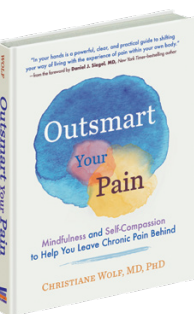


The Genius of Athletes

Noel Brick, PhD,
and Scott Douglas

HARDCOVER
\$24.95 US | \$32.95 Can. | World
5 1/2 x 8 1/2 | 288 pages | CQ 32

Self-Help/Personal Growth/
Success (SEL027000)
978-1-61519-641-8 | No. 779641



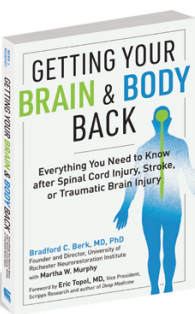
Outsmart Your Pain

Christiane Wolf, MD,
PhD

Foreword by
Daniel J. Siegel, MD

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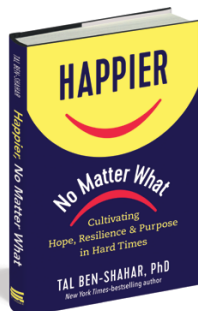


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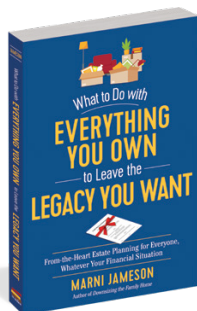


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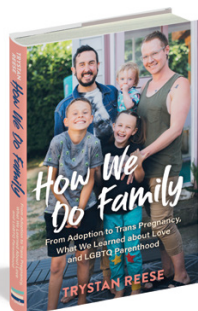


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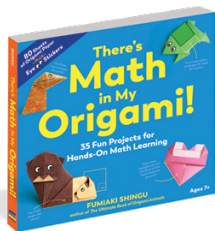


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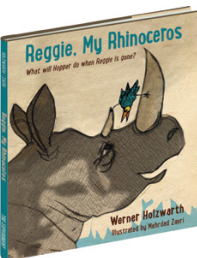


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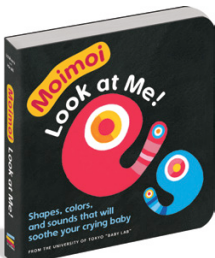


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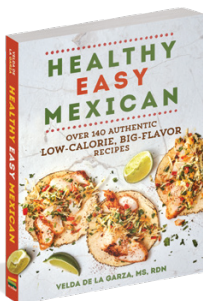


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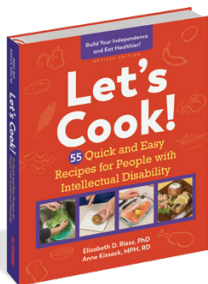
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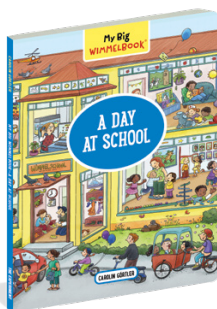
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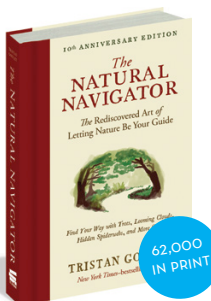
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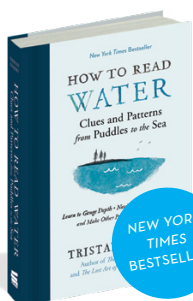
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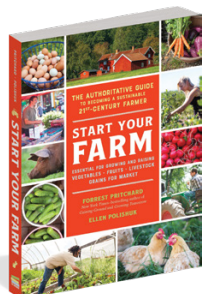
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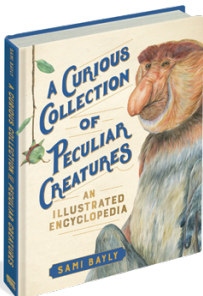
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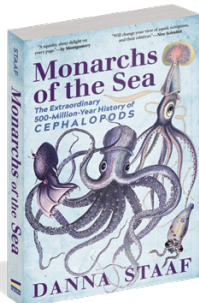
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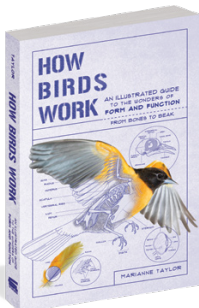
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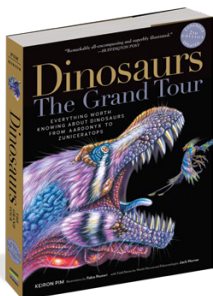
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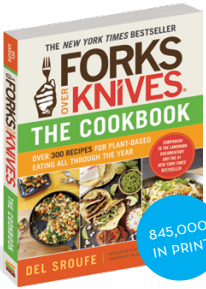
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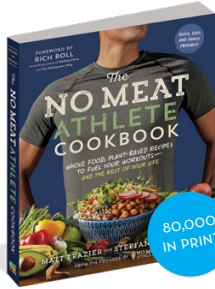


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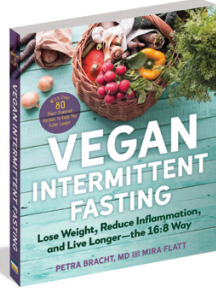


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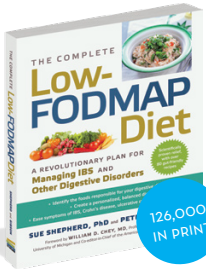
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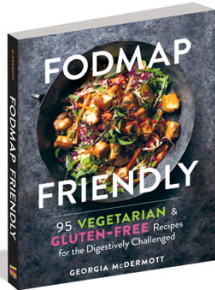


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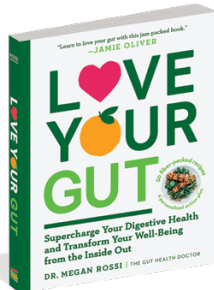


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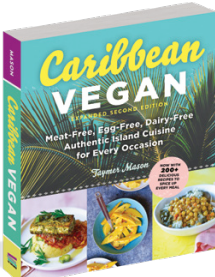
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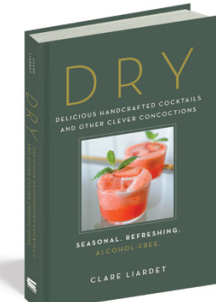
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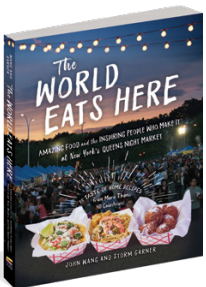
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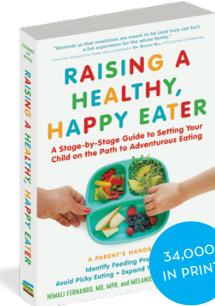
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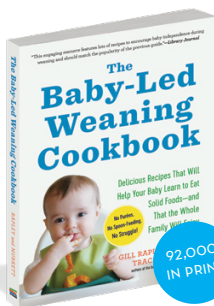


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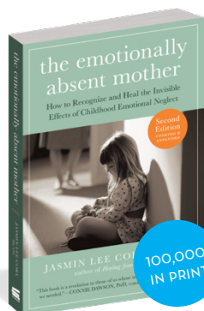
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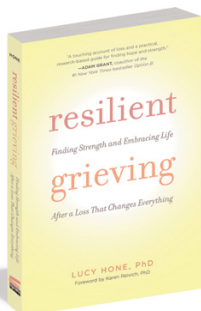


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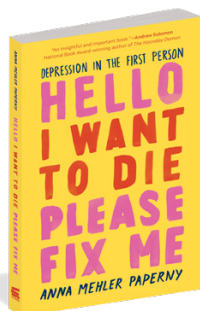
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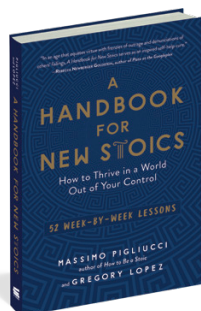
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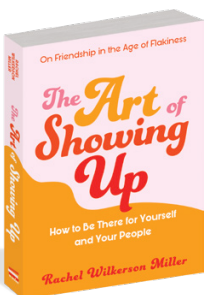
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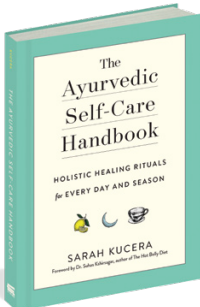
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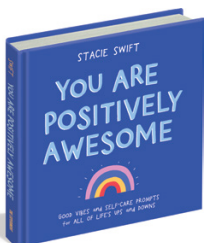
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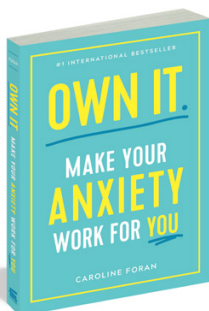
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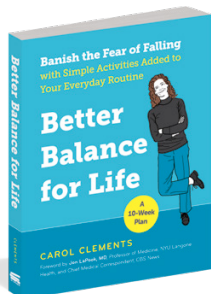
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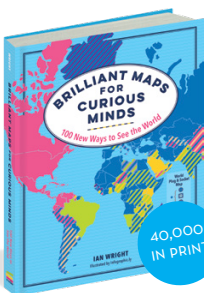
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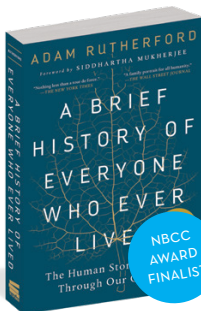
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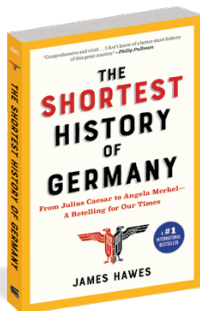
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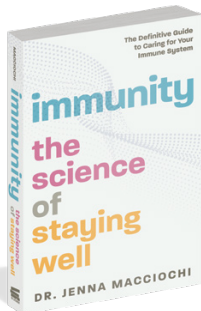
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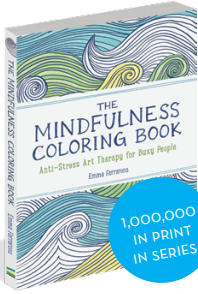
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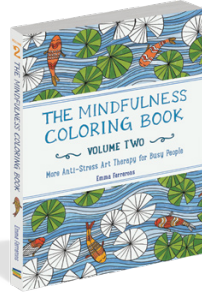


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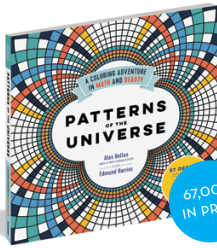


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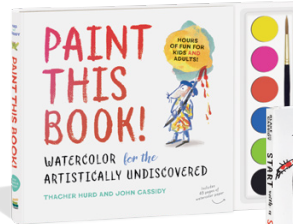
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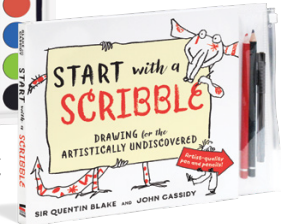


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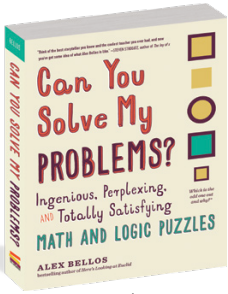
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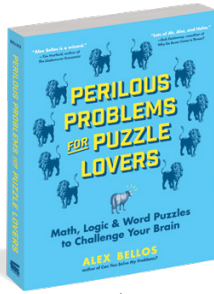
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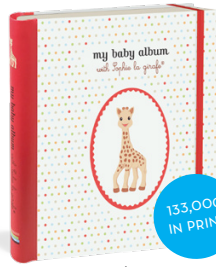
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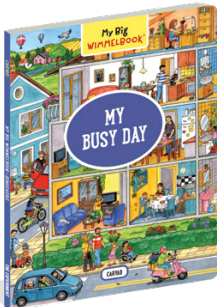
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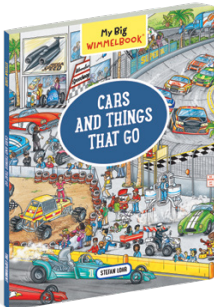


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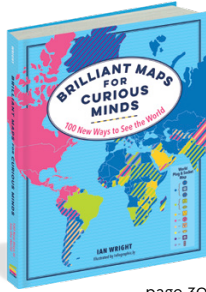
* Puzzle answer, page 9

The word endings depend on
shape. Flat things end in *-mai*
and spherical things end in *-ko*.
Cucumbers are long things (like
ropes and legs), so they end in *-hon*.
The answer is *kyuri kyuhon!*

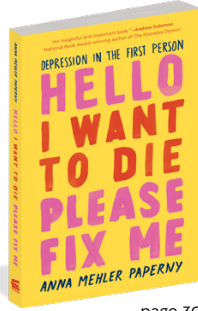
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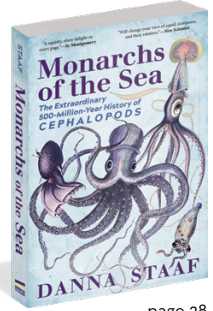
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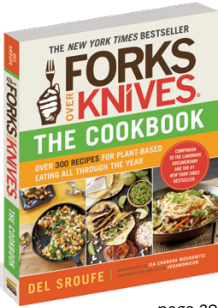
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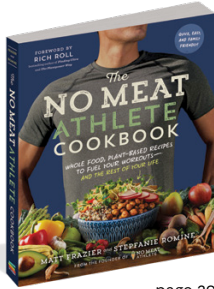
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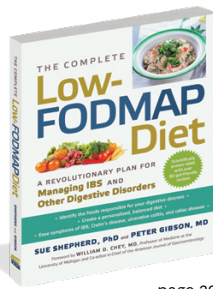
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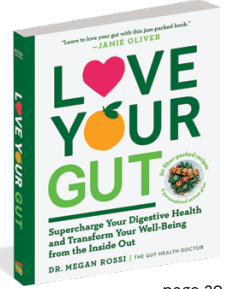
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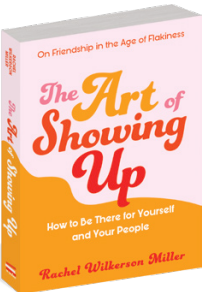
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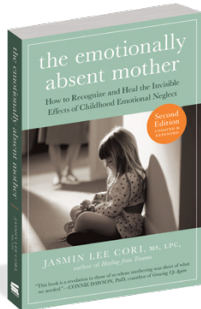
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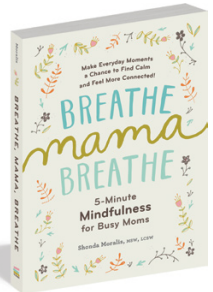
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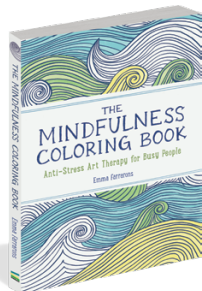
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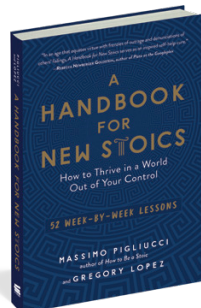
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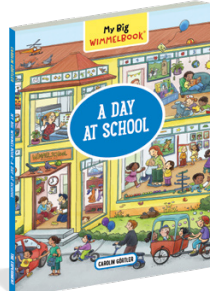
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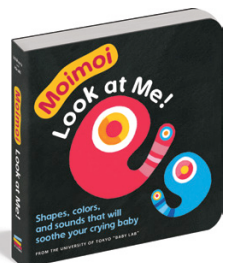
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