



THE EXPERIMENT

Spring 2022

Frontlist & Key Backlist

DISTRIBUTED BY WORKMAN PUBLISHING

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BECAUSE EVERY BOOK IS A TEST OF NEW IDEAS

A Thousand Ways to Pay Attention

A MEMOIR OF COMING HOME
TO MY NEURODIVERGENT MIND

Rebecca Schiller

One woman's narratively propulsive, lyrical search to understand the land she farms—and her own neurodivergent mind

As Rebecca Schiller's young family moves to a two-acre homestead in the English countryside, Rebecca begins suffering frequent falls, uncontrollable rages, and mysterious memory lapses. Doctor after doctor delivers one misdiagnosis after another. When the answer comes, it's utterly unexpected: severe ADHD.

Rebecca's narrative of her harrowing year is compulsively readable and ferociously candid, both a medical mystery and a love song to the landscape she calls home. Here is a clarion call to the growing numbers of neurodivergent people pushing back against simplistic narratives of minds that are either normal and good or different and broken.

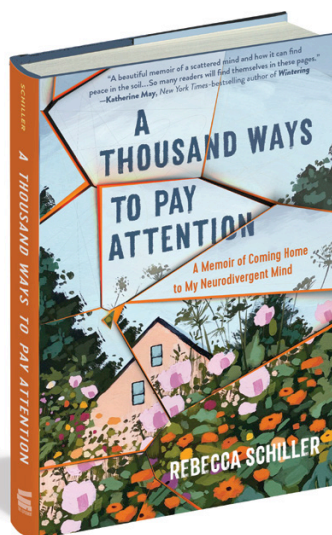
"A beautiful memoir of a scattered mind and how it can find peace in the soil . . . unflinching and full of truth. So many readers will find themselves in these pages."

—KATHERINE MAY, *NYT*-bestselling author of *Wintering*



REBECCA SCHILLER is cofounder and trustee of the human rights organization Birthrights and a regular contributor to *The Guardian*. Rebecca and her family raise a motley crew of goats and fowl and work their small homestead in the English countryside to grow food and flowers and restore wildlife to the land. She lives in Kent, UK.

RebeccaSchiller.co.uk



HARDCOVER

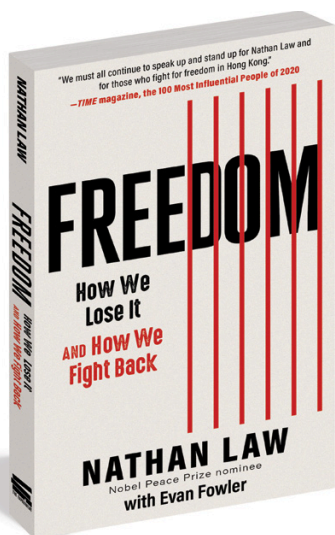
\$25.95 US | \$33.95 Can. | USC+OM*

5 1/2 x 8 1/4 | 304 pages

Psychology/Psychopathology/
Attention-Deficit Disorder
(ADD-ADHD) (PSY022010)

978-1-61519-880-1 | NO. 779880
SHIPS APRIL

- ▶ A literary ADHD memoir—a notable addition to the growing neurodivergence memoir shelf
- ▶ Even as adult ADHD diagnoses become increasingly prevalent, women commonly go undiagnosed
- ▶ #ADHD and #neurodivergent are major trends on TikTok, YouTube, and Instagram
- ▶ Like bestsellers *Wintering* and *Late Migrations*, this book shows nature's powerful ability to comfort



Freedom

HOW WE LOSE IT AND HOW WE FIGHT BACK

Nathan Law

with Evan Fowler

TRADE PAPERBACK ORIGINAL
\$15.95 US | \$20.95 Can. | USC
5 1/4 x 8 1/2 | 240 pages

Political Science/Political Freedom
(POL035000)
978-1-61519-890-0 | No. 779890
SHIPS NOVEMBER

- ▶ Authored by one of *TIME*'s People of the Year 2020
- ▶ An urgent discussion of freedom, democracy, and the threat of authoritarianism
- ▶ An on-the-ground look at China's growth as a superpower

A timely manifesto on freedom, from pro-democracy activist and Nobel Peace Prize nominee Nathan Law

In this dispatch from exile, Hong Kong political activist Nathan Law explores the meaning of freedom—and shows how easily freedoms can be eroded or dismantled. Freedom is fragile; it is not a given, and each generation must fight to protect it—whether in emerging democracies or in the Western world, where freedom is too often taken for granted.

Rooted in the author's experience as a former elected official and student leader of the Umbrella Movement, this book by Nathan Law explores not only how important freedom is in principle for human beings to thrive, but how it works in reality. What does it mean to be able to speak freely, and what happens when the concept collapses? How can the law both protect and abolish our freedoms? And why should we place such importance on free and fair elections? What does it mean to be truly free?



NATHAN LAW was Hong Kong's youngest elected lawmaker at age twenty-three. After being imprisoned by the Chinese authorities for his part in the Umbrella Movement, he was nominated for a Nobel Peace Prize and was one of *TIME* magazine's People of the Year 2020. He is a Pritzker Fellow at the University of Chicago. **EVAN FOWLER** is a writer and researcher focusing on Hong Kong and China affairs.

Hitler's Boy Soldiers

HOW MY FATHER'S GENERATION
WAS TRAINED TO KILL
AND SENT TO DIE FOR GERMANY

Helene Munson

**The true, untold story of how
Germany's children fought in WWII,
through the lens of the author's father
and his rediscovered journal**

Helene Munson resurrects her father's WWII journals and embarks on a meticulous investigation, exposing how the Nazis trained 300,000 impressionable children as soldiers.

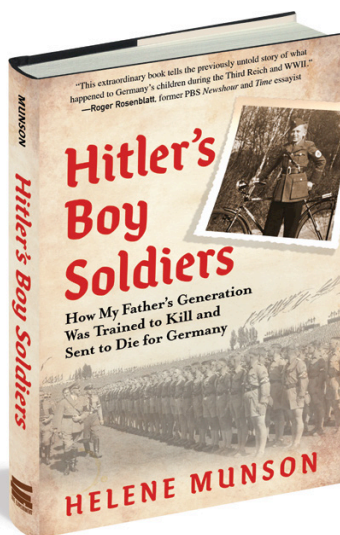
In 1937 Munson's father, Hans, was enrolled in an elite German school whose students were destined to take leadership roles in the Reich. At fifteen he was drafted as an anti-aircraft gunner—along with the rest of the Hitler Youth—and assigned to an SS unit. As the war was being lost, Hans and his schoolmates were ordered to the front lines. Few returned.

A personal lens into a nation's shameful past, *Hitler's Boy Soldiers* documents the history of the largest army of child soldiers in recent memory. Munson explores the lifelong effects on brainwashed children coerced to join a party they didn't understand. Both a modern narrative and an important historical contribution, *Hitler's Boy Soldiers* grapples with inherited trauma, the nature of being victim or perpetrator, and the burden of guilt.



HELENE MUNSON grew up in Brazil, Liberia, and Germany. Her short stories in English and German have been published in magazines and anthologies. Inspired by her family history, her master's degree was partly about the impact of armed conflicts on children. She lives outside New York City.

HeleneMunson.com



HARDCOVER

\$27.95 US | \$36.50 Can. | USC+OM*

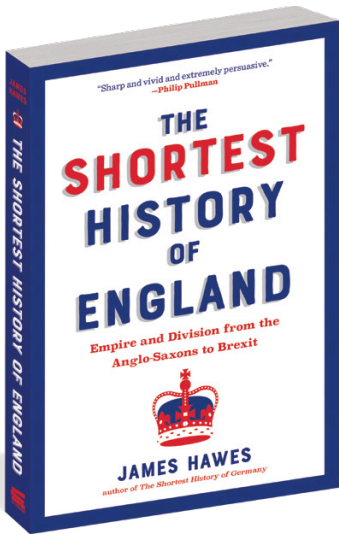
6 x 9 | 336 pages

16-page color insert | 54 B&W and
color photographs

Biography & Autobiography/
Historical (BI0006000)

978-1-61519-859-7 | No. 779859
SHIPS MAY

- ▶ A memoir of a daughter's coming to terms with her father's past as she retraces his wartime steps
- ▶ An exposé of how German children were trained to become child soldiers through an elaborate pipeline of elite schooling
- ▶ A newsworthy story with early praise from former PBS *Newshour* essayist Roger Rosenblatt



The Shortest History of England

EMPIRE AND DIVISION
FROM THE ANGLO-SAXONS TO BREXIT

James Hawes

TRADE PAPERBACK ORIGINAL
\$15.95 US | \$21.00 Can. | USC+OM*
5 1/8 x 7 3/4 | 304 pages
More than 150 B&W maps and images

History/Europe/Great Britain/
General (HIS015000)
978-1-61519-814-6 | No. 779814
SHIPS MARCH

A fast-paced tour of 2,000 years of English history, tracing its secret North-South divide and notorious class system

James Hawes reveals an England repeatedly invaded and constantly reinvented, yet always fractured by its very own Mason-Dixon line—plus a unique, thousand-year-old cultural divide between ordinary people and the elites. Here, you'll see:

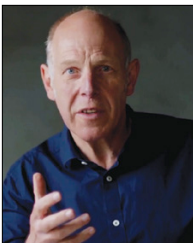
- centuries of conflict between Crown and Parliament, starring the Magna Carta
- why the American colonists of 1776 believed that they were the true Anglo-Saxons
- how the British Empire was undermined from within
- why Winston Churchill said the UK could only be saved by splitting up England itself

The Shortest History of England brings all this and more to prescient life with 150 maps and pictures.

“Sharp and vivid and extremely persuasive.”

—PHILIP PULLMAN, author of the *His Dark Materials* series

- ▶ The most compact history to date—with 150 illustrations!
- ▶ Sheds historical light on modern England's struggle between populism and liberal democracy
- ▶ Shows how long England's elite have been different from its common people
- ▶ Unforgettably explains why the UK, doomed by the split within England itself, has been in decline since Ireland left in 1921
- » See also *The Shortest History of China*, page 25; and *The Shortest History of Germany*, page 36



JAMES HAWES is also the author of *The Shortest History of Germany* and several other books. He is the lead on-screen contributor and story consultant to the BBC's upcoming prime time seven-part history of the British Isles, *The Making of Us*, to be broadcast in early 2022. He leads the creative writing MA program at Oxford Brookes University.

JamesHawes.org.uk

Nowhere Left to Go

HOW CLIMATE CHANGE IS DRIVING SPECIES TO THE ENDS OF THE EARTH

Benjamin von Brackel

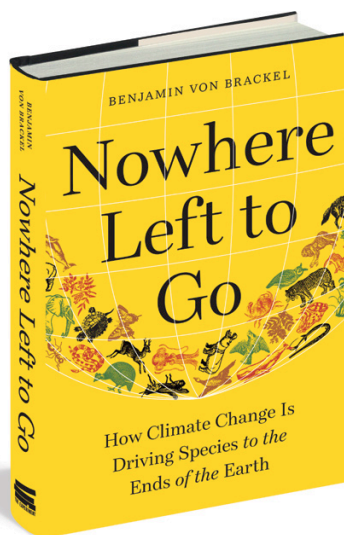
Harrowing journeys of animals and plants, reported from the front lines of the greatest migration since the Ice Age

As humans accelerate global warming, laying waste to the environment, animals and plants must flee to the margins: on scattered nature reserves, between major highways, or among urban sprawl. When even these places become inhospitably warm, wildlife has only one path to survival: an often-formidable journey toward the poles. Tropical zones lose their inhabitants, beavers settle in Alaska, and gigantic shoals of fish disappear—only to reappear along foreign coastlines.

Award-winning environmental journalist Benjamin von Brackel traces these awe-inspiring journeys and celebrates the remarkable resilience of species around the world. But the lengths they must go to avoid extinction are as alarming as they are inspirational: Sea animals move, on average, 45 miles per decade to cooler regions, while land animals move 11 miles. As even Earth's poles heat up, we're left with a stark, irreversible choice: Halt the climate emergency now, or face a massive die-off of species, which are increasingly left with nowhere else to go.



BENJAMIN VON BRACKEL is a renowned environmental journalist based in Berlin, where his reporting on climate change has appeared in *Süddeutsche Zeitung*, *Die Zeit*, and *Natur*, and where he cofounded Klimareporter^o, the Environmental Media Prize-winning online magazine on the climate emergency.



HARDCOVER

\$25.95 US | \$33.95 Can. | World

5 1/2 x 8 1/4 | 288 pages

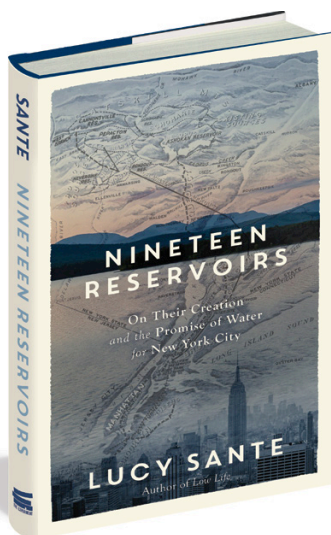
12 B&W maps

Science/Life Sciences/Zoology/
Ethology (Animal Behavior)
(SC1070060)

978-1-61519-861-0 | No. 779861

SHIPS JUNE

- ▶ A major story of the climate emergency that must be told now, about species on the brink of extinction
- ▶ Incredible tales of survival, following climate refugees—from butterflies to grizzlies to conifers to coral—across forests, mountains, and oceans
- ▶ An indispensable entry on the growing shelf of books on animal migration, including *Supernavigators* (see page 37) and *A World on the Wing*

**HARDCOVER****\$24.95 US | \$32.95 Can. | World**

5 1/2 x 9 | 192 pages

120 B&W and color photographs and illustrations

Technology & Engineering/
Environmental/Water Supply
(TEC010030)**978-1-61519-865-8 | No. 779865****SHIPS JULY**

Nineteen Reservoirs

ON THEIR CREATION AND THE PROMISE
OF WATER FOR NEW YORK CITY

Lucy Sante

Photography by Tim Davis

By the author of *Low Life*, the classic history of NYC's outlaw underbelly—a meticulously researched, evocatively illustrated, profoundly meditative account of the city's upstate reservoirs

Without the upstate reservoir system that brings fresh water to New York City, the city would have faded into insignificance. But this feat of engineering had a cost: From 1907 to 1967, twenty-six upstate villages, farms, forests, and other natural areas were bought for a fraction of their value, demolished, then submerged to create the Catskills and Delaware watershed systems.

Compelled to understand “the air of permanent mourning” in their vicinity, Lucy Sante marshals the same gifts that have made her book *Low Life* a classic of NYC history: meticulous detail, a trove of rarely seen visual history, and a master of literary nonfiction’s sensibility for the essential paradox at the heart of this story—the triumph that NYC’s nineteen-reservoir system represents and the tragedy of its creation.

- ▶ Richly illustrated with historical photographs, maps, and postcards, as well as contemporary photos by renowned artist Tim Davis
- ▶ In the vein of John McPhee, a meticulous, meditative inquiry into what happens when humans need to command the natural world and its resources
- ▶ Lays bare national conflicts of urban and rural, wealth and poverty, and humans vs. nature

LUCY SANTE has contributed to the *New York Review of Books* since 1981 and is the author of seven books. She teaches writing and history of photography at Bard College.

TIM DAVIS's work is in the collections of the Guggenheim and Metropolitan Museums. He teaches photography at Bard College.

 [Luxante | DavisTim.com](https://www.instagram.com/luxante)

How to Save the World for Just a Trillion Dollars

THE TEN BIGGEST PROBLEMS
WE CAN ACTUALLY FIX

Rowan Hooper

The ultimate thought experiment reveals the good we can do for humanity, if we spend wisely

If you had a trillion dollars and a year to spend it for the good of the world, what would you do? Rowan Hooper embarks on a quest that takes this question extremely seriously. Speaking with experts of all kinds, he considers ten world-changing ideas that promise profound, lasting benefits—from ending poverty or reversing climate change to increasing human lifespans or saving all endangered species. Then he dives into the numbers to determine: How far could the money really go?

Hooper does decide which project would do the most good for ourselves and our planet, but his most surprising discovery is how many incredible advancements are within reach—if we could only put our minds (and our money) to them!

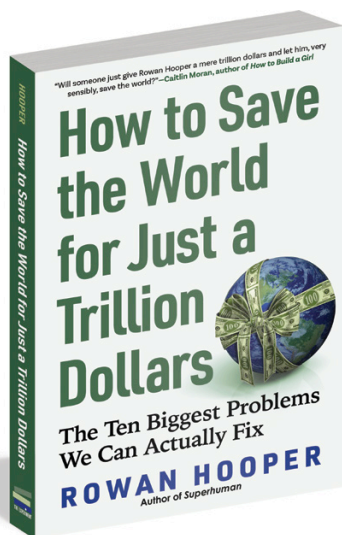
“Rowan Hooper shows that the world’s most intractable problems might not actually be intractable if we just devoted the resources to solving them.”

—ELIZABETH KOLBERT, author of *The Sixth Extinction*



ROWAN HOOPER is a senior editor at *New Scientist* and hosts the *New Scientist Weekly* podcast. He is also the author of *Superhuman: Life at the Extremes of Mental and Physical Ability* and has been published in *The Guardian*, *The Washington Post*, *The Wall Street Journal*, *WIRED*, and *The Economist*. He lives in London with his partner and two daughters.

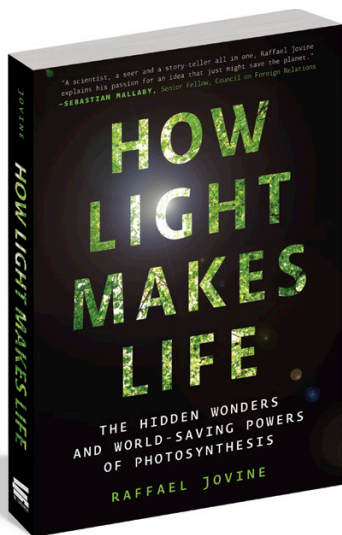
RowanHooper.contently.com  [RowHoop](https://twitter.com/RowHoop)



TRADE PAPERBACK ORIGINAL
\$15.95 US | \$20.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 320 pages

Social Science/Future Studies
(SOC037000)
978-1-61519-828-3 | No. 779828
SHIPS MARCH

- ▶ As practical as a big-think book can be, laying out tangible steps to overcome the greatest threats we face
- ▶ Each chapter concludes with a receipt totaling up the costs of every idea mentioned, crystallizing the concepts
- ▶ In the vein of books like *The Future We Choose* and *Doing Good Better*, here is a road map to action and a reason for hope—but with the twist of a price tag on what we can achieve



How Light Makes Life

THE HIDDEN WONDERS
AND WORLD-SAVING POWERS
OF PHOTOSYNTHESIS

Raffael Jovine

TRADE PAPERBACK ORIGINAL
\$14.95 US | \$19.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 224 pages
7 B&W illustrations

Nature/Plants/General
(NATO26000)

978-1-61519-863-4 | No. 779863
SHIPS APRIL

A revelatory journey into the conversion of light into life, key to every living thing's survival—and our planet's future

We think we know photosynthesis: Plants convert sunlight, CO₂, and water into energy and, ultimately, the food we eat and air we breathe. But Raffael Jovine shows how this incredible process goes beyond what we learned in grade school. First, it's not only plants: Corals partner with photosynthetic organisms to create the most productive habitat on Earth; slugs eat chloroplasts for photosynthesis-based camouflage—and much more!

Further, photosynthesis can save the world. Jovine's groundbreaking blueprint for the future harnesses photosynthesis to repair ecosystems, create jobs, and grow sustainable food. This book will help you see the many surprising ways we can't live without this miracle of light—through the photosynthetic pigments in your own eyes!

“Read this book and you will learn how photosynthesis was discovered, how it works, and how we can produce more food to feed the world.”

—PAUL NURSE, Nobel Prize-winning author of *What Is Life?*

- ▶ Reveals surprising ways photosynthesis can save the planet, from sustainable food to clean energy
- ▶ For environmentalists and gardeners: Marvel at the overlooked wonders within all plants
- ▶ A unique addition to the climate change shelf, and a must-read for fans of Elizabeth Kolbert, Bill McKibben, and Naomi Klein

RAFFAEL JOVINE trained in molecular biophysics and biochemistry at Yale, did his PhD in marine sciences at UC Santa Barbara, and completed research at MIT. In 2013, he founded and is now chief scientist for a company that uses seawater, sunlight, and wind to grow food in coastal deserts, replicating algal blooms. He is married with five children and lives in London.

Modern

GENIUS, MADNESS, AND ONE TUMULTUOUS
DECADE THAT CHANGED ART FOREVER

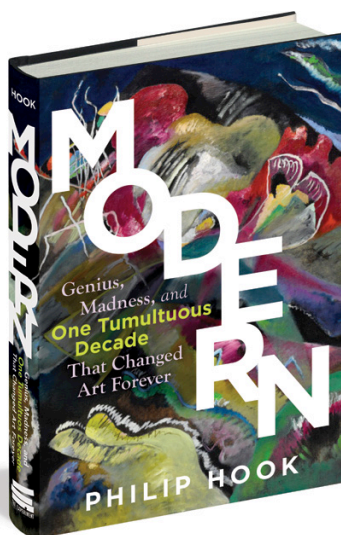
Philip Hook

A strikingly original reappraisal of the revolutionary birth of Modern art in the tumultuous decade brought to a shattering close by WWI

The years leading up to WWI, 1905 to 1914, were the most frenzied and revolutionary in the history of art. They were the crucible of Modernism, when (to the horror of the conventional majority) Fauvism, Expressionism, Cubism, Futurism, and Abstract Art all burst forth in quick, shocking succession, and art itself was politically weaponized in advance of approaching war. *Modern* reexamines the period from a series of fresh angles: What was the conventional art against which Modernism was rebelling? Why did avant-garde artists become so obsessed with themselves? What persuaded a few bold collectors to buy difficult modern art? Why, at this same moment, did others pay so much for Old Masters? Cézanne, Matisse, Munch, Klimt, Picasso, as well as hundreds of lesser-known names star in this rare popular art history that helps us appreciate as never before this supremely consequential decade.



PHILIP HOOK was, until recently, a board member and senior director of Impressionist and Modern Art at Sotheby's in London. Over a quarter of a century, he handled the sale of many of this period's greatest masterpieces (and some of its less distinguished productions). He is the author of five successful novels set in the art world as well as *Rogues' Gallery*, a history of art dealers. He lives in London.



HARDCOVER

\$35.00 US | \$46.00 Can. | USC+OM*

6 5/8 x 9 | 400 pages

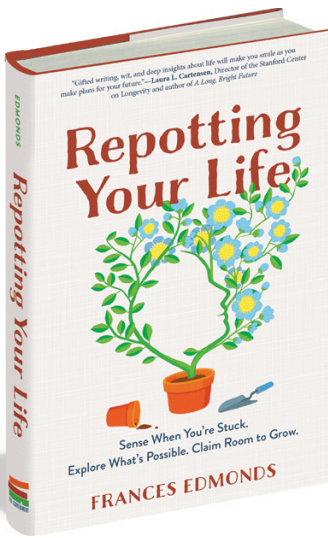
120 color photographs

Art/History/Modern (Late 19th
Century to 1945) (ART015100)

978-1-61519-867-2 | No. 779867

SHIPS MARCH

-
- ▶ Hook's intimate knowledge of this period makes us feel like eyewitnesses at the creation of these novel works
 - ▶ The animating ideas, the rebelling against, the sex, drugs, and violence . . . discover how this art was born of artists' new ways of seeing themselves and clashes both intimate and epic
 - ▶ 120 artworks reproduced in color throughout
 - » **Also available:** *Rogues' Gallery* 978-1-61519-416-2 | No. 779416 \$25.95 US | \$38.95 Can.

**HARDCOVER**

\$19.95 US | \$25.95 Can. | USC+OM*
5 1/2 x 8 1/2 | 224 pages

Self-Help/Personal Growth/Success
(SELo27000)
978-1-61519-871-9 | No. 779871
SHIPS APRIL

- ▶ A fresh, universally relevant “life transitions” guide
- ▶ Inspired by the author’s year at Stanford as a Distinguished Careers Institute fellow
- ▶ Helpful exercises and thought-provoking, guiding questions throughout
- ▶ Ideal for those reevaluating their lives in our pandemic-defined times

Repotting Your Life

SENSE WHEN YOU’RE STUCK.
EXPLORE WHAT’S POSSIBLE.
CLAIM ROOM TO GROW.

Frances Edmonds

A warmly humane, wise, and helpful guide to embracing change in any aspect of your life, whatever your age

The simple act of repotting a plant sets in motion new growth. In *Repotting Your Life*, lifelong “repotter” Frances Edmonds calls on the principles of this process to inspire you to negotiate change—a necessary yet often uncomfortable process. Its four simple, actionable steps constitute a tool kit to revitalize your relationships, your passions, or your career—to design a thriving environment full of fresh possibility at any moment in your life.

“Edmonds’s gifted writing, wit, and deep insights about life will make you smile as you *make plans for your future*.”

—LAURA CARSTENSEN, director of the Stanford Center on Longevity and author of *A Long Bright Future*

“Rich in fresh ideas, wildly entertaining, and inspirational, *Repotting Your Life* is impossible to put down.”

—LESLIE BLODGETT, ex-CEO of bareMinerals and author of the *Wall Street Journal* bestseller *Pretty Good Advice*



In “deep middle age,” **FRANCES EDMONDS** swapped the security of her London life for a yearlong fellowship at Stanford’s Distinguished Careers Institute, doing research at the Center on Longevity. An award-winning speaker and bestselling author, Edmonds divides her time between London and the South of France.

FrancesEdmonds.co.uk

Humble

FREE YOURSELF FROM THE TRAPS
OF A NARCISSISTIC WORLD

The Quiet Power of an Ancient Virtue

Daryl Van Tongeren, PhD

A practical and philosophical deep dive into humility: how it can build confidence, foster honesty about our strengths and limitations, and help us achieve success

Narcissism is on the rise: It manifests in our friends, partners, coworkers, politicians—and even, from time to time, in ourselves. But a powerful tool can help us defeat it: humility.

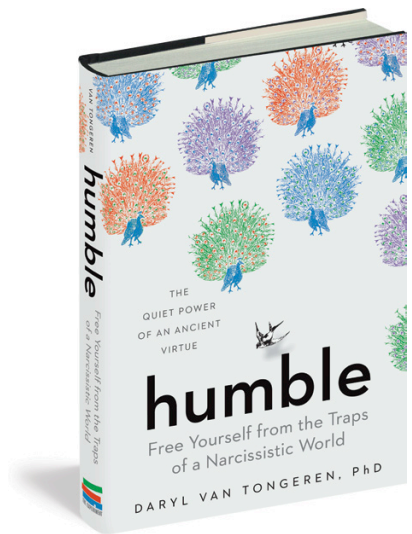
Humble is the antidote that will help us look beyond our own desires. Psychologist Daryl Van Tongeren lays out a three-part path to achieving greater humility, which includes learning to accept feedback, letting go of defensive responses, and, ultimately, building stronger relationships. As Van Tongeren shows through his own experience, even the experts fall down sometimes—and anyone can rise to the challenge.

Rooted in groundbreaking research, this book explores how cultivating humility, an often-undervalued character trait, is the key to a life of meaning and purpose.



Social psychologist **DARYL VAN TONGEREN, PhD**, is an associate professor at Hope College in Holland, MI, and associate editor for *The Journal of Positive Psychology*. He has published over 190 articles and coauthored *The Courage to Suffer*, and he has been covered by *The New York Times*, *The Washington Post*, and NPR affiliate stations.

DarylVanTongeren.com



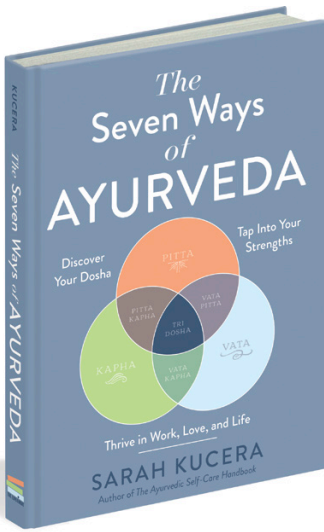
HARDCOVER

\$26.95 US | \$35.95 Can. | USC+OM*
5 1/2 x 8 1/4 | 304 pages

Self-Help/Personal Growth/Success
(SELo27000)

978-1-61519-857-3 | No. 779857
SHIPS JUNE

-
- ▶ The first nonreligious treatment of humility, rooted in groundbreaking research
 - ▶ A new book on values, in the vein of blockbusters *Grit* and *Quiet*
 - ▶ A timely perspective for a world plagued by narcissism



The Seven Ways of Ayurveda

DISCOVER YOUR DOSHA,
TAP INTO YOUR STRENGTHS—
AND THRIVE IN WORK, LOVE, AND LIFE

Sarah Kucera

A guide to the Ayurvedic personality types, or doshas, with psychology-based advice on cultivating balance

PAPER OVER BOARDS

\$19.95 US | \$25.95 Can. | World
5 1/2 x 8 1/4 | 256 pages
Two-color interior

Psychology/Personality (PSY023000)
978-1-61519-800-9 | No. 779800
SHIPS MAY

The Ayurvedic doshas (constitutions) are a road map to the workings of both body and mind. So, knowing *your* dosha is key to not just health, but family and workplace dynamics, career paths, and relationships. Readers will learn their type in *The Seven Ways of Ayurveda*.

- ▶ A unique psychological exploration of all seven Ayurvedic constitutions (not just the main three)
- ▶ For fans of popular personality typing systems like Myers-Briggs and the Enneagram
- ▶ Ayurveda is trending!
- » **See also** *The Ayurvedic Self-Care Handbook*, page 32

- **Vata:** creator, multitasker, individualist
- **Pitta:** perfectionist, challenger, achiever
- **Kapha:** peacemaker, loyalist, nurturer
- **Vata Pitta:** performer, illuminator, enthusiast
- **Pitta Kapha:** guardian, investigator, helper
- **Vata Kapha:** dreamer, merger, supporter
- **Tri-Doshic:** poised, harmonious, balanced

Then, Sarah Kucera shows how to turn their new self-awareness into an action plan for personal evolution, self-care, and better knowing and caring for others.



SARAH KUCERA has been championing healthy practices professionally for over a decade and personally for her whole life. A chiropractor, yoga teacher, and Ayurvedic practitioner, she is the founder of Sage, a healing arts center and herbal apothecary in Kansas City, MO, where she strives to help others find well-being.

SarahKucera.com

Plant-Based India

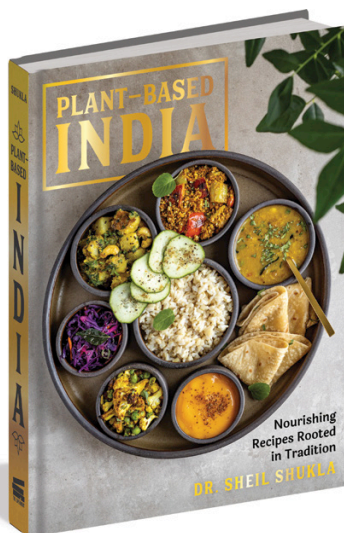
NOURISHING RECIPES
ROOTED IN TRADITION

Dr. Sheil Shukla

Indian food like you've never seen it before—in a healthy vegan cookbook, with 100+ recipes and stunning photos

Sheil Shukla, DO, grew up eating traditional vegetarian Indian dishes—vegetables (shak), lentils (dal), bread (rotli), and rice (bhat)—at family mealtimes. During his medical training, he discovered that eating a fully plant-based diet was one of the best ways to prevent and manage many chronic illnesses.

Plant-Based India celebrates Dr. Shukla's culinary heritage and fresh, seasonal produce, with over 100 authentic recipes, all gorgeously photographed by the author. These lower-fat, plant-forward recipes include vegetable mains, rice dishes, breads, lentils, sweets, snacks, drinks, masalas (spice blends), and chutneys—everything you need to fill your thali (plate)!



PAPER OVER BOARDS
\$30.00 US | \$39.00 Can. | World
8 x 11 | 256 pages
Color photographs throughout

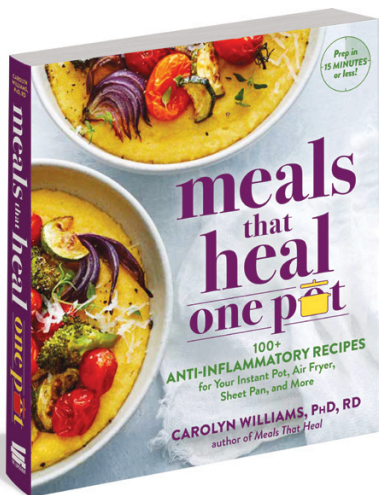
Cooking/Regional & Ethnic/Indian & South Asian (CKB044000)
978-1-61519-853-5 | No. 779853
SHIPS MAY

- ▶ Over 100 beautifully photographed recipes inspired by the author's heritage
- ▶ A powerhouse exploration of plant-based nutrition detailing why food is the best medicine
- ▶ Spotlights lesser-known, healthy recipes from western India
- ▶ A rare vegan entry to the Indian cooking shelf, where most plant-based cookbooks are vegetarian
- ▶ Author's plant-based art Instagram has 58,000 followers



DR. SHEIL SHUKLA is an internal medicine resident physician, artist, and cook who is passionate about plant-based nutrition. He loves exploring cultures through their food, especially South Asian and East Asian cuisines, and particularly the thali tradition of Gujarat, India. He lives in Chicago, IL.

SheilShukla.com  [PlantBasedArtist](https://www.instagram.com/PlantBasedArtist)



Meals That Heal - One Pot

100+ ANTI-INFLAMMATORY RECIPES FOR YOUR INSTANT POT, AIR FRYER, SHEET PAN, AND MORE

Carolyn Williams, PhD, RD

TRADE PAPERBACK ORIGINAL
\$22.95 US | \$29.95 Can. | World
8 x 9 | 320 pages
Color photographs throughout

Cooking/Health & Healing/General
(CKB039000)
978-1-61519-822-1 | No. 779822
SHIPS MAY

Easy anti-inflammatory recipes for every meal—all prepped in 15 minutes or less—plus specialized meal plans and tips for healthy eating

Did you know that chronic inflammation is one of the greatest threats to human health? When left unchecked, it can lead to diseases like stroke, heart disease, cancer, and diabetes. But there's good news: Inflammation can be calmed with a healthy lifestyle and diet, which is simpler than ever with *Meals That Heal - One Pot*.

Dietitian Carolyn Williams has created a menu of quick and easy recipes with healthy anti-inflammatory ingredients: toss-and-go lunches, like Mediterranean Quinoa Salad; meatless meals, like Skillet Shakshuka; decadent desserts, like Gluten-Free Brownie Brittle; and so much more.

Meals That Heal - One Pot includes a comprehensive guide to how inflammation impacts the body and mind and helps readers craft a personalized anti-inflammation diet. With this book, anyone can start preventing or reversing disease with food—instantly.

- ▶ The first anti-inflammatory cookbook to include all types of quick cooking techniques
- ▶ Nearly 60 percent of Americans suffer from chronic inflammation
- ▶ Includes tailored meal plans for mental wellness, diabetes, heart disease, weight loss, cancer, and more
- ▶ The first book in Carolyn's anti-inflammatory series, *Meals That Heal*, has sold over 25,000 copies



CAROLYN WILLIAMS, PhD, RD, is a culinary nutrition expert and journalist who makes healthy eating simple. She's a recipient of the 2017 James Beard Foundation Award for journalism. Carolyn serves as contributing editor for *Cooking Light* and *Eating Well*, and her work has been featured in *Real Simple* and *Health*.

CarolynWilliamsRD.com  RealFoodRealLife_RD

How to Eat More Plants

TRANSFORM YOUR HEALTH WITH 30 PLANT-BASED FOODS PER WEEK—AND WHY IT'S EASIER THAN YOU THINK

A 28-Day Program + 80 Fiber-Packed Recipes

Dr. Megan Rossi

A fact-based guide to plant-based eating, explaining why a *diverse* diet is the key to better health—with 80 plant-packed recipes

The secret to a healthy gut (and a healthier body and mind) is all in the microbes: the trillions of microorganisms that live in our digestive tract. These microbes thrive on fiber—as many different types as they can get.

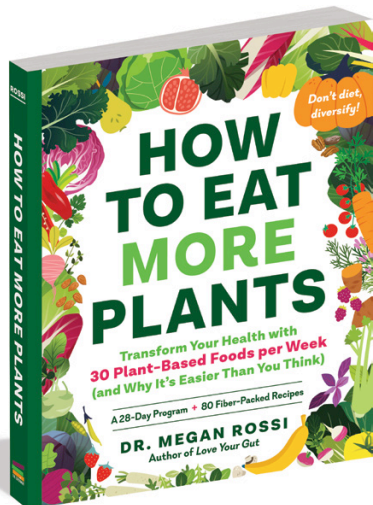
That's why Dr. Megan Rossi developed the Diversity Diet, a simple yet revolutionary way of eating that anyone can adopt to enjoy huge health benefits—increased energy, improved mood, and reduced risk of illness, to name a few. It's all about eating a wider variety of plant foods—at least 30 different plants per week.

Each plant counts as one point, and *How to Eat More Plants* shows readers exactly how to get their “Plant Points” with delicious fruits, veggies, grains, nuts, herbs, and more. A 28-day challenge, tailored meal plans, and over 80 mouthwatering recipes set readers on the path toward better health!



MEGAN ROSSI, PhD, RD, the Gut Health Doctor, is an internationally influential gut-health specialist. A practicing dietitian and nutritionist and leading Research Fellow at King's College London, she is the founder of The Gut Health Clinic, where she leads a team of gut-specialist dietitians. She lives in London.

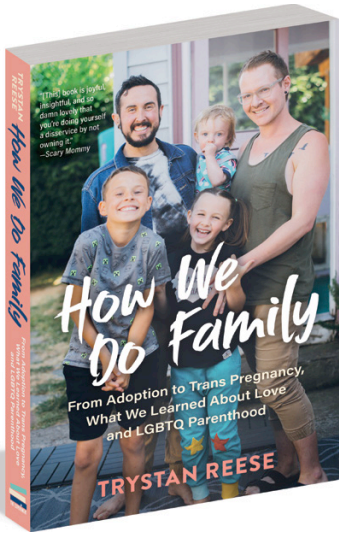
TheGutHealthDoctor.com  [TheGutHealthDoctor](https://www.instagram.com/TheGutHealthDoctor)



TRADE PAPERBACK ORIGINAL
\$22.95 US | \$29.95 Can. | USC+OM*
7 1/2 x 9 3/4 | 320 pages
More than 100 color photographs and illustrations

Health & Fitness/Diet & Nutrition/
Nutrition (HEA017000)
978-1-61519-878-8 | No. 779878
SHIPS JUNE

- ▶ A comprehensive guide to the whys, whats, and hows of plant-based diversity for all readers—from omnivores to vegans
 - ▶ A game-changing 28-Day Plant Points Challenge makes plant-based eating easy and fun
 - ▶ Dr. Rossi is an esteemed medical professional and media darling with over 305,000 Instagram followers
- » **See also** *Love Your Gut*, page 32

**TRADE PAPERBACK**

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

5 1/2 x 8 1/2 | 232 pages

8-page color photo insert

Biography & Autobiography/LGBTQ+
(BIO031000)

978-1-61519-877-1 | No. 779877

Prev. ed.: 978-1-61519-756-9

SHIPS MAY

- ▶ Now with a reader's guide
- ▶ A resource for the 77 percent of LGBTQ millennials who have or are considering children—but don't see their lives reflected in most parenting books
- ▶ With tips on classic parenting topics and current issues, from tough love to anti-racism
- ▶ Publishes in time for Pride Month

How We Do Family

FROM ADOPTION TO TRANS PREGNANCY,
WHAT WE LEARNED ABOUT LOVE
AND LGBTQ PARENTHOOD

Trystan Reese

Now in paperback—an LGBTQ activist's inspiring memoir of the many paths that lead to a loving family

Trystan Reese shares his unique story of emergency caretaking and trans pregnancy alongside universal lessons that will help all parents through the ups and downs of raising children. *How We Do Family* is a refreshing new take on family life for the LGBTQ community and beyond. Through every tough moment and touching memory, Trystan shows that more important than getting things right is doing them with love.

"[This] book is joyful, insightful, and so damn lovely that you're doing yourself a disservice by not owning it."

—Scary Mommy

"Reese writes with great tenderness and compassion, and also with a well-considered agenda of political and social activism."

—ANDREW SOLOMON, National Book Award-winning author of *The Noonday Demon* and *Far from the Tree*



TRYSTAN REESE is an established thought leader, educator, speaker, and the founder of Collaborate Consulting. He is a 2021 Lambda Literary Fellow and has been featured in PBS Nova, *People*, and BuzzFeed. Trystan is married to his partner, Biff, and they live in Portland, OR, with their three kids: Lucas, Hailey, and Leo.

TrystanReese.com  [BiffAndI](#)

Do As I Say, Not Who I Did

HONEST ADVICE ON HOOKUPS
AND RELATIONSHIPS IN COLLEGE

Ali Drucker

Expert-backed sex and dating advice for newly independent college-age women, set against humorous, confessional stories

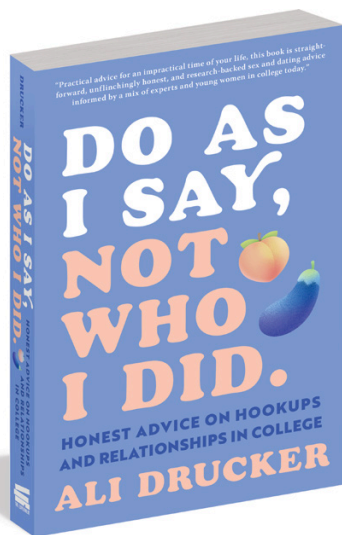
Entering college marks an exciting—and often confusing—transition into adult independence, especially when it comes to navigating a healthy sex life and building fulfilling relationships. *Do As I Say, Not Who I Did* is a straightforward, judgment-free guide for young women, with practical advice backed by experts in the field of sexuality.

Ali Drucker lays bare her own hookup missteps and insecurities about sex to coach readers through the sticky situations that new independence presents. Plus, she weaves in the stories of over forty young women from colleges across the country, with advice from sex therapists, ob-gyns, and more. From consent to STIs to balancing relationships and schoolwork, she fills in the gaps that grade school sex ed left wide open. Mixing candid memoir with current research, this is the guide to sex ed that teens and twentysomethings will actually want to read.



ALI DRUCKER has written for *The New York Times*, *Teen Vogue*, and *Refinery29*. She was the sex and relationships senior editor for *Maxim* and *Cosmo*, and she continues to write about sex in the media and mental health for outlets like *HuffPost* and *New York Magazine*. She lives in Los Angeles with her fiancé, comedy writer Jesse McLaren.

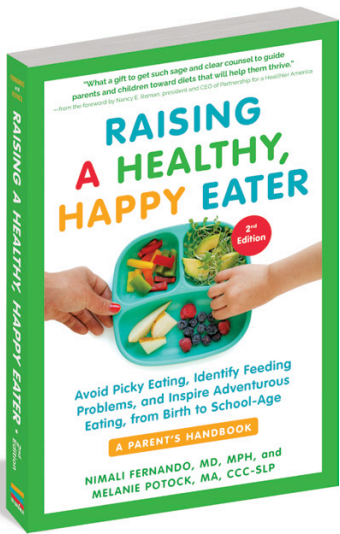
AliDrucker.com  [Ali_Drucker](https://twitter.com/Ali_Drucker)



TRADE PAPERBACK ORIGINAL
\$16.95 US | \$21.95 Can. | World
5 1/2 x 8 | 288 pages

Health & Fitness/Sexuality
(HEA042000)
978-1-61519-796-5 | No. 779796
SHIPS MARCH

- ▶ The former Senior Sex & Relationships editor at *Cosmo*, Ali Drucker is the experienced, relatable voice that sex and relationship advice needs
- ▶ Filled with diverse perspectives from psychologists, ob-gyns, and young women still in college
- ▶ In a country where just half of US states teach sex ed and only a fourth require it to be medically accurate, this is a much-needed resource



Raising a Healthy, Happy Eater

SECOND EDITION

Avoid Picky Eating, Identify Feeding Problems, and Inspire Adventurous Eating, from Birth to School-Age

Nimali Fernando, MD, MPH
Melanie Potock, MA, CCC-SLP

Foreword by Nancy E. Roman

TRADE PAPERBACK ORIGINAL
\$16.95 US | \$21.95 Can. | World
6 x 9 | 288 pages
Two-color interior | 35 illustrations

Family & Relationships/Parenting/
General (FAM034000)
978-1-61519-875-7 | No. 779875
Prev. ed.: 978-1-61519-268-7
SHIPS MARCH

- ▶ Over 35,000 copies in print of the first edition
- ▶ Proven methods that have been implemented in schools and households around the country
- ▶ From experts who are frequently cited in outlets like *The New York Times* and *Scary Mommy*
- ▶ Foreword by Nancy E. Roman, president and CEO of Partnership for a Healthier America
- » **See also** *Responsive Feeding*, page 26; and *Adventures in Veggieland*, page 29

Now updated in a second edition—the category-leading guide to parenting in the kitchen

Pediatrician Nimali Fernando and feeding expert Melanie Potock (aka Dr. Yum and Coach Mel) know the importance of giving children the right start on their food journey—for good health, motor skills, and even cognitive and emotional development. In *Raising a Healthy, Happy Eater*, they explain how to expand your family's food horizons, avoid the picky-eater trap, identify special feeding needs, and put joy back into mealtimes. This thoroughly updated second edition now includes the latest research and AAP recommendations, plus new sections on pacifiers, thumb-sucking, allergens, and more.

Winner of the National Parenting Product Award

“With wisdom, wit, and candor, Dr. Nimali Fernando and Melanie Potock will take you on a fascinating journey into the mind and sensory system of your fickle eaters.”

—DANIEL FEITEN, MD, clinical professor of pediatrics,
University of Colorado School of Medicine



NIMALI FERNANDO, MD, MPH, is the founder of the nonprofit Dr. Yum Project and an AAP fellow.

MELANIE POTOCK, MA, CCC-SLP, is the author of two other books. Their preschool nutrition curriculum has been adopted by Head Start Classrooms nationwide.

DoctorYum.org | MelaniePotock.com

Kids Cook Gluten-Free

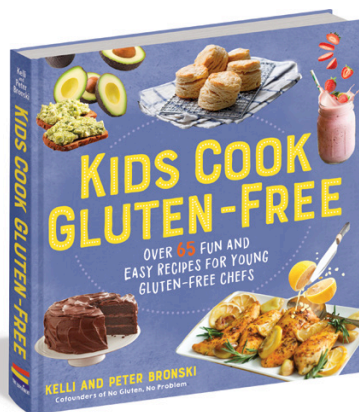
OVER 65 FUN AND EASY RECIPES
FOR YOUNG GLUTEN-FREE CHEFS

Kelli and Peter Bronski

**Kid-tested recipes for ages 8 to 12, to
make favorite foods gluten-free—no
problem**

Are you ready for the best gluten-free biscuits you've ever had? How about gluten-free mac and cheese? Or brownies? *Kids Cook Gluten-Free* teaches children to make all these and more. From crowd-pleasing favorites like Chocolate Chip Pancakes and Hamburger Sliders to more adventurous options like Crispy Dover Sole and Red Lentil Dal, kids will love trying something new.

Each recipe has kid-friendly instructions with a list of common kitchen terms and tools. Guides to gluten-free eating, safety tips, and basic techniques help young readers get comfortable in the kitchen. Kids can make delicious food with a parent or all by themselves. No matter what, it'll be a whole lot of fun—and taste great!



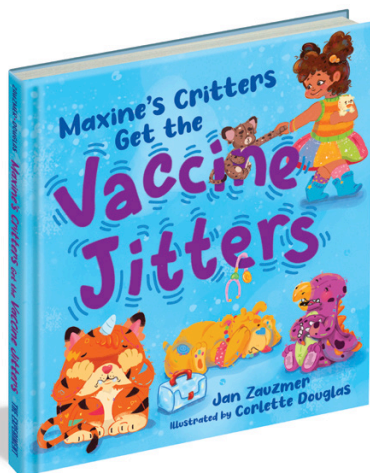
PAPER OVER BOARDS
\$18.95 US | \$24.95 Can. | World
9 x 9 1/2 | 144 pages
Color photographs and illustrations
throughout

Juvenile Nonfiction/Cooking & Food
(JNF014000)
978-1-61519-855-9 | No. 779855
SHIPS APRIL

- ▶ A fun, visual approach to gluten-free cooking for kids
 - ▶ Cookbooks and cooking shows for young chefs are increasing in popularity
 - ▶ A gluten-free alternative to America's Test Kitchen's *Complete Cookbook for Young Chefs*, a constant NYT bestseller
 - ▶ 65+ tasty, easy, kid-tested recipes designed for picky and adventurous eaters alike
- » See also page 30



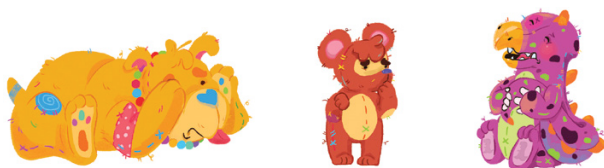
KELLI AND PETER BRONSKI are the cofounders of acclaimed food blog No Gluten, No Problem and coauthors of five gluten-free cookbooks, including *No Gluten, No Problem Pizza* and *Artisanal Gluten-Free Cooking*. They've developed gluten-free recipes since 2007, when Pete was diagnosed with celiac disease. They live in Colorado with their three kids. NoGluten-NoProblem.com



Maxine's Critters Get the Vaccine Jitters

Jan Zauzmer

Illustrated by Corlette Douglas



PAPER OVER BOARDS

\$17.95 US | \$23.50 Can. | World

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

20 color illustrations

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

978-1-61519-838-2 | No. 779838

SHIPS JANUARY

A shot can be a little frightening— but it's quick, as quick as lightning!

When Maxine tells her pets, "Let's get to the vet!," her toy ocelot does not want a shot. Her pooch won't scooch, and her budgie won't budge. But Maxine is not shy, so she tells them all why—and her pets know it's smart, coming straight from the heart.

Off they all scurry (with more or less worry), from the kitten named Mitten to the filly called Milly. It's the smallest of pinches (the finch barely flinches). And after the vaccine? They have snacks *à la* Maxine!

- ▶ Imaginative play is the cure for little ones' fear of shots in this delightful rhyming story
- ▶ Timed to the hopeful approval of a COVID-19 vaccine for the youngest children
- ▶ Also applies to standard pediatric vaccines
- ▶ Vivid illustrations make this unlikely subject fun!
- ▶ Ages 3 to 6
- » See also *If You Go with Your Goat to Vote*, page 27



JAN ZAUZMER, who lives near Philadelphia, hopes this book is a shot in the arm for kids at vaccine time. This is her second book. **CORLETTE DOUGLAS**'s art delivers a "blast of colors and fun chaos." She's a born-and-raised Brooklyn resident.

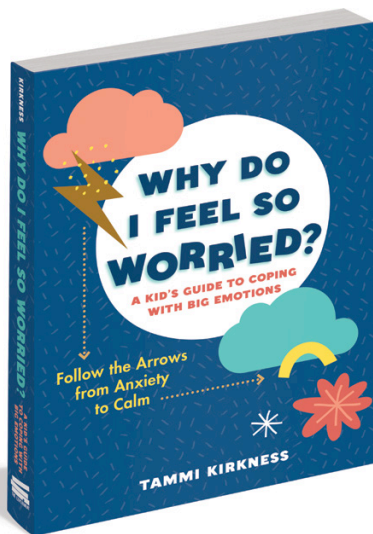
CorCorArt.squarespace.com

Why Do I Feel So Worried?

A KID'S GUIDE TO COPING
WITH BIG EMOTIONS

Follow the Arrows from Anxiety to Calm

Tammi Kirkness



An illustrated flowchart guides kids to the right calming activity for every kind of anxiety

Children aren't exempt from the effects of today's stressful world. They need resources for anxiety—and *Why Do I Feel So Worried?* is here to help. Kids can follow its simple decision-tree format to:

- Name the emotion they're struggling with (like stress)
- Figure out its source (for instance, homework problems)
- Calm down with an easy activity (such as a soothing script)

Kids may not always be able to solve what's worrying them—but with *Why Do I Feel So Worried?*, they can respond positively and build coping skills for lifelong mental health.



TRADE PAPERBACK ORIGINAL
\$14.95 US | \$19.95 Can. | USC*
5 3/4 x 7 1/2 | 144 pages
65 color illustrations

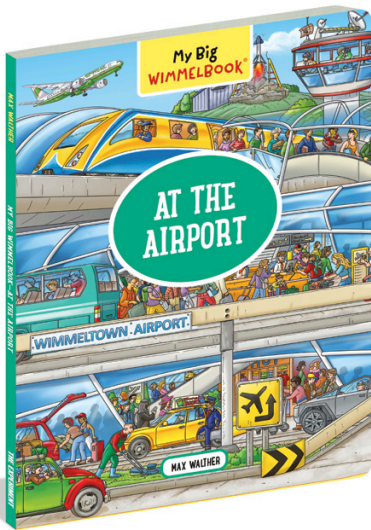
Juvenile Nonfiction/Social Topics/
Emotions & Feelings (JNF053050)
978-1-61519-873-3 | No. 779873
SHIPS MARCH

- ▶ Charming illustrations and guided structure make this book appealing and intuitive for kids
- ▶ Includes evidence-based tools like yoga, meditation, and breathing exercises
- ▶ Kids are struggling with mental health more than ever
- ▶ Children ages 7 to 12 can use this book alone or with an adult
- ▶ Sidebars for adult caregivers explain the psychology behind the activities



TAMMI KIRKNESS is a life coach, corporate wellness speaker, and former clinician at a center for kids with learning difficulties. She's also the author of *The Panic Button Book* (for adults), which has been published in more than eight countries since its release in October 2020. She lives in Sydney, Australia.

TammiKirkness.com



My Big Wimmelbook®— At the Airport

Max Walther



OVERSIZE BOARD BOOK
\$12.95 US | \$16.95 Can. | World

8 7/8 x 11 3/4 | 16 pages
Rounded corners | 8 color, full-spread
scenes to explore

Juvenile Fiction/Transportation/
Aviation (JUVO41010)
978-1-61519-716-3 | No. 779716
SHIPS AUGUST

Wimmelbooks get ready to fly with this look-and-find airplane adventure!

Nearly wordless, My Big Wimmelbooks® invite young children to explore vibrant, full-spread illustrations of everyday scenes. Little ones love pointing out what they can find (a suitcase, a plane), while older kids can seek out recurring star characters (introduced on page one) and imagine their unfolding story lines!

At the Airport brings kids through each part of an airplane trip, from check-in and security to boarding and, of course, getting airborne—with plenty of interesting happenings along the ride. Promising hours of imaginative fun for kids who delight in make-believe, wimmelbooks are a blast—and an excellent introduction to literacy.

“Should encourage long
contemplative sit-downs that will
make any parent’s heart sing.”
—*The New York Times Book Review*

» **16-copy series display**
\$207.20 US | \$271.20 Can.
978-1-61519-886-3 | No. 779886



- ▶ 190,000+ 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
- » See also page 28



MAX WALTHER is a Germany-based book designer and illustrator with over ten years of experience illustrating children’s books. Walther studied design and illustration at the University of Applied Sciences in Mainz, Germany, and loves telling stories through illustration in his wimmelbooks.

MyBigWimmelbooks.com

Planet of the Ants

THE HIDDEN WORLDS
AND EXTRAORDINARY LIVES
OF EARTH'S TINY CONQUERORS

Susanne Foitzik and Olaf Fritsche

Now in paperback—this portrait of the world's uncontested six-legged conquerors will open your eyes to the secret societies beneath your feet

Look inside an anthill, and you'll find drama worthy of a royal court: Just like us, ants grow crops, raise livestock, tend their young and infirm, and make vaccines. And, just like us, ants have a dark side: They wage war, despoil environments, and enslave rivals—but also rebel against their oppressors. Acclaimed biologist Susanne Foitzik, joined by journalist Olaf Fritsche, invites readers deep into her world—in the field and in the lab.

"Beautifully illustrated . . . the authors' scientific rigor is matched by their joy in their subjects."

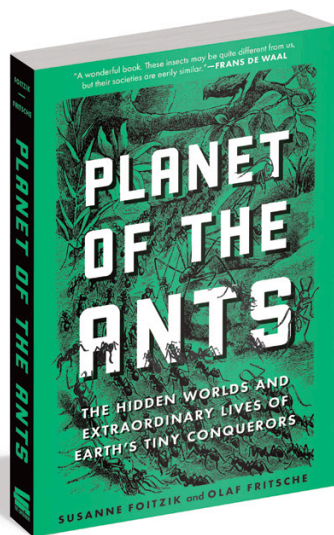
—*The Wall Street Journal*

"Will give you a newfound appreciation for the pint-sized civilizations thriving right in your backyard."

—*Discover*



SUSANNE FOITZIK is an evolutionary biologist, behavioral scientist, and international authority on ants, with a PhD in ant evolution and behavior. She holds a chair at Johannes Gutenberg University in Mainz, Germany. **OLAF FRITSCHÉ** is a science journalist and biophysicist with a PhD in biology. He lives in Germany.



TRADE PAPERBACK

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

5 1/2 x 8 1/2 | 352 pages

64 color photographs and illustrations

Nature/Animals/Insects & Spiders
(NAT017000)

978-1-61519-850-4 | No. 779850
SHIPS MARCH

- ▶ Published in hardcover as *Empire of the Ants*
- ▶ Color photos and watercolor illustrations throughout
- ▶ Action-packed narration across five continents captures the drama of ant life and its surprising parallels with human society
- ▶ Inspires new respect for ants as a global superpower—and shifts your perspective on humanity



2023 Moon Calendar Card

Kim Long

Lifetime sales of 500,000+ copies!

REFERENCE CARD | 10 X 6 3/4

\$3.00 US | \$3.95 Can. | World

Color front | B&W reverse

Nature/Sky Observation
(NAT033000)

Single card: 978-1-61519-885-6

Note: Cards can't be ordered singly.

SHIPS JUNE

This year-at-a-glance calendar card combines wall-art-worthy moons on the front with complete phase and eclipse data on the back. It's a sure hit with educators, science buffs, stargazers, gardeners, and fishers and hunters (who gauge tides and visibility by the Moon). Kids love it, too!

THREE WAYS TO ORDER

» 40-copy display | \$120.00 US | \$158.00 Can. | 978-1-61519-884-9

» 40 cards | \$120.00 US | \$158.00 Can. | 978-1-61519-883-2

» 5 cards | \$15.00 US | \$19.75 Can. | 978-1-61519-882-5

The Experiment KEY BACKLIST | NEW & NOTABLE



2022 Moon Calendar Card

THREE WAYS TO ORDER

» 40-copy display
978-1-61519-788-0
\$120.00 US | \$158.00 Can.

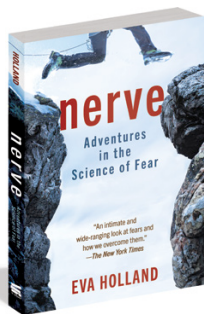
» 40 pack | 978-1-61519-785-9
\$120.00 US | \$158.00 Can.

» 5 pack | 978-1-61519-784-2
\$15.00 US | \$19.75 Can.

REFERENCE CARD | 10 x 6 3/4

\$3.00 US | \$3.95 Can. | World

Color front | B&W reverse



Nerve

Eva Holland

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

The Good Ancestor

Roman Krznaric

TRADE PAPERBACK

\$15.95 US | \$21.00 Can. |

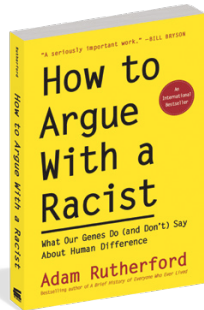
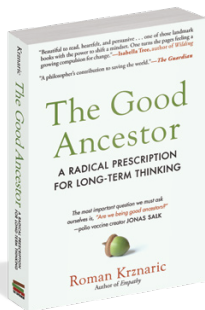
USC•OM*

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



How to Argue With a Racist

Adam Rutherford

TRADE PAPERBACK

\$14.95 US | \$19.95 Can. |

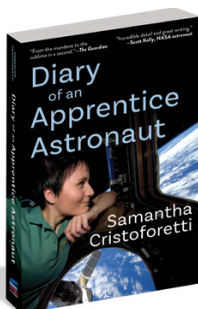
USC•OM*

5 x 7 1/2 | 240 pages

8 B&W photographs

Social Science/Discrimination
(SOC031000)

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



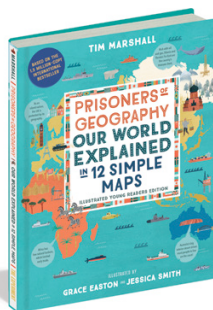
Diary of an Apprentice Astronaut

Samantha Cristoforetti

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



Prisoners of Geography

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
102 color maps and illustrations

Juvenile Nonfiction/Reference/
Atlases (JNFO48020)
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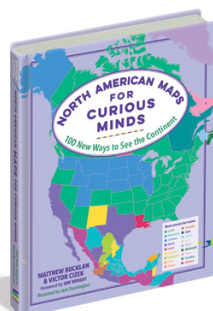
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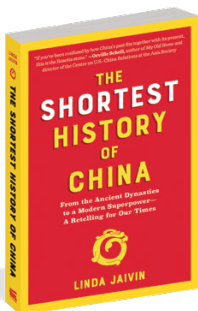


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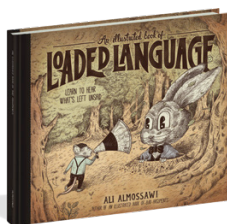
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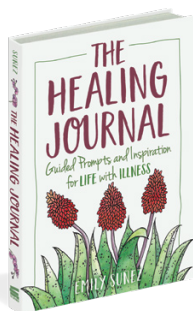
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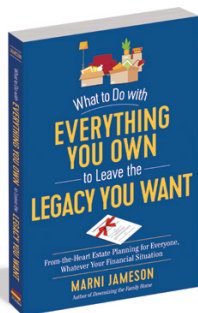


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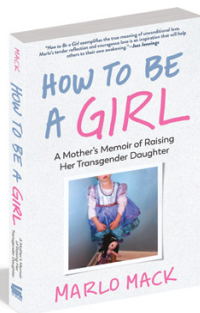


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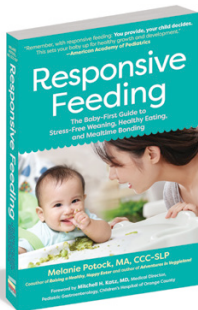
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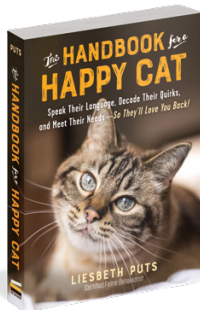
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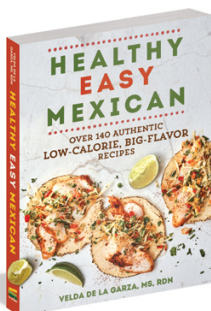


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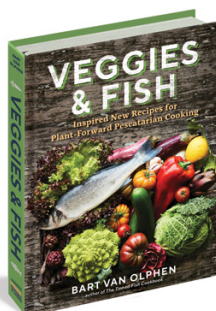


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» See also *The Tinned Fish Cookbook*, page 30



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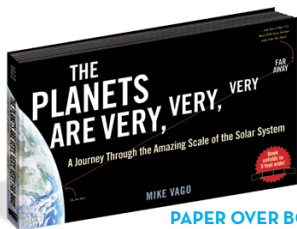


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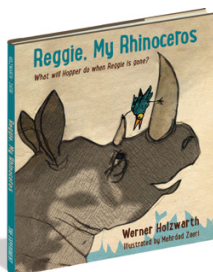


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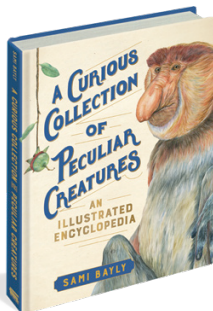
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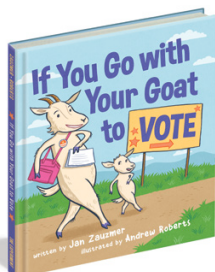
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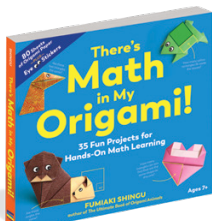
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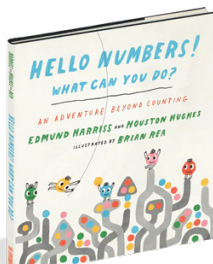
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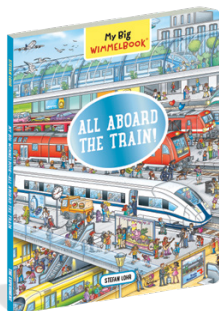
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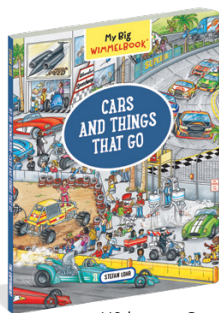
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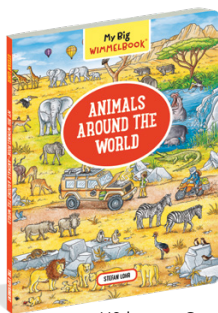
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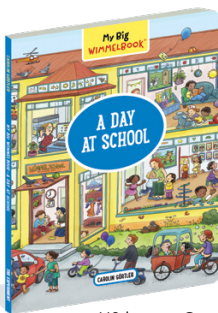
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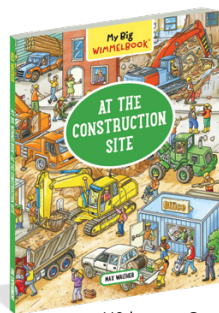
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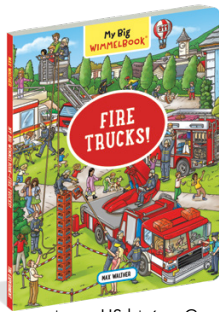
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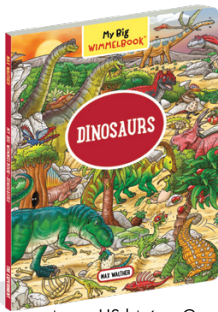
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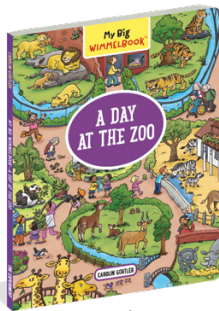
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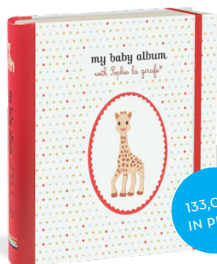
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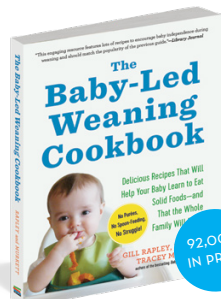
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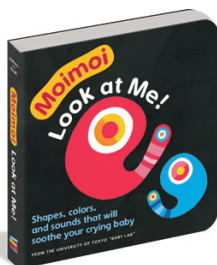
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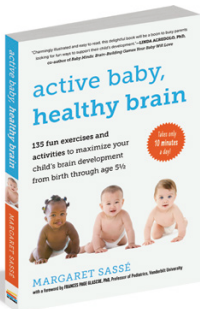


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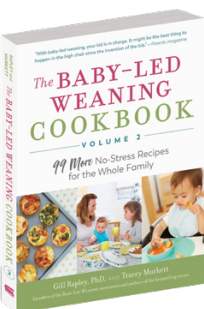
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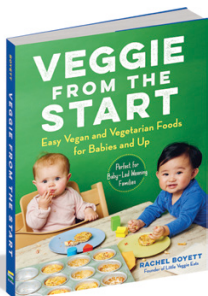
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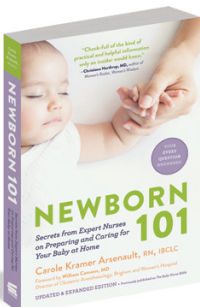


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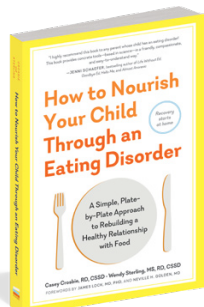


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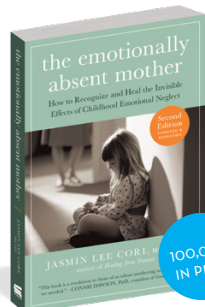
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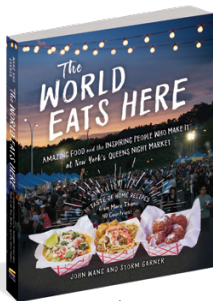


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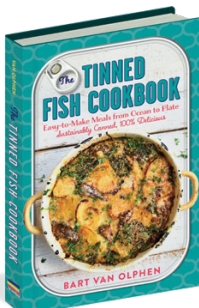


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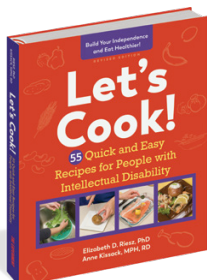
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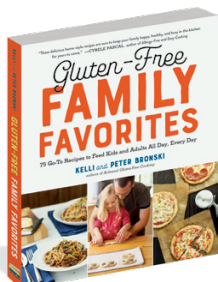
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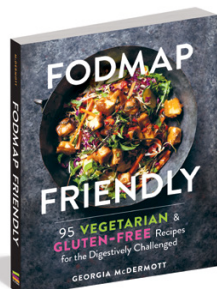
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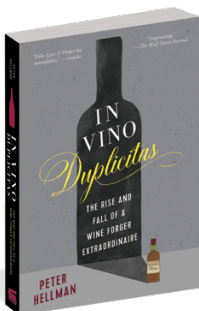
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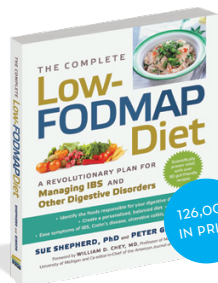
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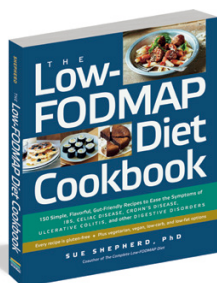


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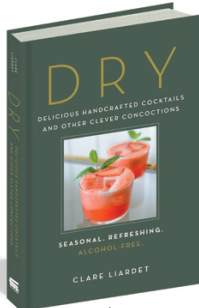


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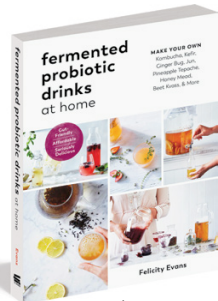
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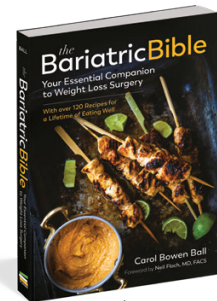
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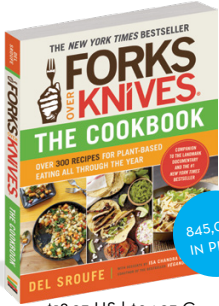
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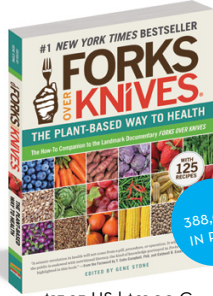
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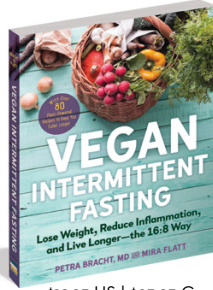
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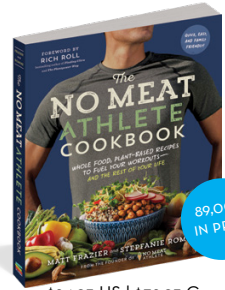


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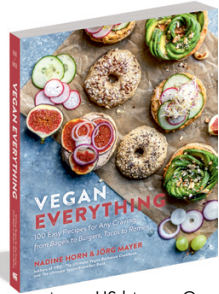


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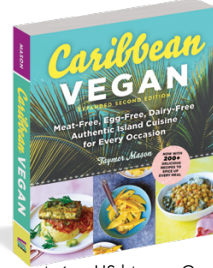


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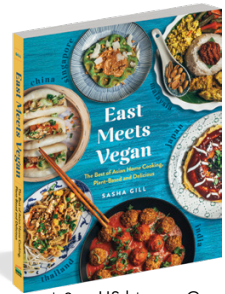


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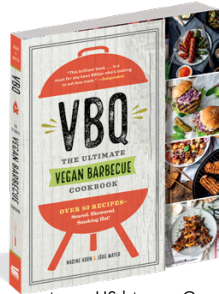
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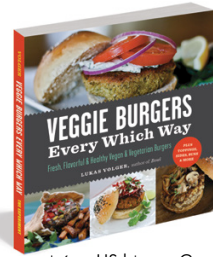
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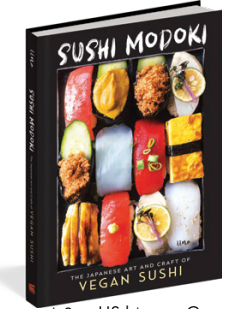
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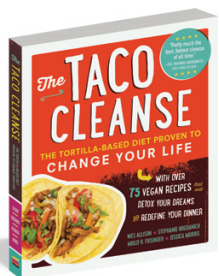
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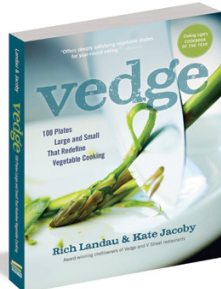
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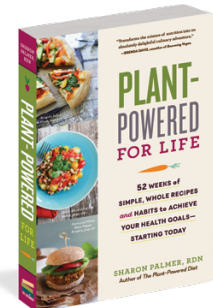
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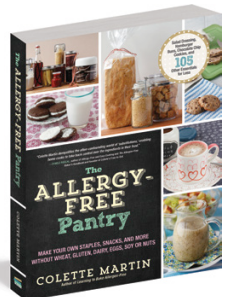
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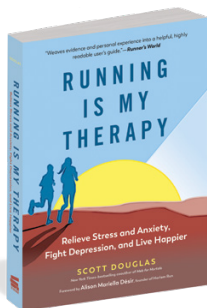
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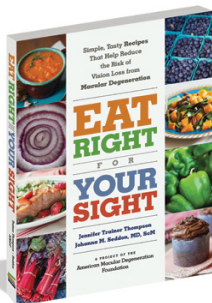
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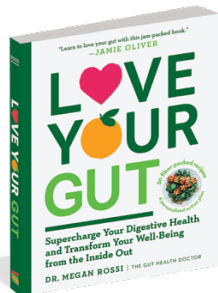
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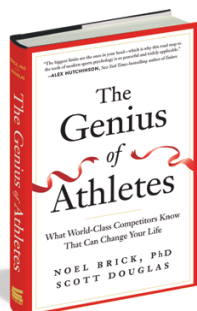
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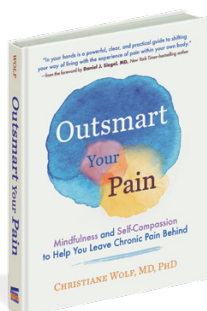
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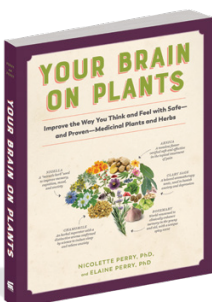
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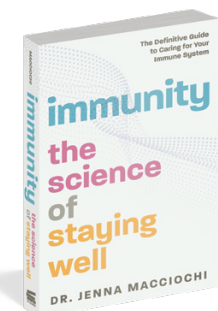
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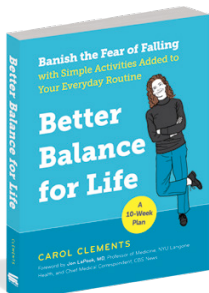
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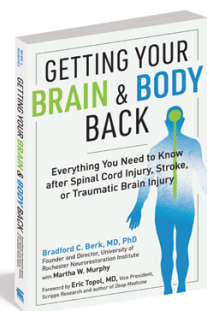
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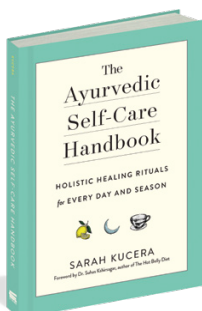
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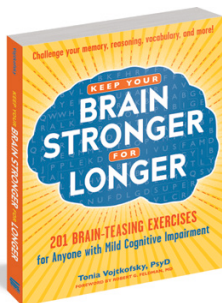
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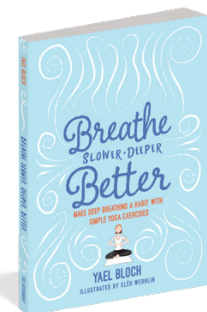
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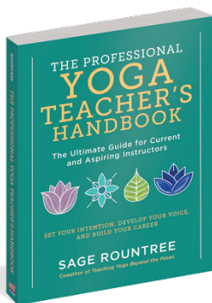
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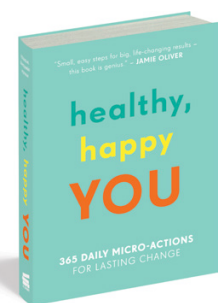
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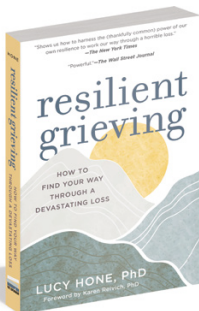


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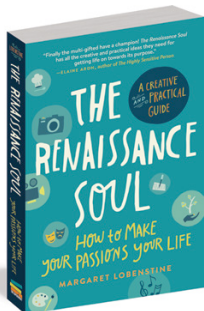


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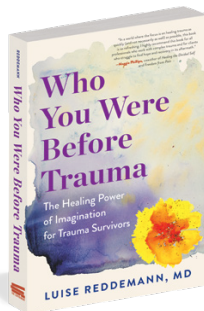
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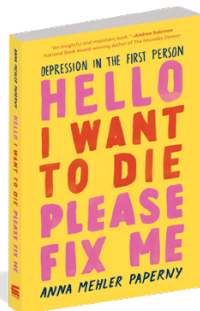
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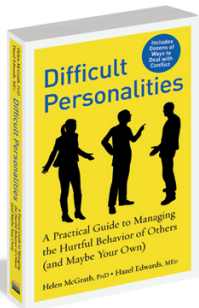
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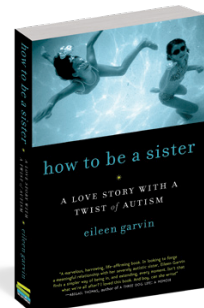
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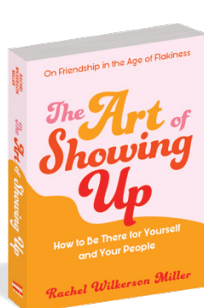
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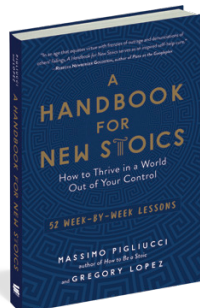
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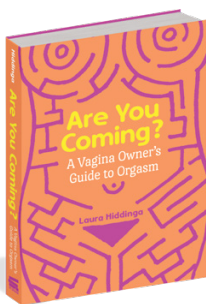
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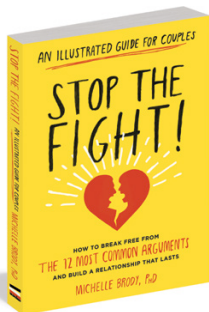
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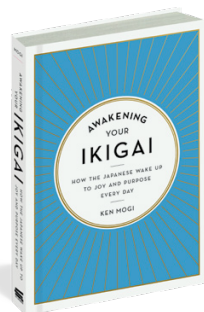
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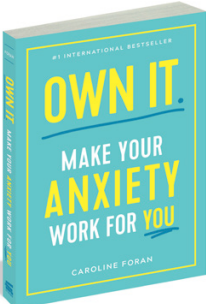
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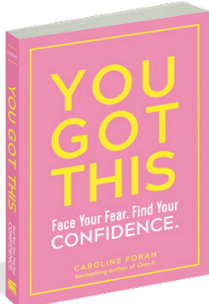
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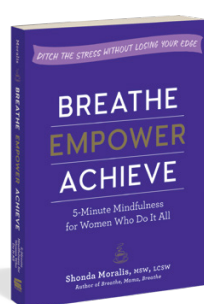
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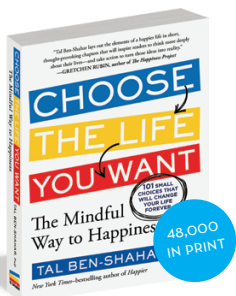
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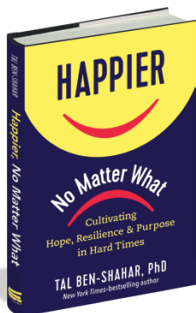
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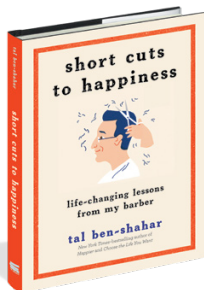
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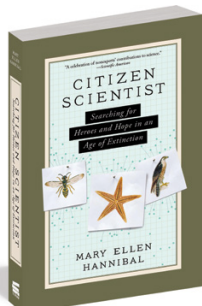
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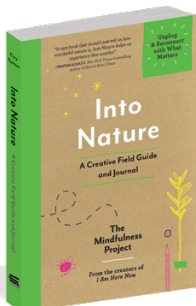
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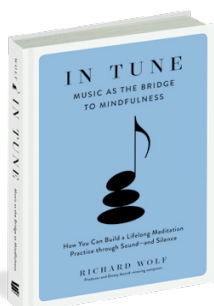
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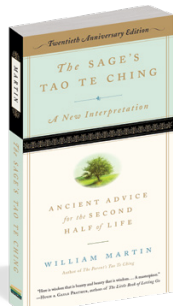
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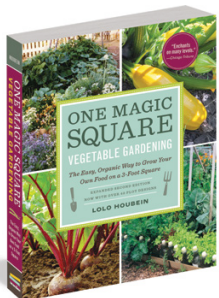
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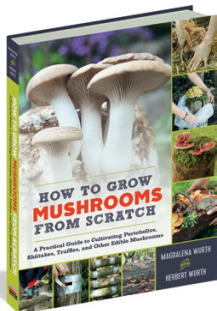
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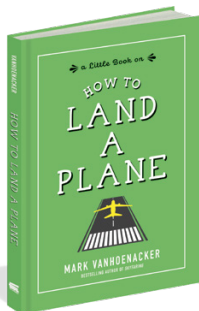
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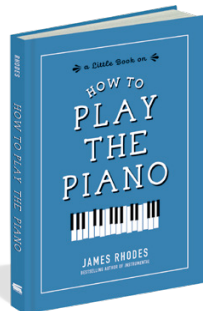
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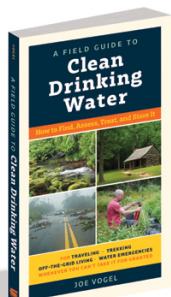
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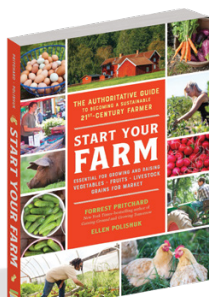
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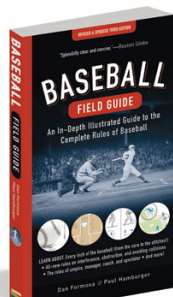
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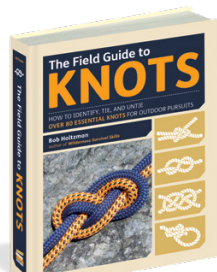
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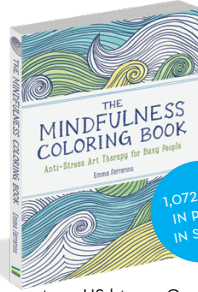
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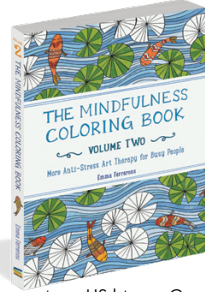


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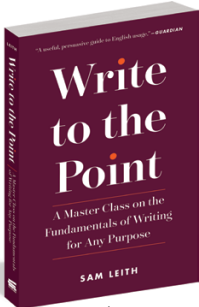


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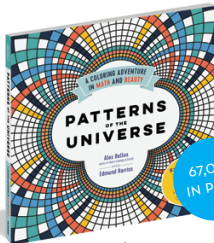
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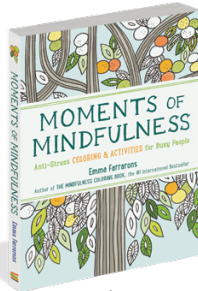


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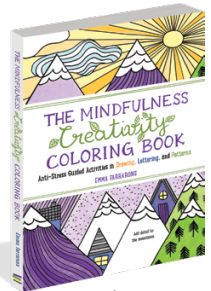


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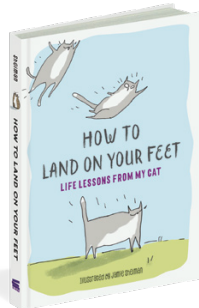
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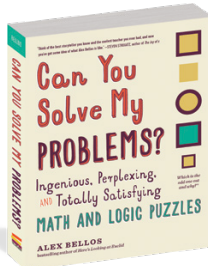
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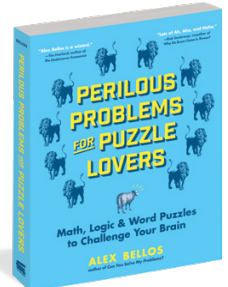
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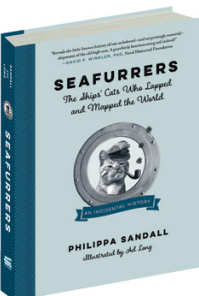
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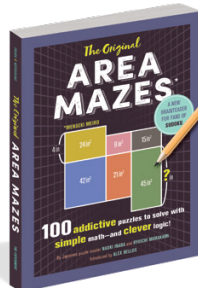
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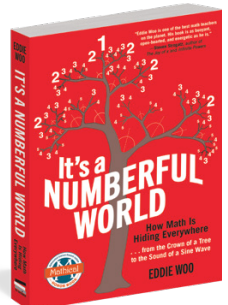
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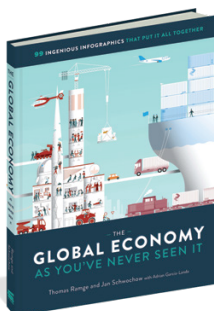
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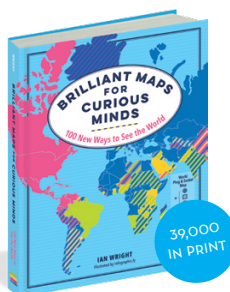
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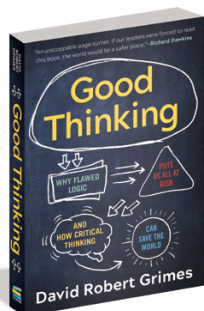
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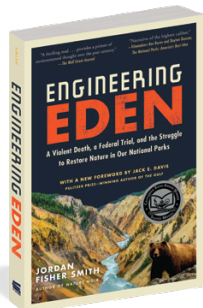
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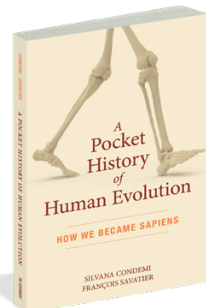
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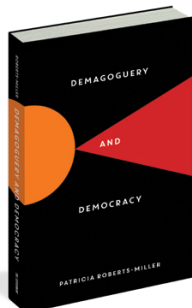
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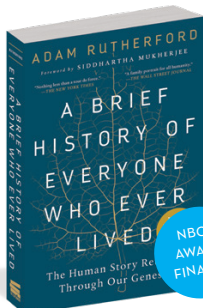
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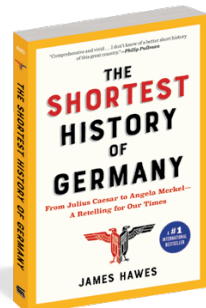
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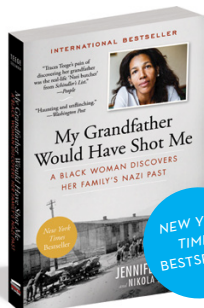
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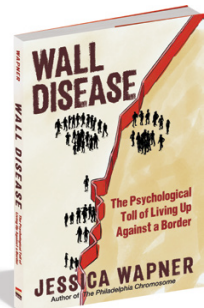
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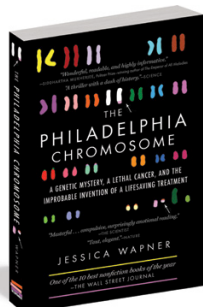
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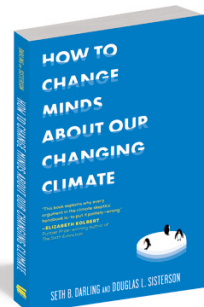
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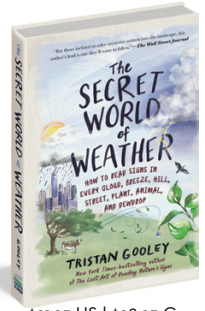


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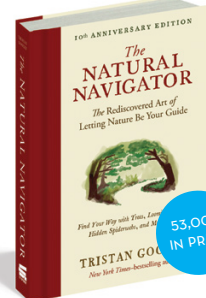
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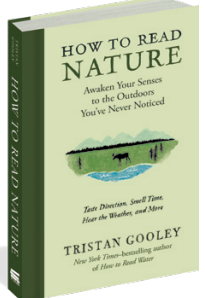
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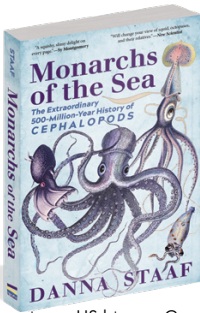


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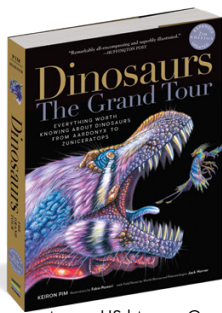
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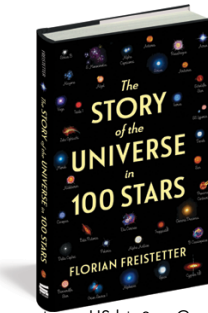
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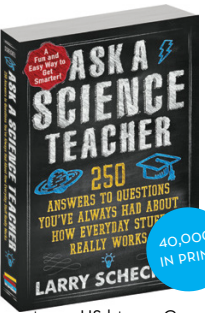
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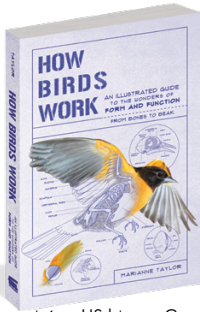


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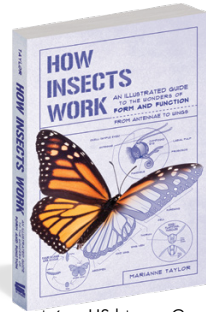


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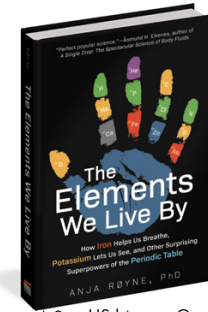
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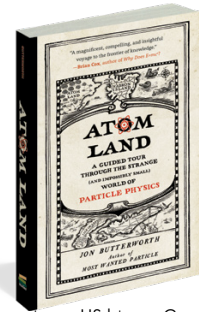
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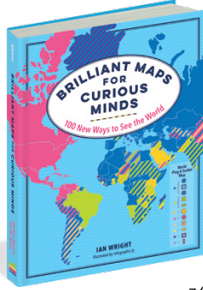
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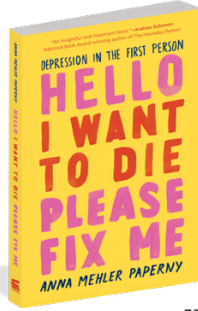
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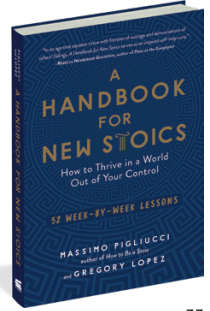
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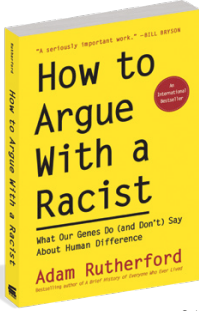
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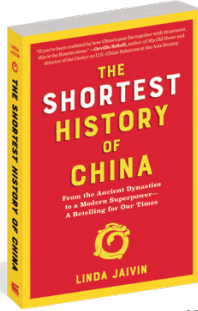
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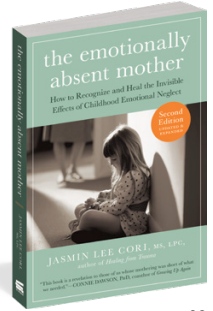
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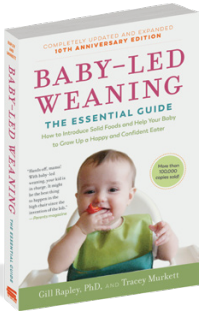
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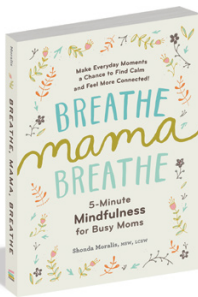
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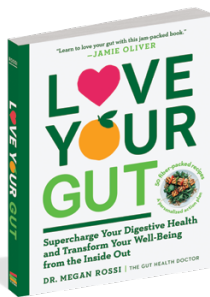
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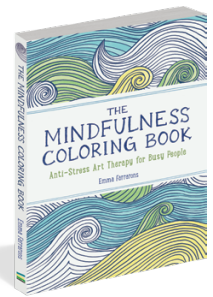
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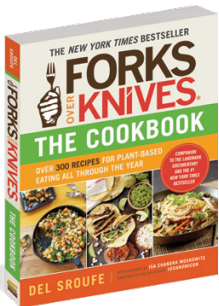
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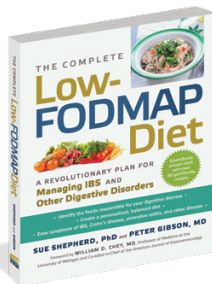
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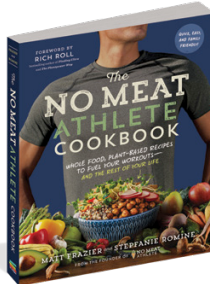
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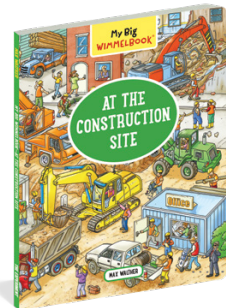
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