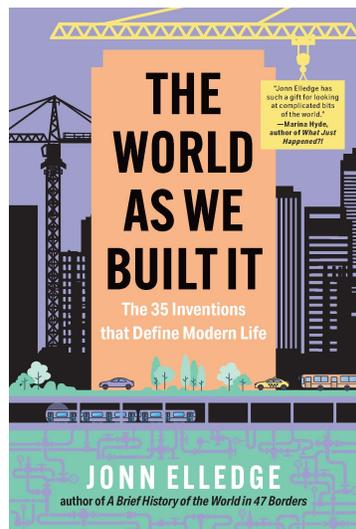




# THE EXPERIMENT

**Fall 2026**

**FRONTLIST**



The Experiment  
9798893031645  
On Sale Date: 10/6/2026  
\$24.95/\$32.95 Can.  
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368 Pages  
Carton Qty: 24  
Technology & Engineering  
/ History TEC056000  
9.2 in H | 6 in W

## The World as We Built It

### The 35 Inventions that Define Modern Life

Jonn Elledge

From the #1 bestselling author of *A Brief History of the World in 47 Borders*, a collection of 35 brief, highly entertaining and seriously illuminating histories of the intentions that built our modern world

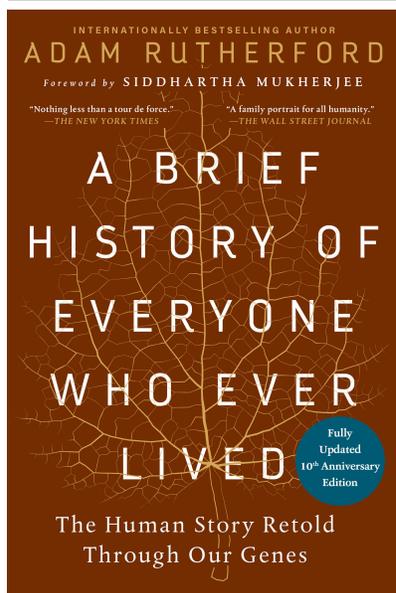
### Summary

For over 10,000 years, humans have been busy altering our environment, evolving from communities of hunter-gatherers to the independent, metropolitan sophisticates that we see ourselves as today. By the early 21<sup>st</sup> century, humans had become a majority urban species for the first time. What exactly made that possible, and how did the essential infrastructure of modern life—the innovations that we barely even notice, but without which our world would fall apart—happen?

With his characteristic wit and boundless curiosity, Jonn Elledge invites us to join him on a fascinating and often surprising tour of 35 of the ideas and technologies that made modernity possible. From elevators to electric lighting, street numbering to sewers, plumbing and lighting to walls and windows, he guides us through the history of the making of our built environment. Revealing fascinating origin stories about seemingly ordinary systems and reminding us that much of the technology we take for granted was once earth-shattering, Elledge invites us to join him on an illuminating, uproarious, and often surprising tour of the history of the world as we know and live in it.

### Contributor Bio

**Jonn Elledge's** books include *A Brief History of the World in 47 Borders*, *Elledge's Nontrivial Trivia*, and *Unproven, Unlikely, and Firmly Believed*. At the *New Statesman*, he created and ran its urbanism-focused CityMetric site, spending six happy years writing about cities, maps, and borders. He lives in London.



## A Brief History of Everyone Who Ever Lived, 10th Anniversary Edition

The Human Story Retold Through Our Genes

Adam Rutherford, Siddhartha Mukherjee (Foreword)

Now in a 10th Anniversary Edition:

**“Nothing less than a tour de force—a heady amalgam of science, history, a little bit of anthropology and plenty of nuanced, captivating storytelling.”—*The New York Times Book Review*, Editor’s Choice**

### Summary

In our unique genomes, every one of us carries the story of our species—births, deaths, disease, war, famine, migration, and a lot of sex. But those stories have always been locked away—until now. Who are our ancestors? Where did they come from? Geneticists have suddenly become historians, and the hard evidence in our DNA has blown the lid off what we thought we knew. Acclaimed science writer Adam Rutherford explains exactly how genomics is completely rewriting the human story—from 100,000 years ago to the present.

### Quotes

**A National Bestseller**

**A National Geographic Best Book of 2017**

**An Amazon Best Book of 2017**

**2017 Foreword INDIES Gold Winner**

**Winner of the 2018 Thomas Bonner Book Prize**

**A New York Public Library Book of the Day**

“A family portrait for all humanity. . . . This enjoyable book has a great deal to say about our genetic code—or, more precisely, about how our knowledge of genetics is misused and misconstrued. . . . [Rutherford] proves an enthusiastic guide and a good storyteller.”—*The Wall Street Journal*

“An effervescent work, brimming with tales and confounding ideas carried in the ‘epic poem in our cells.’”—*The Guardian*

“Rutherford raises significant questions and explains complex topics well, engaging readers with humor and smooth prose.”—*Publishers Weekly*, starred review

“A sweeping new view of the human evolution story, using the latest science of DNA as the central guide. . . . Recommended.”—*Scientific American*

“Rutherford unpeels the science with elegance.”—*Nature*

“A shining example of science writing at its best . . . will change the way you think about human evolution.”—*Newsday*

“Adam Rutherford’s book is well-written, stimulating, and entertaining. What’s more important, he consistently gets it right.”—**Richard Dawkins**

“One of my big obsessions as a reporter is our expanding understanding of our genetic history, thanks to incredible advances like sequencing Neanderthal genomes. Rutherford, a British geneticist and journalist, presents a great survey of this fast-moving field.”—**Carl Zimmer**

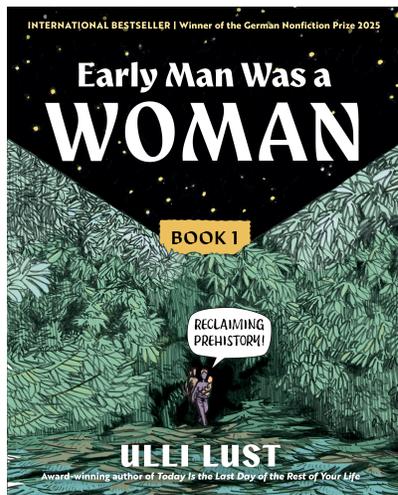
“Genetics is opening up the past as never before—Adam Rutherford puts the genes in genealogy brilliantly.”—**Matt Ridley**

“Adam Rutherford’s *A Brief History of Everyone Who Ever Lived* is the book we need.”—**PZ Myers**

The Experiment  
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Science / Life Sciences  
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The Experiment  
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Hardcover Paper over boards

256 Pages  
Color illustrations throughout  
Carton Qty: 16  
Comics & Graphic Novels /  
Nonfiction CGN007020  
Series: Early Man Was a  
Woman  
10 in H | 8 in W

## Early Man Was a Woman

### Reclaiming Prehistory

Ulli Lust

**An expansive, rigorously researched journey back in time to prehistoric womanhood, this graphic history richly illustrates how art and science have informed our perception of gender**

### Summary

In the canon of prehistory, men are the constant focal point, depicted hunting, striking flint, or painting caves. Yet nearly all of the images that depict humans, left to us by prehistoric humans themselves, are depictions of women. What kind of societies were these that portrayed women so centrally, and what can they tell us about the ways in which our perception of gender has evolved—or devolved?

Building on years of research, Ulli Lust crafts a vastly scaled graphic history about the beginnings of art, the evolution of womanhood, and the importance of empathy for the survival of our species. Going back to the beginning of humanity, Lust draws on scientific findings in archaeology, anthropology, art history, and her own lived experience to illustrate how the role of women in human history has remained largely underrepresented.

In her signature style of intricate illustrations and comprehensive storyboards, Ulli Lust breaks down long-entrenched beliefs and unearths a fresh approach to the intersection of culture and gender, depicting a time in which the hero's journey was a group effort that could only be completed together—by women, men, children, and even nonbinary people, in roles that run the gamut of human experience.

### Contributor Bio

**Ulli Lust**, born in Vienna in 1967, is an award-winning comic artist and illustrator. Her graphic memoir *Today Is the Last Day of the Rest of Your Life* received international attention and won the *Los Angeles Times* Book Award and the Ignatz Award. Her subsequent works include *How I Tried to Be a Good Person* and *Voices in the Dark*. She teaches drawing and comics at the Hanover University of Applied Sciences and Arts.

### Quotes

#### **Praise for the German edition of *Early Man Was a Woman***

"The time has long since arrived when such books must be written. Ulli Lust captivates readers and draws them deeply into the social life of early humans . . . [creating] a compelling mix for reflection on our understanding of 'womanhood.'"—**Christine Neugebauer-Maresch**, Institute of Prehistory and Historical Archaeology at the University of Vienna

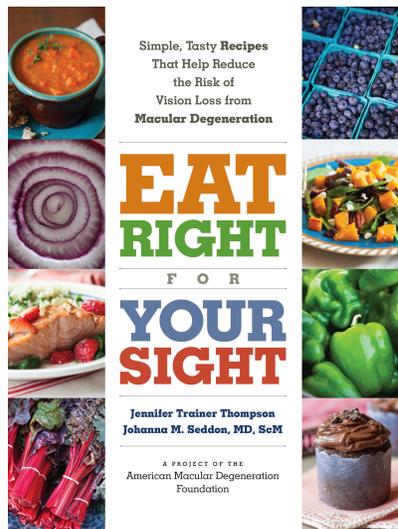
"[*Early Man Was a Woman*] offers a completely new perspective on our prehistory and early history. And this perspective is feminine."—**Nina Apin**, *taz*

#### **Praise for *Today Is the Last Day of the Rest of Your Life* and *How I Tried to Be a Good Person***

"[A] sprawling, meditative graphic novel . . . [that] ripples with exuberance: [Lust] convincingly evokes her teenage feelings of fury and joy, and the small details of the way she experienced unfamiliar places for the first time."—**Douglas Wolk**, *The New York Times*

"An intimate and imaginative follow-up graphic memoir to Lust's Ignatz award-winning punk travelogue."—**Publishers Weekly**

"Lust's energetic, searching book . . . reveals the power of desire—and the pain when jealousy rears its head."—**The Guardian**



## Eat Right for Your Sight

### Simple, Tasty Recipes That Help Reduce the Risk of Vision Loss from Macular Degeneration

The American Macular Degeneration Foundation, Johanna M. Seddon, Jennifer Trainer Thompson

**Safeguard your vision with 85 simple, satisfying recipes rich in the nutrients that fight macular degeneration**

#### Summary

**The Bad News:** Age-related macular degeneration (AMD) is the leading cause of central vision loss in adults over the age of fifty. It can wreak havoc on the ability to see faces, read, drive, and move about safely. Millions of people are at risk, and we still don't have a cure.

**The Good News:** The latest research suggests that healthy lifestyle choices, including a diet rich in lutein, zeaxanthin, and other key nutrients, can delay the onset and progress of AMD. Eat Right for Your Sight provides a delicious way to add the best ingredients for eye health to every meal of the day. Feast your eyes on these appealing recipes:

- Sweet Pea Guacamole
- Chicken-Vegetable Noodle Bowls
- Garlic-Lime Pork Chops
- Carrot-Ginger Juice . . . and more!

Every recipe includes comprehensive nutrition information and has been carefully crafted to act like medicine but not taste like it. Taking care of your eyes has never been easier!

With Recipes from **Lidia Bastianich, Ina Garten, Jacques Pépin, Alice Waters, Andrew Weil, MD**, and other superstars of healthy cooking.

#### Quotes

"A diet rich in lutein, zeaxanthin and other key nutrients may delay the onset and progress of age-related macular degeneration (the leading cause of central vision loss in adults over 50), and these recipes can help fit eye health into every meal."**—Food and Nutrition Magazine**

"Eat Right for Your Sight is a beautifully illustrated, 240 page compendium comprise of palate pleasing, appetite satisfying, nutritionally enhanced dishes that would be appropriate for any and all dining occasions—and have the additional benefit of being impressive sources of the kinds of nutrients that healthy eyes and eyesight require."**—Midwest Book Review**

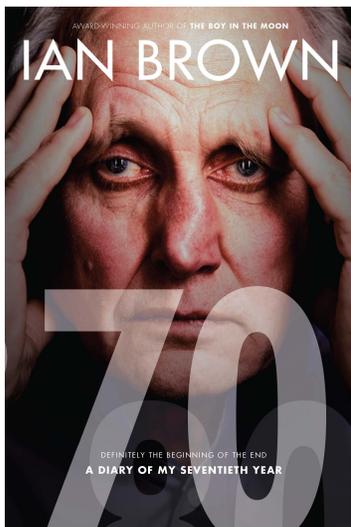
"I often call my medical thrillers 'Cook Books,' but Eat Right for Your Sight is a wonderful real one that proves Benjamin Franklin's adage that an ounce of prevention is worth a pound of cure!"**—Robin Cook, MD**, bestselling author and physician

"This isn't just a cookbook for eye health, it's a blueprint for healthy eating in general. I love all the nutrition tips: combine spinach and strawberries to maximize your iron absorption; add roasted squash to hummus puree to boost your vitamin A intake. And it really should be called Eat Right Tonight. There are so many dishes I want to make right now. Grilled Oysters. Pumpkin Pappardelle. Pear and Raspberry Galette. If this is health food, I want to see the light!"**—David Joachim**, author of *Cooking Light Global Kitchen* and collaborator on more than 40 other cookbooks

The Experiment  
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Paperback

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Health & Fitness / Vision  
HEA037000

10 in H | 8 in W



## Seventy

### A Diary of My Seventieth Year (Definitely the Beginning of the End)

Ian Brown

**Fearlessly candid, often funny and relentlessly real, Ian Brown—feature-writing journalist and author of the award-winning *The Boy in the Moon*—recounts his daily reckoning with the milestone age of seventy: here are terrifying questions, if not all the answers, that accompany this milestone age**

### Summary

In *Seventy*, Ian Brown takes us on a brutally honest, darkly humorous journey through the realities of aging. *Seventy* follows Brown's candid reflections in *Sixty* ("charming, thoughtful and edifying company"—*The New York Times*), in which decade he felt like an adolescent of the elder set. Here, Brown delves into the reflections, struggles, and revelations of a generation facing the profound truth that their remaining years are now more about what they've experienced than what lies ahead.

At sixty, Brown felt sure aging was a manageable challenge. A decade later, he is anything but calm and certain. The depredations of the body have continued apace; decay is staging a house party. He has less hair and more cholesterol, less confidence and more fear, and is enveloped in a continuous crisis of being. How much time does he have left? Enough to take on new challenges? Can he still book a ski trip into the remote mountains, and if he does, will he remember to bring his skis? Given that the taking of a selfie in which he doesn't look demented or furious is rare, is desire still possible—and if it isn't possible, why does he miss it so much? What has replaced it? Brown is desperate to find aged heroes, examples of men and women who managed to make great work later and later in life, despite their infirmities. What is their secret?

And while getting old—any age after seventy—has its liberations, it also has a newfound gravity: if there is something you want to say or do, you had better say it and do it—*now*. (Even when that ticking clock quells the urge to do anything.)

### Contributor Bio

**Ian Brown** writes immersive, deeply reported, narratively driven feature stories about a wide variety of subjects for Canada's *The Globe and Mail*. He is a contributor to *This American Life* and *Morningside* and has been the host of three CBC radio programs: *Later the Same Day*, *Talking Books*, and *Sunday Morning*. Ian Brown is also the award-winning author of *The Boy in the Moon* (one of *The New York Times* 10 best books of the year), *Sixty* and *Seventy*. He lives in Toronto.

### Quotes

**Short-listed for the 2016 RBC Taylor Prize for Literary Non-Fiction**

**A CBC Best Book of the Year**

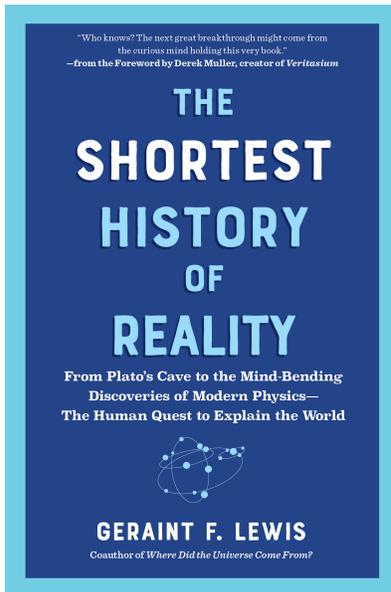
**A *Globe and Mail* Best Book of 2015**

"Mr. Brown is charming, thoughtful and edifying company. There's loads to identify with in *Sixty*. More than that: There's loads to flat-out adore. . . . Brown's reflections on friendship are soulful and worth committing to heart. So are his meditations on marriage and parenthood."—*The New York Times*

"A compelling take on the joys and agonies of growing older. . . . Brown peppers this memoir with crisp, self-deprecating asides, and a wry point of view that holds up to the very end. Where Brown really reels you in is with his sincerity. His insights, quips and candid assessments of aging are to be enjoyed by any Boomer nearing or having passed the big 6-0."—*Los Angeles Times*

The Experiment  
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Hardcover with dust jacket

304 Pages  
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Biography & Autobiography  
/ Memoirs BIO026000  
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The Experiment  
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Paperback

276 Pages  
B&W illustrations throughout  
Carton Qty: 42  
Science / History SCI034000  
Series: The Shortest History Series  
7.8 in H | 5.1 in W

## The Shortest History of Reality

**From Plato's Cave to the Mind-Bending Discoveries of Modern Physics—The Human Quest to Explain the World**

Geraint F. Lewis, Derek Muller (Foreword)

**By an award-winning astrophysicist and coauthor of *Where Did the Universe Come From?*, a brisk, lucid tour of the human quest to uncover reality's fundamentals, from the atomic to the cosmological**

### Summary

Making sense of our reality has burdened humanity since the very beginning. In their search for answers, scientists, astrophysicists, and cosmologists have revealed incredible insight into our perception of the world around us—but they have also cracked open a Pandora's box of discoveries that challenge our understanding of what's really out there.

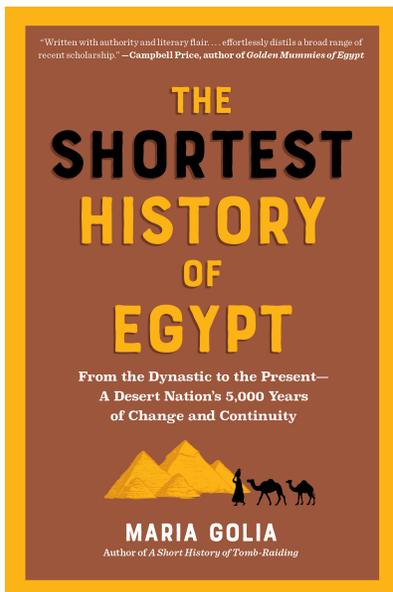
In *The Shortest History of Reality*, the idea of "what's real" is traced from its everyday, commonsense beginnings to the mind-bending discoveries of modern physics. Along the way, we encounter the great shifts in thought that reshaped our view of existence—from ancient philosophy to the rise of science, from Newton's universe to the strange probabilities of the quantum world and beyond.

Blending science, history, and philosophy, Lewis leads a brisk and lucid tour through humanity's changing grasp of reality, writing the compelling story of how we have tried to make sense of it all. This is no encyclopedia of everything that exists, but it's an accessible, witty romp through space, time, and some of life's most complex questions.

### Contributor Bio

**Geraint F. Lewis** is a professor of astrophysics at the Sydney Institute for Astronomy, part of the University of Sydney's School of Physics. He is an accomplished academic, publishing more than 500 papers across cosmology, galactic archaeology, gravitational lensing, and the fundamental nature of the universe. He has published numerous other popular science titles.

**Derek Muller** is the creator of *Veritasium*, a science education YouTube channel.



The Experiment  
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Paperback

276 Pages  
B&W illustrations throughout  
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History / Middle East  
HIS009000  
Series: The Shortest History Series  
7.8 in H | 5.1 in W

## The Shortest History of Egypt

From the Dynastic to the Present—A Desert Nation's 5,000 Years of Change and Continuity

Maria Golia

**Our "American in Cairo" author goes beyond King Tut and tomb-raiders to discover one of the world's oldest civilizations in her fast-paced account across seven millennia**

### Summary

Egypt looms large in the popular imagination, bringing to mind images of pyramids, pharaohs, tomb-raiders, and deserts. Mainstream media has employed its striking landscapes and mythologies to captivate audiences in major film franchises and bestselling novels. But Egypt's true allure might lie in its impressively long history—and what it can tell us about the evolution of tradition, culture, and society.

In *The Shortest History of Egypt*, Maria Golia draws on extensive historical research and decades of experience living in and writing about the country to offer a contemporary perspective on one of the world's oldest, most storied civilizations. From a deep respect for tradition to the capacity for creativity, Golia examines the ways in which Egypt is a case study for the modern human condition. Much like the ancient Egyptians, we are obsessed with life's brevity, searching for ways to prolong its pleasures and reduce its pains, and Golia deftly draws these connections.

With wit and incisive commentary, Golia maps Egypt's history from the Neolithic age to the Arab Spring and up to present-day dealings with limited water, land and civil rights. Illuminating the myriad dramas, environmental variables, and cultural forces that have shaped an anomalous nation, this primer is the perfect introduction to a country integral to our understanding of humanity as a whole.

### Contributor Bio

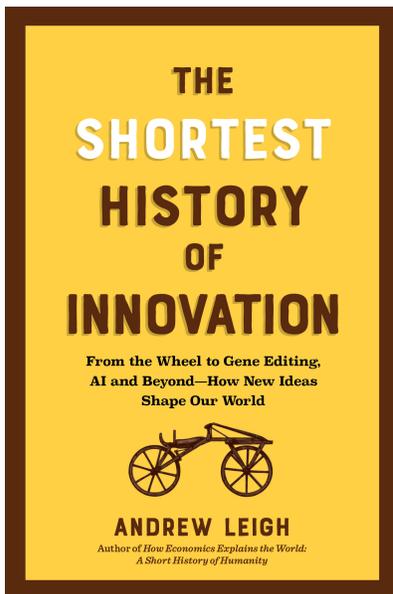
Born in New Jersey, **Maria Golia** has lived in Egypt for over thirty years and is the author of diverse works of nonfiction, including several concerning *Egypt: Cairo: City of Sand*, *Photography and Egypt*, and *A Short History of Tomb-Raiding*.

### Quotes

"Sharp, elegant, and insightful."—**David Wengrow**, coauthor of *The Dawn of Everything: A New History of Humanity*

"A sweeping history of Egypt, written with authority and literary flair. Golia effortlessly distills a broad range of recent scholarship to paint a portrait of the country and its people that is convincing and endearing but also uncompromisingly honest."

—**Campbell Price**, author of *Golden Mummies of Egypt*



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256 Pages  
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Technology & Engineering / History  
TEC056000  
Series: The Shortest History Series  
7.8 in H | 5.1 in W

## The Shortest History of Innovation

**From the Wheel to Gene Editing, AI, and Beyond—How New Ideas Shape Our World**

Andrew Leigh

**From the bestselling author of *How Economics Shape Our World*, a brisk history of how innovation is cultivated and its influence on everything from art to AI**

### Summary

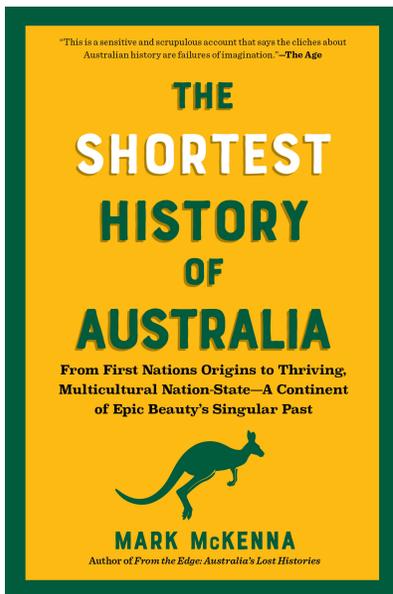
Scientists, economists, and historians are always looking into the past in order to make informed decisions about how to improve our future. Though our modern-day innovations are often mind-boggling (gene editing and fabricated ecosystems come to mind), they would not exist without their predecessors—someone had to invent the wheel.

In *The Shortest History of Innovation*, bestselling author Andrew Leigh tells the story of human innovation by identifying three of its most essential driving forces: tinkering, teams, and trade. Unveiling the surprising linchpins behind the everyday innovations that we take for granted, Leigh takes a closer look at the myriad ways ideas are developed, the forces that suppress them, and how they travel and evolve across borders and disciplines.

From technologies and tools to art and feats of engineering, innovation is everywhere. Drawing on his background as an economist and his experience as a decision-maker in Australia's House of Representatives, Leigh revisits history with fresh eyes and deftly connects it to the rapid innovation taking place today. The result is a lively, compact look at the engines powering progress.

### Contributor Bio

**Andrew Leigh** received his PhD from Harvard University and was a professor of economics at the Australian National University. He has served as an MP in the Australian House of Representatives since 2010, where he is Assistant Minister for Competition, Charities and Treasury. His numerous previous books include *How Economics Explains the World: A Short History of Humanity* and *Randomistas: How Radical Researchers Changed Our World*.



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304 Pages  
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History / Australia & New Zealand  
HIS004000  
Series: The Shortest History Series  
7.8 in H | 5.1 in W

## The Shortest History of Australia

**From First Nations Origins to Thriving, Multicultural Nation-State—A Continent of Epic Beauty's Singular Past**

Mark McKenna

**From one of Australia's leading historians, the compelling story of a singular nation still realizing its independence and influence on the global stage**

### Summary

As a land associated with extremes—from remote desert terrain to some of the world's deadliest creatures—few countries feel as geographically and culturally independent as Australia.

While pop-culture references to endless summers proliferate, it's the lesser-acknowledged eras of Australian history that contribute to a complex and still-evolving definition of nationhood: settlements and expansions, indigenous rights movements, and contemporary environmental challenges among them.

Sharp and of-the-moment, *The Shortest History of Australia* reveals surprising nuances in the familiar national narrative. Historian and professor Mark McKenna's concise, compelling account paints a portrait of a country still learning the extent of its political independence, reckoning with its past, and looking toward an ever-shifting future of politics, identity, and influence.

### Contributor Bio

**Mark McKenna** is a native of Sydney, Australia, and is a professor of history at the University of Sydney. He is the author of several books on history and politics in Australia, including *From the Edge: Australia's Lost Histories*, *Return to Uluru*, and *An Eye for Eternity: The Life of Manning Clark*, which won the Prime Minister's Literary Award for nonfiction and the Victorian, New South Wales, Queensland, and South Australian premiers' awards. He was elected a Fellow of the Australian Academy of the Humanities in 2013.

"Reveals the little-known history of cats as beloved—and surprisingly essential—shipmates of the old high seas. A purrfectly heartwarming tail indeed!"  
—DAVID F. WINKLER, PhD, Naval Historical Foundation

## SEAFURRERS

*The Ships' Cats Who Lapped and Mapped the World*



PHILIPPA SANDALL

*Illustrated by Ad Long*

The Experiment  
9781615194377  
On Sale Date: 4/3/2018  
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256 Pages  
55 illustrations  
Carton Qty: 40  
Pets / Cats PET003000  
7.6 in H | 5.6 in W | 0.8 in T | 0.8 lb Wt

## Seafurrers

### The Ships' Cats Who Lapped and Mapped the World

Philippa Sandall, Ad Long

#### A cat's-eye view of maritime history

### Summary

We remember the bold seafarers of yore—from Magellan to Shackleton—for their extraordinary exploits: new lands discovered, storms weathered, and battles won. But somehow history has neglected the stalwart, hardworking species who made it all possible . . . yes, the noble cat!

In *Seafurrers*, able sea cat Bart sets the record straight at last. "Fear of water" aside, cats were indispensable at sea—both as pest controllers and as beloved mascots. Thirty-eight tales recount the adventures of Trim (who circumnavigated Australia), Tom (the sole feline survivor of the sinking of the USS *Maine*), celebrity cat Simon (a veteran of the Yangtze Incident), and other furry heroes.

Filled with nautical trivia, rare photographs, and whimsical illustrations, this deft genealogy of human-feline friendship will stir your regard for the incomparable cat—whether on the couch or in the crow's nest!

### Contributor Bio

**Philippa Sandall** is cocreator of the *Seafurrers* blog as well as coauthor of several books in the bestselling New Glucose Revolution series. She runs her own editorial consulting agency in New South Wales.

**Ad Long** is the illustrator for *Seafurrers.com* and of the bestselling Australian history books *Girt* and *True Girt*, as well as author of the crime novel *Too Greedy to Live*. Both live in Australia.

### Quotes

"It's a purrfect read for lovers of cats, ships and history in general."  
—**Catster Magazine**

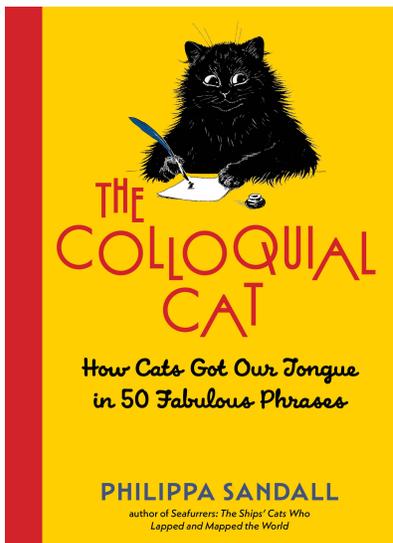
"Reveals the little-known history of cats as beloved—and surprisingly essential—shipmates of the old high seas. A purrfectly heartwarming tail indeed!"  
—**David F. Winkler, PhD**, Naval Historical Foundation

"Funny, furry, and fascinating! With a lovely balance between parody and earnest maritime history, Sandall has chosen priceless historic photographs, infused deep and wide-ranging research, and spun a ball of spellbinding and hilarious sea yarns."  
—**Richard J. King**, author of *Lobster* and *The Devil's Cormorant* and columnist for *Sea History* magazine

"At last! A history of cats of the sea. Long overdue, this book is as exquisite as a bowl of milk or a nice, plump ship's mouse."—**Schooner the cat**, as told to maritime archaeologist, author, and explorer James Delgado

"This delightful tome introduces us to the stories of seafurring kitties. Bart's pitch-purrfect yarns take the reader on a meowverlous journey, while Ad's illustrations are the tasty cream on the kibble."—**Anna Holloway, PhD**, maritime historian, author, and curator

"In *Seafurrers*, author Philippa Sandall and first mate Bart take us on a fascinatingly eclectic sea voyage through history, geography, literature, and pop culture, humorously illustrated by Ad Long. A great resource for maritime historians and cat lovers alike."  
—**André B. Sobocinski**, historian, US Navy Bureau of Medicine and Surgery



## The Colloquial Cat

How Cats Got Our Tongue in 50 Fabulous Phrases

Philippa Sandall

Delight your favorite cat person with this adorable, illustrated book of 50 feline sayings and how they came to be!

### Summary

Who's in the catbird seat? What's new, pussycat? Cat got your tongue?

When cats entered our lives, they also entered our lexicon—inspiring famous writers and wordsmiths as well as immortal sayings that have lasted for centuries. In *The Colloquial Cat*, amateur historian Philippa Sandall dives deep to deliver the backstory behind 50 famous feline phrases. Plus, adorable vintage art and photographs add charm and insight throughout.

By the end, you'll be grinning like the cat who ate the canary.

### Quotes

#### Praise for *Seafurrers*

"It's a purrfect read for lovers of cats, ships and history in general."

—**Catster Magazine**

"Reveals the little-known history of cats as beloved—and surprisingly essential—shipmates of the old high seas. A purrfectly heartwarming tail indeed!"

—**David F. Winkler, PhD**, Naval Historical Foundation

"Funny, furry, and fascinating! With a lovely balance between parody and earnest maritime history, Sandall has chosen priceless historic photographs, infused deep and wide-ranging research, and spun a ball of spellbinding and hilarious sea yarns."

—**Richard J. King**, author of *Lobster* and *The Devil's Cormorant* and columnist for *Sea History* magazine

"At last! A history of cats of the sea. Long overdue, this book is as exquisite as a bowl of milk or a nice, plump ship's mouse."—**Schooner the cat**, as told to maritime archaeologist, author, and explorer James Delgado

"This delightful tome introduces us to the stories of seafurring kitties. Bart's pitch-purrfect yarns take the reader on a meowverlous journey, while Ad's illustrations are the tasty cream on the kibble."—**Anna Holloway, PhD**, maritime historian, author, and curator

"In *Seafurrers*, author Philippa Sandall and first mate Bart take us on a fascinatingly eclectic sea voyage through history, geography, literature, and pop culture, humorously illustrated by Ad Long. A great resource for maritime historians and cat lovers alike."

—**André B. Sobocinski**, historian, US Navy Bureau of Medicine and Surgery

The Experiment

9798893031577

On Sale Date: 10/27/2026

\$16.95/\$21.95 Can.

Hardcover Paper over boards

208 Pages

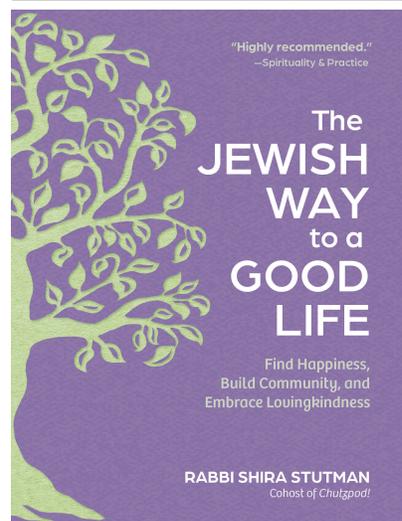
Two-color interior | Illustrations throughout

Carton Qty: 46

Language Arts & Disciplines

/ Linguistics LAN024000

7.3 in H | 5.3 in W



## The Jewish Way to a Good Life

Find Happiness, Build Community, and Embrace Lovingkindness

Rabbi Shira Stutman

**Now in paperback: Rest, community, and celebration are for *everyone* in this radical, refreshing book—where traditional Jewish wisdom becomes essential advice for today**

**“A Jewish self-help book we desperately need.”—*Hadassah***

### Summary

For as long as Judaism has been a religion, “Jewish” has been a culture—one whose unique blend of ritual and realism has kept its people going for some 3,000 years. In *The Jewish Way to a Good Life*, Rabbi Shira Stutman invites readers of every faith—and none—to do *chesed* (good work), foster *tzedek* (justice), practice *shabbat* (rest), and ultimately find happiness.

From **Love** and **Sex** to **Mourning** and **Money**, Rabbi Shira visits ten realms where we *all* get lost on occasion, to deliver spirited, sometimes surprising wisdom. On love: *Sex is meant to be fun and liberating*. On rest: *Time is even more sacred than things*. Again and again, she reveals how customs have survived not out of obligation, but because they meet our deepest needs—from *shiva*, which allows mourning families not to be OK, to the unbridled joy of dancing the *hora* at weddings.

For anyone seeking community, meaning, or simply “something more,” *The Jewish Way to a Good Life* offers practical, time-tested ways to enrich our daily routines and engage those around us. By looking in and reaching out, we can all help *tikkun olam*—heal the world.

### #1 Bestseller in Women & Judaism

### Contributor Bio

**Rabbi Shira Stutman** is a nationally known faith-based leader and change maker with more than twenty years of experience motivating and inspiring groups large and small. She is the senior rabbi of the Aspen Jewish Congregation and cohost of the top-ranked PRX podcast *Chutzpod!* in which she provides Jewish answers to life’s contemporary questions and helps listeners build lives of meaning. She also teaches Torah and speaks nationally on topics that include growing welcoming Jewish spiritual communities, building the connective tissues between different types of people, and the current American Jewish community zeitgeist. As founder of Mixed Multitudes, a consultancy that exposes diverse groups of Jews and fellow travelers to the beauty and power of Jewish life, tradition, and conversation, she currently is working on a variety of projects: running programs that support Jews in having less reactive and more heart-centered conversations about Israel, teaching in progressive institutions about antisemitism, and serving as scholar-in-residence for projects that build the next generation of philanthropic leadership. She was the founding rabbi of Sixth & I Historic Synagogue in Washington, DC, in addition to a number of other start-up Jewish life initiatives.

### Quotes

“Highly recommended.”—*Spirituality & Practice*

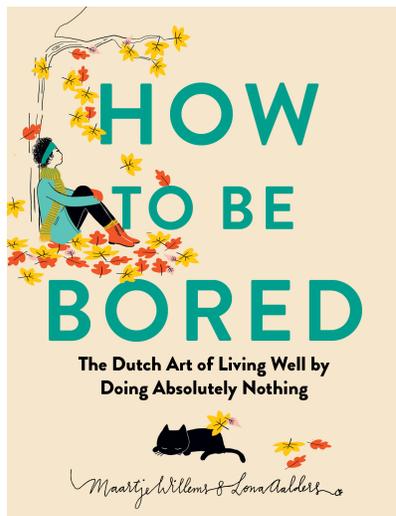
“A friendly guide to how Jewish values can assist one in leading a more meaningful life. . . . A valuable primer for those seeking practical ways to apply Jewish principles to their lives.”—*Publishers Weekly*

“A Jewish self-help book we desperately need.”—*Hadassah*

The Experiment  
9798893031638  
On Sale Date: 9/8/2026  
\$16.95/\$21.95 Can.  
Paperback

240 Pages  
Carton Qty: 44  
Religion / Judaism  
REL040010

7.3 in H | 5.5 in W



The Experiment  
9798893031744  
On Sale Date: 10/27/2026  
\$18.95/\$24.95 Can.  
Hardcover Paper over boards

160 Pages  
60 color illustrations Carton  
Qty: 48  
Self-Help / Personal Growth  
SEL016000  
7 in H | 5.3 in W

## How to Be Bored

### The Dutch Art of Living Well by Doing Absolutely Nothing

Lona Aalders, Maartje Willems

Rediscover the gift of boredom with *niksen*, the Dutch way of doing . . . nothing.

#### Summary

Plagued—as we are!—by nonstop pings and notifications, we’ve lost the knack of zoning out. Kicking back. *Being bored*. We fill our days with work, Netflix, and doomscrolling. We rarely let ourselves just be: staring out a window, lying on the grass, closing our eyes, listening to music.

How can we reclaim our free time to truly rest and reset?

The Dutch have it figured out: with *niksen*. Perhaps their best-kept lifestyle secret, *niksen* is the art of doing, well, *nothing*. It’s the opposite of productivity. It’s the sunny side of boredom. And it’s incredibly good for your . . .

- **MIND**—it makes you calmer.
- **BODY**—it offers rest on hectic days.
- **CREATIVITY**—it clears a space for brilliant ideas.
- **WALLET**—it’s free!

If you’re waiting for an invitation to go lie down in the sunshine, this book is it.

Publisher’s note: *How to Be Bored* was previously published under the title *The Lost Art of Doing Nothing*.

#### Contributor Bio

**Lona Aalders** is a photographer and illustrator. She lives in a tiny house in Baambrugge and sees slow living as her personal religion. She previously authored the book *Bullet Journaling: This is How You Do It!* and illustrated *Vanaf Nu wordt alles beter* for Maartje Willems.

**Maartje Willems** is a Dutch journalist and writer. She lives in Amsterdam where she works as a freelancer and for the VPRO radio program *Never Sleep Again*. She previously wrote the self-help book *Vanaf nu wordt alles beter* (“From Now On Everything Will Get Better”).

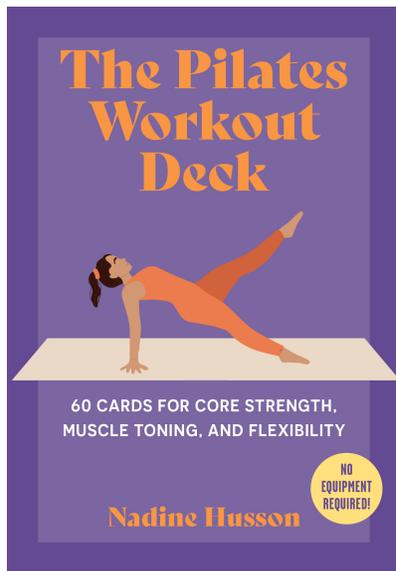
#### Quotes

“A charming and accessible how-to guide to chilling out.”—**BuzzFeed**

“Charming . . . This pleasant, effortless work will be perfect for any busybody.”  
—**Publishers Weekly**

“I got a surprising amount of guidance. . . . It looks like a coffee table gift book, partly because of the lovely illustrations. . . . but there are questions to answer and exercises to try.”—**The Boston Globe**

“This compact book builds a case of why we should do nothing and how to get started. It has beautiful, soothing illustrations that make us feel calm and light. It also introduced me to the term ‘JOMO’ that stands for the joy of missing out (here to replace sad old FOMO). I have experienced JOMO multiple times and I’m glad to have a term for it.”—**Book Riot**



The Experiment  
9798893031782  
On Sale Date: 12/1/2026  
\$21.95/\$28.95 Can.  
Cards

80 Pages  
Color illustrations throughout  
Carton Qty: 24  
Health & Fitness / Exercise  
HEA007030  
4.5 in H | 6.5 in W

## The Pilates Workout Deck

**60 Cards for Core Strength, Muscle Toning, and Flexibility**

Nadine Husson

**A beautifully designed, travel-friendly Pilates deck to support your home practice, whether you're just beginning or refining your technique—no equipment required!**

### Summary

This boxed set offers a simple, effective, and accessible way to enjoy Pilates at your own pace. Whether you're a complete beginner or an experienced practitioner, these 60 colorfully illustrated, double-sided cards are designed to help you progress step by step.

The deck includes:

- 53 cards with detailed movements, divided between easy and advanced moves
- 7 ready-to-use sequences for structured sessions
- a comprehensive booklet to help you learn the fundamental principles of Pilates and to make the most of the cards

Created by Nadine Husson, a professional dancer and certified Pilates mat instructor, this deck offers a warm and inclusive approach to improved strength, posture, and well-being.

### Contributor Bio

**Nadine Husson** is a dancer and Pilates mat instructor who teaches with care and accessibility in mind. Her focus is on helping students reconnect with their bodies, improve their alignment, and cultivate strength and mindfulness through movement.



## My Big Wimmelbook®—Find Your Feelings

Alexandra Helm

**From happy or delighted to grumpy or jealous, each of the characters in bustling scenes experience hundreds of emotions and offer a unique opportunity to help children develop their visual and emotional literacy.**

**The My Big Wimmelbooks® series is an effortless introduction to literacy that lets beginning readers ages 2 to 5 be the storyteller—with hours of seek-and-find, hands-on learning.**

### Summary

*My Big Wimmelbook®—Find Your Feelings* helps kids recognize and name their feelings—both big and small. This wimmelbook is the first in our series to encourage emotional literacy by engaging kids in the recognition of body language, facial expressions, and the context of a scene to figure out what a character might be feeling. First introduced to emotions like joy, surprise, and anger, children are then invited to find characters experiencing those feelings in the village, park, schoolroom, treehouse, swimming pool, or magic castle. Bursting with color and humor, *Find Your Feelings* helps kids connect the feelings they've experienced themselves with the people, places, and animals in these lively scenes, fostering the development of emotional intelligence at the earliest levels.

Wimmelbooks are oversize board books with every page bursting with life—and tons to discover! It's up to kids to interpret the scenes and create stories they think fit, creating hours upon hours of fun—and an effortless introduction to literacy, to boot.

### About Wimmelbooks

Wimmelbooks originated in Germany decades ago and have become a sensation with children (and adults!) worldwide. My Big Wimmelbooks® is the first-ever English-language wimmelbook series. Its books have been praised as "lively . . . and abounding with humor and detail" (*WSJ*) and likely to "make any parent's heart sing" (*NYT*).

### Contributor Bio

**Alexandra Helm** has studied at Chelsea College of Art and Central Saint Martins. She works with Dreams, Memory and Observation. Recently she has extended her practice by studying at the Royal Drawing School, London. She is a member of Sonsoles Print Studio and an associate member of East London Print Studio. She participates in Perienne Christain's Creativity Cafe. The Royal Academy of Arts accepted one of her pieces as part of their Summer Exhibition in 2023, which has led to her work being widely collected. Alexandra currently studies with Turps Art School, London.

### Quotes

"The large board books in the *My Big Wimmelbook* series are full of lively, crowded tableaux of people and animals going about their business in different settings. [Wimmelbooks] abound with witty details to draw in younger children . . . and older toddlers will want to follow the wordless interactions that spill from one page to the next in these eventful pictures."—*The Wall Street Journal*

"You know the kid who can conjure an entire imaginary world by animating, say, the sugar packets she finds at the restaurant table? That one will thank you when you put any volume of *My Big Wimmelbook* in front of her. . . . Picture Richard Scarryesque, diorama-like spreads with a hint of *Where's Waldo* junior detective. The combination should encourage long contemplative sit-downs that will make any parent's heart sing."—*The New York Times Book Review*

The Experiment  
9798893031720  
On Sale Date: 11/3/2026  
\$14.95/\$19.95 Can.  
Board Book

16 Pages  
Rounded corners | Six full-spread  
scenes to explore  
Carton Qty: 30  
Juvenile Nonfiction / Social Topics  
JNF053050  
Series: My Big Wimmelbooks  
11.8 in H | 8.9 in W